



MEALS on WHEELS SOUTH TEXAS
March 2023 Newsletter

WHAT'S IN A MEAL?



THIS MONTH:

Full calendar and daily menu, page 4

Food Bank Distribution

March 16, 10:00 AM

MOWSTx back parking lot. Must be a registered client with the Food Bank.

Pet Food Delivery

March 29 - 31

Pet food will be delivered to program participants at the end of the month.



WHAT WE DO

All of our meals are prepared fresh each morning in our commercial kitchen at our 603 E Murray headquarters. See our menu (page 4) to find out what we're serving.

MEAL DELIVERY

We deliver meals (1 hot, 4 frozen) once a week. See below for your delivery day.

Victoria City Limits: Monday

Victoria County: Tuesday

Central DeWitt County:
Wednesday

ONSITE DINING

MORE INFO ON PAGE 5

Monday - Friday, 9:30 - 11:30 AM. Meals served at 11:00 AM. BINGO Tuesday & Thursday, 10:00 AM.

Please wear a mask and follow physical distancing guidelines. **Reservations are required.**

MORE THAN A MEAL

TRANSPORTATION

Transportation clients do not need to be existing meal clients.

Pickup and delivery are only available within Victoria city limits. We advise booking well ahead; spots fill up quickly.

We currently do not provide transportation on Mondays.

To reserve a ride, call 361-576-2189 by 1:00 PM, **the business day prior** to your appointment at the latest. No reservations will be scheduled after 1:00 PM. We are available Monday - Friday to take your call. **Do not leave a request on the answering machine.**

New riders must complete an intake form, available on our website. Fax, mail, or hand-deliver the form back to us.

OTHER SERVICES

FOR CURRENT CLIENTS

You must be an enrolled meal client to receive these services.

FRIENDLY CALL LINE

Chat on the phone once a week with a MOWSTx volunteer.

LIBRARY TO GO

Victoria Public Library materials delivered every 3 weeks.



PAW
Pets Are Wonderful
MEALS • WHEELS SOUTH TEXAS

Monthly pet food delivery and basic veterinary care are available. Vet care made possible by the Texas Veterinary Medical Foundation.

ADD SERVICES

kim@mowstx.org
361-576-2189

WHO WE ARE



Dan Williams-Capone
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dan@mowstx.org

OPERATIONS



Diana Alarcon
Director of Operations
diana@mowstx.org

Operations Associates

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Jenna Hebert
Elena Soto
Daisy Garcia

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Department Intern
Mikayla Dinkins

TRANSPORTATION



Tina Doggett
Transportation & Office
Coordinator
office@mowstx.org

Transportation Associate
Jessica Rodriguez

VOLUNTEERING & NON-MEAL SERVICES



Kim Perez
Program Services
& Volunteer Manager
kim@mowstx.org



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Regional Volunteer
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Brandy Candia
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SIGN UP FOR SERVICES



