

June 2023

Newsletter



MEALS on WHEELS
SOUTH TEXAS



Holiday Closures: June 19 (Juneteenth)

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

Office: 8:00 AM - 2:00 PM // Café: 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.

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 CALL LINE

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

LIBRARY TO GO

Victoria Public Library materials delivered every 3 weeks.



PAW
Pets Are Wonderful
MEALS on WHEELS SOUTH TEXAS

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
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ADMINISTRATIVE SERVICES



Diana Alarcon
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Program Support Associates

Mary Torres
Jenna Hebert
Elena Soto
Daisy Garcia
Jessica Rodriguez

TRANSPORTATION



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PROGRAM SERVICES



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SIGN UP FOR SERVICES



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CONNECTION CAFÉ



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KITCHEN



Hector Hurtado
Kitchen Director
kitchen@mowstx.org

Kitchen Team

Prisila Rodriguez
Monica Cavazos
Lucinda Rodriguez



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crown of glory that fadeth not away." 1 Peter 5:4*

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Meals on Wheels, Victoria, TX

A 4C 05-1764

June Meals & More

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Spaghetti & Meat Sauce Parmesan Cheese Sugar Snap Peas Toasted Garlic Bread	2 Orange Chicken Fried Rice Pot Stickers Stir Fry Veggies
			BINGO New Century Hospice	
5 Turkey and Spinach Wraps Pasta Salad Seasonal Fresh Fruit	6 Chicken Spaghetti Roasted Squash and Zucchini Swirl Cake PAW Express	7 Seafood Gumbo Stewed Okra White Rice Cornbread	8 Chopped Steak With Onion Gravy Roasted Red Potatoes Peach Cobbler	9 Beef Tacos Pinto Beans Spanish Rice Fruit Salad
Growing Healthy Communities A&M AgriLife	BINGO FFC		BINGO Crown Hospice	
12 Turkey Dirty Rice Asparagus Salad Ambrosia Salad	13 Lasagna Corn and Asparagus Chocolate Cake	14 Chicken Crisпитos Rice and Beans Oatmeal Cookie Library Delivery	15 Ravioli With Marinara Roasted Broccoli Cookie Food Bank	16 BBQ Pork Ribs Mac and cheese Brussels Sprouts
Growing Healthy Communities A&M AgriLife	BINGO Retama Manor	BINGO Senior Helpers	Movie Day	Father's Day Celebration
19 Juneteenth	20 Pork Pozole Spanish Rice Cabbage and Toppings	21 Blackened Pork Loin Jerk Rice Mixed Veggies Wheat Roll	22 Baked Potato Over Chili Roasted Corn Fruit Salad	23 Chicken Parmesan Over Marinara Roasted Broccoli Garlic Bread
Closed	BINGO Harbor Hospice	BINGO Craft-VPL	BINGO Jessica Can Help	BINGO MidCoast
26 Chicken Salad With Lettuce Crackers Jell-O	27 Green Chili Pork Rice and Beans Pineapple	28 Beef Brisket Whipped Potatoes Brussel Sprouts Chocolate Cake PAW Bites	29 Lasagna Asparagus Green Beans Cherry Crisp	30 Summer Seafood Casserole Roasted Asparagus & Corn Chocolate Swirl Cake
	BINGO Twin Pines		Community BINGO	Senior Prom

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.

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.

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

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CONTACT ME
Mike Ward

mward@lpicommunities.com

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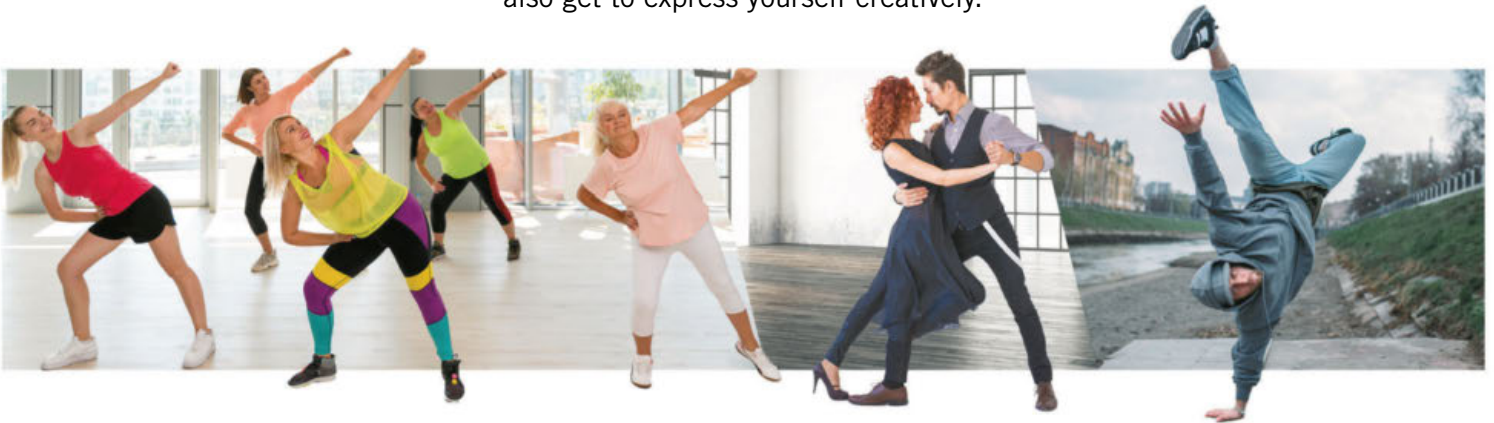
Groove with the Rhythm

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.

