



IT'S HURRICAN SEASON

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HYDRATION HELP!

BEAT THE HEAT WITH
SUMMER HYDRATION TIPS

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CONNECTION CAFÉ

FRIDAY, JULY 1ST INDEPENDENCE DAY BBQ

Join us in celebrating the 4th of July at the Café! We'll have BBQ favorites, snacks, and more.

ALSO THIS MONTH

Food Bank Distribution

July 21: MOWSTx back parking lot. Must be a registered client with the Food Bank. 10:00 AM.

Pet Food Delivery

July 27-29: Pet food will be delivered to program participants at the end of the month. Please return buckets via your driver at least one week prior.



Center Closed July 4th

The Connection Café and our administrative offices will be closed Monday, July 4th for Independence Day. Voicemails and emails will be answered after the long weekend.

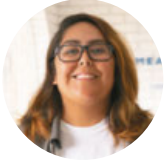
OUR TEAM



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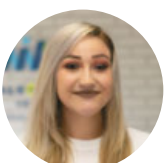
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Hector Hortado
Prisila Rodriguez
Albert Rangel

DRIVERS

Brandy Candia
Jessica Rodriguez
Mary Torres
Reagan Green

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

Cuero & Thomaston:
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.**



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
361-576-2189

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

SUDOKU SOLUTION ON PAGE 11

CONTACT THE EDITOR / REQUEST PUZZLES

Jenn Putman // jenn@mowstx.org // 361-576-2189

Ad-Lib: Prompt a friend to give you the type of word called for in each blank. When finished, read the whacky story you come up with!

This week at _____
place
we cooked up a big batch of _____. We served it to _____
number plural noun
But it turned out we didn't make enough!

_____, our _____
Name title or position
hurried to _____
store
to buy more. Along the way, a _____
noun
caused a _____
type of disaster
, and traffic backed up for miles. We waited, and when they finally got back, all the guests were _____.
emotion

We learned an important lesson that day: always _____
verb
enough _____.
plural noun



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Meals on Wheels, Victoria, TX

A 4C 05-1764

JULY MEALS & MORE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOME-DELIVERED MEALS 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>				1 Chicken Parmesan Roasted Broccoli Snickerdoodle Cookie
4  <i>Closed in Observance of Independence Day</i>	5 Lemon Pepper Salmon Mixed Salad Oven Roasted Red Potatoes Peach Slices	6 Turkey Meatloaf Buttered Orzo Turnip Greens Lemon Cake	7 Chicken Gumbo Stewed Okra Wheat Roll Swirl Cake	8 Oven Roasted Penne with Ground Beef Asparagus & Corn Peach Crisp
	BINGO First Christian Church	Mystery Craft	BINGO New Century Hospice	Independence Day BBQ 
11 BBQ Sausage Cole Slaw Onions & Pickles Fruit Salad	12 Beef Tips Rice Squash Chocolate Cake	13 Green Chicken Chili & Beans Corn on the Cob Honey Cornbread	14 Grilled Pork Loin Sweet Potato Mash Creamed Spinach Wheat Roll	15 Chicken Teriyaki Rice Vegetable Stir Fry Pot Stickers
Health Ed Mid-Coast Family Services	BINGO Kindred at Home & New Century Hospice	Presentation Caring Hands Senior Living	BINGO Carter Home Health	
18 Chicken Pasta Salad Lettuce & Tomato Orange Slices Crackers	19 Pulled Pork Slider on Wheat Bun Roasted Corn Baked Beans Oatmeal Cookie	20 Chicken Alfredo Sugar Snap Peas Vegetable Medley Garlic Bread	21 Lemon Herb Tilapia Wild Rice Green Beans Cherry Crisp	22 Chicken Enchilada Casserole Spanish Rice Black Beans Tres Leches Cake
	BINGO Harbor Hospice	Crafts @ the Café Victoria Public Library	BINGO White Elephant	
25 Turkey Dirty Rice Asparagus Roasted Baby Carrots Seasonal Fresh Fruit	26 Chicken Pot Pie Braised Green Beans Lemon Bars	27 Mushroom Pork Chops Whipped Potatoes Turnip Greens Roll	28 Swedish Meatballs Rice Roasted Root Vegetables Crumb Cake	29 Chicken Noodle Soup Whole Wheat Crackers Roasted Carrots Chocolate Cookie
	BINGO TAG Management		BINGO Humana	Activity Day United Healthcare

CONNECTION CAFÉ

MONDAY - FRIDAY
9:30 - 11:30 AM

9:30 AM Doors Open

10:00 AM Featured Activity (see calendar)

11:00 AM Lunch

Please check in by 9:45 AM to hold your spot.

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.

Independence Day BBQ

@ the Café

Join us for BBQ favorites, snacks, and more in celebration of the Fourth of July.

