

## EMERGENCY INFORMATION PREPARING FOR A HURRICANE Page 6

OPEN POSITIONS JOIN THE MEAL TEAM Page 8

## NATIONAL DISASTER PREPAREDNESS MONTH

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## DATES TO KNOW

#### Food Bank Distribution

September 15: MOWSTx back parking lot. Must be a registered client with the Food Bank. 10:00 AM.

#### Pet Food Delivery

September 28-30: Pet food will be delivered to program participants at the end of the month.

#### Center Closed September 5th

- CONNECTION CAFÉ
  - Karaoke with Golden Groove *September 7*
  - Weirdo Day
  - September 9
  - Mid-Coast Fam. Svcs. Presents
- September 12 & 19
- Information: Page 4-5

The Café and MOWSTx offices will be closed Monday, September 5th for Labor Day.

## OUR TEAM



DAN WILLIAMS-CAPONE Executive Director dan@mowstx.org



DIANA ALARCON Director of Operations diana@mowstx.org



BRENDA AMAYA Executive Chef kitchen@mowstx.org



JENN PUTMAN Development & Comms Manager jenn@mowstx.org



KIM PEREZ Program Services & Volunteer Manager kim@mowstx.org



TINA DOGGETT Transportation & Office Coordinator office@mowstx.org



JENNY HERRERA Intake Coordinator intake@mowstx.org

KITCHEN Hector Hortado Prisila Rodriguez Albert Rangel

#### DRIVERS

Brandy Candia Jessica Rodriguez Mary Torres Reagan Green Jenna Hebert

#### WE'RE HIRING!

Regional Volunteer Coordinator Café Coordinator Drivers *Info, Page 8* 

## 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

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 handdeliver the form back to us.

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#### 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

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## SEPTEMBER MEALS & MORE

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<mark>Key</mark> Menu Café Event

|  |  |   |   | Care Event  |  |
|--|--|---|---|---|--|
| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  |  |
| HOME-DELIVE<br>We deliver 1 hot meal an<br>frozen meals, see the pr    | nd 4 frozen meals once ea  | ach week. For Tues - Fri  | 1<br>Shepard's Pie<br>Balsamic Carrots<br>Turnip Greens<br>Wheat Roll                   | 2<br>Seared Chicken Thighs<br>in Onion Gravy<br>Butter Beans<br>Creamed Corn  |  |
| Menu based on what ou<br>calendar and menu may                         | r kitchen is cooking on th<br>change without notice.               | e indicated day. Café   | BINGO<br>New Century Hospice  | Misc. Craft Day   |  |
|  | 6<br>Beef Stew<br>Honey Glazed Carrots<br>Cornbread                | <b>7</b><br>Half Chicken Bake<br>Pasta in Tomato Sauce<br>Squash<br>Peaches and Cream | 8<br>Meatloaf<br>Whipped Potatoes<br>Asparagus<br>Cornbread                             | 9<br>Beef Ravioli in Marinara<br>Broccoli<br>Apple Crisp                      |  |
| MOWSTx Closed<br>Labor Day   | <b>BINGO</b><br>First Christian Church                             | <b>Karaoke!</b><br>Golden Groove  | <b>BINGO</b><br>Carter Healthcare   | <b>Weirdo Day</b><br>Wear your weirdest<br>outfit to the Café                 |  |
| <b>12</b><br>Ham & Turkey Wraps<br>Side Salad<br>Mixed Fruit           | <b>13</b><br>Red Beans & Rice<br>Stewed Okra<br>Raspberry Bars     | 14<br>Grilled Pork Chops<br>Sweet Potato Mash<br>Turnip Greens<br>Chocolate Cake      | <b>15</b><br>Tilapia<br>Wild Rice<br>Squash & Zucchini<br>Lemon Bar                     | <b>16</b><br>Beef & Broccoli Bowl<br>Vegetable Stir Fry<br>Pot Stickers       |  |
| <b>Presentation</b><br>Midcoast Family<br>Services                     | BINGO<br>New Century Hospice                                       | <b>Coloring Day</b><br>Bring your favorite<br>pens. We're coloring!                   | BINGO<br>White Elephant<br>Food Bank, 10:00 AM  | Stroke & Heart Health<br>Presentation   |  |
| <b>19</b><br>Flatbread Pizza<br>Salad<br>Oranges<br>Oatmeal Cookie     | <b>20</b><br>Enchilada Casserole<br>Rice & Beans<br>Pineapple Cake | 21<br>Smothered Steak<br>Roasted Potatoes<br>Collard Greens<br>Crisp                  | 22<br>Roasted Pork Loin<br>Rice Pilaf<br>Green Beans & Carrots<br>Chocolate Chip Cookie | 23<br>Pot Roast<br>Whipped Potatoes<br>Corn Cob<br>Apple Cobbler              |  |
| <b>Presentation</b><br>Midcoast Family<br>Services                     | BINGO<br>Harbor Hospice  | Crafts @ the Café<br>Victoria Public Library  | <b>BINGO</b><br>Humana  |   |  |
| 26<br>Chicken Salad on<br>Croissant<br>Baked Chips<br>Pineapple Chunks | 27<br>Green Chili Pork<br>Rice & Beans<br>Tres Leches Cake         | 28<br>Rigatoni in Meat Sauce<br>Broccoli & Cauliflower<br>Wheat Roll                  | <b>29</b><br>Scrambled Eggs<br>Sausage<br>Hashbrown<br>Peaches                          | <b>30</b><br>Chicken Spaghetti<br>Roasted Carrots in<br>Vinaigrette<br>Muffin |  |
|  | <b>BINGO</b><br>Creative Solutions in<br>Healthcare                | Pet Food Delivery ——  | BINGO   | September Birthdays<br>United Healthcare                                      |  |