Meals On Wheels South Texas and LEAP

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.

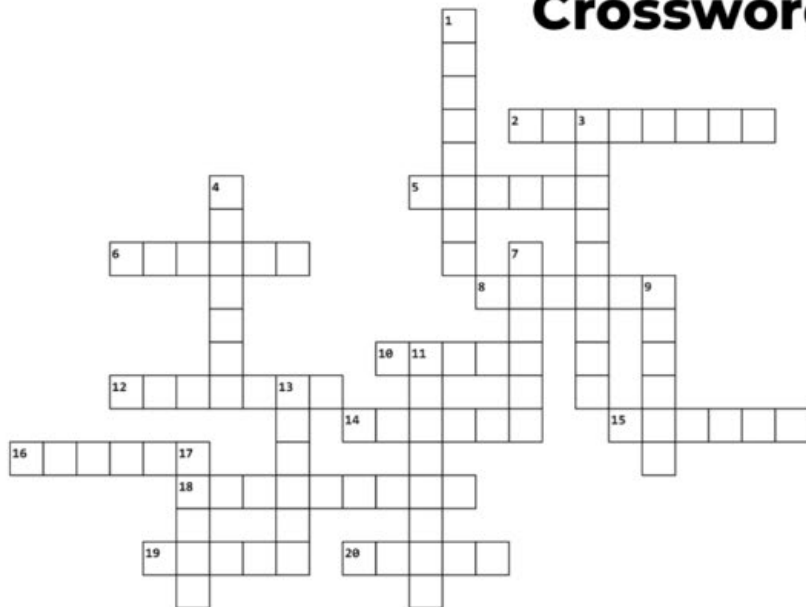


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PUZZLE BREAK

Crossword Puzzle: Food Theme



Across

2. A green summer squash with a mild flavor and tender texture.
5. A red, juicy fruit often used as a vegetable in cooking.
6. A popular fish known for its pink flesh and rich flavor.
8. A pungent bulb vegetable known for its strong flavor and aroma.
10. A tart citrus fruit with yellow skin and acidic juice.
12. A leafy green vegetable that is packed with nutrients.
14. A creamy dairy product made by fermenting milk with beneficial bacteria.
15. A popular beverage made from roasted coffee beans.
16. A long, curved fruit with yellow skin and soft, sweet flesh.
18. A tropical fruit with a sweet and tangy flavor and rough skin.
19. A small fruit with a bitter taste, typically used to produce olive oil.
20. A sweet, sticky substance produced by bees from flower nectar.

Down

1. A fleshy fungus that is often used in cooking for its distinctive flavor.
3. A sweet, brown food made from roasted and ground cacao beans.
4. A large, round, orange squash commonly used in cooking and carving.
7. A nutritious nut with a hard, wrinkled shell and a rich, earthy taste.
9. An orange root vegetable that is crunchy and sweet when eaten raw.
11. A purple vegetable with a smooth, glossy skin and creamy flesh.
13. A dairy product made from the curdled milk of cows, goats, or sheep.
17. A round fruit with a crisp or juicy texture and typically red or green skin.

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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:**

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Meals on Wheels, Victoria, TX

D 4C 05-1764

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](https://www.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.



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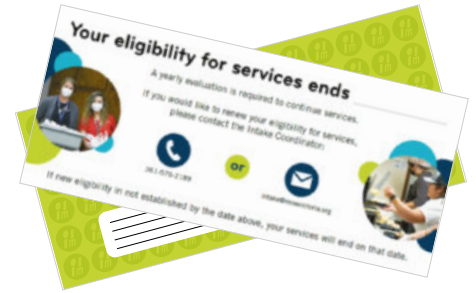
Create an impact that extends beyond your lifetime. You can leave your legacy with a simple sentence in your will or living trust, with beneficiary designation, or by appointing Meals on Wheels Victoria as charitable beneficiary on an IRA or other retirement plan, life insurance policy, or commercial 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



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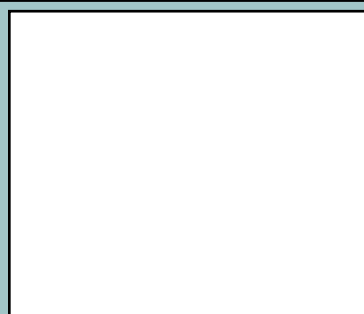
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