

**September 2023
Newsletter**



MEALS on WHEELS
SOUTH TEXAS



CLOSED Sept. 10th (Labor Day)

THIS MONTH

*Full Calendar, Page 4
Daily Menu, Page 5*

Paw Express
Sept. 12th

Library Delivery
Sept. 13th

Pet Food Delivery - Cuero
Sept. 6th

Food Bank
Sept. 21st

Pet Food Delivery
Sept. 27th, 28th, 29th

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



HAPPY
LABOR
DAY

Meals on Wheels
of South Texas
extends warm
wishes to all,
hoping you have a
joyful and relaxing
Labor Day!

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 ON 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 consist of basic wellness check 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



CROWN
HOSPICE

Providing Comfort, Bringing
Compassion and Sharing Hope

1406 East Red River • Victoria, TX 77901

361-575-5900

www.crownhospice.com

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

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized
Provider

SafeStreets

833-287-3502

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

SUPPORT OUR ADVERTISERS!



For ad info. call 1-800-950-9952 • www.lpcommunities.com

Meals on Wheels, Victoria, TX

A 4C 05-1764

..... September Activities & More

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Educational Class
4 CLOSED	5 BINGO First Christian	6 Activity with Senior Helpers Pet Food Delivery Cuero	7 BINGO New Century Hospice	8 Pet Rock Painting
11 Grandparents Luncheon	12 BINGO Retama Paw Express	13 Color/Puzzles Library Delivery	14 BINGO Crown Hospice	15 Painting
18 Card & Dominoes	19 BINGO Harbor Hospice	20 Craft-VPLp	21 Movie Day! Food Bank	22 Financial Literacy Education
25 Medicare 101	26 BINGO Twin Pines	27 BINGO Senior Helpers	28 BINGO Jessica Can Help	29 BINGO
		Pet Food Delivery		



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/ Oaroma 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

(800) 950-9952 x2324



**HOSPICE OF
SOUTH TEXAS**
605 E Locust Ave
Victoria, TX

361-572-4300
hospiceofsouthtexas.org



GRACE FUNERAL HOME

Victoria • Goliah • Port Lavaca

2401 Houston Hwy • Victoria, TX 77901

(361) 573-4341

www.gracefuneralhome.net

"Your Trust Is Our Future"

ADVERTISE HERE

to reach your community



Call 800-950-9952



Celebrating Grandparents Day

Grandparents Day, celebrated on the first Sunday after Labor Day, is a heartfelt occasion that recognizes the invaluable role that grandparents play in the lives of families. It's a day to honor the wisdom, love, and support that grandparents provide across generations. These seniors not only provide a strong foundation for their families but also serve as a reminder of the importance of caring for and respecting the elderly. By recognizing the role of grandparents, Meals On Wheels of South Texas brings attention to the nurturing environment they create and the lasting impact they have on individuals, families, and the community at large.

WE
LOVE

OUR
Grandparents



To Our Community Partners:



We want to express our heartfelt gratitude to our incredible community partners.

Your support has been instrumental in helping us combat social isolation and provide nourishing meals to homebound seniors. From financial contributions to donated resources and services, your generosity has made a significant impact. We are deeply grateful for your commitment to improving the lives of our seniors. Together, we are making a real difference in our community.

Thank you for standing beside us on this meaningful journey.

With sincere appreciation,
The Meals on Wheels South Texas Team

 <p>Citizens MEDICAL CENTER <i>Home Health</i></p> <p>361.579.1305 ★★★★★</p> <p>5-STAR PATIENT SATISFACTION RATING</p>	<p>Place Your Ad Here and Support our Community!</p> <p>Instantly create and purchase an ad with</p> <p>AD CREATOR STUDIO</p>  <p>lpicommunities.com/adcreator</p> 
 <p>Locally Owned and Operated</p>	 <p>EXCEL <i>Complete</i> HOME HEALTHCARE</p> <p>"Therapy and Skilled Nursing in the Comfort of your Home."</p> <p>3804 John Stockbauer, Ste E Victoria, TX 77904</p> <p>361-575-4500 www.excelhh.com</p>

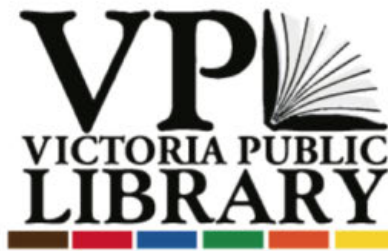


SEPTEMBER EVENTS FOR THE VICTORIA PUBLIC LIBRARY

Morning Activity Hour -Chair Yoga-

September 15th
10am-11am

If you're wanting to get out of the house and meet new people, then come to our morning social hour! Chair yoga is a gentle form of yoga that helps improve stability, flexibility, and reduce stress. Led by Citizen's Health Plex instructor, Sharon Elder.



