



**MEALS on WHEELS** SOUTH TEXAS

April 2023 Newsletter

# PETS!

## What would we do without them?

Learn about our PAW pet assistance program on page 7.

Services include monthly pet food delivery and basic veterinary care.



### HAPPENING THIS MONTH

*Full calendar and daily menu, page 4*

#### **Food Bank Distribution**

*April 20, 10:00 AM*

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

#### **Pet Food Delivery**

*April 26 - 28*

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





# 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](mailto: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

## GIFTS, GRANTS, & MARKETING



**Jenn Putman**  
Dev & Comms Manager  
[jenn@mowstx.org](mailto:jenn@mowstx.org)

**Department Intern**  
Mikayla Dinkins

## 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



**Brenda Amaya**  
Executive Chef  
[kitchen@mowstx.org](mailto:kitchen@mowstx.org)

### Kitchen Team

Hector Hurtado  
Prisila Rodriguez  
Monica Cavazos

# April Meals & More

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Steak Fingers Mashed Potatoes Corn Roll	<b>4</b> Smothered Chicken Breast Brussel Sprouts Red Potatoes Muffin	<b>5</b> Sausage & Peppers Rice Pilaf Cream Corn Bread Pudding	<b>6</b> Swedish Meatballs Egg Noodles French Green Beans Snickerdoodle Cookie	 <b>MOWSTx</b> <b>Offices and Café</b> <b>Closed for Holiday</b>
<b>Growing Healthy Communities</b>	<b>BINGO</b> First Christian	<b>Easter Celebration</b>	<b>BINGO</b> New Century Hospice	
<b>10</b> Meatball Subs Salad Cookie	<b>11</b> Chicken Alfredo Broccoli & Tomato Pineapple Upside Down Cake	<b>12</b> Beef Pot Pie w/ Potatoes & Carrots Corn Cob Cornbread	<b>13</b> Beef Roast Rice & Refried beans Moose Tracks	<b>14</b> Lemon Butter Baked Fish Wild Rice Squash Roll
<b>Growing Healthy Communities</b>	<b>BINGO</b> Retama	<b>Card Games</b>  <i>Library Delivery</i>	<b>BINGO</b> Crown Hospice	<b>BINGO</b> Midcoast Family Services
<b>17</b> Chicken Parmesan Bowtie Pasta Salad Fruit	<b>18</b> Street Tacos Rice Charro Beans Tres Cake	<b>19</b> Spanish Chicken Soup Stewed Okra Blondie	<b>20</b> Salisbury Steak w/ Gravy Whipped Potatoes Roasted Carrots Cornbread	<b>21</b> Baked Ziti Asparagus Corn Peach Crisp
<b>Growing Healthy Communities</b>	<b>BINGO</b> Harbor Hospice	<b>Crafts @ the Café</b> Victoria Public Library	<b>Movie</b>  <i>Food Bank, 10:00 AM</i>	<b>BINGO</b> PAM
<b>24</b> Chicken Bacon Ranch Casserole Green Salad Wheat Roll Orange	<b>25</b> Pork Chops w/ Mushroom Collard Greens Mash Potatoes Sticky Buns	<b>26</b> BBQ Chicken Roasted Corn Pinto Beans Cornbread	<b>27</b> Chicken Teriyaki Stir Fry Noodles Egg Roll	<b>28</b> Baked Ham Candied Sweet Potatoes Spinach Casserole Wheat Roll
<b>BINGO</b> Morada	<b>BINGO</b> Twin Pines	<b>BINGO</b> Senior Helpers  <i>Pet Food Delivery</i>	<b>BINGO</b> Jessica Can Help	<b>BINGO</b> White Elephant





# 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.

## SUGGESTED CLIENT CONTRIBUTION:

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

## 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.



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

## 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.

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

# Dance, Sit, & Stretch Your Way to an Active Lifestyle!

It can be difficult to find activities that we all can do safely and comfortably. Lucky for us, many low-impact workout options exist that are accessible and beneficial and don't require standing, jumping, running, or otherwise risking our health in the process.

First things first: talk to your doctor or physical therapist about what kind of exercise is right for you. They can help you understand any limitations or restrictions they feel are important to consider when choosing a workout. This is especially true if your health condition affects your mobility or balance.

From there, it's time to get active!

One popular choice is seated exercise. Seated exercises involve performing movements while sitting in a chair or wheelchair. This type of workout is great because it's gentle on the body and can be done easily at home or in a gym setting. Examples of seated exercises include arm raises, leg lifts, bicep curls, chest presses, wall squats, and more.

