



**MEALS on WHEELS** SOUTH TEXAS

November 2022 Newsletter



## **HAPPENING THIS MONTH** *Full calendar and daily menu, page 4*

### **Holiday Closures**

November 11, 24, 25

*Café and admin offices will be closed for Veteran's Day and the Thanksgiving holiday.*

### **Food Bank Distribution**

November 17, 10:00 AM

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

### **Pet Food Delivery**

November 16 - 18

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



# 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](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**  
Development & Communications Manager  
[jenn@mowstx.org](mailto:jenn@mowstx.org)

## 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  
Albert Rangel

# NOVEMBER MEALS & MORE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Oct 31</b> Broccoli Cheese Soup Baked Potato Wheat Roll Orange	<b>1</b> Picadillo (Beef and Potatoes) Spanish Rice Beans Fruit Salad	<b>2</b> Chicken Pot Pie Roasted Asparagus Wheat Roll Peaches and Cream	<b>3</b> Salisbury Steak with Gravy Whipped Potatoes Roasted Carrots Brownie	<b>4</b> Smothered Chicken Breast w/ Mushrooms Rotini Pasta Peach Crisp
<b>Spooky Fun</b> Make certain to wear your costume!	<b>BINGO</b> First Christian Church	<b>Presentation</b> Mid-Coast Family Services	<b>BINGO</b> New Century Hospice	<b>Municipal Court Outreach Docket</b>
<b>7</b> Chili and Beans Creamed Corn Honey Butter Cornbread Oranges	<b>8</b> Pulled Pork Sandwiches Mac and Cheese Pears	<b>9</b> Chicken Alfredo Parmesan Broccoli Garlic Bread Cookie	<b>10</b> Grilled Pork Chops Mash Potatoes Collard Greens Pecan Caramel Cake	<b>11</b>  <b>MOWSTX CLOSED VETERAN'S DAY</b>
<b>Games</b>	<b>BINGO</b> Kindred at Home & New Century Hospice	<b>Karaoke!</b> Golden Groove	<b>BINGO</b> Crown Hospice	
<b>14</b> Pork Pozole Shredded Cabbage and Cilantro Rice Pudding	<b>15</b> Chicken Spaghetti Broccoli Salad Garlic Bread Strawberry Cake	<b>16</b> Sausage and Peppers White Rice Stewed Okra Cookie	<b>17</b> Roasted Turkey Garlic Mash Potatoes Green Beans Casserole Pumpkin Pie	<b>18</b> Chicken Bacon Ranch Casserole Mixed Vegetables Chocolate Cake
<b>BINGO</b> White Elephant	<b>BINGO</b> Harbor Hospice	<b>Crafts @ the Café</b> Victoria Public Library	<b>Thanksgiving Party</b>	<b>BINGO</b> Retama
<b>21</b> Meatloaf Brown Gravy Red Potatoes Baked Squash Mixed Fruit Salad	<b>22</b> Chicken with Rice Charro Beans Roasted Carrots Tres Leches Cake	<b>23</b> Baked Potato W/ Chili and Cheese Stewed Cabbage Roll	 <p><b>MOWSTx Offices and Café Closed for Holiday</b></p>	
<b>Meals and a Movie</b> We'll have popcorn!	<b>BINGO</b> Twin Pines	<b>BINGO</b> Loteria		
<b>28</b> Beef Tips Over Egg Noodles Braised Green Beans Oatmeal Cookie	<b>29</b> Chicken & Dumplings Braised Green Beans Muffins	<b>30</b> Baked Ham Candied Sweet Potatoes Brussels Sprouts Berry Cobbler	 <p><b>HOME-DELIVERED MEALS</b> We deliver 1 hot meal and 4 frozen meals once each week. For Tues - Fri frozen meals, see the previous week's menu.</p> <p><i>Menu based on what our kitchen is cooking on the indicated day. Café calendar and menu may change without notice.</i></p>	
<b>Sign Language Lesson</b> Basics of ASL	<b>BINGO</b> PAM Healthcare	<b>Coloring</b>		



# CONNECTION CAFÉ

MONDAY - FRIDAY  
603 E MURRAY STREET



## 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)

# WRITING FOR REMEMBERING

November is a time for family, and with family come a range of feelings—nostalgia, affection, and remembrance among them, but in some cases less happy feelings. Coincidentally, it's also the month national writing associations have dubbed both Life Writing Month and National Novel Writing Month. It makes this the perfect time to sit down with our extended family and bring up our own histories and memories of years past. And maybe, where inspired, put pen to paper to write our own stories.

