

# MEALS **on** WHEELS®

## SOUTH TEXAS

# HAPPY Memorial • DAY •

REMEMBER AND HONOR



**Holiday Closures: May 29 (Memorial Day)**

## THIS MONTH:

*Full calendar and daily menu, page 4*

### **Food Bank Distribution**

*May 18, 10:00 AM*

*MOWSTx back parking lot. Must be a registered client with the Food Bank of the Golden Crescent*

### **Pet Food Delivery**

*May 24 - 26*

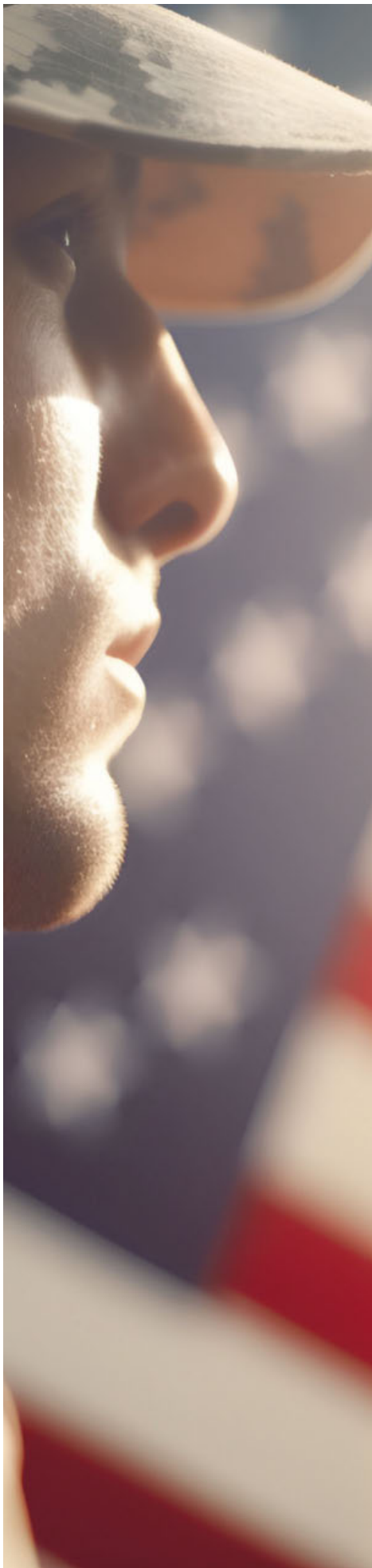
*Pet food will be delivered to program participants at the end of the month.*

### **May 5:**

**Cinco de Mayo at the Connection Café**

### **May 12:**

**Mothers Day Celebration at the Connection Café**



# 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.**



## 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  
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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**  
Executive Director  
[dan@mowstx.org](mailto:dan@mowstx.org)

## OPERATIONS



**Diana Alarcon**  
Director of Operations  
[diana@mowstx.org](mailto:diana@mowstx.org)

### Operations Associates

Mary Torres  
Jenna Hebert  
Elena Soto  
Daisy Garcia

## TRANSPORTATION



**Tina Doggett**  
Transportation & Office  
Coordinator  
[office@mowstx.org](mailto:office@mowstx.org)

**Transportation Associate**  
Jessica Rodriguez

## VOLUNTEERING & NON-MEAL SERVICES



**Kim Perez**  
Program Services  
& Volunteer Manager  
[kim@mowstx.org](mailto:kim@mowstx.org)



**Ivana Resendiz**  
Regional Volunteer  
Coordinator  
[ivana@mowstx.org](mailto:ivana@mowstx.org)



**Brandy Candia**  
Program Services Assistant  
[brandy@mowstx.org](mailto:brandy@mowstx.org)

## SIGN UP FOR SERVICES



**Jenny Herrera**  
Intake Coordinator  
[intake@mowstx.org](mailto:intake@mowstx.org)

## CONNECTION CAFÉ



**Tina Kelley**  
Congregate Services  
Coordinator  
[cafe@mowstx.org](mailto:cafe@mowstx.org)

## KITCHEN



**Hector Hurtado**  
Kitchen Manager  
[kitchen@mowstx.org](mailto:kitchen@mowstx.org)

**Kitchen Team**  
Prisila Rodriguez  
Monica Cavazos



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*"And when the Chief Shepherd shall appear, ye shall receive a crown of glory that fadeth not away." 1 Peter 5:4*

