

**May 2024
Newsletter**



MEALS on WHEELS
SOUTH TEXAS

NATIONAL PET MONTH



CLOSED MAY 27TH

THIS MONTH

Full Calendar, Page 4

Paw Express
May 14th

Food Bank
May 16th

Library Delivery
May 15th

Cuero Pet Food
May 1st

Victoria Pet Food
May 22nd

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 • 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



CROWN
HOSPICE

Providing Comfort, Bringing
Compassion and Sharing Hope

1406 East Red River • Victoria, TX 77901

361-575-5900

www.crownhospice.com

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

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized
Provider

SafeStreets

833-287-3502

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?



**OUR COMMUNITY
NEWSLETTER**
OCTOBER EDITION



Engaging,
ad-supported
print and digital
newsletters to reach
your community.



Scan to
contact us!

Visit lpicommunities.com

SUPPORT OUR ADVERTISERS!



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Meals on Wheels, Victoria, TX

A 4C 05-1764

May Activities & More

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Card Games & Dominoes Cuero Pet Food	2 BINGO New Century Hospice	3 Cinco de Mayo Activity
6 Swallowing Techniques with PAM Health	7 BINGO First Christian Church	8 Band Stretches with PAM Health	9 BINGO Crown Hospice	10 Mother's Day Luncheon
13 Financial Literacy with First National Bank	14 BINGO Retama PAW Express	15 Crafts VPL Library Delivery	16 Movie Day Food Bank Distribution	17 Cell Phone Clean Up
20 Game Day with Victoria Hospice	21 BINGO Harbor Hospice	22 Pen Pals for Seniors Pet Food Delivery	23 BINGO Port Lavaca & Southbrooke	24 Memorial Day Crafts
27 CLOSED	28 BINGO Twin Pines North	29 Cooking Well with Cultures with Texas AgriLife	30 BINGO White Elephant	31 Movies & Popcorn

JOIN US
 AT THE
CONNECTION
CAFE!

ENJOY BINGO, CRAFTS, & MORE!



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



FREE
AD DESIGN
with purchase
of this space

CALL 800-950-9952

The comfort of home. The support you need.



SCAN ME

outreach
HEALTH

Call us today!

Main Phone: (361) 578-3632

Fax: (361) 573-6328

info@outreachhealth.com



**HOSPICE OF
SOUTH TEXAS**

605 E Locust Ave
Victoria, TX

361-572-4300
hospiceofsouthtexas.org



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Meals on Wheels, Victoria, TX

B 4C 05-1764



Cherishing Mom

In the glow of dawn's soft light,
Rests a love, both fierce and bright.
Every whisper of the breeze
Speaks of her, the heart's sweet ease.

Hands that held, eyes that knew,
Each tear shed, each laugh too.
Mother—giver, strength, and guide,
In her embrace, fears subside.

Roses pale beside her grace,
Time reflects in lines we trace.
On this day, we hold her dear,
Cherish moments, year by year.

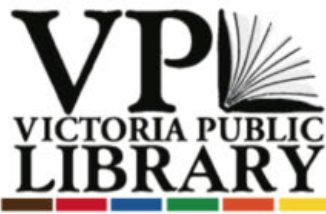
Thank you, Mom, for all you are,
Our first home, our guiding star.
Celebrate this day we must,
For mothers, in whom we trust

Happy Mother's Day



 <p>Citizens MEDICAL CENTER <i>Home Health</i></p> <p>361.579.1305 ★★★★★</p> <p>5-STAR PATIENT SATISFACTION RATING</p>	<p>NEVER MISS OUR NEWSLETTER!</p> <p>SUBSCRIBE</p> <p>Have our newsletter emailed to you.</p>  <p>Visit www.mycommunityonline.com</p>
 <p><i>Locally Owned and Operated</i></p>	 <p>EXCEL <i>Complete</i> HOME HEALTHCARE</p> <p><i>"Therapy and Skilled Nursing in the Comfort of your Home."</i></p> <p>3804 John Stockbauer, Ste E Victoria, TX 77904</p> <p>361-575-4500 www.excelhh.com</p>

Community Spotlight



Visit our website:
victoriapubliclibrary.org
 Scroll down to "Library Events" to see more activities!

