



# MEALS on WHEELS VICTORIA

**AUGUST 2021**

Monthly Newsletter



## WHAT'S INSIDE

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## AUGUST HIGHLIGHTS



Now Serving Cuero & Thomaston *Learn more on Pg 8 about our expansion into DeWitt County.*



Food Bank Distribution *MOWV back parking lot. 10am. Must be registered client w/ Food Bank.*



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

# 2

# JUST FOR FUN

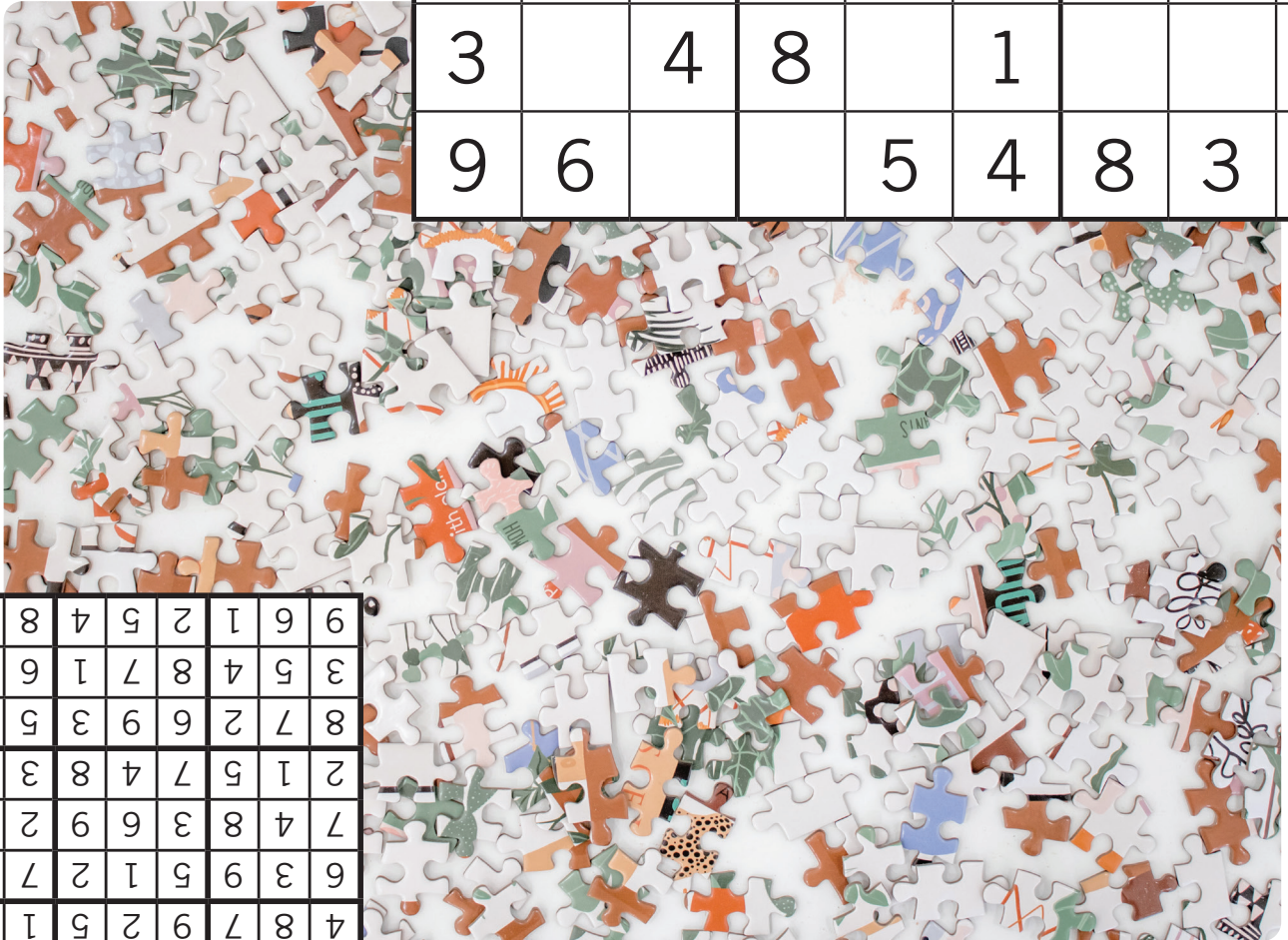
## CRYPTOGRAM

Hint: E=L

“Clpcel rvp epnl wp  
ldw dtl derdyq wvl zlqw  
clpcel.”