Friday, July 1st

9:30 - 11:30 AM

RSVP by Thursday, June 30th

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Meals on Wheels, Victoria, TX

B 4C 05-1764

EMERGENCY READINESS WORKSHEET

Build your Disaster Team. These are the people you will call to work together in an emergency. It might consist of local family members, neighbors, and/or friends.

Name	Best Contact Phone Number/Method	Address	Has car/ can drive?	Individual Needs

How will you get in touch with each other if phones are down? _____

Where will you plan to meet up prior to evacuating? _____

Where will you shelter in place? Identify someplace structurally sound, like a centrally located bathroom.

<p>Think about what could go wrong in a disaster. What are your individual risks and needs?</p> <p><i>May include structural issues in your home, risks in your neighborhood, or your medical needs which may be affected by a disaster.</i></p>	<p>Now think about what you can do <u>now</u> or early in a disaster to lessen risks and meet your needs.</p> <p><i>If you need help, identify someone on your Disaster Team or a public agency who can aid you in an emergency.</i></p>

Build your emergency kit with this checklist. Store it near an exit so it's easy to grab on your way out.

- | | | |
|---|---|--|
| <input type="checkbox"/> 3-6 Days of Medications | <input type="checkbox"/> Shelf-stable food | <input type="checkbox"/> Cash |
| <input type="checkbox"/> Medical equipment (list) | <input type="checkbox"/> Local maps | <input type="checkbox"/> Copies of vital documents |
| _____ | <input type="checkbox"/> Can opener | <input type="checkbox"/> Heater(s) |
| _____ | <input type="checkbox"/> Flashlight | <input type="checkbox"/> Fan(s) |
| _____ | <input type="checkbox"/> Unexpired batteries | <input type="checkbox"/> Pet food |
| <input type="checkbox"/> Copy of medical history and current treatments | <input type="checkbox"/> Blankets | <input type="checkbox"/> Pet carrier |
| <input type="checkbox"/> Printed list of emergency contacts/Disaster Team | <input type="checkbox"/> Change of clothes | <input type="checkbox"/> Leash, harness/collar, muzzle |
| <input type="checkbox"/> Water for several days | <input type="checkbox"/> Personal hygiene items | <input type="checkbox"/> Plastic tarp/sheeting to seal structural damage |
| | <input type="checkbox"/> First aid kit | |

LOCAL INFORMATION

7

Contact	Purpose	Phone Number
9-1-1	Immediate Emergency Needs	9-1-1
Victoria Police Dept.	Non-emergency requiring officer	361-573-3221
Victoria Fire Dept.	Non-emergency requiring fire dept.	361-485-3450
2-1-1 Texas	Directory for regional assistance	2-1-1
FEMA Disaster Assistance	Aid in individual disaster recovery	1-800-621-FEMA (3362)
Disaster Distress Helpline	24/7, 365 crisis counseling and support following a disaster	1-800-985-5990
Meals on Wheels South Texas	Help finding resources, meals, and supplies; services, depending on post-disaster status of the MOWSTx facilities	361-576-2189

HELP FOR HOMEBOUND & DISABLED INDIVIDUALS

The State of Texas offers the option to register with the STEAR program. STEAR is a free program that helps disabled and medically fragile individuals, those needing transportation assistance, and those who require additional assistance to be safe in the event of a disaster.

Call 2-1-1 or head to stear.tdem.texas.gov to register.





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Meals on Wheels, Victoria, TX

C 4C 05-1764

ANNOUNCING VETERINARY CARE ASSISTANCE!

MOWSTx has partnered with the Texas Veterinary Medical Foundation's Lending Economic Assistance for Pets (LEAP) program to increase your access to preventative veterinary services.

The LEAP program will provide veterinary care assistance to current, eligible Meals on Wheels South Texas pet program clients. Services are limited and not intended to replace responsible pet ownership. This program is enabled by the kindness of volunteers, veterinarians, and others donating time and resources.

Services will focus on annual exams, basic vaccinations, nail trims, and flea/heartworm prevention. Requests for services will be reviewed and approved by the combined MOWSTx-LEAP team. MOWSTx volunteers will transport pets to the vet and back home.

We assist up to three pets per client. Services scheduled without MOWSTx-LEAP approval will not be eligible for coverage.

The program kicks off soon with a survey, which will be mailed to current pet care assistance clients. You should receive it in about mid-July, with a return envelope included for your convenience. Please fill out the survey and return it to us at MOWSTx so we can shape our veterinary care assistance to your needs!



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Mental Health MATTERS

UNIQUE CHALLENGES FOR SENIORS

More than 25% of older adults live with some kind of mental disorder, such as depression, anxiety, or dementia. Major risk factors include a loss of independence and increased social isolation.

