June 2023 Newsletter

Meals on Wheels South Texas

Holiday Closures: June 19 (Juneteeth)

THIS MONTH

Full calendar and daily menu, page 4

Senior Prom June 30 9:30am - 12pm

Paw Express June 6th

Library Delivery June 14th

Food Bank June 15

PAW Bites June 28th, 29th, 30th

Paw Express
June 6th

Library Delivery
June 14th

Food Bank
June 15

PAW Bites
June 28th, 29th, 30th

Office: 8:00 AM - 2:00 PM // Cafe: 9:30 - 11:30 AM // 603 E Murray St, Victoria, TX 77901 // Phone: 316-576-2189 // mowstx.org
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.
Reservations are required.

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 CALL LINE
Chat on the phone once a week with a MOWSTx volunteer.

LIBRARY TO GO
Victoria Public Library materials delivered every 3 weeks.

MONTHLY PET FOOD DELIVERY
Monthly pet food delivery and basic veterinary care are available. Vet care made possible by the Texas Veterinary Medical Foundation.

ADD SERVICES
kim@mowstx.org
361-576-2189
WHO WE ARE

Dan Capone  
Executive Director  
dan@mowstx.org

Hector Hurtado  
Kitchen Director  
kitchen@mowstx.org

Prisila Rodriguez  
Monica Cavazos  
Lucinda Rodriguez

Kim Perez  
Director of Program Services  
kim@mowstx.org

Ivana Resendiz  
Volunteer Coordinator  
ivana@mowstx.org

Tina Kelley  
Program Services Assistant  
tina@mowstx.org

Jenny Herrera  
Intake Coordinator  
intake@mowstx.org

Hector Hurtado  
Kitchen Director  
kitchen@mowstx.org

Prisila Rodriguez  
Monica Cavazos  
Lucinda Rodriguez

Connections CAFÉ  
cafe@mowstx.org

Kim Perez  
Director of Program Services  
kim@mowstx.org

Ivana Resendiz  
Volunteer Coordinator  
ivana@mowstx.org

Tina Kelley  
Program Services Assistant  
tina@mowstx.org

TRANSPORTATION

SIGN UP FOR SERVICES

ADMINISTRATIVE SERVICES

Diana Alarcon  
Director of Administrative Services  
diana@mowstx.org

Program Support Associates  
Mary Torres  
Jenna Hebert  
Elena Soto  
Daisy Garcia  
Jessica Rodriguez

PROGRAM SERVICES

WE’RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF.  
BRING YOUR PASSION.  
WORK WITH PURPOSE.

• Paid training  
• Some travel  
• Work-life balance  
• Full-Time with benefits  
• Serve your community

Contact us at careers@4lpi.com or www.4lpi.com/careers

For ad info. call 1-800-950-9952 • www.lpicommunities.com  
Meals on Wheels, Victoria, TX  
A 4C 05-1764
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<thead>
<tr>
<th>MONDAY</th>
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<td>1 Spaghetti &amp; Meat Sauce</td>
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<td>Toasted Garlic Bread</td>
<td>Stir Fry Veggies</td>
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<td>5</td>
<td>Turkey and Spinach</td>
<td>6 Chicken Spaghetti</td>
<td>7 Seafood Gumbo</td>
<td>9 Beef Tacos</td>
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<td>Wraps</td>
<td>Roasted Squash</td>
<td>Roasted Squash and Zucchini</td>
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<td>Pasta Salad</td>
<td>and Zucchini</td>
<td>Swirl Cake</td>
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<td>Turkey Dirty Rice</td>
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<td>14 Chicken Crispitos</td>
<td>16 BBQ Pork Ribs</td>
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<td>Asparagus</td>
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<td>Salad</td>
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<td>Oatmeal Cookie</td>
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<td>Ambrosia Salad</td>
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<td>Father's Day Celebration</td>
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<td>Juneteenth</td>
<td>20 Pork Pozole</td>
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<td>26</td>
<td>Chicken Salad</td>
<td>27 Green Chili Pork</td>
<td>28 Beef Brisket</td>
<td>30 Summer Seafood Casserole</td>
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<td>With Lettuce</td>
<td>Rice and Beans</td>
<td>Pork Rice and Beans</td>
<td>Whipped Potatoes</td>
<td>Roasted Asparagus &amp; Corn</td>
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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.

