

# October 2023 Newsletter



MEALS ON WHEELS  
SOUTH TEXAS



CLOSED: Oct. 9th - Columbus Day

## THIS MONTH

Full Calendar, Page 4  
Daily Menu, Page 5

**Paw Express**  
Oct. 10th

**Library Delivery**  
Oct. 4th, 25th

**Pet Food Delivery - Cuero**  
Oct. 4th

**Food Bank**  
Oct. 19th

**Pet Food Delivery**  
Oct. 25th



HAPPY  
HALLOWEEN

# WHAT WE DO .....

## MOBILE MEALS

Our Mobile Meal program provides nutritionally balanced meals for homebound seniors who are not able to provide themselves with a homecooked meal.

## LIBRARY TO GO

We partner with Victoria Public Library to deliver library items and crafts to our homebound clients.

## TOGETHERNESS

Our Togetherness program aims to lessen the isolation and loneliness homebound adults can experience by creating opportunities to build social connections and friendships through weekly calls and/or visits.

## CONNECTION CAFE

Our Congregate Meal program provides a nutritionally balanced lunch and daily activities every weekday.

Monday - Friday, 9:30 - 11:30 AM. Meals served at 11:00 AM. BINGO Tuesday & Thursday, 10:00 AM.

**Reservations are required.**



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

Pets Are Wonderful delivers monthly pet food to registered home-delivered meal clients for up to two pets per household. Additionally, we offer vet care which consists of basic wellness checks and preventive care for our clients' pets.

## SERVICES

### FOR CURRENT CLIENTS

*You must be an enrolled meal client to receive these services.*

**MORE THAN A MEAL**





# WHAT WE STAND FOR .....

## Our Mission

Promote independence for area seniors by alleviating hunger and social isolation.

## Our Vision

A community where all seniors live nourished lives.



**MEALS on WHEELS**  
SOUTH TEXAS





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*"And when the Chief Shepherd shall appear, ye shall receive a crown of glory that fadeth not away." 1 Peter 5:4*

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Meals on Wheels, Victoria, TX

A 4C 05-1764

# October Activities & More

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Fall Crafts	<b>3</b> <b>BINGO</b> First Christian Church	<b>4</b> Card Games Library Delivery Pet Food Delivery Cuero	<b>5</b> <b>BINGO</b> New Century Hospice	<b>6</b> Be Well Live Well Class - Texas AgriLife
<b>9</b> <b>CLOSED</b>	<b>10</b> <b>BINGO</b> Retama Paw Express	<b>11</b> Crafts	<b>12</b> <b>BINGO</b> Crown Hospice	<b>13</b> Be Well Live Well Class - Texas AgriLife
<b>16</b> <b>BINGO</b> Senior Helpers	<b>17</b> <b>BINGO</b> Harbor Hospice	<b>18</b> Educational Class	<b>19</b> Food Bank	<b>20</b> Color/Puzzles
<b>23</b> Card & Dominoes	<b>24</b> <b>BINGO</b> Twin Pines	<b>25</b> <b>Movie Day!</b> Library Delivery Pet Food Delivery	<b>26</b> <b>BINGO</b> Jessica Can Help	<b>27</b> Fall Festival
<b>30</b> Pictionary	<b>31</b> White Elephant			





# Home Delivered Meals .....

We deliver meals once a week. You will receive great tasting meals filled with nutrients good for health and well-being.

Our chefs ensure meals are filled with flavors,

quality, and variety that our customers enjoy.

Meals are designed by our Registered Dietitians to provide key nutrients.

## BOX 1

Beef Patty with Horseradish Sauce  
Chicken Chili with Beans  
Pork Patty & Brown Gravy  
Macaroni & Cheese  
Beef Patty Over Chipotle Rice

## BOX 2

Breaded Pollock Wedge  
Homestyle Meatloaf  
Florentine Stuffed Shell w/ Parma Rosa Sauce  
Red Beans & Brown Rice w/ Sausage  
Cacciatore Chicken Tenders

## BOX 3

Spaghetti & Meatballs  
BBQ Chicken  
Breaded Pollock  
Chicken Tenders & Zesty Orange Rice  
Beef Patty

## BOX 4

Ginger Pork  
Meatballs & Alfredo Shell Pasta  
Rosemary Chicken  
Salisbury Steak  
Breaded Pollock Wedge w/ Parma Rosa Sauce

## BOX 5

Chicken & Teriyaki Rice  
Breakfast Burrito w/ Salsa  
Lasagna w/ Meat Sauce  
Pork Patty & Rice w/ Roasted Garlic Gravy  
Breaded Chicken

### 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

Advertise in our Newsletter!