Some of us write to pass our stories down to subsequent generations, and others write to heal from past trauma. Writing can be a therapeutic process; many mental health professionals recommend keeping a journal to help process events as they happen.

We can't go back and spend the last several decades keeping a journal when we never have, but it's never too late to begin writing things down. And if you have kept journals, you can consider those source material in compiling the story of your life! The benefits of writing your life story are many: By writing it down, we can organize and make sense of our pasts. The process of writing helps us process traumatic events and grief. It helps us remember our accomplishments and strengths, and we may discover that what seemed like a quiet, boring life was actually pretty interesting. And by prompting ourselves to remember, we work those mental muscles responsible for holding on to memories, sharpening our minds. It's easy to get started writing your memoir today. All it takes is pen, paper, and a little inspiration.

## START FROM THE BEGINNING

What is your first memory? What comes after that?

## START IN THE MIDDLE

Start at some pivotal moment where everything changed. Perhaps it's the birth of a child or a heartbreaking loss. Perhaps it's a moment in your career. Start from there and describe how you got there and what it changed.

## COLLAGE IT

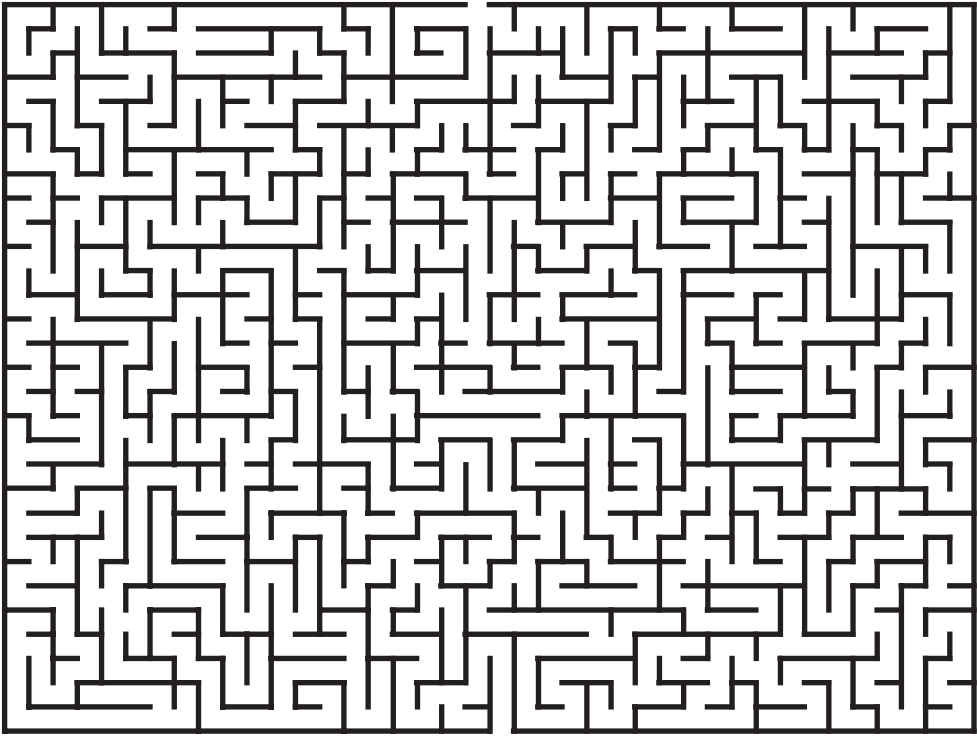
Write down memories as they come to you, regardless of the order. It can help to write brief summaries on note cards to later shuffle around into an order that makes sense. Nothing says you need to write chronologically!

## FORGET THE RULES

Writing doesn't need to be good to matter. Don't let quality get in the way of starting something. Even the greatest writers started with a first draft, and many have dozens, if not hundreds, of first drafts that never made it to second drafts. The important thing is to start writing and see where it takes you, grammar be darned.







PUZZLES

7

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

## RECIPE

# Shepherd's Pie from Thanksgiving Leftovers

### PREHEAT OVEN

350°

### INGREDIENTS

- Stuffing
- Stock or Broth
- Turkey, shredded or chopped
- Leftover Vegetables
- Mashed Potatoes
- Milk

### INSTRUCTIONS

Grease a pie pan or casserole dish. Mix your stuffing with stock or broth, enough to make the stuffing tacky (egg beaten with a little water will also work). Press it into a crust at the bottom and up the sides of your pan. Bake your crust about 30 minutes, until dry.

Layer turkey and vegetables over your crust. Add gravy, too, if you like, or cranberry sauce if you prefer it mixed in! For richer flavor, add a can of cream of mushroom soup.

