



February 2019: In This Issue

- Kendra Scott Gives Back to FBS
- Kroger Rewards to help FBS
- Senior Spotlight
- Does someone you know need Meals on Wheels?
- Delightful Donors
- Volunteer Corner
- Mark Your Calendars

*Spread the
Love This
Month!*

FBS WEBSITE

DONATE

CONTACT US

Kendra Scott Gives Back Party



[Kendra Scott is hosting a give back event](#) benefiting Fort Bend Seniors! Enjoy sips, sweets, and jewels while giving back to FBS! 20% of all proceeds from 6-8pm will go directly to support seniors in our community.

Date: Monday, February 11th

Time: 6:00-8:00pm

Location: Kendra Scott, First Colony Mall | 16535 Southwest Fwy, Ste 3000
Sugar Land, TX 77479

Can't attend but want to support FBS? Call Kendra Scott at 832-532-8521 on February 11th from 10am-8pm. You'll still help FBS, and you'll get **free shipping** too!

[See all event details on our website.](#)

Use Your Kroger Rewards to Benefit FBS!

Shop at Kroger with your Kroger Rewards card, and the store will donate to FBS!

Visit www.kroger.com and log in to your account. (Don't have an account? [Create one here.](#)) Once logged into your Kroger account, search for FORT BEND SENIORS MEALS ON WHEELS (you can also search by our code: AX818) and then click Enroll.

Your regular purchases will add up to meals for local seniors!



Senior Spotlight

After losing a husband, **one of our congregate center participants did something daring** - she moved across the country from the snowy Northeast to our backyard here in Rosenberg, Texas. And thankfully for us, she found her way to Fort Bend Seniors.



"While losing a life partner of almost 60 years has been challenging, this Senior Citizen community and its programs has been good for my mind, mood, and memory. My late husband who served 30 years in the military would be proud I found such a place to sustain me."

Now, this independent woman has **found friends and a new outlook on caring for herself**. "The various programs that this center offered has been life changing for me. As I suffer from a number of chronic conditions, such as high blood pressure and arthritis, I have found the Center's exercises and Yoga program to be extremely helpful...I had no idea that physical poses and breathing techniques would assist me in improving my overall health and well-being. As a person who has never exercised, my participation in **this center has showed me how to take better care of ME.**"

We offer an array of programs including nutrition, fitness, recreation, hot meals, and an opportunity to socialize. What can we offer you and your family?

[See more about the program on our website.](#)

- Drop in and see all we have to offer! Contact our Senior Center Coordinator, [Shonda Thomas](#) with questions at 281-633-7741.

Does someone you know need Meals on Wheels?

Do you have a friend or relative who has trouble getting out to buy groceries or preparing meals due to mobility issues? We may be a perfect fit! Contact us to learn more about meal delivery by calling 281-633-7049 or **click the button below** to fill out a referral form.

[CLICK HERE to Refer Someone for Home Delivered Meals](#)

Delightful Donors

Fort Bend Seniors receives regular donations from amazing people. At any moment, our lobby and cubicles could be filled with diapers, ensure, pet food or slippers! We always have a little something coming into the office and headed out the door to our seniors, it wasn't out of the ordinary when recently, a young boy came in with his mother saying they had a pet food donation.

But boy, this was no ordinary donation!

Here is Chris with just one of his many donations to Fort Bend Seniors. As part of a 4-H project, and with the help of his mother Sheri and local nonprofit Reigning Strength, Chris brought together family, friends and neighbors to help our seniors and their pet companions.

A pet can help reduce the isolation and loneliness that can come as we age. FBS does our best to make sure that all of our senior's furry friends are taken care of! And thanks to Chris and his community, he collected a whopping 800 lbs of pet food for our seniors!

We couldn't ask for a better advocate! Thank you to Chris, his mother Sheri, and everyone who helped with this project!



Want to coordinate your own donation drive to help our seniors or create your own service project? [Check out these unique ways you can help!](#)



[Looking for more ways to give? Visit our website.](#)

Volunteer Corner

Volunteers are an important part of Fort Bend Seniors' success and this month, we are looking for Meals on Wheels volunteers to join our team! We have a few exciting opportunities available:

- Meal Delivery in Rosenberg, Richmond and Waller County areas
- Packing Meals
- Telephone reassurance

[Get started TODAY by visiting our website](#) to fill out an application, sign up for orientation, and get to know us!



Mark Your Calendars

February 11: Kendra Gives Back Party

February 14: *FBS Closed - No Programs, No Volunteer Delivery*

March is March for Meals Month!

March 4-15: Bring a Friend to Deliver Meals!

March 21: Community Champions Day

April 27: 14th Annual Cinco de Mayo Fundraiser - [Tickets On Sale Now!](#)

FBS WEBSITE

DONATE

CONTACT US

CONNECT WITH US



Fort Bend Seniors Meals on Wheels
P.O. Box 1488, 1330 Band Rd. Rosenberg, TX 77471
281-633-7049 | www.fortbendseniors.org