Another low-impact option is resistance band exercises. Resistance bands are stretchy bands that come in various sizes and levels of resistance. They're easy to use and don't require any special equipment, making them perfect for anyone who wants to get a good workout at home or on the go. Exercises like shoulder presses, rows, tricep extensions, chest presses, lateral raises and squats can all be done with resistance bands for an effective full-body workout.

Tai chi is also an excellent low-impact activity. With this form of exercise, you perform gentle movements while focusing on your breath and posture. Tai chi has been proven to reduce stress and improve balance as well as flexibility without putting too much strain on the body.

Dancing could be the perfect option when we want to add a little more fun to our routines, especially when looking to do more with a significant other and keep the romance alive. And it's a fun yet effective way to get your heart rate up without feeling like you're doing a strenuous exercise. All you need is some music and enough space to move around freely – no special dance skills required!

The best part of all of the above exercises is they can be done seated! The best workout is the activity that works for you and your body. Being aware of our limitations and possibilities and having fun are the best foundation for a safe, regular workout routine!





**PAW**  
Pets Are Wonderful  
**MEALS on WHEELS** SOUTH TEXAS

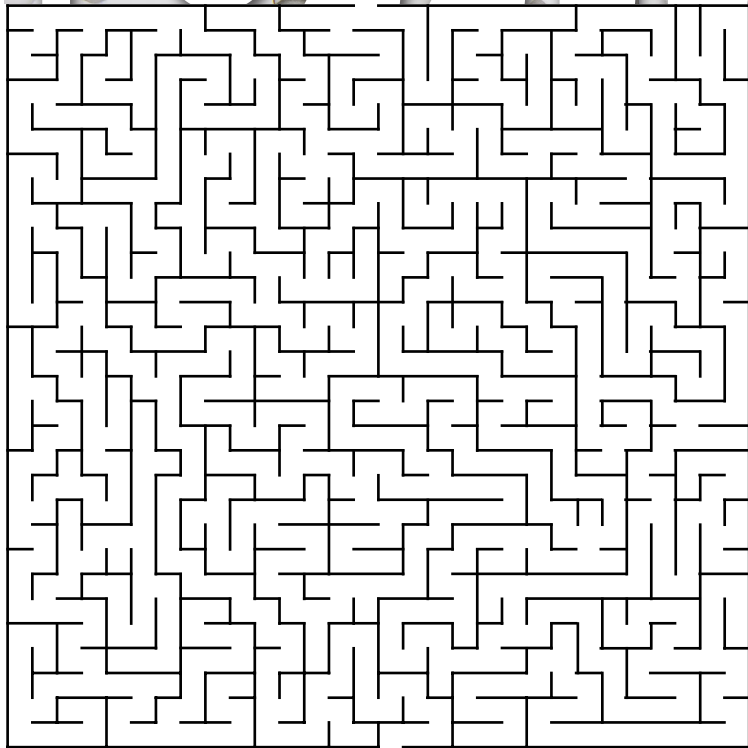
Pet owners receiving home-delivered meals can sign up for our pet care assistance program, PAW! The program assists with food and basic preventative veterinary care. Cat food and dog food is delivered once a month on or around the last Friday of the month based on the number and size of your pets.

Veterinary services are provided by the Texas Veterinary Medical Foundation's Lending Economic Assistance for Pets (LEAP) program. Services are limited and not intended to replace responsible pet ownership. Services focus on annual exams, basic vaccinations, nail trims, and flea/heartworm prevention. Requests for services are reviewed and approved by the MOWSTx-LEAP team. MOWSTx volunteers will transport pets to the vet and back home.



*If you were not signed up for the pet assistance program during intake and registration, call the program coordinator at 361-576-2189 to enroll. You can also email us at [pets@mowstx.org](mailto:pets@mowstx.org)*

# PUZZLE BREAK



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



# 4 WAYS TO KEEP YOUR PIGGY FED

Money—we can never have enough of it. Especially in today's economy. We hear it everywhere, from national news channels to the local papers. Money is tight and we must prepare. There's little we can do as far as the country's economic state, but there are a few tricks we can deploy in our day-to-day lives to keep costs down:

## 1. GOING GREEN.

Being eco friendly is nice to the Earth and your wallet. Having a programmable thermostat, using efficient lightbulbs, and washing your laundry in cold water rather than hot are some starting points. Other ways could include buying second hand rather than brand new. If it's difficult for you to leave the house, there are now online thrift stores like ThredUp and Depop, which give you the same deals but with the convenience of online shopping. The same goes for donating as well: if you have clothes that don't serve you anymore, ThredUp will mail you a bag that you can fill with clothes and then mail back to them to sell on consignment (meaning you get a percentage of the profit back!) Depop is an app to sell clothes online, so you could even create a small at-home business from the clothes that are just sitting in your closet.