Jenny Herrera
Intake Coordinator
intake@mowstx.org

CONNECTION CAFÉ



Tina Kelley
Congregate Services
Coordinator
cafe@mowstx.org

KITCHEN



Brenda Amaya
Executive Chef
kitchen@mowstx.org

Kitchen Team

Hector Hurtado
Prisila Rodriguez
Monica

March Meals & More

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2/27 BBQ Chicken Pasta Salad Baked Beans Bread	2/28 Red Beans & Rice Stewed Okra Cornbread	1 Chicken Jambalaya White Rice Stewed Okra Snickerdoodle Cookie	2 Beef Stew w/ Potatoes & Carrots Peas Apple Cobbler	3 Crispy Baked Fish Rice Pilaf Roasted Corn Cookie
Walk-n-Talk A&M AgriLife	BINGO Twin Pines	Sudoku & Puzzles	Games New Century Hospice	Games Midcoast Family Services
6 Tuna Pasta Salad w/ Salad & Crackers Fruit Salad	7 Beef & Broccoli Steamed Rice Egg Roll	8 Picadillo w/ Beef & Potatoes Rice Crumble Cake	9 Salisbury Steak w/ Gravy Whipped Potatoes Turnip Green Peach Crisp	10 Seafood Scampi Asparagus & Corn Roasted Carrots Roll
Walk-n-Talk A&M AgriLife	Games First Christian	Movie Day	Games Crown Hospice	Craft UHV
13 Chicken Broccoli Rice Casserole Green Salad Wheat Roll Orange	14 BBQ Sausage Mac & Cheese Pinto Beans Cornbread	15 Enchilada Casserole Rice & Beans Cake	16 Cheesy Ravioli w/ Marinara Snap Peas Garlic Bread	17 Broccoli Cheese Soup Baked Potato Wheat Roll Cherry Crisp
Walk-n-Talk A&M AgriLife	Get Up & Move! Retama	Crafts @ the Café Victoria Public Library 	Movie Day <i>Food Bank, 10:00 AM</i>	St. Patrick's Day Party Wear green!
20 Oven Baked Chicken Thigh Broccoli Salad Butter Noodles Cookie	21 Scrambled Eggs Hashbrowns Sausage French Toast Sticks	22 Sausage & Pasta w/ Peppers Cream Corn Cookie	23 Grill Pork Chops Wild Rice Asparagus Strawberry Cobbler	24 Smothered Chicken Broccoli & Cauliflower Roasted Potato Brownie
Walk-n-Talk A&M AgriLife	Games Harbor Hospice	Lunch & Learn Project Hope	Games Jessica Can Help	Municipal Court Docket
27 Taco Salad w/ Toppings Cornbread Charro Beans	28 Chicken Pot Pie Braised Green Beans Pears & Oranges	29 Carne Guisada Spanish Rice Refried Beans Dump cake	30 Roasted Turkey Green Bean Casserole Mash Potato Peach Cobbler	31 Wedding Soup Squash Chocolate Cake
Growing Healthy Communities A&M AgriLife	Games Twin Pines	Spring Craft <i>Library Delivery</i> <i>Pet Food Delivery</i>	Games PAM	Chair Volleyball

About Our Meals

The menu is based on what the kitchen is cooking on the indicated day. Our calendar and menu may change without notice.

OUR PHILOSOPHY

We aim to serve food that's filling, nutritious, and delicious.

The MOWSTx kitchen is headed by trained, professional chefs. And we stand by their work: Our entire team eats the same meal as our clients for lunch every day. After all, if we wouldn't eat it, why would we serve it?

Our menu is a collaboration between our Executive Chef and a registered dietician. Each iconic black tray is full of the care and hard work of dozens, from kitchen to delivery.

SUGGESTED CLIENT CONTRIBUTION:

It's not required, but it helps a lot.

HOME-DELIVERED MEALS

We deliver 1 hot meal and 4 frozen meals once each week.

For Tuesday through Friday frozen meals, see the previous week's menu.



\$3 HOME-DELIVERED MEAL
(\$15/week)

CONNECTION CAFÉ

9:30 AM Doors Open

11:00 AM Lunch

YOU MUST RESERVE AHEAD

Call us between the hours of 8:00 AM and 2:00 PM, Monday through Friday, to reserve; voicemail reservations are not accepted.

We require that reservations be made before 1:00 PM the prior business day; Monday reservations can be made the prior Friday.

Our phone number is 361-576-2189. Transportation to the Café is limited. Check in by 9:45 AM to hold your spot.

\$5 MEAL AT THE CAFÉ
(\$25/week)

..... Exercise Your Hands with Polymer Clay

Polymer clay is a hardening modeling clay that you can use to make tons of different crafts. Pick out different colors, sculpt them into shapes, and bake in the oven at 275F for about 30 minutes per 1/4 inch of thickness.

WHAT IF MY HANDS SHAKE?

The great thing about clay is that it doesn't require any special skills or hand dexterity to use. Tools help take the pressure off needing to make fine movements.

HOW IS THIS EXERCISE?

Clay can be helpful as a strengthening exercise for weakened hands. The movement and resistance when softening and shaping the clay work the muscles in your palms and fingers. And even better than going for a jog or squeezing a stress ball, you get a prize at the end in the form of whatever you made with the clay!

WHERE DO I START?

Here are some ideas to get you into this fun new hobby:

1. Use stamps and cookie cutters to make basic shapes.
2. Add a paper clip to create a cool bookmark.
3. Cut out a shape and poke holes to make a fashionable button.
4. Cut out circles and ovals to create flowers and plants.
5. Make tiny toys with the grandkids, like this cute snail.
6. Use toothpicks and wires to support complicated shapes.
7. Knead different colors together and poke holes to make beads.
8. Make a keychain to help you find your keys.

