



## HEART HEALTH TIPS

TIPS FROM CARDIOSMART

Page 6

## PET CARE SUCCESS!

PETSMART CHARITIES GRANT AT WORK

Page 8

## MEET OUR TEAM

JENNY HERRERA, INTAKE COORDINATOR

Page 9

## ANNUAL RENEWALS

Page 11

### DATES TO KNOW

#### Food Bank Distribution

October 20th: MOWSTx back parking lot. Must be a registered client with the Food Bank.  
10:00 AM.

#### Pet Food Delivery

October 26-28: Pet food will be delivered to program participants at the end of the month.

### CONNECTION CAFÉ

#### Fresh Start to a Healthier You

October 3, 10, 17, and 24

#### Coffee with a Cop

October 5

#### Paws at the Park

October 28

Information: Page 4-5

# OUR TEAM



**DAN WILLIAMS-CAPONE**  
Executive Director  
[dan@mowstx.org](mailto:dan@mowstx.org)



**DIANA ALARCON**  
Director of Operations  
[diana@mowstx.org](mailto:diana@mowstx.org)



**BRENDA AMAYA**  
Executive Chef  
[kitchen@mowstx.org](mailto:kitchen@mowstx.org)



**JENN PUTMAN**  
Development & Comms  
Manager  
[jenn@mowstx.org](mailto:jenn@mowstx.org)



**KIM PEREZ**  
Program Services  
& Volunteer Manager  
[kim@mowstx.org](mailto:kim@mowstx.org)



**BRANDY CANDIA**  
Program Services  
Assistant  
[brandy@mowstx.org](mailto:brandy@mowstx.org)



**TINA DOGGETT**  
Transportation & Office  
Coordinator  
[office@mowstx.org](mailto:office@mowstx.org)



**JENNY HERRERA**  
Intake Coordinator  
[intake@mowstx.org](mailto:intake@mowstx.org)

## KITCHEN

Hector Hurtado  
Prisila Rodriguez  
Albert Rangel

## PROGRAM SUPPORT ASSOCIATES

Jessica Rodriguez  
Mary Torres  
Jenna Hebert  
Elena Soto

# 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

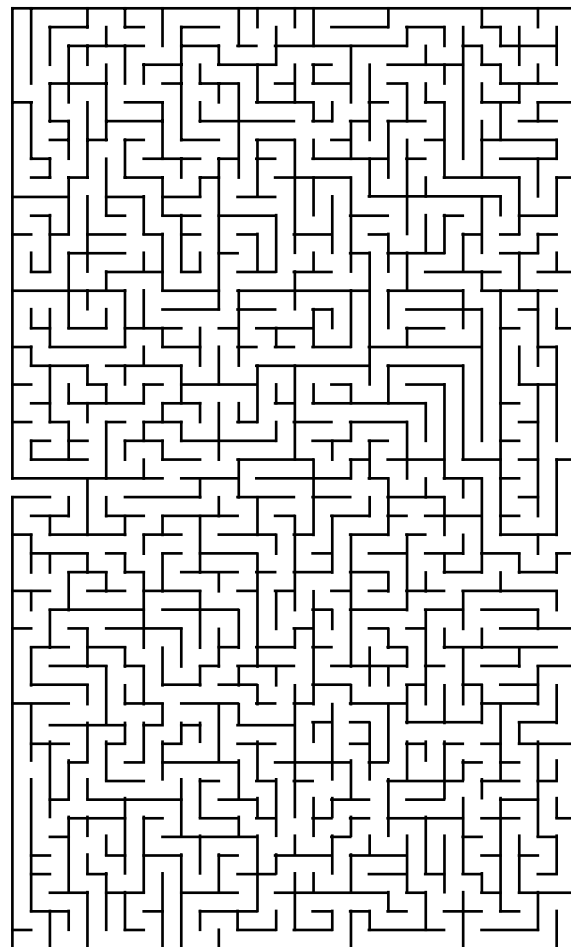
[kim@mowstx.org](mailto:kim@mowstx.org)  
361-576-2189

