

March 2024 Newsletter



MEALS on WHEELS
SOUTH TEXAS

Celebrating Easter



Closed March 29th

THIS MONTH

Full Calendar, Page 4

Paw Express
Mar 13th

Library Delivery
Mar 20th

Food Bank
Mar 21st

Cuero Pet Food
Mar 6th

Victoria Pet Food
Mar 27th

WHAT WE DO

MOBILE MEALS

Our Mobile Meal program provides nutritionally balanced meals for homebound seniors who are not able to provide themselves with a homecooked meal.

LIBRARY TO GO

We partner with Victoria Public Library to deliver library items and crafts to our homebound clients.

TOGETHERNESS

Our Togetherness program aims to lessen the isolation and loneliness homebound adults can experience by creating opportunities to build social connections and friendships through weekly calls and/or visits.

CONNECTION CAFE

Our Congregate Meal program provides a nutritionally balanced lunch and daily activities every weekday.

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

Meal Reservations must be made 48 hours in advance.



PAW
Pets Are Wonderful
MEALS on WHEELS SOUTH TEXAS

Pets Are Wonderful delivers monthly pet food to registered home-delivered meal clients for up to two pets per household. Additionally, we offer vet care which consists of basic wellness checks and preventive care for our clients' pets.

SERVICES

FOR CURRENT CLIENTS

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

MORE THAN A MEAL



WHAT WE STAND FOR

Our Mission

Promote independence for area seniors by alleviating hunger and social isolation.

Our Vision

A community where all seniors live nourished lives.



MEALS on WHEELS
SOUTH TEXAS



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Meals on Wheels, Victoria, TX

A 4C 05-1764

March Activities & More

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Walk Across Texas
4 Senior Helpers	5 BINGO First Christian Church	6 Pam Education	7 BINGO New Century Hospice	8 Tria Svatek
		Cuero Pet Food		
11 Midcoast Family Services Crafts with Heather Brown	12 BINGO Retama	13 Presentation with Altus	14 BINGO Crown Hospice	15 Arts & Crafts
		PAW Express		
18 Financial Literacy	19 BINGO Harbor Hospice	20 Craft VPL	21 BINGO Beloved Community Care	22 Easter at the Park Children's Pavilion Riverside Park
		Library Delivery	Food Bank Distribution	
25 Cards	26 BINGO Twin Pines North	27 Games with Anna	28 BINGO Jessica Can Help	29
		Pet Food Delivery		CLOSED

CLOSED MARCH 29, 2024

EASTER IN THE PARK

Children's Pavilion
Riverside Park
Fri, Mar 22
9:30 -11:30 AM

CAN'T WAIT
TO SEE YOU
THERE!



Home Delivered Meals

We deliver meals once a week. You will receive great tasting meals filled with nutrients good for health and well-being.

Meals are designed by our Registered dietitians to provide key nutrients.

BOX 1

Pork Patty with Rice
Honey Mustard Chicken Patty
New York Strip Beef Patty & Gravy
Chimichurri Chicken Breast Patty
Meatballs over Egg Noodles

BOX 2

Breaded Chicken Patty
Pork Patty & Gravy
Thai Chili Meatballs w/
Brown Rice
Ravioli and Spinach Alfredo
Chipotle Meatloaf

BOX 3

BBQ Pork Patty
Cilantro Lime Meatballs w/
Brown Rice
Chicken Patty w/ Rosemary
Gravy
Salsbury Steak
Pepperoni Pizza

BOX 4

Chicken Patty & Penne
Pasta Alfredo
Fish Nuggets
Beef & Pepper Patty w/
Gravy
Breaded Parmesan
Chicken Patty
Red Beans & Brown Rice
w/ Sausage

BOX 5

Pork Patty & Mushroom
Gravy
Huevos Rancheros
Meatballs & Alfredo Shell
Pasta
Breaded Chicken Breast
Patties
Pork Patty & Rice w/ Roast
Garlic Gravy