● ADULT EVENT

★ JUVENILE EVENT



● Yarn Craft Club

Thursday 2nd 1-2pm
 &
 Thursday 16th 4:30-5:30pm

Come join us for fun stitching projects, or work on your project with others who enjoy making crafts with yarn! This event is open to ages 10 and up.

★ Crafternoon: Salt Painting

Tuesday 7th
 5-6pm

Ever tried painting with salt? Come explore a fresh approach to combining paint and salt with us! Creativity at its finest!

● True Crime Book Club

Monday 20th
 6-7pm

Join us for a night of True Crime discussion! The Library will be hosting the True Crime and Killers Book Club meetings once a month.

★ Lego Lab

Thursday 2nd
 4:30-5:30pm

Our favorite program for all of you Lego fans! Join us for an evening of Lego building. We will have both small Legos and big blocks available so all ages are able to participate.

★ Learning Lab: Green Houses

Thursday 9th
 4:30-5:30pm

Bringing May flowers! Let's come together to build a greenhouse and embrace green living!

● Chess Club at Riverside Park

Saturday, 18th
 9-3pm

The Victoria Public Library invites you to enjoy a nice day at Riverside Children's Park to play open, casual games of Chess free for all ages!

● Fun Fridays

Friday 3rd, 10th, 17th, 24th
 10-11am

Join us for a fun creative or physical activity every Friday morning 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.

DID YOU KNOW?

You can't hum while you're pinching your nose. When you hum, you are actually exhaling, so if both your mouth and your nose is closed, the air can't escape.

★ Inbetweeners: Comic Books & Pizza

Thursday 23rd
 4:30-5:30pm

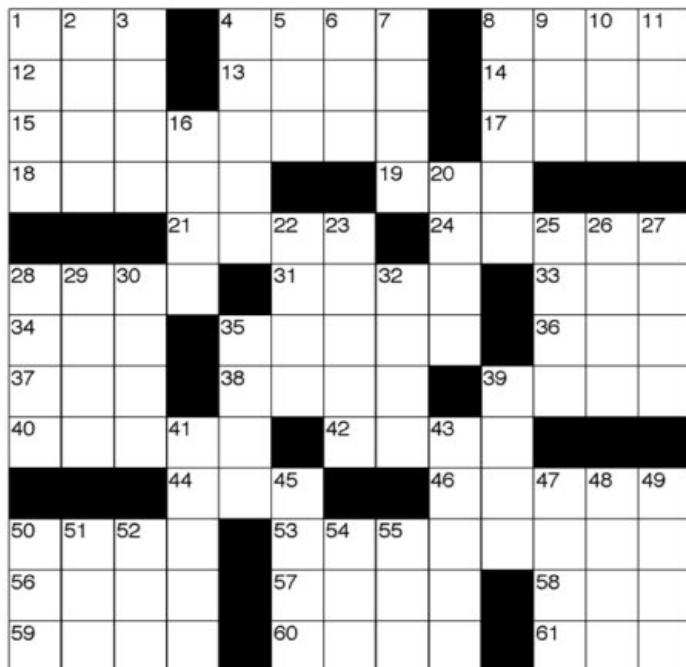
Join us for a comic book exploration with friends, enjoy a slice of pizza, and socialize. Attend as your favorite Anime or comic character!