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

**SUDOKU SOLUTION ON PAGE 11**

**CONTACT THE EDITOR / REQUEST PUZZLES**

Jenn Putman // [jenn@mowstx.org](mailto:jenn@mowstx.org) // 361-576-2189





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> BBQ Sausage with Onion & Pickles Baked Beans Potato Salad Jell-O	<b>4</b> Chicken Noodle Soup Braised Green Beans Wheat Roll Cookie	<b>5</b> Smothered Chicken Thighs Sautéed Onions & Mushrooms Red Potatoes Chocolate Moose	<b>6</b> Carne Guisda Spanish Rice Charro Beans Tres Leche Cake	<b>7</b> Beef Stir Fry Fried Rice Stir Fry Vegetables Egg Roll
<b>Fresh Start</b> Better Living for Texans <i>(Light Workout Series)</i>	<b>BINGO</b> First Christian Church	<b>Coffee with a Cop</b> Victoria Police Dept	<b>BINGO</b> New Century Hospice	<b>Game Day</b>
<b>10</b> Chicken Alfredo Side Salad Garlic Bread Seasonal Fresh Fruit	<b>11</b> Grilled Pork Chops Mac & Cheese Collard Greens Apple Cobbler	<b>12</b> Roasted Chicken Quarter Cornbread Dressing Zucchini Chocolate Chip Cookie	<b>13</b> Pork Roast Candied Sweet Potato Brussels Sprouts Dump Cake	<b>14</b> Chicken Gumbo White Rice Turnip Greens Honey Cornbread
<b>Fresh Start</b> Better Living for Texans <i>(Light Workout Series)</i>	<b>BINGO</b> Kindred at Home & New Century Hospice	<b>Karaoke!</b> Golden Groove	<b>BINGO</b> Carter Healthcare	<b>BIGNO</b> Mid-Coast Family Svc.
<b>17</b> Chicken & Dumplings Roasted Asparagus & Corn Baked Oatmeal Cookie	<b>18</b> Enchilada Casserole Cilantro Lime Rice Pinto Beans Pears & Cherries	<b>19</b> Beef Stroganoff Egg Noodles Sautéed Greens Peach Crisp	<b>20</b> Chicken Spaghetti Mixed Vegetables Garlic Bread	<b>21</b> Ham Mac & Cheese Spring Beans Black Eyed Peas Sugar Cookie
<b>Fresh Start</b> Better Living for Texans <i>(Light Workout Series)</i>	<b>BINGO</b> Harbor Hospice	<b>Crafts @ the Café</b> Victoria Public Library	<b>BINGO</b> White Elephant <i>Food Bank, 10:00 AM</i>	<b>Presentation</b> United Healthcare
<b>24</b> Beef Stew Buttered Noodles Side Salad Mixed Fruit Salad	<b>25</b> Chicken Pot Pie Corn Cob Zucchini Snickerdoodle Cookie	<b>26</b> Baked Ham Oven-Roasted Asparagus Mac & Cheese Wheat Roll	<b>27</b> Lasagna Roasted Broccoli Green Beans Sugar Cookie	<b>28</b> Chicken Bacon Ranch Casserole Squash Oreo Cheese cake Bars
<b>Fresh Start</b> Better Living for Texans <i>(Light Workout Series)</i>	<b>BINGO</b> Twin Pines	<b>Game Day</b>	<b>BINGO</b> PAM Health	<b>Paws at the Park</b> Fall Festival
<b>31</b> Broccoli Cheese Soup Baked Potato Wheat Roll Orange	<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.  <i>Menu based on what our kitchen is cooking on the indicated day. Café calendar and menu may change without notice.</i>			

# CONNECTION CAFÉ



MONDAY - FRIDAY  
603 E MURRAY STREET

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

## FRESH START TO A HEALTHIER YOU

Monday, October 3, 10, 17, and 24 — Texas A&M Better Living for Texans presents a light workout and nutrition series.

## PAWS AT THE PARK

Friday, October 28 — Celebrate Autumn at Riverside Park. Furry friends welcome! Children's Pavillion, 9:30am. Lunch provided. Please keep pets leashed.

MOWSTx Transportation can only serve humans; if bringing a pet, please plan other transportation.

## 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.

\$5

MEAL AT THE CAFÉ  
(\$25/week)

\$3

HOME-DELIVERED MEAL  
(\$15/week)

# HEALTH TIPS FOR OLDER ADULTS

## STAYING HEALTHY

**HEART DISEASE**  
is the  
**#1 CONDITION**  
in older adults

Most older adults have  
**SEVERAL CHRONIC CONDITIONS**

## PLAN FOR THE FUTURE

Know your blood pressure



Be active every day.  
Don't let getting older stop you!

Connect with others



Bring a list of all your medications and review it at every health visit

After a setback, physical therapy or cardiac rehab can help you get moving again



Ask for help if you are depressed, lonely or have trouble with daily tasks

Set your care goals & share them with your loved ones



- ✓ Talk about your end-of-life wishes
- ✓ Plan for when you may not be able to care for yourself or others

Information provided for educational purposes only. Please consult your health care provider about your specific health needs.

Go to [CardioSmart.org/OlderAdults](https://www.cardiosmart.org/OlderAdults) to learn more about caring for older adults with heart disease.