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)

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Erica Johnson

ejohnson@4LPi.com

216-258-6202



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National Nutrition Month & National Frozen Food Month

Good nutrition is crucial at every stage of life, but it's especially important for the elderly. As we age, our bodies require fewer calories, but more of certain nutrients. This makes choosing nutrient-rich foods vital. **National Frozen Food Month** and **National Nutrition Month** come together to highlight how frozen fruits and vegetables can be a cornerstone of a nutritious diet for the elderly. These frozen options are not only convenient and long-lasting but also retain most of their vitamins and minerals – making them a fantastic choice for maintaining health and vitality.

Berry & Greens Smoothie Recipe:

Ingredients:

- 1 cup frozen mixed berries (strawberries, blueberries, raspberries)
- 1/2 cup frozen spinach
- 1 banana, peeled
- 1 cup unsweetened almond milk
- 1 tablespoon ground flaxseed or chia seeds (optional for added fiber and omega-3s)
- 1 teaspoon honey or maple syrup (optional for sweetness)

Instructions:

1. Place all ingredients in a blender.
2. Blend on high until smooth and creamy.
3. Taste and adjust sweetness if needed.
4. Pour into a glass and enjoy!



TEXAS INDEPENDENCE DAY

March 2nd

Celebrate Texas Independence Day, marking the momentous date of March 2, 1836, when Texas officially declared its independence from Mexico. This historic day, which led to the formation of the Republic of Texas, is remembered for its pivotal battles, including the legendary Battle of the Alamo and the decisive victory at San Jacinto.

Did you know that the Texas Declaration of Independence was signed at Washington-on-the-Brazos, not at the Alamo?



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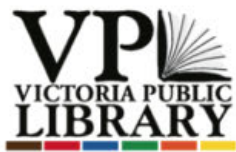
Meals on Wheels, Victoria, TX

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Victoria Public Library

Go to our website victoriapubliclibrary.org. Scroll down to "Library Events" to see our other activities!

★ JUVENILE EVENT
● ADULT EVENT



● Fun Fridays

Friday 1st, 15th, 22nd
10-11pm

Join us for a fun creative or physical activity every Friday morning from 10 to 11am. We'll be offering a different activity each week, from coloring to chair yoga to arts and crafts. Come meet new people while enjoying a fun and engaging activity. Denim for Dementia Banners

● DIY Kite Craft at the Park

Monday 11th
4-6pm

It's Spring! And it's time to get outside! Join us at Riverside Park to make your own kite! Have some fun getting crafty and flying your own kite. Open to all ages.

★ Learning Lab Bubble Sock Bottle

Monday 12th
4:30-5:30pm

Would you like to explore the fascinating world of bubble-making. With just a bottle and a sock, let's see how big of a bubble we can create!

● Plumeria Time

Friday 1th
4-6pm

Directions on how to start successful plumerias in South Texas with local gardener Elgene Henry.

● VPL Talks with Tim Lara

Thursday 7th
6-7pm

Local artist, musician and photographer Tim Lara will be at the library presenting his photography and discussing his art.

● Local Crossroads History with Tamara Diaz

Thursday 21th
6-7pm

Tamara Diaz is a contributing writer for the Victoria Advocate and local history buff. Join us in the Bronte Room for a fascinating local history discussion with Tamara Diaz.

DID YOU KNOW?

Only 2% of the world's population has green eyes. It's the rarest eye color in the world.

★ Dr. Seuss Family Literacy Event

Saturday 2nd
10-12pm

Family 1st Advisory Committee presents a Dr. Seuss Family Literacy Event. First 200 children under 5 years old will receive a FREE Book

★ Midday Getaway Paper Spinner Toy

Monday 11th
2-3pm

Ready for an afternoon of Fun! Come join us for an exciting event where we'll be crafting paper spinners.