- Julia Childs

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

Cryptogram: "People who love to eat are always the best people." - Julia Childs

## MEALS ON WHEELS VICTORIA SENIOR STAFF

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**UNSURE WHO TO CONTACT?**

General Inquiries  
info@mowvictoria.org // 361-576-2189

**WE COULDN'T DO IT  
WITHOUT OUR VOLUNTEERS**

*Contact Dominique to learn how you can  
get involved and make a difference today.*



# 4

# THIS MONTH'S MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>02</b> Chicken Fajita Tacos With Cheese Spanish Rice Charro Beans	<b>03</b> Chicken Alfredo Roasted Corn and Peas Garlic Bread	<b>04</b> Creamy Baked Tortellini Oven Baked Broccoli Corn Cob Pears	<b>05</b> Chicken Pot Pie Seared Snap Peas Sugar Cookie	<b>06</b> Chili and Beans Cream Corn Honey Butter Cornbread
<b>09</b> Chicken Salad over Croissant Oven Baked Chips Jell-o with Topping	<b>10</b> Cheesy Ravioli with Marinara Squash Chocolate Chip Cookie	<b>11</b> Chicken Crisпитos Spanish Rice Charro Beans Brownie	<b>12</b> Grilled Pork Chops Whipped Potatoes Roasted Carrots Mixed Berry cobbler	<b>13</b> Sausage and Peppers Rice Pilaf Corn Cob Pudding
<b>16</b> Beef Tips Herbed Orzo Garden Salad Ambrosia Salad	<b>17</b> Seared Thighs Normandy Vegetables Whipped Potatoes Snickerdoodle Cookie	<b>18</b> Chicken Spaghetti Roasted Broccoli Blueberry Muffin	<b>19</b> Pork Spare Ribs Macaroni and Cheese Ranch Beans Peach Pie Bar	<b>20</b> Chicken and Broccoli Casserole Split Peas Roasted Red Potatoes
<b>23</b> Frito Pie With Cheese Mixed Salad Chocolate Moose	<b>24</b> Chicken Tortilla Soup With Toppings Spanish Rice Strawberry Fluff	<b>25</b> Oven Chicken Bake Wild Rice Squash Oatmeal Cookie	<b>26</b> Pulled Pork Mac and Cheese Braised Green Beans Honey Butter Cornbread	<b>27</b> Chicken Phad Thai Stir Fry Vegetables Mandarin Oranges Pot Stickers
<b>30</b> Philly Cheesesteak Subs Baked Chips Mixed Citrus Fruit	<b>31</b> Carne Guisada Calabaza Squash Pinto Beans Tres Cake			

## OUR NUTRITION PROGRAMS

*...are open to everyone 60 and older  
(intake and registration required).*

Curbside pickup of meals is available at 11am.

Meals must be reserved at least 24 hours in advance by calling 361-576-2189 or emailing [reserve@mowvictoria.org](mailto:reserve@mowvictoria.org)

During COVID-19, we are delivering 1 hot meal and 4 frozen meals on Mondays. For Tuesday - Friday frozen meals, reference the previous week's menu.

Menu subject to change without notice.



## \$3 GOES A LONG WAY

It costs \$8 to make, pack, and deliver a meal to a homebound client's door. Regular government funding only covers 16% of that cost. The remainder is made up through foundation, corporate, and individual donations.

To aid in covering the difference, we ask that subsidized clients contribute a \$3 donation per meal. No one is turned away due to inability or unwillingness to contribute.