# ALZHEIMER'S DISEASE

Talking with your doctor helps you and your family develop a plan for your care.

TALK TO YOUR DOCTOR  
IF YOU EXPERIENCE  
SYMPTOMS, SUCH AS:

☐ Memory loss  
getting worse

☐ Difficulty completing  
familiar tasks

☐ Confusion with  
time or place

NATIONAL CENTER FOR CHRONIC DISEASE PREVENTION AND HEALTH PROMOTION  
Division of Population Health





## VETERINARY CARE ASSISTANCE

With funding from Meals on Wheels America and PetSmart Charities, we were able to bring one-year-old chihuahua Coco to see her vet!

At a year old, Coco was due for routine vaccines and her wellness check. Her owner also noticed some discomfort in Coco's hips.

The MOWSTx team brought Coco in, and the team at Hillcrest Animal Hospital made sure Coco had the care she needs to continue living her happy life with her owner. She received an x-ray, some shots, and medicine to help relieve the pain in her hips, and she was on her way home in no time.

Thanks to Meals on Wheels America and PetSmart, Coco will continue to be a happy, healthy companion for many years to come!





# JENNY HERRERA

## INTAKE COORDINATOR

*What does Jenny do outside of MOWSTx?* Walks, spending time with her dog, going to the movies, and visiting the park.

*Favorite MOWSTx Meal:* Enchilada Casserole



### GET TO KNOW JENNY

When you call seeking services, you'll usually find yourself talking to Jenny Herrera, Intake Coordinator extraordinaire!

Jenny started with Meals on Wheels South Texas in 2020, first working as one of our delivery drivers. Delivering to and getting to know our clients led to the growth of some of her greatest gifts as a member of our team:

"Jenny does a great job with all of our clients," says Dan Williams-Capone, Executive Director, "and she has a real heart for helping them out and getting to know them and getting everyone signed up for services as quickly as she can."

As Intake Coordinator, Jenny handles all aspects of the intake process. She interviews prospective older adult clients for eligibility and identifies other programs and services we might be able to help clients access. She gets back in touch with each client on a yearly basis to confirm their renewal. And as a special touch, she sends out birthday cards!

"First impression... She seemed really amazing! I really like her work ethic.  
I can come to her about everything. And she's really groovy!  
She has her own style going on."

*Kim Perez, Program Services & Volunteer Manager*

Her favorite part of working with MOWSTx is getting to meet clients and getting to know them during deliveries, intake, and annual renewals.





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.

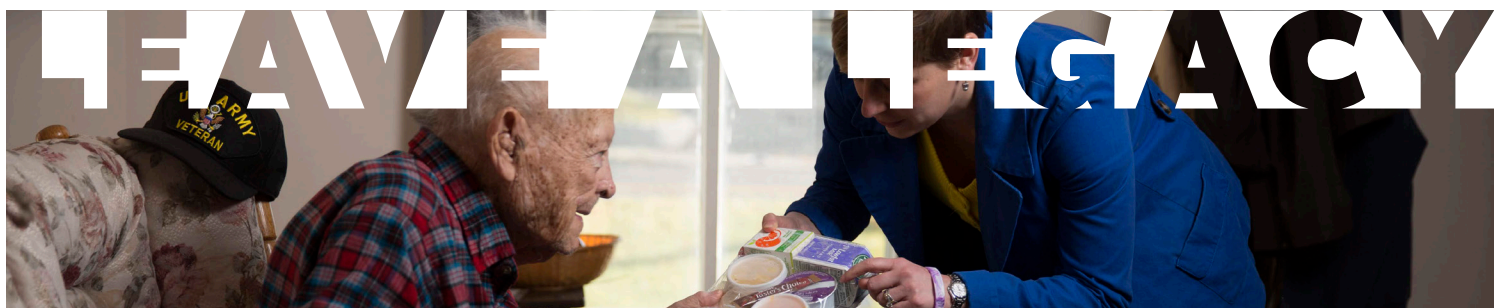
**FRIENDLY CALLERS**

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.



## PAGE 3 PUZZLE SOLUTIONS

TOP

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





## THANK YOU, CROSSROADS CRUISERS!

On September 8th, the Crossroads Cruisers Car Club presented Meals on Wheels South Texas with a \$1,000 donation. This will fund several months of a local senior's meals, ensuring they receive needed nutrition and social support!

## THANK YOU, OTTO'S COASTAL HAY!

Otto's Coastal Hay surprised the kitchen team with five cases of beef. Executive Chef Brenda Amaya was thrilled!



## VOLUNTEERISM AT WORK

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



## OCTOBER CAFÉ PARTNERS:



## MAKE A DIFFERENCE WITH US

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

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