HAPPY CRAFTING!



Draw with PAW!

7



PAW
Pets Are Wonderful
MEALS  WHEELS SOUTH TEXAS

Dog

Start by writing the word "Dog."

Dog

Draw a straight line connecting the D and the g over the o.

Dog

Draw a dot in the o. This will be the pupil of the eye.

Dog

Draw a leaf shape to the right of the D. Draw a small oval toward the top of the g; this will be the shiny spot on the dog's nose.

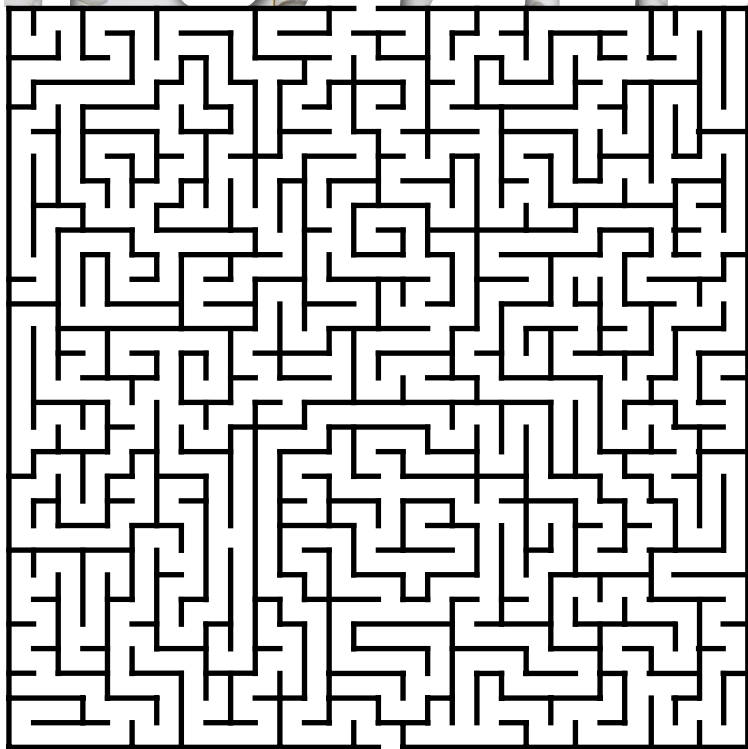
Dog

Color in the ears and the g, leaving your the small oval you drew empty. Draw a short line from the bottom of the D to just past the loop of the g.

Dog

Add details like a tongue, whiskers, and a collar, and you have a dog!

PUZZLE BREAK



6	5	4			8		3	7
9	1		3	7		4		
7						2	9	
					3			
			9	6		3		5
	7		4		2	9		
	9		8	2	5	7	6	4
	6	5				8	2	
8	2	7	6		4			9

Can Crafting Make You Happier?.....

We all know the feeling of sweet victory. Your shoulders finally relax from their hunched position, the tunnel vision widens, and satisfaction warms you up like a nice hug.

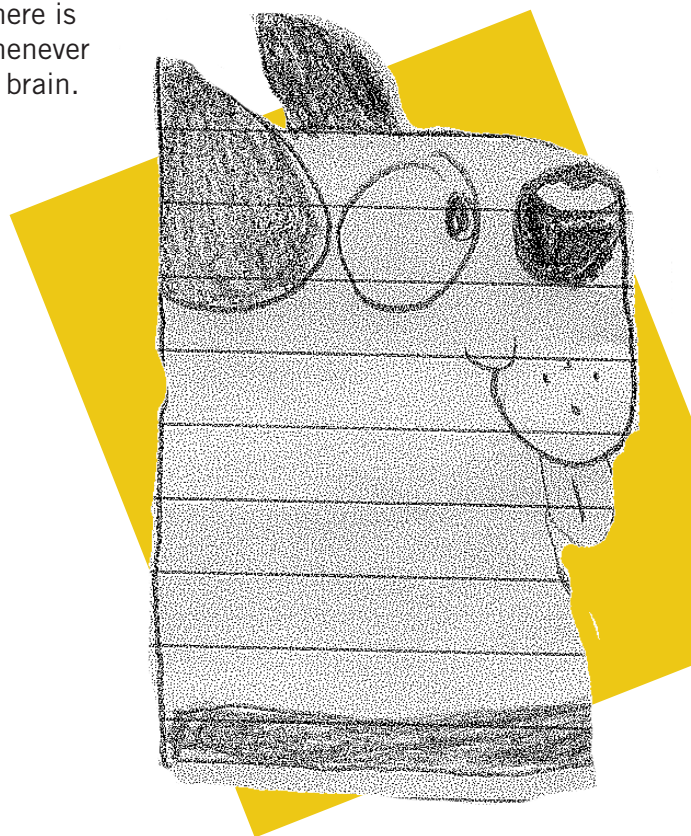
Be it scoring the winning goal, finishing a good book, or finally sitting down and finishing your taxes, these moments can leave us feeling like we own the world. But, did you know that even small wins, like drawing or coloring a picture, can leave us just as satisfied?