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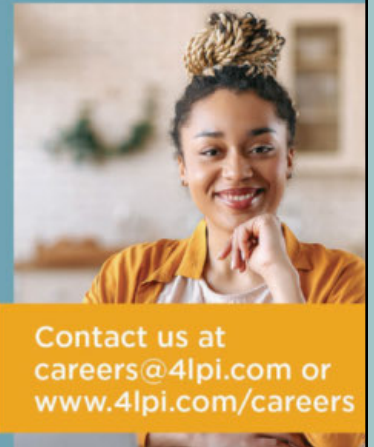
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Meals on Wheels, Victoria, TX

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# May Meals & More

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Beef Tips Herbed Orzo Baked Spinach Seasonal Fresh Fruit	<b>2</b> Roasted Chicken Quarter Cornbread Dressing Zucchini Cake	<b>3</b> Mushroom Pork Chops Whipped Potatoes Green Beans Cobbler	<b>4</b> Panko Crusted Fish Filet Broccoli & Rice Casserole Roasted Carrots Roll	<b>5</b> Chopped Beef Steak Rice Sautéed Greens Wheat Roll Cherry Crisp
<b>Growing Healthy Communities</b> A&M AgriLife	<b>BINGO</b> FFC	<b>Tissue Flower Craft</b>	<b>BINGO</b> New Century Hospice	<b>Cinco De Mayo Celebration</b> Rice Day
<b>8</b> Beef Tacos Toppings (Lettuce, Tomato, Cheese) Rice Oranges	<b>9</b> Chicken Spaghetti Squash Roll Fruit Salad	<b>10</b> Chili and Beans Cream Corn Cornbread Lemon Bar	<b>11</b> Chicken Bake Rice Mixed Vegetables Sugar Cookie	<b>12</b> Baked Ham Oven-Roasted Asparagus Potatoes Au Gratin Wheat Roll
<b>Growing Healthy Communities</b> A&M AgriLife	<b>BINGO</b> Senior Helpers	<b>Cards</b>	<b>BINGO</b> Crown Hospice	<b>Mother's Day Celebration</b>
<b>15</b> Chicken Salad on Wheat Bread Lettuce & Tomato Honeydew Melon Sun Chips	<b>16</b> Enchilada Casserole Rice and Beans Tres Cake	<b>17</b> Chicken Ratatouille Buttered Rotini Wheat Roll Cherry Crisp	<b>18</b> Turkey Dirty Rice Asparagus Peach Crisp	<b>19</b> Spaghetti Roasted Carrots w/ Vinaigrette Green Beans Garlic Toast
<b>Growing Healthy Communities</b> A&M AgriLife	<b>BINGO</b> Harbor Hospice	<b>Crafts @ the Café</b> Victoria Public Library	<b>Movie Day</b>	<b>BINGO</b> Morada East
<b>22</b> BBQ Sausage Baked Beans Sautéed Cabbage Cornbread	<b>23</b> Baked Chicken Thighs Whipped Potatoes Normandy Vegetables Wheat Roll	<b>24</b> Salisbury Steak Sautéed Onion & Mushrooms Whipped Potatoes Apple Cobbler	<b>25</b> Turkey Parmesan Penne Pasta Green Beans Toasted Garlic Bread	<b>26</b> Chicken Gumbo Rice Stewed Okra Cornbread
<b>Growing Healthy Communities</b> A&M AgriLife	<b>BINGO</b> Twin Pines	<b>BINGO</b> Beloved Community Care	<b>BINGO</b> Retama Manor	<b>BINGO</b> MidCoast
<b>29</b> Closed	<b>30</b> Turkey Cranberry Pasta Salad Fresh Broccoli Cantaloupe Blonde Brownies	<b>31</b> Baked Chicken Drumsticks Corn Casserole Sautéed Brussel Sprouts Fruit Salad		
<b>Closed</b>	<b>BINGO</b> Retama Manor	<b>BINGO</b> Jessica Can Help		