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

$5 MEAL AT THE CAFÉ
($25/week)

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.

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.

LET’S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME
Mike Ward

mward@lpicommunities.com
(800) 950-9952 x2324

Call our office at 361-576-2189 to ask about our services and events.
Groove with the Rhythm
Celebrating National Dance/Movement Day Every Day

In the realm of creative expression, dance holds a unique place, allowing individuals of all ages to bring forth their inner emotions and thoughts through bodily movements. To celebrate this art form, National Dance/Movement Day is observed annually, highlighting the importance of dance in promoting physical health and mental well-being. However, the spirit of this day doesn't have to be confined to a 24-hour period. Instead, let's explore how we can incorporate the spirit of dance into our daily routine, and yes, that includes while doing mundane chores such as washing the dishes!

Firstly, consider your livingroom. While it may not be the first place you think of when contemplating dance, your living room provides ample opportunities for movement. Try chair dance exercises during your breaks; these involve various movements, including shoulder rolls, seated twists, and even leg lifts. Not only do these exercises break the monotony of work, but they also stretch your muscles, improving posture and reducing the risk of work-related physical discomfort.

Now, onto music. What better way to enliven a dull task than by adding an invigorating soundtrack? While doing the dishes, plug into your favorite high-energy tunes. Music with a strong, consistent beat works best for this, as it naturally encourages movement. As you scrub and rinse, allow yourself to sway to the rhythm, turn your torso, or do some footwork. You'll find that the task becomes more enjoyable, and you also get to express yourself creatively.

However, the beauty of dance is that it doesn't have to be choreographed. Spontaneous dancing, such as when you're listening to music and suddenly feel the urge to move, is just as valid and beneficial. So, the next time you're cooking dinner and your favorite song comes on, why not take a moment to dance around the kitchen? Not only does this add an element of fun to your routine, but it also serves as a great stress reliever.

Incorporating dance into your daily life doesn't necessarily mean you need to be a professional dancer or have any formal training. The idea is to move freely, expressing yourself and enjoying the process. Whether it's during a break at work, while doing household chores, or simply when your favorite song is playing, embrace the opportunity to celebrate your personal National Dance/Movement Day every day.

As we move forward, let's not forget the powerful connection between music and movement. Dancing isn't merely a physical activity; it's a holistic practice that nurtures the mind, body, and soul. So, grab your dancing shoes (or not), turn up the volume, and let your body follow the rhythm. After all, life is a dance floor, and it's always ready for your next move.
A Strategic Partnership for Pet Healthcare in South Texas

In an effort to ensure the wellness of our furry friends, Meals on Wheels South Texas has proudly announced its partnership with the Texas Veterinary Medical Foundation's Lending Economic Assistance for Pets (LEAP) program. This initiative aims to augment access to preventative veterinary services for eligible MOWSTx pet program clients.

Pets play an invaluable role in our lives, offering companionship and emotional support. However, they require regular medical care to maintain their health and vitality, which may be challenging for some owners due to financial constraints or logistical issues. This partnership addresses these needs by focusing on essential services such as annual exams, basic vaccinations, nail trims, and flea/heartworm prevention.

The announcement of this partnership coincides with the month dedicated to promoting the importance of basic medical care for pets. Regular veterinary check-ups can prevent minor health problems from escalating into severe ones, improving the quality and longevity of a pet's life. Similarly, access to basic medical care for pets is critical for pet owners, especially the elderly and those with limited mobility.
Get local help with your Medicare questions.