We offer three contribution options:

- Pay online at MOWVictoria.org by clicking the "Pay For Meals" button at the top of the page.
- Mail a check or cash payment to us at 603 E Murray St, Victoria, TX 77901.
- Hand your payment directly to your driver when your meals are delivered.

Pay For Meals



*Unsubsidized clients and dining hall guests are charged the full \$8.*

**For those interested in sponsoring meals as donors or through corporate philanthropy:**

Please contact our Development Coordinator at [development@mowvictoria.org](mailto:development@mowvictoria.org). Your generosity can help make a momentous difference in the lives of Victoria & DeWitt County seniors.

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# CLIENT SERVICES

## MEAL DELIVERY

Due to COVID-19 we are delivering meals (1 hot and 4 frozen) once a week. On Mondays within Victoria city limits, Tuesdays out in Victoria County, and Wednesdays in DeWitt County.

## MEAL PICKUP

Meals are available at 11AM for curbside pickup at our Senior Center. 24-hour advance reservation required.

## SENIOR CENTER

The Senior Center is currently closed due to COVID-19.



## PET ASSISTANCE PROGRAM

We deliver pet food to registered clients that have requested this service. Pet food is delivered around the 4th Friday each month and is distributed in buckets.

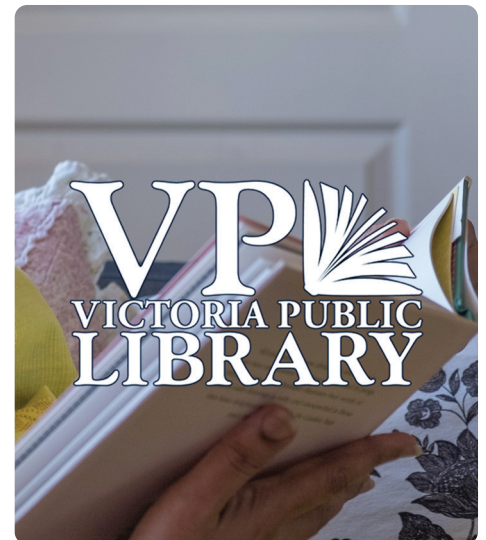
## VICTORIA PUBLIC LIBRARY BOOK DELIVERY

We have partnered with the Victoria Public Library to deliver library items to homebound clients.

Selections are made based on answers to a quick survey and we deliver/pickup the items on a set schedule.

## FRIENDLY VISITOR & SOCIAL REASSURANCE PROGRAM

This program aims to lessen the isolation and loneliness homebound adults can experience by creating opportunities to build social connections and friendships between volunteers and clients.



## TRANSPORTATION

*We provide transportation for medical and personal care appointments, grocery shopping, errands, and more.*

To reserve a ride you must call 361-576-2189 by 1pm the day before your appointment at the latest. No reservations will be scheduled after 1pm.

All trips must be reserved at least 24 hours in advance by calling the office. Do not leave a request on the answering machine.

New riders must complete an intake form, available on our website. The completed form can be faxed, mailed, or hand-delivered.

Transportation is only provided within Victoria City Limits.

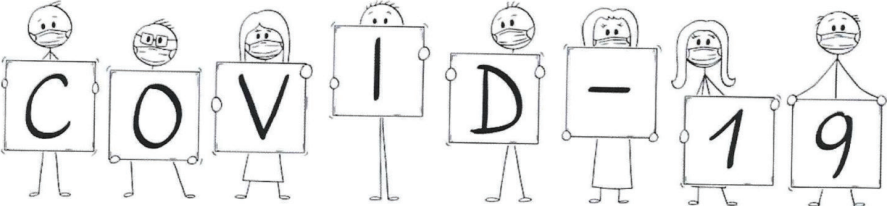
No exceptions.