# 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.

## 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.



## 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.

## SUGGESTED CLIENT CONTRIBUTION:

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

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

**\$5** MEAL AT THE CAFÉ  
(\$25/week)

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**CONTACT ME**  
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# Sabroso Cinco de Mayo Fiesta!

## Delicious Recipes to Spice Up Your Celebration

### Cheesy Chicken Quesadillas

#### INGREDIENTS:

1 cooked chicken breast, shredded  
1/2 cup shredded cheddar cheese  
1/2 cup shredded Monterey Jack cheese  
1/4 cup diced green bell pepper  
1/4 cup diced red bell pepper  
1/4 cup diced red onion  
4 medium flour tortillas  
2 tablespoons butter, melted  
Sour cream and salsa for serving (optional)

#### INSTRUCTIONS:

In a mixing bowl, combine the shredded chicken, cheddar cheese, Monterey Jack cheese, green bell pepper, red bell pepper, and red onion. Stir well to combine.

Lay out two tortillas on a flat surface. Spread the chicken and cheese mixture evenly on one side of each tortilla, leaving a small border around the edges.

Fold the tortillas in half to create a half-moon shape, pressing down gently to seal the edges.

Brush the outside of each quesadilla with melted butter, using a pastry brush or the back of a spoon.

Heat a large skillet over medium heat. Place one quesadilla at a time in the skillet and cook for 2-3 minutes on each side, or until the tortilla is crispy and the cheese is melted.

Remove the quesadilla from the skillet and cut into wedges using a sharp knife or pizza cutter.

Repeat with the remaining quesadilla.

Serve hot with sour cream and salsa on the side, if desired.





# DIY Delight: Heartfelt Mother's Day Crafts

## Flower Pots for Mom

Handmade crafts make excellent gifts for Mother's Day because they show thoughtfulness, creativity, and personal touch, making them unique and meaningful. The effort and love put into crafting a gift by hand conveys a special message of appreciation and gratitude to mothers, making them feel cherished and valued on their special day.

### INSTRUCTIONS:

Prepare your work area by laying down some newspapers or a plastic tablecloth to protect surfaces from paint spills.

Clean the terracotta flower pot with a damp cloth to remove any dirt or dust.

Choose your desired colors of acrylic paint. Bright, cheerful colors such as pink, purple, yellow, and green work well for Mother's Day.

Start by painting the base color of the flower pot.

Once the base coat is dry, add details such as flowers, hearts, or butterflies. You can also add handprints or fingerprints to create unique designs. Let each layer of paint dry before adding another.

Once the paint is completely dry, you can add a small potted plant or flowers and enjoy!



### MATERIALS:

- Terracotta flower pot
- Acrylic paint (assorted colors)
- Paintbrushes
- Water cup for cleaning brushes
- Paper towels



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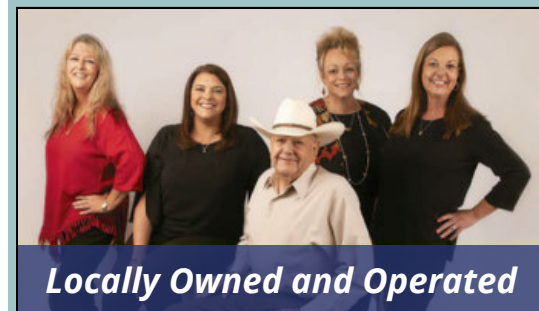
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# PUZZLE BREAK

## ENIGMA<sup>TM</sup> CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. *Hint: "H" = "U"*

"XN AXJ WVJAI EXKE NVJHCX DI  
NVJHCX ADRR KRAKFI XKLN  
NVJHCX."

