



Robert Diaz had worked most of his life in the construction industry, even owning his own company, and then embarked upon a second career in photography. After retiring and his wife becoming ill, he knew he needed a little extra help. He was living on a fixed income below the poverty level and the food stamps he received were not enough to cover the whole month. He had also suffered a heart attack, which weakened his health.

It was at this time that Robert contacted NAM to sign up for Meals on Wheels. The hot meals are only one benefit of the program. Robert loves to see the different volunteers who bring him lunch each day. "The people who come are wonderful," he shares. "It is so nice to know someone cares."

The Vietnam veteran has six grown children living in other cities across the country and sixteen grandchildren. His grown children feel better knowing that people in Houston are watching out for their dad. The volunteer drivers are trained to look for other needs in the home, besides food. For example, when they saw that Robert desperately needed a new bed, they gave him a voucher for one.

Robert wants more seniors to know about this special program. "I would encourage people to get on the waiting list," he recommends. "It is worth the wait to have someone there for you."