In a 2017 study in "The Arts in Psychotherapy," professor Girija Kaimal revealed that when adults indulge in their creativity, there is "higher activation of the reward pathway." This means that whenever you doodle or color, you exercise the "happy" muscles in your brain.

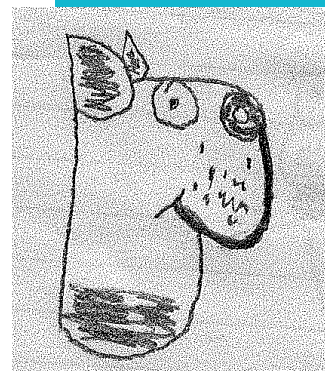
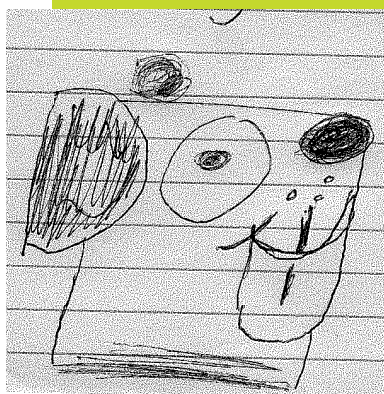
Even if you're not an artsy person, going through the process of making something sends reward signals to your brain. Being able to concentrate on a craft also allows your brain to focus on being in the moment. For those of us who get anxious thinking about the future, taking a moment to color or doodle can help ground those racing thoughts.

Our brain's reward system is in charge of making us feel pleasure. So the more art we create, the more happiness we also create!

For inspiration, try following along to our "Draw with PAW" instructions on page 7, and let our examples below encourage you to add more art to your daily routine.



Drawings from the Connection Café





Volunteering with MOWSTx is life-changing not only for volunteers themselves but for the seniors who rely on regular meal deliveries. Contact volunteer@mowstx.org to help out in the following areas:

MEAL DELIVERY

Deliver meals to seniors Monday, Tuesday, and/or Wednesday.

PET PROGRAM

Deliver pet food during the final week of the month.

LIBRARY DELIVERIES

Deliver library materials to clients every three weeks, usually on Wednesdays.

MEAL PREP

Help prep and pack meals
Monday through Friday, from 9:00 to 11:00 AM.

PET TRANSPORT, VETERINARY CLINICS

Transport pets from their owners' homes, to the vet, and back. Cats and dogs, carrier provided.

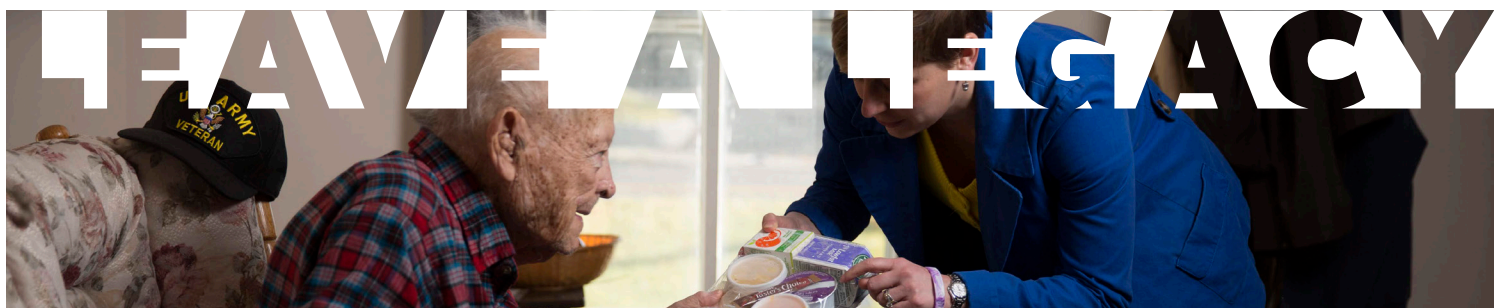
FRIENDLY CALLERS

Call clients each week to chat and check in on their wellbeing.