Slightly reheat mashed potatoes. Add a little milk if they are too dry. Layer mashed potatoes on top. Brush top with milk.

Bake uncovered for about 30-45 minutes, until hot throughout. Serve topped with your leftover cranberry sauce, if you like.





# PRISILA RODRIGUEZ

## KITCHEN ASSISTANT & BAKER

*What does Prisila do outside of MOWSTx?* Hang out with siblings, Netflix, homebody things

*Favorite MOWSTx Meal:* Porkchops with Mashed Potatoes, Collard Greens, & Peach Cobbler

### GET TO KNOW PRISILA

Prisila has been with MOWSTx for almost two years. She's an important part of the kitchen team and has honed her skill as a baker creating the desserts and treats that go out with our meals. Her favorite thing to bake is brownies (coincidentally, one of our editor's favorite treats to eat).

Her favorite part of working here is our staff and the environment. And the staff appreciate her back: Her boss, Executive Chef Brenda Amaya, says of her, "So, Prisila... she's a very good worker. Started out helping, but she's now our full-time baker, and she makes sure everything runs well in the kitchen."

"Prisila's awesome, a hard worker, and knows what she's doing."

*Hector Hurtado, Sous Chef*

Among the staff's favorite things Prisila's baked, the cobbler takes a wide lead. *Everyone* at MOWSTx HQ is excited for cobbler day.





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.

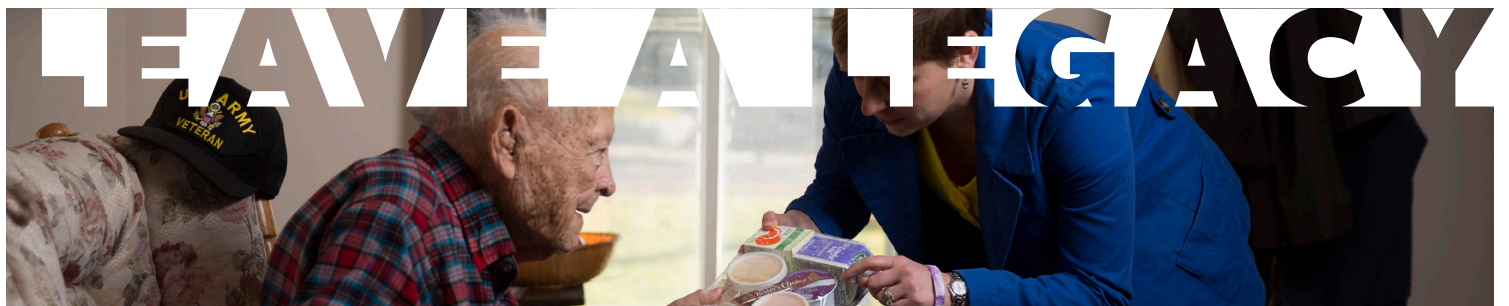
**FRIENDLY CALLERS**

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.



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.



## Ostomy Support Group

Thurs, Dec 1st, 12:15pm

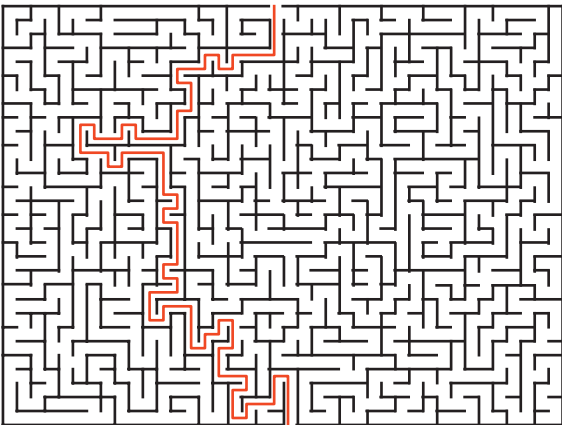


102 Medical Dr  
Victoria, TX 77904

RSVP by Nov 29th: 361-580-5195

*This event is not affiliated with Meals on Wheels South Texas. Details may change at organizer's discretion.*

## PUZZLE SOLUTIONS



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



## THANK YOU, VICTORIA POLICE DEPARTMENT!

On October 5th, officers with the VPD visited the Connection Café for National Coffee with a Cop Day. They chatted with our crowd, listened to their thoughts and experiences, and posed for lots of photos.

## COMING 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.

Watch this space and our social media, @MOWSouthTexas, for updates.

## VOLUNTEERISM AT WORK

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



## NOVEMBER CAFÉ PARTNERS:



@MOWSouthTexas