**CONTACT ME**  
**Mike Ward**

[mward@lpicommunities.com](mailto:mward@lpicommunities.com)

(800) 950-9952 x2324



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*"Your Trust Is Our Future"*

## ADVERTISE HERE

to reach your community



**Call 800-950-9952**



# You're Invited to our Fall Festival

Join Meals on Wheels for our Annual Fall Festival. Bring your family, friends, and pets for some fun games, costume contest, raffle tickets, and more!

\*\* Pets must be on a leash.

**October 27th**  
**9:30am-12pm**  
**603 E. Murray St.**

**RSVP with Cafe Coordinator**  
**361-576-2189 ext. 111**

#### **Food**

- Frito Pie with Toppings Bar
- Cookie Platter
- Fruit Tray
- Treats

#### **Trunk or Treat**

Our sponsors will have a small trunk or treat at our back parking lot.

#### **Games/Activities**

- Cake Walk
- Bobby Grabber
- Photo Booth & Photo Booth for Pets
- Karaoke
- Pumpkin Tic Tac Toe
- Pumpkin Toss





# CONGRATULATIONS KIM *Perez*

Congratulations to Kim Perez, Director of Program Services, for being chosen as one of just eight recipients of Meals on Wheels America's Rising Star Scholarship. This achievement recognizes Kim's hard work and leadership in the Meals on Wheels community. She will now be part of a special six-month program that will help her develop important skills and connect with a cohort of others who can support her in her role. Kim's selection for this program reflects her dedication to helping people, and we look forward to seeing her continued growth and the good work she will do in the future.



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Meals on Wheels, Victoria, TX

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# Community Spotlight

## VICTORIA PUBLIC LIBRARY

Go to [victoriapubliclibrary.org](http://victoriapubliclibrary.org) and scroll down to news and events for our other events!

### FNAF Flashlight Tag Oct 31st 6-8pm

Welcome to Freddy Fazbear's Pizza! Teens and tweens are welcome to join us for a hauntingly good time. We will be playing Five Night's At Freddy's flashlight tag in the library after hours. Join us, if you dare! ★

### Bad Art Night October 2nd 6-7pm

Come on over with your inbetweens to the library for this great activity. Inbetweens will have a chance to sew together different plush toys to create their very own Franken Toy! ●

### Teen Tech ★ Oct 10th 4:30-5:30pm

Origami Ghosts and Bats. Teens will be able to create paper origami Ghosts and Bats with a template to help guide them through the process.

### Costume Swap/Costume Contest ● October 7th 1-3pm

Old Halloween costumes taking up space in your closet? Bring any old costumes that are still in good condition to swap for a new-to-you costume at the Library! Open to all ages. Come for the swap and stay for a costume contest!

### VPL Talks: Chase Cofield - Photojournalism ● October 5th 6-7pm

Chase Cofield covers the rural communities surrounding Victoria, Texas as staff photographer for the Victoria Advocate. Chase will be at the library sharing his insight and work as a photojournalist from North Carolina acclimating to Texas.

### Morning Activity Hours ● October 6th, 13th, 20th, and the 27th 10-11am

Join us for a fun creative or physical activity every Friday morning from 10 to 11am. We'll be offering a different activity each week, from coloring to chair yoga to arts and crafts. Come meet new people while enjoying a fun and engaging activity

### Franken Toys ★ October 26th 4-6

It's Fun art not fine art! Enjoy a night out at the library while you create your own masterpiece or disaster. You'll be provided with all the craft items needed to design your art piece.



★ JUVENILE EVENT  
● ADULT EVENT



## 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
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- 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.

