



MEALS on WHEELS
SOUTH TEXAS

July 2023 Newsletter **THIS MONTH**

Full calendar and daily menu, page 4

Holiday Closures: July 4th

Food Bank Distribution

July 20th, 10:00 AM

MOWSTX back parking lot.

Must be a registered client with the Food Bank of the Golden Crescent

Cuero Volunteer Appreciation Event

July 27th, 12-2 PM

*Grace Episcopal Church Proctor Hall
102 E Live Oak St Cuero, TX*

Library Delivery

July 14th

PetSmart & MOW of America

July 18th

Paw Express

July 18th

Pet Food Delivery

July 26th, 27th, 28th



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

SERVICES

FOR CURRENT CLIENTS

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

MOBILE MEALS

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

TOGETHERNESS

These programs aimed 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.

Friendly Call Line

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

CONNECTION CAFE

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

LIBRARY TO GO

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



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 consist of basic wellness check and preventive care for our clients pets.

ADD SERVICES

kim@mowstx.org
361-576-2189

WHO WE ARE



Dan Capone
Executive Director
dan@mowstx.org

ADMINISTRATIVE SERVICES



Diana Alarcon
Director of
Administrative Services
diana@mowstx.org

Program Support Associates

Jessica Rodriguez
Mary Torres
Jenna Hebert
Elena Soto
Daisy Garcia

OFFICE



Tina Doggett
Office Coordinator
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PROGRAM SERVICES



Kim Perez
Director of
Program Services
kim@mowstx.org



Ivana Resendiz
Volunteer Coordinator
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Tina Kelley
Program Services Assistant
tina@mowstx.org

SIGN UP FOR SERVICES



Jenny Herrera
Intake Coordinator
intake@mowstx.org

CONNECTION CAFÉ



cafe@mowstx.org

KITCHEN



Hector Hurtado
Kitchen Director
kitchen@mowstx.org

Kitchen Team

Prisila Rodriguez
Monica Cavazos
Lucinda Rodriguez



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Meals on Wheels, Victoria, TX

A 4C 05-1764

July Meals & More

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Turkey Cranberry Pasta Salad Crackers Fresh Broccoli Seasonal fruit	4 4th of July Closed	5 Italian Chicken Stew Roasted Carrots w/ Vinaigrette Garlic Bread	6 Baked Chicken Thighs Whipped Potatoes Normandy Vegetables Wheat Roll	7 BBQ Sausage Baked Beans Sautéed Cabbage Cornbread
4th of July Celebration	CLOSED	MidCoast Presentation & Activities	BINGO New Century Hospice	Arm Chair Travel
10 Cowboy Caviar Tortilla Chips Mixed Greens Salad Fruit Jell-O	11 Cheesy Taco Casserole Spanish Rice Charro Beans Tres Leches Cake	12 Chili and beans Rice Creamed corn Lemon Bar Library Delivery	13 Beef Zucchini Casserole Wild Rice Roasted Carrots Toasted Garlic Bread	14 Chicken Drumsticks Corn Casserole Sautéed Brussel Sprouts Cake
Program Hope Presentation	BINGO Retama	BINGO Beloved Community	BINGO Crown Hospice	MidCoast Presentation & Activities
17 Chicken Pasta Salad Cole Slaw Fruit Salad	18 Enchiladas Roasted Squash Pinto Beans PetSmart & MOW of America Paw Express	19 Meatloaf w/Gravy Mashed Potatoes Green Beans Cherry Apple Crisp	20 Chopped Beef Steak Rice Pilaf Sauteed Greens Wheat Roll Food Bank	21 Sweet & Sour Chicken White Rice Egg Roll Sautéed Cabbage
Coloring & Puzzles	BINGO Harbor Hospice	Craft-VPL	Movie Day Pajama Party!	BINGO White Elephant
24 Pork Chops Mushroom Gravy Whipped Potatoes Stewed Greens	25 Beef Tips Herbed Orzo Baked Spinach Chocolate Chip Cookie	26 Roasted Chicken Thigh Cornbread Dressing Zucchini Wheat Roll	27 Panko Crusted Fish Filet Broccoli & Rice Casserole Roasted Carrots Blueberry Apple Crisp	28 Carne Guisada Calabaza Squash Pinto Beans Chocolate Flan Cake
Moving with Marcie	BINGO Twin Pines	BINGO The Care Team Hospice Pet Food Delivery	BINGO Jessica Can Help Vol. Appreciation	Cards & Dominoes
31 Turkey Ham Spinach Wrap Broccoli Salad Seasonal Fruit				

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

Advertise in our Newsletter!

CONTACT ME
Mike Ward

mward@lpicommunities.com

(800) 950-9952 x2324



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..... Cuero Volunteer Appreciation

The Heart and Soul of Meals on Wheels of South Texas

At Meals on Wheels of South Texas, we are immensely grateful for the dedication and selflessness of our volunteers. They are the backbone of our program, the driving force behind our mission, and the reason we are able to make a positive impact on the lives of so many individuals in need. In this month's newsletter, we want to express our deepest appreciation for our incredible volunteers and highlight the invaluable contributions they make every day.