Sign up for these programs or become a volunteer: 361-576-2189 // [volunteer@mowvictoria.org](mailto:volunteer@mowvictoria.org)

## ASSISTANCE AVAILABLE @ AAA

One-time assistance available to those 60+ for things such as Medications, Health supplies, Rent & Utility Assistance, Food Assistance, Nutritional Supplements, Incontinence Supplies, Benefits Counseling. For more information call 361-578-1587 ext. 226 or 200 or 1-800-252-9240.

Golden Crescent Regional Planning Commission  
Aging & Community Services



 **Do you know a senior adult facing financial challenges due to COVID-19?** 

**The Golden Crescent Area Agency on Aging is here to help.**

## HELLO CUERO!

July saw our services expand to parts of DeWitt County. Thanks to a grant from United Way of the Crossroads, we are able to offer meal delivery to seniors struggling with consistent access to nutritious food in Cuero and Thomaston.

Members of our staff visited in mid-July to begin meeting community leaders and referrers, including city staff and organizers, partners at assisted living facilities, and employees at Cuero Community Hospital. We're thrilled to become a part of the community and work with a network of people who care so much about helping us fulfill our mission.

Deliveries will be based on the model developed during the COVID-19 pandemic: our volunteer drivers will deliver a hot meal for the day and four already prepared frozen meals for the remainder of the week. Clients can refer to the previous four days on the menu to know what they're receiving in a given delivery.

### REGISTER OR REFER

New client intake forms are available on our website.

Find the form by *hovering* on the "What We Do" tab then *clicking* "Get Services."

You can also go to [tinyurl.com/MOWVservices](https://tinyurl.com/MOWVservices)

Referrers, please feel free to reach out for information packets to learn more about our services and programming.

*Scan with your smart phone to easily access our intake forms*





## PET FOOD DRIVE A HUGE SUCCESS

As part of our partnership with United Way of the Crossroads for their #SummerofCaring event, we hosted a pet food drive to help grow our beloved pet food program.

Launched in March/April of 2020, the pet food program has grown to serve 71 furry friends of Victoria area seniors. Spearheaded by Programs Services Manager & Volunteer Coordinator Dominique Hicks, the program is receiving new attention and partnerships from local pet supply and feed retailers. Dierlam Feed Store (914 NE Water St.) kindly contributed 300 pet supply items, including new leashes and collars. Area residents contributed enough food to fill multiple bins, brought several full bags and boxes, and dropped off several oversize kibble bags. We're forever grateful for the generosity of our community!



*Program Services Manager & Volunteer Coordinator Dominique Hicks spearheaded the drive and put in four hours at our table in 91° heat. Thanks, Dominique!*



*Steve Jones, volunteer and board Treasurer, drops off three bags of kibble. Thanks, Steve!*

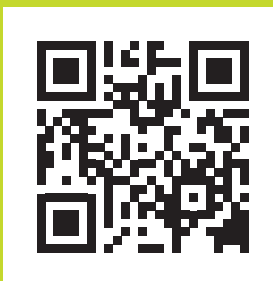
### MISS THE DRIVE?

Donate anytime by dropping off unexpired cat or dog food to the Center between 8:00am and 2:00pm.

You can also donate via our Amazon Wishlist:

[tinyurl.com/MOWVpetlist](https://www.tinyurl.com/MOWVpetlist)

Or use your smart phone to scan the QR code to the right.



# 10 NUTRITION CORNER

## AN APPLE A DAY KEEPS THE DOCTOR AWAY

Eating a balanced diet with a variety of foods from each food group is an excellent way to prevent diseases and lessen symptoms of existing diseases. As our bodies age, it's crucial to adjust the way we eat in order to manage health conditions and remain as independent as possible.

Some of the most common health conditions that affect older adults are diabetes, muscle loss, osteoporosis, and heart disease. MyPlate.gov and AARP provide some helpful tips for utilizing good nutrition to aid in healthy aging and to ensure we are eating the correct number of foods in each of the five food groups.