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Meals on Wheels, Victoria, TX

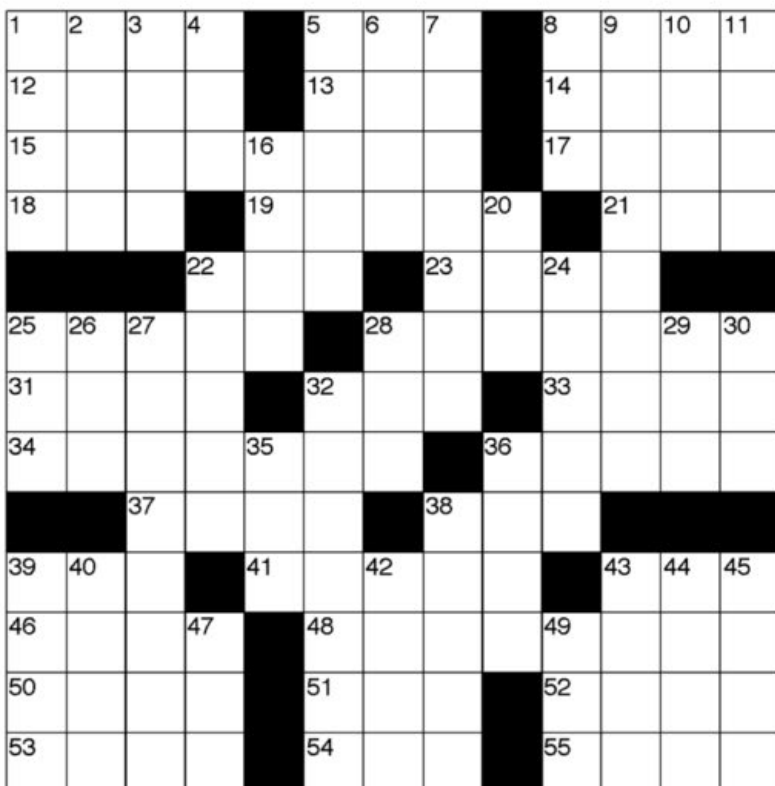
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# PUZZLE BREAK

## CROSSWORD PUZZLE

- ACROSS**
- 1 Eight (pref.)  
 5 Army service number (abbr.)  
 8 Ass or donkey (Ger.)  
 12 Rhine tributary  
 13 Greek letter  
 14 Fat (pref.)  
 15 Roomy  
 17 Computer chip  
 18 Hat  
 19 Feminine saint (Sp.)  
 21 Genetic letters  
 22 Via  
 23 Midianite king  
 25 Suit of mail  
 28 Oboe  
 31 Build a ceiling  
 32 Hebrew letter  
 33 Tree  
 34 Spiral  
 36 Shelf  
 37 Association (abbr.)  
 38 Arabic letter  
 39 Reproductive (pref.)
- DOWN**
- 1 Baking chamber  
 2 Fine Cuban tobacco  
 3 Trolley  
 4 Atomic Energy Commission (abbr.)  
 5 Bellowing  
 6 Eschew
- 7 Quack medicine  
 8 Extrasensory perception (abbr.)  
 9 Notched  
 10 Black  
 11 Broad hill  
 16 Elbe tributary  
 20 Bronze money  
 22 Gr. city  
 24 Climbing pepper  
 25 Exclamation  
 26 Arikara people  
 27 Husband of Atalanta  
 28 Honey  
 29 Equipmentless game  
 30 Barely get by  
 32 Shackles  
 35 Civil Service Commission (abbr.)  
 36 Acquire  
 38 Rice bran  
 39 Taro  
 40 Fetish
- 41 Stick used in hurling  
 43 Jap. volcanic crater  
 46 Son of Samuel  
 48 Ribbed fabric  
 50 Biological (abbr.)  
 51 Afr. worm  
 52 Roll-call response  
 53 Sayings (suf.)  
 54 Et cetera (abbr.)  
 55 Bazaar
- 42 Disputable  
 43 Locality  
 44 Fern spore clusters  
 45 Court hearing  
 47 According to (2 words)  
 49 Television band abbr.