**SUPPORT THE
 ADVERTISERS**
 that Support our
 Community!

PUZZLE BREAK

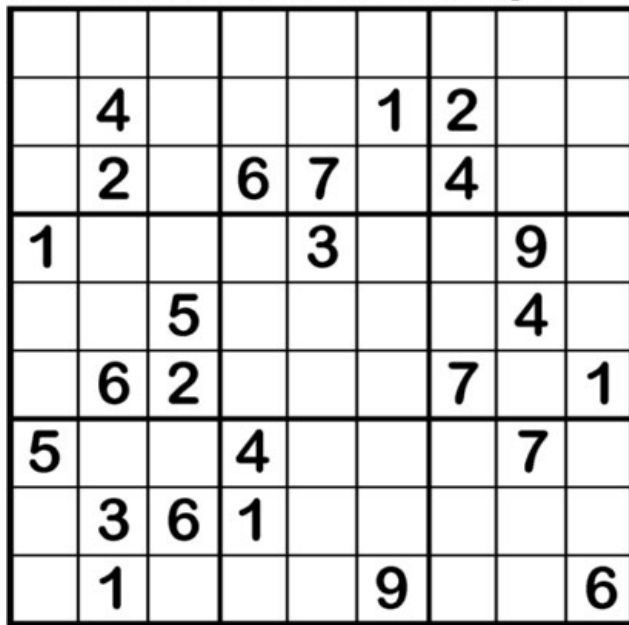
CROSSWORD PUZZLE

- ACROSS**
- 1 Love (Lat.)
4 Fr.-Ger. region
8 Apiece
12 Scandalous material
13 Irish sweetheart
14 Carplike fish
15 Fr. historical provinces
17 Muslim holy man
18 Door (Lat.)
19 Mulberry of India
21 Inclement weather
24 Capital of Para, Brazil
28 River in "Kubla Khan"
31 Crest
33 Honey-eater bird
34 Lively (Fr.)
35 Heart auricle
36 Lady's title
37 Atl. Coast
- DOWN**
- 1 Both (pref.)
2 Jap. rural community
3 Aesir god
4 Devil
5 Turk. title
6 Scot. alder tree
7 Ottoman peasant
8 Rom. official
9 Air-to-air missile (abbr.)
- 39 Tablespoon (abbr.)
40 Vug
42 P.I. tree
44 Admiral (abbr.)
46 Live
50 N. Caucasian language
53 Open
56 Israelite tribe
57 Dodecanese island
58 Girl
59 Weaverbird
60 Shak. contraction
61 Laconian clan group
- 10 Circuit Court of Appeals (abbr.)
11 Enclose
16 Buttocks
20 Father: Hebrew
22 Eight (pref.)
23 Universe
25 Arm
26 Male noble
27 Tufted plant
28 Amalekite king
29 Flavor
30 _____ Rivera, CA
32 Southern France
35 Sleeping
39 Public vehicle
41 Rom. province
43 Rockies range
45 Fish sperm
47 False friend
48 Knife
49 To or from a distance (pref.)
50 City on the Danube
51 Goddess (Lat.)
52 Vine
54 Nat'l Endowment for the Arts (abbr.)
55 Cholera



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 TO ALL THOSE WHO VOLUNTEER

Thank you to Chick-fil-A, C.L. Thomas Petroleum, Red Lobster, Yummy Finds, and The Pecan House of Cuero for your generous donations to help make our Volunteer Week special this year.

To our dedicated volunteers, without you, our mission would not be possible.

Thank you for volunteering at MOWStx. We are grateful for your willingness to give your time, energy, and talents. Your support of MOWSTx allows us to continue fulfilling our mission to serve numerous clients in our community every day.



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.

E 4C 05-1764



ALL IT TAKES IS EIGHT!

JUST \$8 CAN PROVIDE A
MEAL TO A SENIOR IN NEED
IN SOUTH TEXAS.

**YOUR GENEROSITY MAKES
A DIFFERENCE, ONE MEAL
AT A TIME!**

FILL A PLATE

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



give.mowstx.org

THANK YOU TO OUR COMMUNITY PARTNERS:



GET FEATURED: Call 361-576-2189 x116 to talk about partnering.
For advertising, contact Mike Ward with our printer, LPi, at 832-315-7207.

Office Hours: 8:00 AM - 3:00 PM
603 E Murray St, Victoria, TX 77901
Contact: 361-576-2189 // info@mowstx.org
Website: www.mowstx.org
Stay up-to-date every day:



@MOWSouthTexas