★ Teen Tech: Pro Escape Room

Thursday 14th
4:30-5:30pm

Description: Experience the Thrills of an Escape Room at the Library. Enjoy a jungle-themed box presented by Pro Escape Room. In addition to the escape room, there will also be board games available for play.



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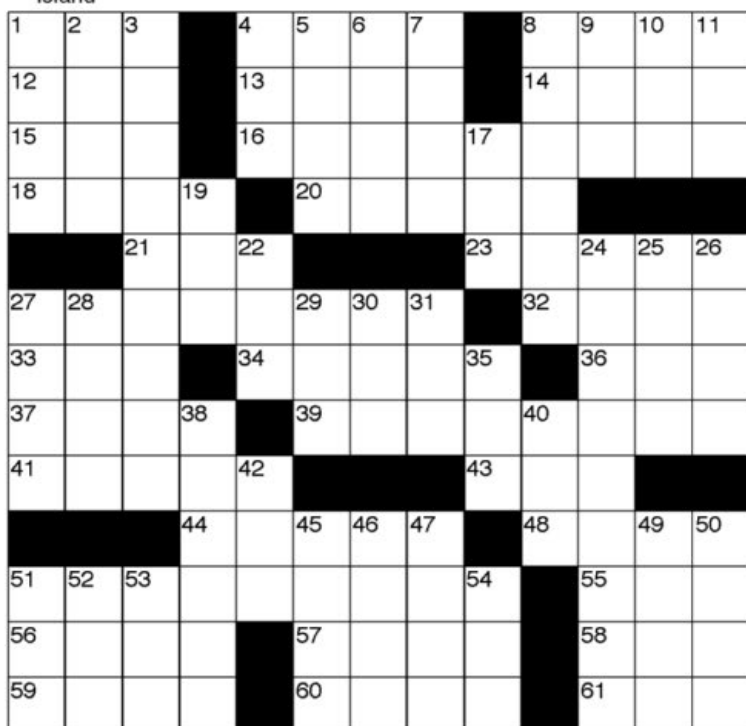
PUZZLE BREAK

CROSSWORD PUZZLE

ACROSS
 1 Cubic feet per minute (abbr.)
 4 Heddles of a loom
 8 Hall (Ger.)
 12 Have (Scot.)
 13 Clergyman
 14 Eur. juniper
 15 Amount (abbr.)
 16 Stallion (2 words)
 18 Late
 20 Passover meal
 21 Afr. eye-worm
 23 Pipe
 27 Deny
 32 Amer. Civil Liberties Union (abbr.)
 33 Eur. Economic Community (abbr.)
 34 Goodbye (Fr.)
 36 Org. of Amer. States (abbr.)
 37 Starch
 39 Male noble
 41 Marsh
 43 At the age of (Lat.)
 44 Wild rubber
 48 Caribbean island

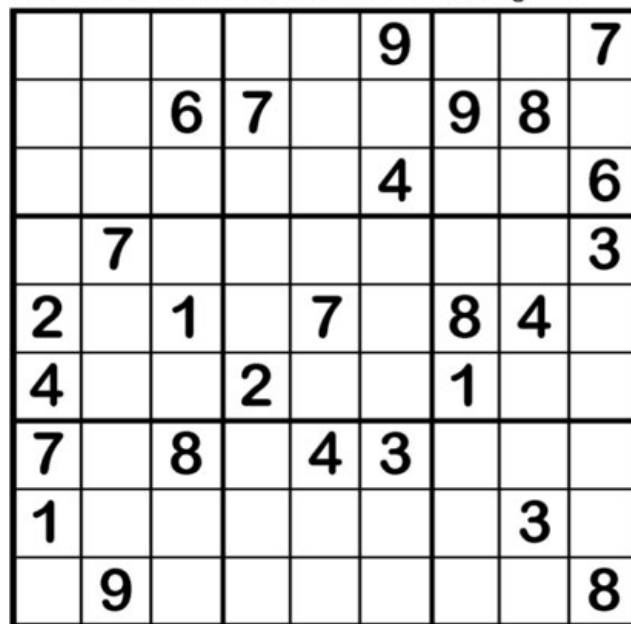
51 Senet
 55 Catch
 56 Pueblo Indian
 57 Dash
 58 Internat'l Red Cross (abbr.)
 59 Monitor lizard
 60 Spawning ground
 61 Television channel
DOWN
 1 Sudan lake
 2 Eclat
 3 Dross (2 words)
 4 Computer aided manufacturing (abbr.)
 5 Down with (Fr., 2 words)
 6 Qualified
 7 Reward
 8 Lava
 9 Rhine tributary
 10 Classifieds
 11 Shelter
 17 Pronoun
 19 Physician
 22 According to (2 words)
 24 Den (2 words)
 25 Zeal
 26 Plant disease