A donation of just \$35 covers an entire week of meals for one homebound seniors. An online donation takes only a couple of minutes and immediately goes to work helping your community.

Give today at give.mowstx.org or mail a check to 603 E Murray St, Victoria, TX 77901.



See your contributions in action year after year—and enjoy the potential tax benefits—with a Planned Gift.

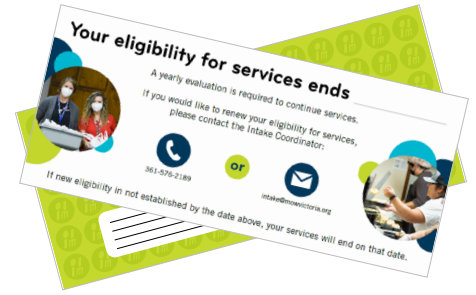
Create an impact that extends beyond your lifetime. You can leave your legacy with a simple sentence in your will or living trust, with beneficiary designation, or by appointing Meals on Wheels Victoria as charitable beneficiary on an IRA or other retirement plan, life insurance policy, or commercial annuity.

If you choose to create a planned gift, let us know! We would love to personally express our thanks.

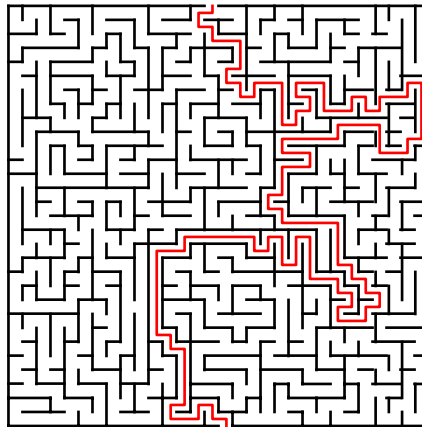
REMEMBER TO RENEW

You must renew your enrollment in our services each year. You will receive the notice for renewal (at right) by mail, about a month before your enrollment expires.

Please give our Intake Coordinator a call at 361-576-2189 as soon as possible to ensure your services continue uninterrupted.



PUZZLE SOLUTIONS



9	1	5	4	3	6	7	2	8
3	2	8	6	1	7	5	9	4
4	6	7	5	2	8	3	9	1
1	8	9	2	5	4	6	7	3
5	4	3	7	6	9	1	8	2
2	7	6	3	8	1	9	4	5
6	9	2	1	4	5	8	3	7
8	5	4	6	7	3	2	1	9
7	3	1	8	9	2	4	5	6

BEHIND EVERY BLACK TRAY

ARE PEOPLE WHO CARE GIVE SERVE DELIVER

• MARCH •
• FOR •
• MEALS •
• WITH
MEALS ON WHEELS™

MARCH FOR MEALS

commemorates the historic day in March of 1972 when President Nixon signed into law a measure that amended the Older Americans Act of 1965 to include a national nutrition program for seniors 60 years and older. This March, Meals on Wheels programs from across the country are joining forces to celebrate more than **50 years** of success and garner the support needed to ensure these critical programs can continue to fight hunger and loneliness, empowering older adults to age in place, where they want to be.

JOIN THE MARCH

GIVE • VOLUNTEER • REFER

FILL A PLATE

Just \$40 serves a senior a week of healthy lunches.



give.mowstx.org

THANK YOU TO OUR COMMUNITY PARTNERS:



JESSICA MARTINEZ
Licensed Insurance Agent
Specializing in Medicare



Office Hours: 8:00 AM - 2:00 PM
603 E Murray St, Victoria, TX 77901
Contact: 316-576-2189 // info@mowstx.org
Website: www.mowstx.org
Stay up-to-date every day:



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