Morning Activity Hour -Coloring-

September 1st 10am-11am

Drop in for some relaxing coloring fun! All supplies are provided and no experience required. Just bring yourself and your creativity!

Collage Night

September 11th 6pm-7pm

Join us for a fun night of DIY collage! We have a supply of magazines, newspapers, scissors, glue and tape. Feel free to bring your own supplies!

Meals on Wheels Outreach

September 20th 9:30 am

The Victoria Public Library visits the Meals on Wheels Senior Center in Victoria each month with fun arts & crafts and socializing.

Yarn Craft Club

September 21st 4:30pm-5:30pm

Come join us for fun stitching projects, or work on your project with others who enjoy making crafts with yarn! The Yarn Craft Club is open to all ages 10 & up.

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



**United
Healthcare**

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



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Meals on Wheels, Victoria, TX

D 4C 05-1764

PUZZLE BREAK

CROSSWORD PUZZLE

- ACROSS**
- 1 Universal product code (abbr.)
 4 From (Scot.)
 8 S. Afr. language
 12 Classic car
 13 Mine stair
 14 Sayings (suf.)
 15 Automated teller machine (abbr.)
 16 Calm
 18 Broad hill
 20 Royal Air Force (abbr.)
 21 Provide
 25 Austral. wild dog
 29 Muse (2 words)
 32 Ointment
 33 Turkish caliph
 34 Rom. farce
 36 Energy unit
 37 Crazy
 39 Radial (2 words)
 41 Cathedral
- passage
 43 East wind
 44 Hummingbird
 46 Luxuriant
 49 Diva (2 words)
 55 Sheep's cry
 56 Liability
 57 Berne's river
 58 Son of Noah
 59 Hindu servant
 60 Batrachian
 61 Electric unit
- 11 Male person
 17 Rage
 19 Afghanistan (abbr.)
 22 Feminine (abbr.)
 23 Norse mythical hero
 24 Carbric grass
 26 4th incarnation of Vishnu
 27 Eng. poet
 28 Prospects
 29 "The Bartered Bride" character
 30 Jewish month
 31 Antelope
 35 Serum (pref.)
 38 Ancient Gr. city
 40 Robot play
 42 Extravehicular activity (abbr.)
 45 Anti-satellite (abbr.)
 47 Heddles of a loom
- 48 Cordage fiber
 49 Unusual
 50 Edible seed
 51 Compass direction
 52 Truth: Chin.
 53 Altar constellation
 54 Flushed

DOWN

- 1 Russ. range
 2 Wahoo fish
 3 Staple
 4 Illness
 5 Lance of King Arthur
 6 Abridged (abbr.)
 7 Ivory (Lat.)
 8 Luncheon
 9 Mulberry of India
 10 Donkey (Fr.)

Sudoku

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

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

©2021 Satori Publishing

DIFFICULTY: ★★☆☆

Sudoku

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

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

©2021 Satori Publishing

DIFFICULTY: ★★★★★

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15				16				17				
18			19				20					
		21		22	23	24		25		26	27	28
29	30						31		32			
33				34				35		36		
37			38		39				40			
41				42		43						
			44		45			46		47	48	
49	50	51					52	53	54		55	
56					57					58		
59					60					61		

©2021 Satori Publishing

A76



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:

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 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.

E 4C 05-1764



MEALS on WHEELS
SOUTH TEXAS

ALL IT TAKES IS EIGHT!

JUST \$8 CAN PROVIDE A
MEAL TO A SENIOR IN NEED
IN SOUTH TEXAS.

**YOUR GENEROSITY MAKES
A DIFFERENCE, ONE MEAL
AT A TIME!**

FILL A PLATE

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



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
Website: www.mowstx.org
Stay up-to-date every day:



@MOWSouthTexas