



Grand Central Station - Nourishing Hope, Strengthening Community

Thank you for being part of this mission. Your commitment helps turn meals into moments of hope and ensures that no one in our community feels alone at the table.

Together, we are feeding hearts, nourishing lives, and building a stronger future.



Featured in the photo above our 2026 TMC Resident Volunteers. As we reflect on the past quarter, we are reminded that every meal served, every grocery bag distributed, and every act of kindness shared represents something far greater than food—it represents hope. Thanks to the generosity of our volunteers, donors, community partners, and supporters, we continue to provide comfort, dignity, and nourishment to individuals and families facing food insecurity.

This quarter has been filled with resilience, compassion, and neighbors helping neighbors. Together, we have expanded our impact, reached more community members in need, and strengthened the bonds that make our community thrive.

A special THANK YOU, to the TMC Resident's that volunteered their time working in several areas and on special projects at Grand Central this year.

Market Depot Volunteer Spotlight:

Kooper Moore is a true inspiration. No matter the challenges he faces, he continues to serve with a positive attitude and unwavering dedication. His uplifting spirit, strong work ethic, and genuine kindness make a lasting impact on fellow volunteers and everyone he encounters. We are grateful for all he does!

Department Coordinators:

Executive Director - Melissa Schmitz
Case Management - Carolyn Odom
Children's Express Coordinator - Sara Tarvin
Kitchen Coordinator - Tonya Michael
Market Depot Coordinator - Sabrena Keathly
Volunteer Coordinator - Amanda Geist

Community Resource Spotlight:

Grand Central Station is committed to supporting our community in more ways than just addressing food insecurity. We recognize that many individuals and families face additional challenges that deserve attention, resources, and support.

To help meet one of those critical needs, Texoma Community Center has partnered with Grand Central Station to provide free Narcan, available 24 hours a day to anyone in the community who may need it.

Opioid-related deaths continue to be a significant public health concern, claiming more lives each year than motor vehicle accidents in the United States. Addiction can often begin with legally prescribed pain medications such as Hydrocodone, Oxycodone, Codeine, Morphine, and Fentanyl.

Narcan® (naloxone nasal spray) is a safe, easy-to-use medication that can rapidly reverse the effects of an opioid overdose and help save lives while emergency medical assistance is on the way.

By making Narcan readily available, Grand Central Station and Texoma Community Center are working together to promote awareness, reduce overdose deaths, and support the health and well-being of our community.

Dining Car Volunteer Spotlight:

For many years, Sharon Mayo has dedicated countless hours volunteering in the dining car, serving our community with compassion, commitment, and an unwavering spirit of service.





Grocery Wish Lists:

- Market Depot: Canned Meat - Vienna sausages, tuna, chicken, etc. Canned Soups- chicken noodle, cream of chicken, cream of mushroom. Pop top cans preferred. Boxed mac & cheese (Kraft or Great Value)
- Dining Car: Large sizes preferred but regular size works great too! Canned- Chicken & Tuna; Rotel; Velveeta blocks; Variety boxes of individual bags of chips, 20oz cups; Coffee ground or whole bean; Creamer - powder is best; Sugar & Tea Bags
- Children's Express:(Individual sizes only please) Chewy granola bars; fruit snacks; peanut butter crackers; goldfish; trail mix; Cheez its; pretzels; boxed cereals; individual mac & cheese microwavable cups; Slim Jim



Stay Connected

- www.grandcentralsherman.com
- FB: Grayson Grand Central Station
- 903-957-0264

Get Involved - Ways to help

- Make a donation to fund 2026 needs or building / equipment repairs/replacements
- Sign up as a volunteer - we Need our volunteers
- Share our mission with friends and family- spread awarness
- Have your company sponsor the annual fundraiser

Second Quarter Numbers:

- Market Depot: Individuals Served April -1,326; May - 1,272; June - 1,504; & a total of 110,575 lbs of food distributed.
- Dining Car Meals Served: April - 7,221; May - 8,100; June - 8,957
- Showers: April - 340; May - 282; June - 334
- Loads of Laundry: April - 249; May - 211; June - 284
- Case Management Individuals Served: April - 318; May - 1,460; June - 1,204.
- Children's Express: April -2,002 May - 1,036. Total Children fed during spring semester: 5,206!



Making A Difference – How our mission impacts our community

K. was struggling with addiction and living on the streets, unsure where her next meal would come from and whether she would be safe each night. With the help of our case manager, K. entered rehab, obtained her Food Manager License, and secured a job. K. is now one year sober and no longer faces the daily uncertainties that once defined her life.

"Your kindness today shapes a better tomorrow."



SAVE THE DATE!

OCTOBER 22, 2026 • 6P TO 9P

DUELING PIANOS

DISCO FOR A DIFFERENCE

A FUNDRAISING EVENT
FOR GRAND CENTRAL STATION