## CONNECTION CAFÉ MONDAY - FRIDAY Some the CAFÉ 603 E MURRAY STREET

9:30 AM Doors Open 10:00 AM Featured Activity (see calendar) 11:00 AM Lunch Please check in by 9:45 AM to hold your spot.



#### **RESERVE YOUR SPOT**

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

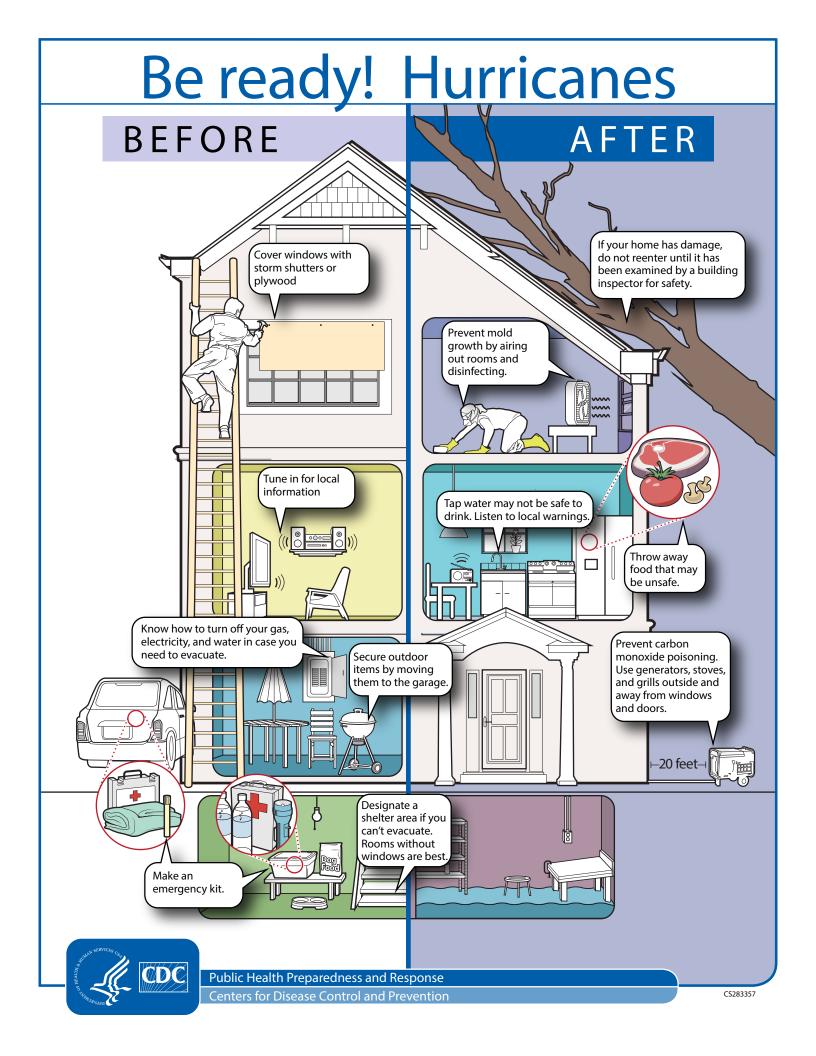
Call us between the hours of 8:00 AM and 2:00 PM, Monday through Friday, to reserve; voicemail reservations are not accepted. We require that reservations be made before 1:00 PM the prior business day; Monday reservations can be made the prior Friday. Our phone number is 361-576-2189. Transportation to the Café is limited.

#### HELP US STAY OPEN

Traffic is limited to the dining hall side of the building. Please consider wearing a mask while not eating and stay home if you are not feeling well.

**SUGGESTED CLIENT CONTRIBUTION:** It's not required, but it helps a lot. MEAL AT THE CAFÉ (\$25/week)

HOME-DELIVERED MEAL (\$15/week)





Delfino Martinez, 2022. Created for and displayed in the Meals on Wheels South Texas Connection Café.

## **OPEN POSITIONS**

At the heart of MOWSTx is a close-knit team. We have lunch together, share jokes, and grow as an organization thanks to the efforts and commitment of both staff and our incredible volunteers.

