



MEALS on WHEELS SOUTH TEXAS

December 2022 Newsletter

HAPPENING THIS MONTH

Full calendar and daily menu, page 4

Holiday Closures

December 23 & 26

Monday deliveries within Victoria city limits will move to Tuesday;
Tuesday deliveries in Victoria County, to Wednesday. Cuero, no change.

Food Bank Distribution

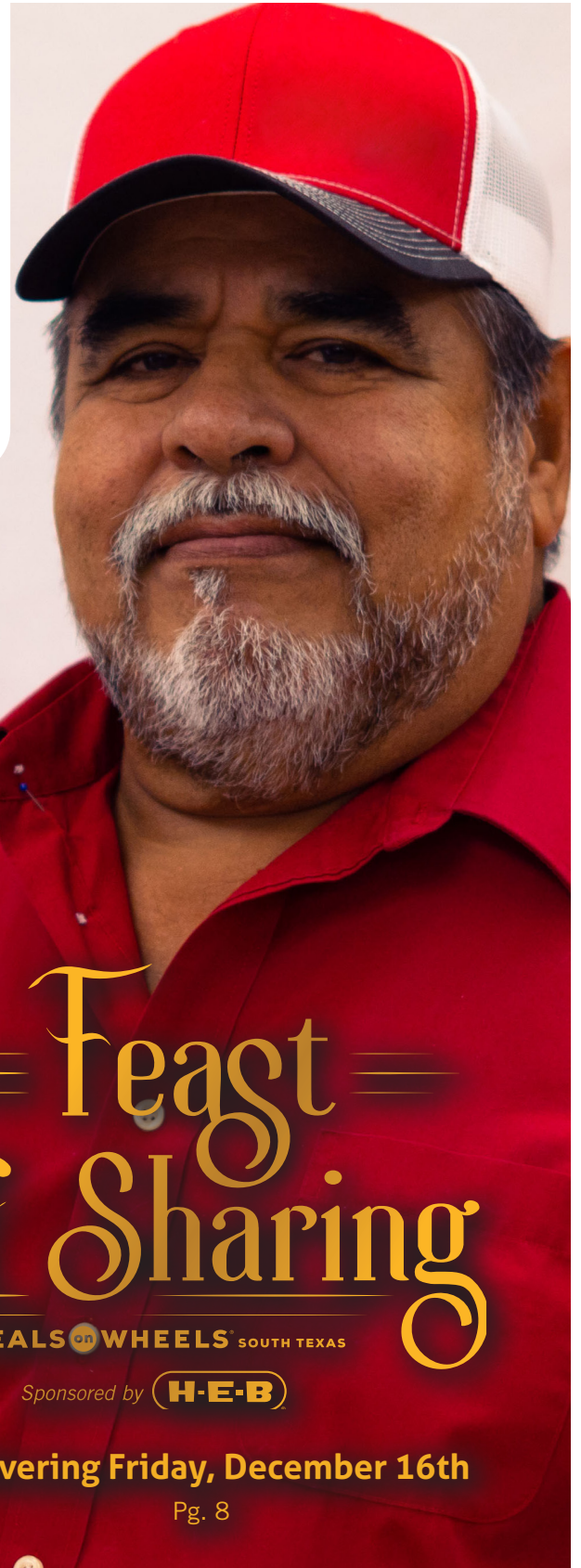
December 15, 10:00 AM

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

Pet Food Delivery

December 28 - 30

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



**Feast
of Sharing**

MEALS on WHEELS[®] SOUTH TEXAS

Sponsored by **H-E-B**

Delivering Friday, December 16th

Pg. 8

THE NUMBERS ARE IN

FOR FISCAL YEAR 2022

Oct 2021 - Sept 2022



102,190 MEALS

&

12,435 lbs PET FOOD

DELIVERED TO 192 PETS



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 CALLERS

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

BOOKS & MORE

We deliver Victoria Public Library materials every three weeks.

PET ASSISTANCE

Dry dog and cat food is delivered at the end of each month. We are currently expanding services to include veterinary support.