Mental illness in seniors may look like grief, a change in mood, or low energy. These feelings can be perfectly normal, but when they last a long time or affect our quality of life, they become a problem.

ADDRESSING THE PROBLEM

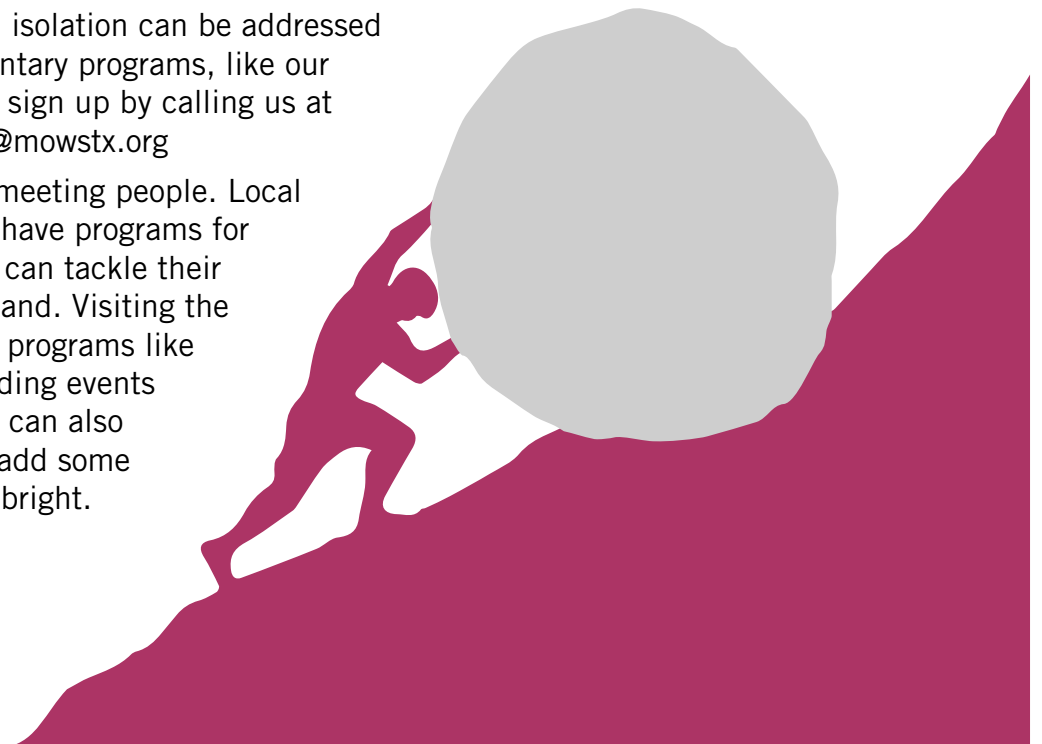
Mental health concerns are always worth discussing with a healthcare professional. Your primary care provider can suggest a good starting place, whether that's medication or therapy.

Specialized mental health services may be difficult to access due to limited local availability. If you're concerned about your mental health, reach out now. Make an appointment for as soon as you can, and see your primary care provider for a short-term remedy.

Meals on Wheels South Texas can help combat some of the root causes of mental illness in seniors. Losing our independence can be a traumatic and upsetting experience, and MOWSTx's services help ease that part of aging by enabling older adults to reclaim some of their independence and remain in their own homes.

Loneliness stemming from social isolation can be addressed by many of MOWSTx's supplementary programs, like our Friendly Caller program. You can sign up by calling us at 361-576-2189 or emailing kim@mowstx.org

But it helps to also find ways of meeting people. Local mental healthcare facilities may have programs for group therapy, where individuals can tackle their struggles with peers who understand. Visiting the public library for special interest programs like their Senior Social Hour or attending events at the MOWSTx Connection Café can also help reduce social isolation and add some activity when life doesn't feel so bright.



HYDRATION HELP IS HERE!

Sometimes, when we're older, our sense of thirst isn't as strong as it once was. We may not notice we're thirsty, and it puts older adults at especially high risk of dehydration. As a result, dehydration is a top reason many older adults end up in the hospital.

Early symptoms of dehydration include dry mouth, dizziness, and muscle cramps. Those signs can often look like side effects of certain medications or seem like normal parts of aging.