*Right: The kitchen participating at our recent team-building, pictured here building a tower with marshmallows and dry spaghetti noodles.* 

## **REGIONAL VOLUNTEER COORDINATOR**

Oversee, develop, and manage daily operation of MOWSTx's AmeriCorps Seniors American Rescue Plan (ARP) Senior

Demonstration Project (SDP) delivering senior companionship services to an 8-county region of South Texas. Full-time, 35 hrs/wk; Monday-Friday, 8am-3pm.

## CONNECTION CAFÉ COORDINATOR

Oversee daily operations of Meals on Wheels South Texas' Connection Café dining room and congregate dining program. Coordinate Café activities. Full-time, 30 hrs/wk; Monday-Friday, 8am-2pm.

## DELIVERY DRIVER/SUPPORT STAFF

Drive for home-delivered meals and transportation programs. Assist with packaging, organizational, and maintenance tasks. Part-time, ~20 hrs/wk; Mondays 8am-2PM; Tuesday-Friday, 10am-1:30pm.

## APPLY AT MOWSTX.ORG





This article originally appeared in the September 2021 issue of our newsletter.

September is National Preparedness Month, a month recognizing the need for all of us to be ready when disaster strikes. A disaster can occur without warning, and there are several measures you can take to make sure you ride out the worst of it as best you can.

## PLAN AHEAD

Form a safety network of family, friends, and neighbors. Write down or print out their contact info, and decide how you will stay in touch if phones are down. Identify a safe place where your network will meet in the event of an evacuation.

If you have additional health needs, plan with your healthcare providers to identify backup service providers if their ability to offer care is interrupted.

## BUILD A KIT

Experts recommend that you plan for three days of survival. Canned food and dry goods that don't require cooking, bottled water, medications, and pet food are all helpful items to include in an emergency kit. Include backup medical supplies such as a lightweight manual wheelchair if you use a powered wheelchair, a patch kit for damaged tires, a spare set of glasses, or additional hearing aid batteries. Also consider a NOAA radio to receive weather updates in the event of a power outage, a first aid kit, shoes, a list of emergency contacts and copies of vital documents in a waterproof sleeve, a flashlight, and anything else you think you might need to grab quickly and easily. Remember to store your kit someplace accessible.

## POWER UP

When an emergency warning goes out, charge mobile phones and medical devices. Keep spare batteries in a waterproof container, and pack batteries separate from other items, especially food and water. If you include a radio in your kit, consider a hand-cranked or solar-powered radio to be sure it stays powered up.

## STAY INFORMED

Know where the local Emergency Management Office advises residents to go during a given incident. Monitor TV, radio, and other local broadcasts during weather events to stay up-to-date. Tune in every thirty minutes to make sure you're kept current in case the power goes out.

## PRACTICE PREPAREDNESS

Phone numbers change, canned food expires, and even the best plans have flaws. Remember to practice preparedness by rechecking your plan and kit. Test your evacuation plan with your safety network before you need to use it, and change out batteries and water from your kit every six months to a year.

Being ready now helps you get back to your everyday life faster and more easily after a disaster occurs. For more information and comprehensive preparedness checklists, visit TexasReady.gov and Ready.gov



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.

## GET HELP GETTING OUT

The State of Texas offers the option to register with the STEAR program. STEAR is a free program that helps disabled and medically fragile individuals, those needing transportation assistance, and those who require additional assistance to be safe in the event of a disaster.

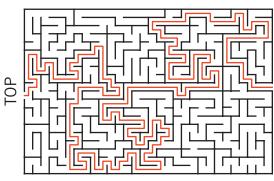
Call 2-1-1 or head to stear.tdem.texas.gov to register.



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## PAGE 3 PUZZLE SOLUTIONS



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## MEALS ON WHEELS' SOUTH TEXAS COMMUNITY PARTNERS



### CELEBRATING ONE FULL YEAR IN DEWITT COUNTY!

On August 5th, Meals on Wheels South Texas celebrated our DeWitt County volunteer team. It has been one year since a generous grant from United Way of the Crossroads enabled us to first serve in Cuero and Thomaston, and the Cuero community has embraced us and stepped up to help out.

Volunteers joined us at Grace Episcopal Church for lunch and casual conversation. Thank you to Grace Episcopal for hosting. Additional thanks goes to our sponsors for lunch and appreciation gifts: Cuero Chamber of Commerce, H-E-B of Cuero, Rondezvous Boutique & Marketplace, and Organic Emporium.

## THANK YOU TO OUR APPRECIATION LUNCHEON SPONSORS:



#### MAKE A DIFFERENCE WITH US

Our Community Partner program recognizes the outstanding helpers operating in our community. Partners contribute in a multitude of ways: by volunteering as a corporate team, sponsoring meals, calling our BINGO days at the Connection Café, funding specific programs, offering personnel and resources to enrich our programming and activities, and more.

#### **GET IN TOUCH**

Getting started giving back is as easy as getting in touch with the MOWSTx team. We always need meal sponsors, donations of items from our wishlist, and volunteers.

Scan the QR code to access our interest form, email giving@mowstx.org, or call our office at 361-576-2189.



VOLUNTEER WITH MOWSTx volunteer@mowstx.org GIVE A GIFT OF MEALS give.mowstx.org