

## Lorraine and Herbert – Meals on Wheels recipients



Lorraine and Herbert live a quiet life in their West Houston home that they've lived in for 47 years. They are 90 and 92 years old respectively and have been married for 68 years. Herbert is a veteran of the United States air force and spent several years in the service maintaining aircraft. After the war, Herbert graduated from the University of Houston with a degree in mechanical engineering. He worked as an engineer for more than 30 years while Lorraine looked after the couple's four children.

A few years ago both Lorraine and Herbert's health started declining. Lorraine was diagnosed with COPD and Herbert had problems with mobility in his legs as well as back pain. He can't walk more than a few steps without his walker.

For most of her life Lorraine had prepared all the family meals but with her illness, it's hard for her to cook. "I used to do it all the time and loved it. But I can only cook half a meal now and that's all," says Lorraine. "It's too much work for me, I get so tired."

Because of their difficulties, their doctor recommended Meals on Wheels. They've now received the meals for four years. "We try to eat healthy and it's hard when you can't cook for yourself," Lorraine said. "The meals are nutritious and there is a great variety. We couldn't do without the meals."

"I try to eat healthy and stay active," she said. "I can't sit still, I have to exercise!" Lorraine and Herbert both work in their garden when they can. "I can't bend over anymore so I sit on the ground and tend to my garden. I love going outside and getting some fresh air." Herbert has a workshop where he likes to fix household items that are broken. It's harder for him to do this with his physical ailments, but he goes into the workshop as often as he can.

Herbert and Lorraine also give back to Meals on Wheels for Greater Houston and give a donation to the program when they can. "We realized there was a need and wanted to give. It helps so many people like us," Herbert said. "We're happy that we can do it."