I’m Bobbie Parrish, a licensed sales agent in Victoria Tx. When it comes to Medicare, it’s important to consider all of your options. What works well for your neighbor may not be the best fit for you. I know the ins and outs of Medicare, and I’m ready to answer your questions and help you find a plan that fits your needs.

Take advantage of my knowledge and experience to:

• Take the confusion out of Medicare
• Get help comparing plans
• Receive one-on-one service
• Make enrolling in a plan easier

I look forward to helping you explore your Medicare options so you can enroll in a plan with confidence.

It’s time to take advantage.

Bobbie Parrish  Licensed Sales Agent
361-571-6272, TTY 711
bobbieparrish@msn.com
UHCMedicareSolutions.com

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan’s contract renewal with Medicare. ©2022 United HealthCare Services, Inc. All rights reserved. Y0066_23SPRJ55189_C SPRJ55189
Recognizing and Combating Elder Abuse

This year, as we observe World Elder Abuse Awareness Day on June 15, we at Meals on Wheels South Texas want to bring attention to an issue that affects millions of older adults around the globe - elder abuse.

Elder abuse is an insidious problem that often lurks in the shadows, unreported and unaddressed. It can take many forms - physical, emotional, financial, neglect, or even abandonment - and it's a growing concern that demands our collective attention.

At Meals on Wheels South Texas, we see firsthand the vital role social support and community involvement play in the lives of our older community members. We believe it's everyone's responsibility to ensure our seniors live with dignity, respect, and free from harm.

Understanding the Forms of Elder Abuse

Education is our greatest weapon in the fight against elder abuse. Understanding its various forms is the first step to identifying and reporting it:

**Physical Abuse:** Any act causing injury or physical pain.

**Emotional Abuse:** Verbal attacks, threats, rejection, or isolation.

**Financial Exploitation:** Unauthorized or improper use of funds, property, or assets.

**Neglect:** The refusal or failure to fulfill a caretaking obligation.

**Sexual Abuse:** Non-consensual sexual contact of any kind.

The Silent Epidemic

Unfortunately, elder abuse is often a hidden phenomenon. Many older adults are reluctant to report abuse due to fear, shame, or an inability to communicate about it effectively. This silence perpetuates the cycle of abuse and shields perpetrators from accountability.

Spotting the Signs

Warning signs can often be subtle, but they may include changes in the elder's behavior or appearance, unexplained injuries, withdrawal, depression, or sudden changes in finances or living situations. As neighbors and community members, we must be vigilant in recognizing these signs and taking appropriate action.

How You Can Help

On World Elder Abuse Awareness Day, we call upon each member of our South Texas community to take a stand against elder abuse. Here's how you can make a difference:

**Educate Yourself and Others:** Understand the signs and symptoms of elder abuse. Share this information with friends, family, and neighbors.

**Stay Connected:** Regular check-ins can provide a lifeline for seniors, especially those in isolation. Our seniors need to know they have a support network that cares.

**Report Suspected Abuse:** In Texas, you can report suspected elder abuse to Adult Protective Services at 1-800-252-5400 or online at TxAbuseHotline.org.

Remember, we all have a role to play in combating elder abuse. This World Elder Abuse Awareness Day, let's renew our commitment to honor, respect, and protect the elders in our community.

At Meals on Wheels South Texas, we pledge to continue serving as a safe and trusted resource for our seniors, delivering not only meals but also friendship, support, and care. Together, we can help ensure every senior lives free from the fear and reality of abuse.
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 $40 covers an entire week of meals for one homebound senior. 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.
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

WE’RE HIRING!
AD SALES EXECUTIVES

BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.
• Paid training • Some travel
• Work-life balance • Full-Time with benefits
• Serve your community

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LET’S GROW YOUR BUSINESS
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Contact Me
Mike Ward

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(800) 950-9952 x2324

477 Waco Cir.
Victoria, TX 77904
(361) 485-0999
www.graciouspaws.net
info@preciouspaws.net

“Celebrate Your Pet’s Unique Life”