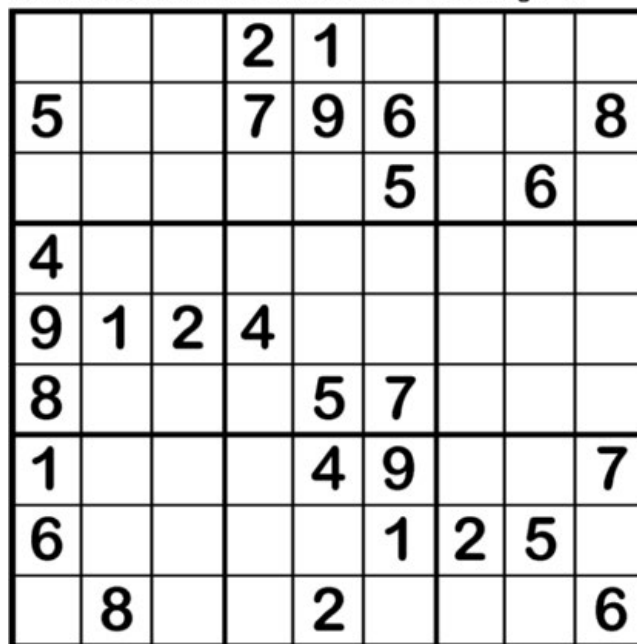


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## Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

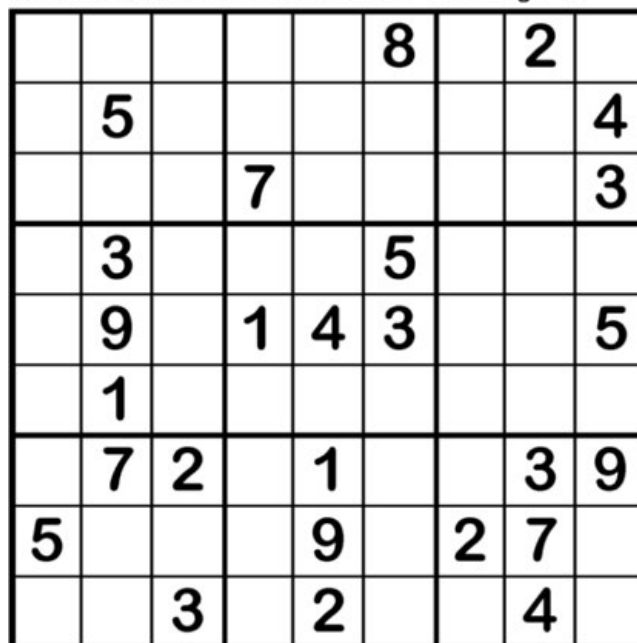


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DIFFICULTY: ★☆☆☆☆

## Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.



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DIFFICULTY: ★★★★★



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:

#### **MOBILE MEALS**

Deliver meals to seniors Monday, and/or Wednesday.

#### **PAW BITES**

Deliver pet food during the final week of the month.

#### **LIBRARY 2-GO**

Deliver library materials to clients every three weeks, usually on Wednesdays.

#### **PREP & GO**

Prepare Morning Deliveries

Monday through Friday, from 9:00 to 10:00 AM.

#### **PAW EXPRESS**

Transport pets from their owners' homes, to the vet, and back. Cats and dogs, carrier provided.

#### **TOGETHERNESS**

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](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 of South Texas as charitable beneficiary on an IRA or other retirement plan, life insurance policy, or commercial annuity.

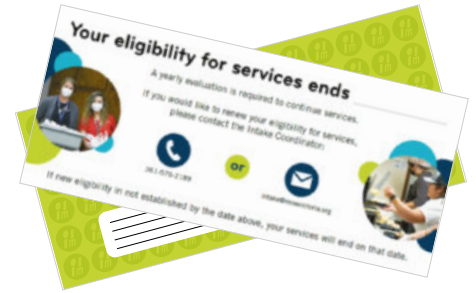
If you choose to create a planned gift, let us know! We would love to personally express our thanks.



# 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

OCTA	ASIN	ESEL	SEBO	SPACIOUS	PROM	TAM	SANTA	RNA	PER	REBA	ARMOR	MUSETTE	CEIL	MEM	TEAK	HELICAL	LEDGE	ASSN	DAL	ASO	ABIA	CORDUROY	BIOL	LOA	HERIE	IANA	ETC	FAIR
------	------	------	------	----------	------	-----	-------	-----	-----	------	-------	---------	------	-----	------	---------	-------	------	-----	-----	------	----------	------	-----	-------	------	-----	------

Answer to Sudoku

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

Answer to Sudoku

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

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SOUTH TEXAS

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A DIFFERENCE, ONE MEAL  
AT A TIME!**

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



[give.mowstx.org](http://give.mowstx.org)

## THANK YOU TO OUR COMMUNITY PARTNERS:



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

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)  
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Stay up-to-date every day:



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