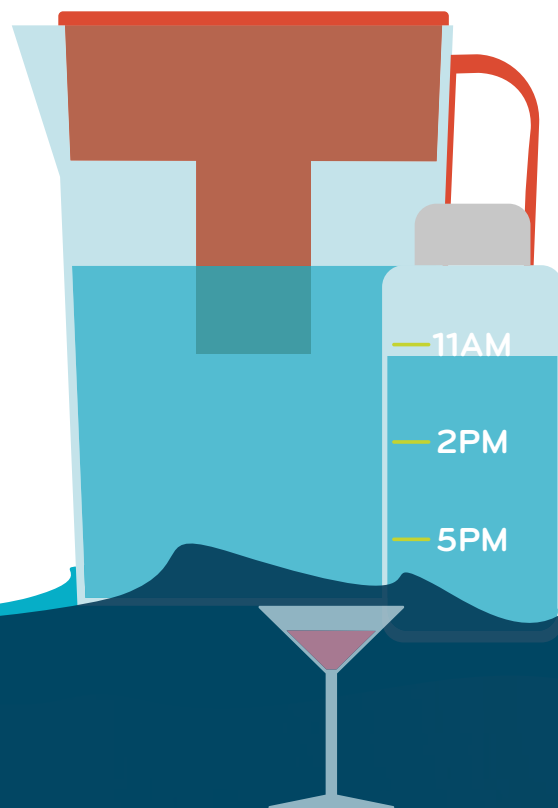
SO HOW DO WE STOP DEHYDRATION IN ITS TRACKS?

Eight cups of water daily can seem like a lot. Set smaller goals to start with:

- Aim to finish one 16oz bottle by 11am. Refill and aim to finish that by 2pm. Repeat all day.
- Mark increments on a large water bottle for how much you aim to drink by certain times or meals.

You don't need to chug all your water at once. Sip it throughout your day. A straw may also help you drink more consistently, especially if you experience tooth sensitivity to cold beverages.

If you don't like the taste of your water or find it too boring, try alternatives or water filters. Soda, alcohol, and high-sugar beverages are not ideal; enough sugar can actually make us more dehydrated. But with some revisions, we can still enjoy our favorite drinks!



A coffee with lots of cream and sugar can be a nice morning treat, but it doesn't hydrate us very well. Coffee is also a diuretic, or something that can increase urination, so it's important to be careful with your coffee intake.

To make your morning fave a little healthier, try a milder roast without sugar. Use 2% or fat-free milk, or try a dairy alternative like soy or almond. If you like a thicker latte foam, try oat milk.

We know: here in Texas, we love sweet tea. But sweet tea is *full* of sugar. And like coffee, caffeinated tea can have a diuretic effect.

If unsweet black tea isn't your cup, try green, oolong, jasmine, mint, hibiscus, or roibos teas.

Hibiscus tea is naturally sweet and tart and provides additional health benefits! Iced mint or lavender tea, like chamomile, can help you relax for bedtime.

If fruit is your flavor of choice, aim for 100% juice with no added sugars.

Try different fruit infusions in your water; we love iced water over oranges, lemons, and limes for a citrusy treat.

Rather than a cocktail, serve up mocktails. Add watermelon, mint, and cucumber to sparkling water for a healthy, alcohol-free spin on a mojito, or add sparkling water to 100% orange juice for a virgin mimosa.

CONNECTION CAFÉ MEALS

\$5

\$5/meal, or \$25/week, bridges the gap between the cost of programming and meals and our government funding.

ONLINE

- 1) Visit give.mowstx.org
- 2) Select "Pay for Meals" in the dropdown.

CASH OR CHECK

Give to your meal delivery driver or mail to: 603 E Murray Street, Victoria, TX 77901.

To help our staff, please write "meals" on the note line of your check.

Diners at our Connection Café can drop contributions in the black lockbox on the right side of the main archway.

PLEASE NOTE! Due to IRS regulations, we cannot classify contributions for meals as tax-deductible donations.

HOME-DELIVERED MEALS

\$3

\$3/meal, or \$15/week, covers the difference between the cost of prep and delivery and our government funding.

SUDOKU

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

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VOLUNTEER

DONATE

PARTNER

Volunteering with MOWSTx is life-changing not only for volunteers themselves but for the seniors who rely on regular meal deliveries. We need volunteers 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.

CLERICAL SUPPORT

Help our administrative team with the day-to-day office tasks.

FRIENDLY CALLERS

Call clients each week to chat and check in on their wellbeing.

Only a fraction of our funding comes from government support; the majority is donated by members of our own community.

Your support will enable us to continue to meet the need of current clients and to grow. It will sustain life-saving and life-improving programs for older adults in Victoria and DeWitt counties.

GIVE FOR TOMORROW

See your contributions in action year by year—and enjoy the potential tax benefits—with a Planned Gift.

Arrange a Legacy Gift to create an impact that extends beyond your lifetime:

- 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.

Our Community Partner program recognizes the outstanding helpers operating in our community. Partners contribute in a multitude of ways: by volunteering as a corporate team, sponsoring and calling our BINGO days at the Connection Café, funding specific programs, offering personnel and resources to enrich our programming and activities, and more.

Community Partners can proudly call themselves champions of older adult independence in the community they serve.

Join us in supporting seniors by getting in touch at development@mowstx.org



COMMUNITY PARTNERS



VOLUNTEER
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