## 2. MAKE INTERNET AFFORDABLE

The Affordable Connectivity Program is an FCC benefit program that helps make internet services more attainable. The benefit provides a discount of up to \$30 per month toward internet service for eligible households. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute more than \$10 and less than \$50 toward the purchase price. Visit [affordableconnectivity.gov](https://affordableconnectivity.gov) to learn more and apply.

## 3. CUTTING THE CABLE

Television... so many channels but nothing to watch. Maybe it's not worth the money anymore. Canceling your cable subscription and switching to Hulu or Netflix allows you to have all your favorite shows but for a fraction of the price. You'd still have access to local news stations, but with streaming services you'd have no more commercials and, instead of having to remember channels, you could just search for what you want to watch. By cutting the cable, you'd also be slashing your monthly expenses: run out of shows on one platform? Favorite show is in its off-season? Cancel and subscribe to another streaming service.

## 4. UTILIZE YOUR LOCAL LIBRARY

Yes, reading is important, but the library doesn't just carry books. Your public library has DVDs, CDs, audio books and comic books, so before buying DVDs for movie night, check out the library first and see if they have anything you might want. Most libraries also host monthly free events and offer other free resources like wi-fi and computer access. If it's difficult to leave the house, don't worry, because Meals On Wheels South Texas delivers Victoria Public Library materials within Victoria County, so we can bring you books, DVDs or whatever else you want to look at. And we'll return it for you, too!





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 \$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](https://give.mowstx.org) or mail a check to 603 E Murray St, Victoria, TX 77901.



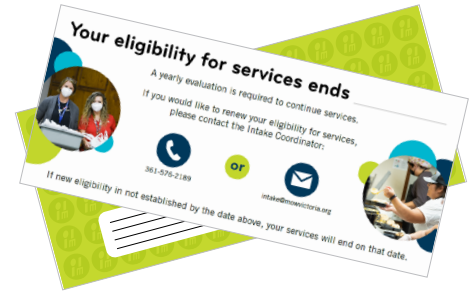
**LOCAL BUSINESS GIVING BACK**

On Friday, May 12th, at 8pm, Sports will host Bar Wars, benefiting Meals on Wheels South Texas. We welcome our friends to join us for a night out on the town at one of Victoria's favorite local haunts. Bid on contestants' drinks to participate in discovering Victoria's greatest bartender and enter sponsors' silent auctions!

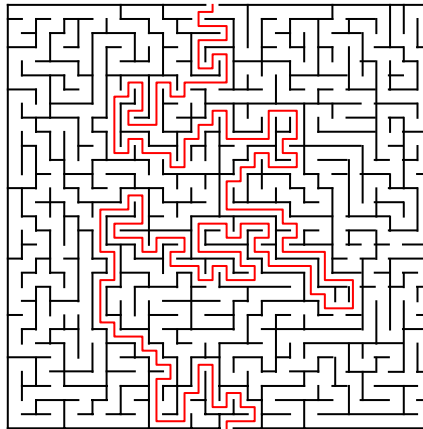
# REMEMBER TO RENEW

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



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



# BEHIND EVERY BLACK TRAY

ARE PEOPLE WHO CARE GIVE SERVE DELIVER

## LIFE-SAVING SERVICES

We serve over 100,000 meals annually. But we don't just provide meals; our team operates under the More than a Meal philosophy, which acknowledges that senior health is more complex than nutrition alone. To help our senior neighbors continue to lead independent lives, we provide a variety of free-of-cost services to address both hunger and social isolation.

Our volunteers like to say it's not just a meal they deliver. Sometimes, they're the only person a client sees all day. Sometimes, they are the person who finds a senior in medical distress.

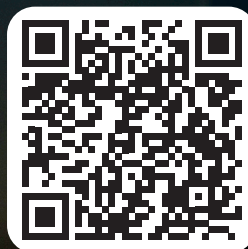
## FILL A PLATE

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



## VOLUNTEER

You can also give just an hour or two of your week to help us provide services.



## THANK YOU TO OUR COMMUNITY PARTNERS:



JESSICA MARTINEZ  
Licensed Insurance Agent  
Specializing in Medicare



Office Hours: 8:00 AM - 2:00 PM  
603 E Murray St, Victoria, TX 77901  
Contact: 316-576-2189 // [info@mowstx.org](mailto:info@mowstx.org)  
Website: [www.mowstx.org](http://www.mowstx.org)  
Stay up-to-date every day:



@MOWSouthTexas

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