— RKJ-ETH

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I'm Bobbie Parrish, a licensed sales agent in Victoria Tx. When it comes to Medicare, it's important to consider all of your options. What works well for your neighbor may not be the best fit for you. I know the ins and outs of Medicare, and I'm ready to answer your questions and help you find a plan that fits your needs. **Take advantage of my knowledge and experience to:**

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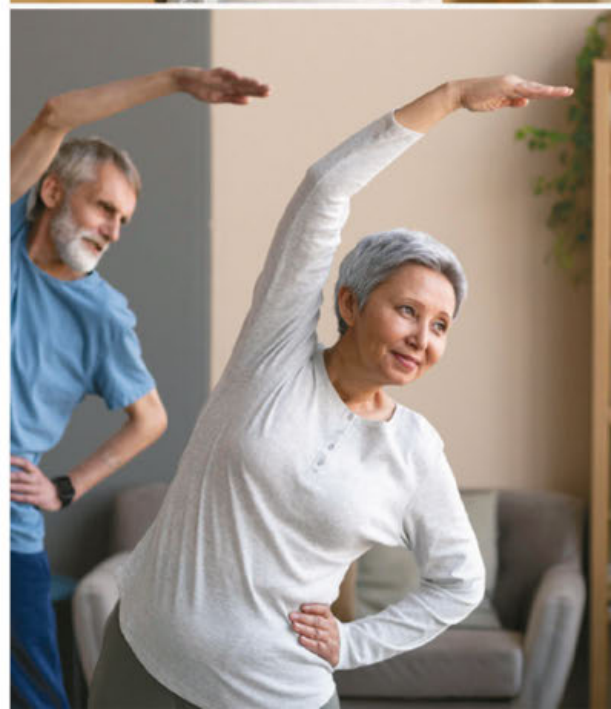


# National Senior Fitness Month.....

Meals on Wheels of South Texas is excited to celebrate National Senior Fitness Month by encouraging all our beloved seniors to get up, get moving, and get active! Regular physical activity is essential for maintaining overall health and well-being, especially as we age. It's never too late to start incorporating exercise into your daily routine, whether it's going for a walk, participating in chair exercises, or joining a senior fitness class.

Regular exercise is crucial for seniors as it offers a wide range of physical and mental benefits that contribute to their overall health and well-being. Physical activity helps seniors maintain muscle strength, flexibility, and balance, reducing the risk of falls and fractures. It also helps improve cardiovascular health, lowering the risk of heart disease and stroke. Exercise can also alleviate joint pain and stiffness associated with conditions like arthritis, and promote healthy digestion and circulation.

Here are some fun, easy exercises for the whole family.  
Standing is not required!





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](mailto: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 \$40 covers an entire week of meals for one homebound senior. An online donation takes only a couple of minutes and immediately goes to work helping your community.

Give today at [give.mowstx.org](https://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.

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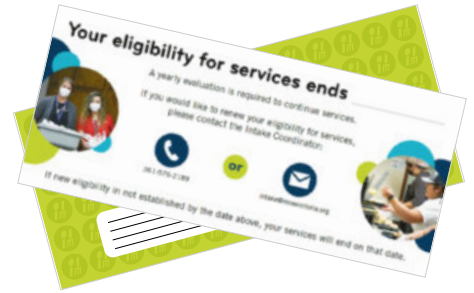
If you choose to create a planned gift, let us know! We would love to personally express our thanks.



# 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

“He who knows that enough is enough will always have enough.” — Lao-Tzu



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## 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**  
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