To our beloved volunteers: You are our everyday heroes, and we cannot thank you enough for your unwavering commitment and compassion. It is because of your kind hearts and generous spirits that we are able to bring nutritious meals and a friendly smile to homebound seniors throughout South Texas. Your dedication is truly inspiring, and we want you to know that your efforts do not go unnoticed or unappreciated.

One of the most remarkable aspects of our volunteer program is the deep and meaningful connections our volunteers forge with the clients they serve. Beyond delivering meals, our volunteers bring companionship, warmth, and a listening ear to those who may be isolated or lonely. Your conversations, laughter, and genuine care brighten the lives of our clients, creating lasting bonds that nourish the soul just as much as the meals nourish the body. Your presence truly makes a difference.

We cannot emphasize enough how much of a role our volunteers play in everything we do. Without their commitment and dedication, there would be no Meals on Wheels of South Texas. Their tireless efforts enable us to serve our community and fulfill our mission. We value each and every one of our amazing volunteers beyond words.



In celebration of our incredible volunteers, we are excited to announce our Cuero Volunteer Appreciation Event! Mark your calendars for July 27th from 12:00 PM to 2:00 PM.

The event will be held at Grace Episcopal Church Proctor Hall, located at 102 E Live Oak St in Cuero. This will be an afternoon filled with gratitude, recognition, and fellowship. We look forward to expressing our heartfelt appreciation for your exceptional service during this special occasion.

Paws for Hydration

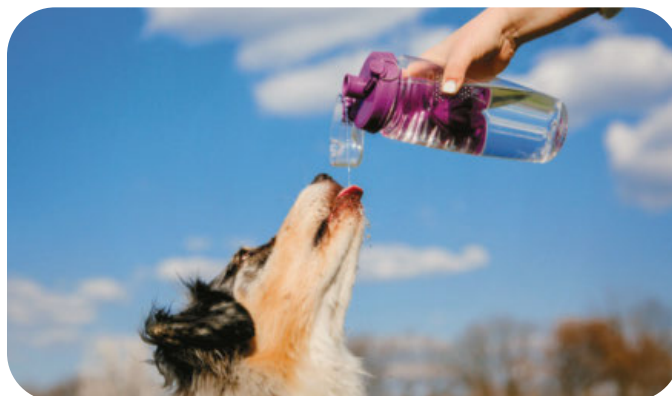
Keeping Our Furry Friends Safe in the Summer Heat

Just like humans, pets are susceptible to the dangers of dehydration and heatstroke in hot weather. That's why our PAW Program emphasizes the importance of keeping our four-legged companions properly hydrated. Here are some tips to help you keep your pets cool and hydrated throughout the summer:

Fresh Water: Ensure your pet has access to clean, fresh water at all times. Check their water bowls frequently and refill them with cool water to prevent it from becoming warm or stagnant.

Shade and Shelter: Create a shady spot in your yard or provide a covered area where your pet can retreat from direct sunlight. This will help keep them cool and protect them from overheating.

Frozen Treats: Treat your pet to some refreshing and hydrating snacks. Freeze a portion of their regular meals or make homemade frozen treats using pet-friendly ingredients. They'll love the cool relief!



Walks and Exercise: Schedule walks and outdoor activities during the cooler parts of the day, such as early morning or late evening, to prevent your pet from becoming overheated.

Paws Protection: Remember that pavement and asphalt can become extremely hot and can burn your pet's paws. Opt for walks on grassy areas or invest in booties to protect their feet.

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Community Spotlight

The Victoria Public Library and Meals on Wheels Connection Café Partnership

At Meals on Wheels of South Texas, we are incredibly grateful for the support and collaboration we receive from various local businesses and organizations. In this month's newsletter, we want to shine a spotlight on our partnership with the Victoria Public Library and the wonderful activities they bring to our Meals on Wheels Connection Café in Victoria.

Bringing Joy Through Arts, Crafts, and Socializing

The Victoria Public Library has been an invaluable partner in enhancing the experiences of our seniors at the MOWSTX. The Library has gone above and beyond to generously dedicate their time and resources to our seniors and organize engaging arts and crafts activities.

On June 5th from 6 PM to 7 PM, the Meals on Wheels of South Texas will visit the Victoria Public Library to join in on fun-filled arts and crafts projects. These activities not only stimulate their creativity but also provide opportunities for socializing and forming new connections within the community.



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:**

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PUZZLE BREAK

At the Beach

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Word List:

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SUNGLASSES
SANDALS
TOWEL

BEACHBALL
FRISBEE
UMBRELLA
POPSICLE
SWIM
SURF
SEAGULL
BLANKET

BOARDWALK
SHORE
LAKE
RELAX
SUNTAN
SANDCASTLE
TAFFY

BOAT
WAVES
LIFEGUARD
SUN
SUNBURN
SHELL
TRUNKS



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.



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 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.

E 4C 05-1764



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For advertising, contact Mike Ward with our printer, LPi, at 832-315-7207.

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