### DIABETES

#### WHOLE GRAINS + PRODUCE

Insulin is a hormone that helps the body regulate blood sugar levels. Diabetes occurs when your body develops a resistance to insulin. To help your body respond better to insulin, stay away from refined carbohydrates like soda, white breads, and sweet baked goods. Instead, choose whole grains and fiber-packed fruits and vegetables.

### MUSCLE LOSS

#### HEALTHY PROTEINS

To reduce muscle loss, it is important for older adults to eat at least one healthy protein source with each meal. Healthy protein sources include things like chicken, tuna, salmon, lentils, beans, nuts, and low-fat cottage cheese.

### BONE STRENGTH

#### CALCIUM + VITAMIN D

Our bones begin to deteriorate as we age. This results in conditions like osteoporosis, weak bones, and a higher risk of injury. To help strengthen your bones, make sure you incorporate calcium and Vitamin D into your diet. Eating low-fat dairy products, fish, beans, and dark leafy greens every day is a great way to accomplish this goal!

### HEART HEALTH

#### ANTIOXIDANTS

Maintaining a healthy heart is important at any age, but people who are 65 and older experiences changes that impact how fast the heart beats during periods of physical activity and stress. To keep your heart functioning optimally during this period of change, add more color to your diet! Foods such as berries, beans, tomatoes, carrots, bell peppers, squash, and purple cabbage are known to be full of heart-protecting antioxidants.





## OUR VOLUNTEERS WANT TO HEAR FROM YOU

### ENROLL IN OUR SOCIAL REASSURANCE PROGRAM

A volunteer will call you once a week. Share your thoughts, make a friend, and help us test one of our newest programs.



Reach out to Programs Services Manager Dominique Hicks to get started.

361-576-2189

dominique@  
mowvictoria.org

*We can't wait to  
hear from you.*

# GET INVOLVED

## VOLUNTEER

GET IN TOUCH 361-576-2189 // [volunteer@mowvictoria.org](mailto:volunteer@mowvictoria.org)

### MEAL DELIVERY

Drivers needed to deliver meals to homebound seniors inside the Victoria city limits on Mondays and out in the county on Tuesdays.

### PET PROGRAM

Volunteers needed to help package and/or deliver pet food.

### CLERICAL SUPPORT

Volunteers needed to provide clerical support: answering phones, copying, filing, and organizing.

### GROCERY DELIVERY

Drivers needed to deliver dry-grocery boxes to homebound seniors within Victoria city limits each Wednesday.

### LIBRARY PROGRAM

Drivers needed to deliver library materials to clients every three weeks, usually on Wednesdays.

### BUILDING MAINTENANCE

Volunteers needed to help maintain the interior and exterior of the building.

### MEAL PREP

Volunteers are needed to help prep and pack meals for delivery Monday through Friday 9:00 – 11:00 AM.

### FRIENDLY VISITOR & SOCIAL REASSURANCE PROGRAM

Volunteers needed to make weekly check-in calls to isolated homebound seniors.

## DONATE

SUPPORT MOWV 603 E Murray St, Victoria, TX 77901 // [MOWVictoria.org](http://MOWVictoria.org)

Donations make up nearly half of MOWV's funding, a figure which more than anything speaks to the kindheartedness and support of our community.

That support enables us to achieve our mission and more: Over the COVID-19 pandemic, we were able to more than double the number of clients served in Victoria proper, and as

of July 2021, we have expanded meal delivery services into the Cuero and Thomaston areas of DeWitt County.

As we continue to build capacity and meet the needs of our community's seniors, your dollars, pet food donations, Facebook fundraisers, and corporate philanthropy are going further and enabling us to do

more than ever before. We are so grateful for all you've given, and we'd be honored if you would consider continuing your support.

*Checks can be mailed to 603 E Murray St, Victoria, TX 77901. Donations are tax deductible according to current tax law. For corporate philanthropy and partnership opportunities, email [development@mowvictoria.org](mailto:development@mowvictoria.org)*

## STAY UP-TO-DATE

[WWW.MOWVICTORIA.ORG](http://WWW.MOWVICTORIA.ORG)