

For The Greater Good: Mid Cities Care Corp, Simple Needs Simply Met

MidCities Care Corp, a nonprofit in Northeast Tarrant county was founded in 1981 by two social workers who saw the need to provide transportation to medical appointments for seniors. The mission of MidCities Care Corp is to preserve the independence of senior neighbors in Bedford, Colleyville, Euless, Grapevine, Haltom City, Hurst, Keller, North Richland Hills, Richland Hills, Southlake, and Watauga.

The social workers approached several churches in the area and received a \$60 donation for the telephone system, and the rest was history! MCCC's outreach provides services for the "young at heart" residents in eleven surrounding communities. What started out as two people recognizing a simple need to be met, has flourished into a multi-faceted nonprofit and is known as The Concierge Service for Seniors in their area!

MCCC provides support through three primary programs:



- **Transportation** for seniors provided 784 round trips representing 24,039 volunteer miles.
- **Helping Hands** program provides volunteers to do maintenance and upkeep activities for seniors. This includes painting, yard work, and other household chores. "We feel it is important for the volunteers to visit with our senior partners, get to know them and learn from them", said Duane Buuck, Executive Director. Many programs provide service opportunities. We help our volunteers have a real understanding of who they are helping, and gain friends in the process. The Helping Hands program provided 453 actions for 2980 volunteer hours last year.
- **The Social Outreach** program holds monthly senior social events, phone friends, visiting friends and is cracking senior isolation and bridging the generations in exciting new ways.

The primary obstacle that must be overcome to make their program a success at Mid Cities Care Corp is the explosive growth of the demographic group they serve. "It is always a challenge to meet the growing demands for our services", said Buuck. (The U, S. census in 1990 reported 19,435 seniors over 65 in this area, and in 2010, that number had grown to 43,003!) However, they feel blessed to have an engaging and caring spirit of their community that continues to support the core and expanding outreach services of MCCC.

"This is why we come to work every day; to create stories and lasting memories for both clients and volunteers!", says Buuck. In a world and culture where daily routines are dulled by technology and activities, Mid Cities Care Corp works to create and provide opportunities for residents of all ages to interact and share quality time with senior in their community.

Gatherings, like the holiday Ugly Sweater Party, tea parties, Valentine's dance, and bingo are a great way to relieve the isolation of their clients. Volunteers pick up clients from their homes and bring them together to enjoy these wonderful events!



Through the **TLC Phone Friends** program, MCCC connects Seniors from the comfort of their home to another Senior with a common interest, to simply call and visit with each other. Every six months, they shuffle the deck and give them a new TLC partner.

Visiting Friends adopt a client and agree to visit their home on a regular basis. This has worked well for youth groups who meet on Wednesday nights and will visit a Senior as a part of their

Buuck shared that they spread awareness for their organization through their quarterly newsletter, social media, the website, senior centers, church publications, and speaking to civic organizations.

Their volunteers are recruited from [VOLY](#) a volunteer website, and church publications, but the most effective way to obtain new volunteers has been encouraging existing volunteers to be ambassadors with friends and their networks. "Volunteering at MCCC is like eating at a good restaurant", Duane shared. "Our volunteers have a great experience, and want to share it with others!" What we do is contagious, and the motivation for staff and volunteers is the priceless reward of the genuine thank you and occasional hug from senior clients for services provided.

"What we do brings fulfillment and meaning to volunteers through caring for seniors. Seniors have much to share and give back to the community from their miles and miles of life experience, and our volunteers benefit greatly from the friendships they develop with them."

The most significant moment when Duane knew he was making a difference occurred when Tree Tops High School students supported MCC during their annual Valentine Have-a-Heart community outreach. They raked the yard and picked up twigs filling twelve trash bags for one of our clients. Ms. Theresa asked the students to come into her home to visit with her two at a time because she had some Oreo cookies and coke for them. The impact on the high school students resulted in all of the students being gathered in her kitchen by the end of the morning, resisting the teacher's plea to return to school because of the conversation they enjoyed as she shared her life stories with them. She recounted her childhood in Russia during the war, marrying an American soldier and her journey to a new life in America. She spoke to them in the three languages she was fluent in. One very tall, football player had to be dragged away to the awaiting bus, but he promised that he would be back soon to visit.

We realized from this encounter that while the volunteers were tending to the needs of seniors in the community, the seniors have just as much impact on the volunteers. It's a great double benefit! With the mobility of today's society that often fractures families, the work of MCCC bridges the generational gap and creates new friendships with these surrogate grandparents.

Another wonderful story was created when a cub scout troop was delivering a holiday outreach box to Mr. Bob. He commented on their uniforms, shared that he had been a Boy Scout and started recounting his memories of scouting with his



son. Mr Bob began to tear up and it was one of those moments that called for "The Big Hug".

What a moment for Mr. Bob and these young men that resulted from quality time spent together!

This is why we come to work everyday; to create stories and lasting memories for both clients and volunteers! , say Buuck.

Financial Support is received through approximately fifteen faith based communities, grants, the annual Festival of Friends celebration and individual donors with a passion for the MCCC mission.

Public relations is great, but they are focusing more on directly asking those involved in their organization to give financially. If they have a personal connection, they are more likely to give.

To find out more about Mid Cities Care Corp, visit their [website](#):

See a video about their services [here](#).

Click [here](#) to volunteer or [donate](#).