ADD SERVICES

kim@mowstx.org
361-576-2189

WHO WE ARE



Dan Williams-Capone
Executive Director
dan@mowstx.org

OPERATIONS



Diana Alarcon
Director of Operations
diana@mowstx.org

Operations Associates

Mary Torres
Jenna Hebert
Elena Soto
Daisy Garcia

GIFTS, GRANTS, & MARKETING



Jenn Putman
Development & Communications Manager
jenn@mowstx.org

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



Ivana Resendiz
Regional Volunteer Coordinator
ivana@mowstx.org



Brandy Candia
Program Services Assistant
brandy@mowstx.org

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
Albert Rangel

DECEMBER MEALS & MORE

Key
Menu
Café Event

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOME-DELIVERED MEALS We deliver 1 hot meal and 4 frozen meals once each week. For Tues - Fri frozen meals, see the previous week's menu. <i>Menu based on what our kitchen is cooking on the indicated day. Café calendar and menu may change without notice.</i>			1 Grilled Pork Chops Mashed Potatoes Honey Glazed Carrots Peach Crumble	2 BBQ Chicken Thighs Roasted Corn Baked Beans Roll
			BINGO New Century Hospice	Insurance Enrollment Q&A with
5 Beef Stir Fry Fried Rice Stir Fry Vegetables Egg Roll	6 Tortellini Soup Sugar Snap Peas Oatmeal Cookie	7 Beef Stew With Potatoes & Carrots Braised Green Beans Apple Cobbler	8 Enchilada Casserole Spanish Rice Charro Beans Tres Leches Cake	9 Smothered Chicken Breast Butter Beans Collard Green Cookie
Games	BINGO First Christian Church	Karaoke! Golden Groove	BINGO Crown Hospice	Christmas Party
12 Chili and Beans Cornbread Mixed Fruit Salad	13 Frozen Meal TBD	14 Shelf Stable Meal TBD	15 Shelf Stable Meal TBD	16 
Fresh Start Texas A&M AgLife Extension	BINGO Retama	BINGO Morada East	BINGO White Elephant <i>Food Bank, 10:00 AM</i>	Café Closed
19 Beef Stroganoff Egg Noodles Green Beans Chocolate Moose	20 Chuck Wagon Steak Sandwich Chips Peach & Blueberry Vanilla Pudding	21 BBQ Sausage Pinto Beans Cornbread Applesauce Brownie	22 Roast Turkey & Gravy Cornbread Stuffing Green Beans Wheat Roll Pumpkin Pie	23  MOWSTx Offices and Café Closed for Holiday Happy Christmas Eve!
Meals and a Movie We'll have popcorn!	BINGO Harbor Hospice	Crafts @ the Café Victoria Public Library	BINGO Jessica Can Help	
26  MOWSTx Offices and Café Closed for Holiday Merry Christmas!	27 Meatloaf Brown Gravy Whipped Potatoes Baked Squash Chocolate Cake	28 Chicken Noodle Soup Green Beans Wheat Roll Apple Cobbler	29 Braised Flank Steak Corn Roasted Carrots Salted Caramel Pecan Bars	
			BINGO PAM Healthcare	New Year's Party
<i>Pet Food Delivery</i>				

CONNECTION CAFÉ

MONDAY - FRIDAY
603 E MURRAY STREET

Connection Café



RESERVE YOUR SPOT

Currently, our Café is open on a **reservation-only basis**.

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.

9:30 AM Doors Open • 11:00 AM Lunch
Check in by 9:45 AM to hold your spot.

SUGGESTED CLIENT CONTRIBUTION:

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

\$5

MEAL AT THE CAFÉ

(\$25/week)

\$3

HOME-DELIVERED MEAL

(\$15/week)

Coming Early 2023: Regional Peer Support

TOGETHER, WE'RE FIGHTING LONELINESS

In early 2023, MOWSTx will expand socialization and peer support programming to an eight-county region, utilizing senior (age 55+) volunteers to serve as peer companions.



AmeriCorps
Seniors

VOLUNTEER ACTIVITIES

AARP research indicates that 29.91% of individuals in our service area age 50 and up volunteer at least once a month. Ours is a community who want to give back, especially those who've retired and seek a fulfilling way to fill their days. Volunteers in our Regional Peer Support Expansion Project will:

- Help clients access healthy food by assisting with grocery shopping and cooking.
- Serve as companions and, hopefully, friends.
- Relieve some of the burden on caregivers through the above modes of assistance.
- Transport clients to out-of-town medical appointments and care.

Please note: Our volunteers will not replace professional home caregivers or be expected to assist with physical transfer, sanitary needs, or other aid requiring specialized training.