27 Distribute
 28 Yesterday (Ital.)
 29 Adverb (abbr.)
 30 3 (Rom. numeral)
 31 Fr. pronoun
 35 Fiddler crab genus
 38 Diacritical mark
 40 Office of Economic Development (abbr.)
 42 Nat'l Endowment for the Arts (abbr.)
 45 Maple genus
 46 Dominion
 47 Irish exclamation
 49 Projection
 50 First principles
 51 Heat unit
 52 Berne's river
 53 Genetic letters
 54 Too



Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.



Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.





THANK YOU, VOLUNTEERS



We want to say a big **"THANK YOU!!!!"** to The Vine School students who came by to help fill pet food bags for our furry clients.



OPPORTUNITIES

Volunteering opportunities with MOWSTX are 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:

MOBILE MEALS

Deliver meals to seniors on Mondays in Victoria or Wednesdays in Cuero.

PAW BITES

Deliver pet food during the final week of the month.

LIBRARY 2-GO

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

PREP & GO

Help load meal boxes in the freezer Thursday mornings.

PAW EXPRESS

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

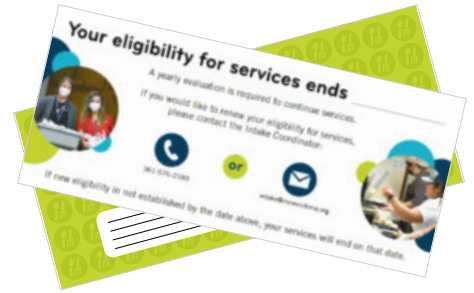
TOGETHERNESS

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

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

C	F	M	H	A	E	D	E	A	D	L	O	A	R	I	S	E	R	S	A	I	A	L
A	B	B	E	C	A	D	E	C	A	D	E	C	A	D	E	C	A	D	E	C	A	D
M	A	L	E	H	O	R	S	E	R	S	A	I	A	L	O	A	R	I	S	E	R	S
D	E	A	D	L	O	A	R	I	S	E	R	S	A	I	A	L	O	A	R	I	S	E
S	A	I	A	L	O	A	R	I	S	E	R	S	A	I	A	L	O	A	R	I	S	E
E	E	C	A	D	E	C	A	D	E	C	A	D	E	C	A	D	E	C	A	D	E	C
A	R	U	M	V	I	S	C	O	U	N	T	L	I	M	A	N	A	E	T	C	E	A
B	A	R	R	A	C	U	D	A	N	A	B	C	E	A	R	A	C	U	D	A	N	A
T	A	N	O	E	L	A	N	I	R	C	T	B	S	A	I	A	L	O	A	R	I	S
U	R	A	N	R	E	D	D	T	B	S	A	I	A	L	O	A	R	I	S	E	R	S

Answer to Sudoku

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

Answer to Sudoku

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

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SOUTH TEXAS

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For advertising, contact Mike Ward with our printer, LPi, at 832-315-7207.

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Contact: 361-576-2189 // info@mowstx.org
Website: www.mowstx.org
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