LOCAL NEEDS & LOCAL IMPACT

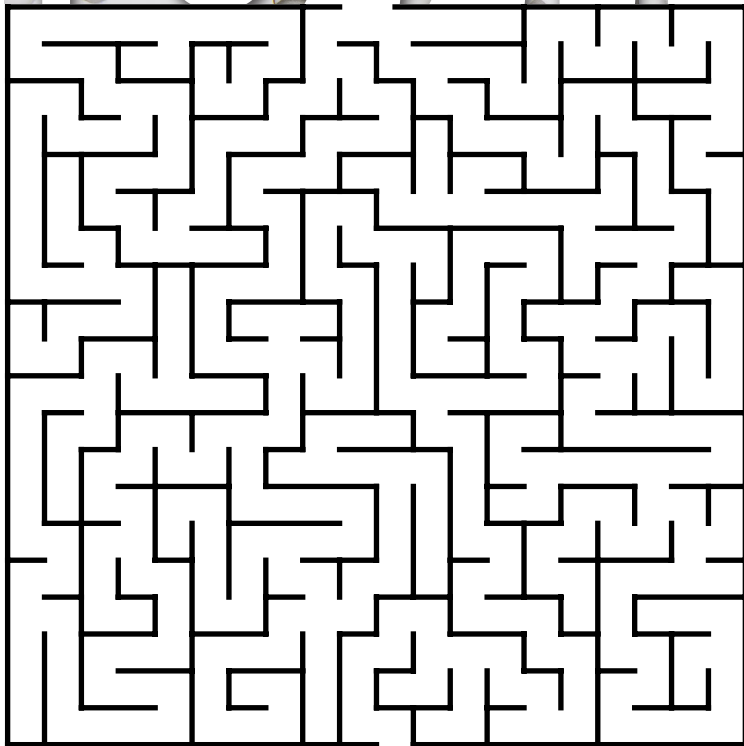
The Regional Peer Support Expansion Project seeks to activate older adult volunteers to respond to their peers' needs, within their own communities.

Through county-by-county research, we were able to identify the specific problems faced by our region's older adults. A striking statistic across all counties was the AARP-reported risk of social isolation; Texas is scored at just 15.3%, while counties in our service area are scored at best double that number, at worst nearly five times the statewide score. In many counties, as much as 8% of the population are older adults living alone, and many - up to 13.5% - are disabled older adults.

The need for social support inspired the core structure of this pilot program. But we are, at our core, an organization which addresses hunger. Food insecurity and lack of access to healthy foods is critically high in our region of Texas. While we are not yet delivering meals to all zip codes of our expanded service area, our AmeriCorps Seniors volunteers will support nutritional health through grocery shopping and limited kitchen assistance. For many homebound older adults, the access element is all that's needed to make a profound impact on their health: Many might be able to cook limitedly but cannot drive to the store; many more might have all of the resources to purchase fresh grocery goods but cannot safely hold knives or hot pans to chop, cut, and cook healthy ingredients. For our part, as an organization, we will connect older adults with other home-delivered meals organizations serving our expanded service area and aim to expand those organizations' capacity where we can help.

Much of our expanded service area is rural. Rural communities face the constant struggle of having the highest needs but the lowest levels of service to their homes. If an older adult living at their family home deep in unincorporated county can't drive for up to an hour, they may not be able to consistently reach a grocery store, make routine medical appointments, or access the specialized care we need in our later years. The Regional Peer Support Expansion Project acknowledges our rural neighbors and seeks to equitably serve all older adults, urban and rural.

PUZZLE BREAK



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

COMMUNITY PARTNER SPOTLIGHT

Feast of Sharing Delivers Friday, 12/16!

Meals on Wheels South Texas will deliver 1,000 holiday meals to homebound individuals in Victoria County and in Cuero on Friday, December 16th. The meals are sponsored by H-E-B as part of the chain's Feast of Sharing. It will be Meals on Wheels South Texas' third year participating in this monumental and rewarding event, taking H-E-B's celebrated feast to homebound members of our community.

MOWSTx will deliver both to current clients and additional homebound individuals, who can sign up by contacting Meals on Wheels South Texas by phone or email or via mowstx.org. Meals are free, courtesy of H-E-B. Current clients of Meals on Wheels South Texas will be signed up automatically.

An undertaking of this size requires all hands helping, and more volunteers are needed to deliver. In consideration of the surrounding neighborhood and potential traffic, pickups are staggered at 11am, 12pm, and 1pm. Sign up to volunteer by phone or email or via mowstx.org.

VOLUNTEER OR SIGN UP FOR MEALS

mowstx.org
info@mowstx.org
361-576-2189

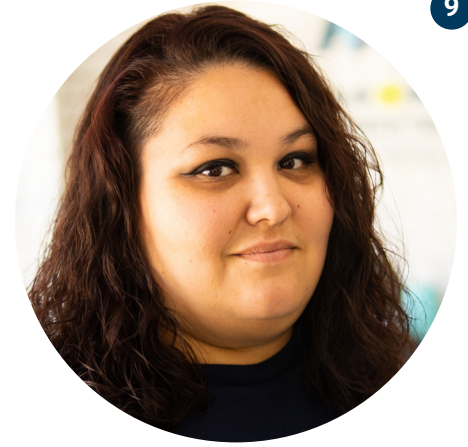


JENNA HEBERT

PROGRAM SUPPORT ASSOCIATE

What does Jenna do outside of MOWSTx? Avid JEEPer (JEEP driver/fan), loves spending time with wife and three kids

Favorite MOWSTx Meal: Smothered Chicken



GET TO KNOW JENNA

Jenna's favorite day at work is Monday; it's a busy, exciting day, with more than enough to do. And she makes an impact as one of our Program Support Associates, the team critical to getting our meals packed and delivered on time. Jenna and her teammates are the do-it-all, always-helpful pillars of MOWSTx.

In three months on our staff, Jenna's enjoyed delivering to clients she knows from growing up in the area. Her standouts include one client who volunteers at the hospital where her parents work and a couple who happen to be her childhood babysitter's parents. Needless to say, Jenna is a lifelong resident of our community, and it makes her fantastic at bringing our services to the people who need them.

Her favorite part of working here is her team. The Program Support Associates are a tight-knit group who work together to deliver, process supplies, and fill in where other programs need an extra set of hands. And her team appreciates her.

Elena, fellow associate, says, "She's always happy!"

Mary, also an associate, tells us that Jenna is always jumping in when something needs doing. In the months they've worked together, Mary says Jenna's come a long way, and she's glad to work with her on the team.

"She's an awesome driver...
She's fun to work with. She keeps us laughing!"

Tina Doggett, Transportation & Office Coordinator

Several clients have called in to say how much they like Jenna and how she's always polite while delivering to them. And she delivers a lot: she regularly volunteers herself to make additional deliveries where needed.





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.

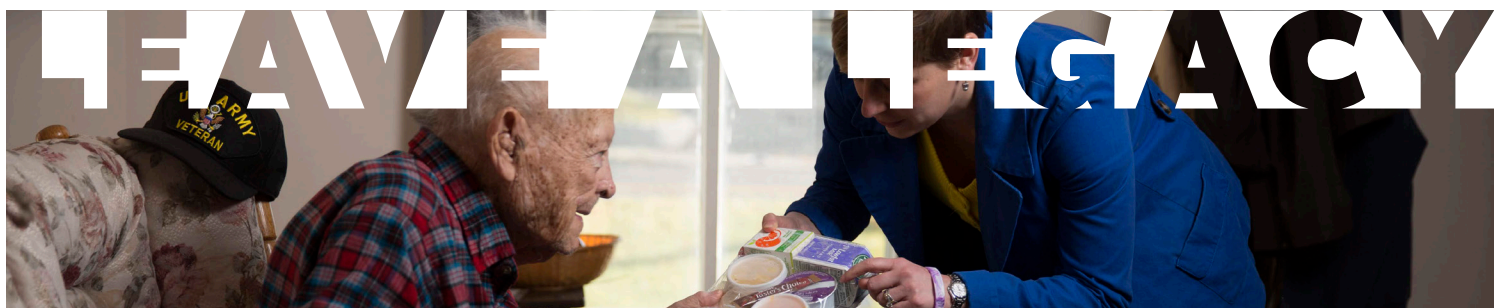
FRIENDLY CALLERS

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.

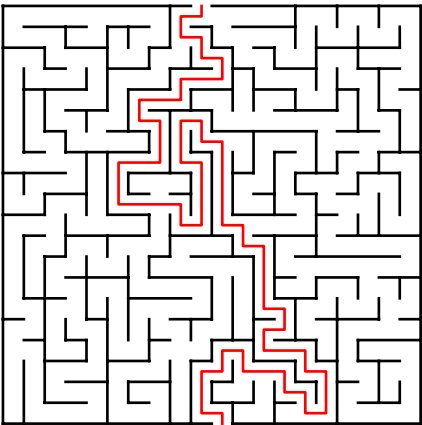
REMEMBER TO RENEW

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



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

COMMUNITY PARTNERS



SUBARU SHARES THE LOVE

As part of a national partnership with Meals on Wheels America, Subaru of America, Inc. will donate \$250 to the purchaser's choice of participating charities – one of which is Meals on Wheels – for every new vehicle purchased or leased from November 17, 2022, through January 3, 2023.

For more information, visit www.MealsonWheelsAmerica.org/ShareTheLove.

DELIVERING DECEMBER 16TH

Mark your calendars: H-E-B will once again sponsor 1,000 home-delivered meals to MOWSTx clients and members of the community.

Learn more on our website, mowstx.org

VOLUNTEERISM AT WORK

Thank you to our Community Partners who put in time and effort delivering, packing, and more!



DECEMBER CAFÉ PARTNERS:



JESSICA MARTINEZ
Licensed Insurance Agent
Specializing in Medicare



@MOWSouthTexas