

**February 2024  
Newsletter**



**MEALS on WHEELS**  
**SOUTH TEXAS**

Happy  
**Valentine's**  
Day



## THIS MONTH

Full Calendar, Page 4

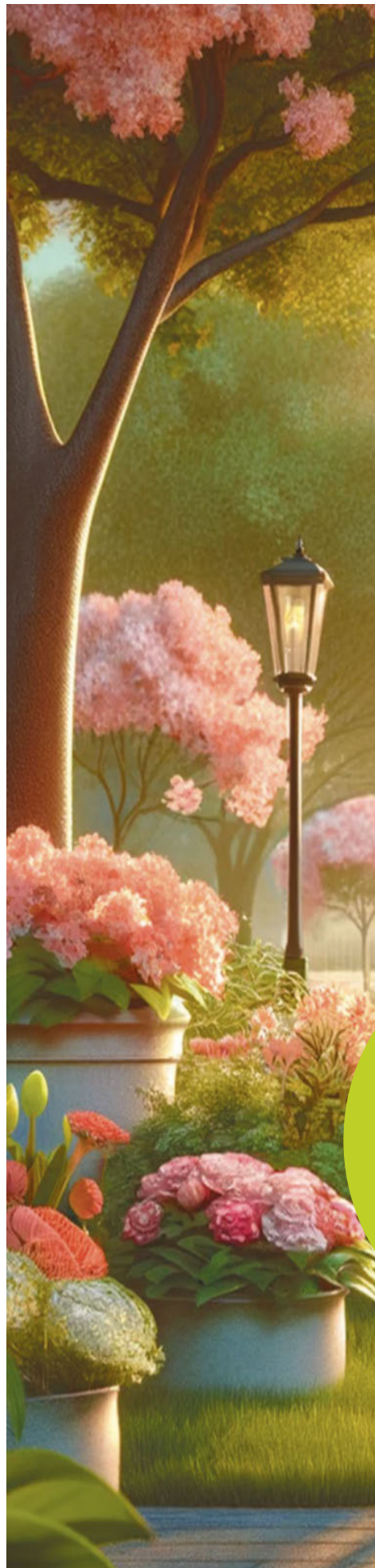
**Paw Express**  
Feb 13th

**Library Delivery**  
Feb 21 - 23rd

**Food Bank**  
Feb 15th

**Cuero Pet Food**  
Feb 7th

**Victoria Pet Food**  
Feb 28 - 29 & Mar 1st



# 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.

**Meal Reservations must be made 48 hours in advance.**



**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





### CROWN HOSPICE

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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

# February Activities & More

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> <b>BINGO</b> New Century Hospice	<b>2</b> Walk Across Texas
<b>5</b> Senior Helpers	<b>6</b> <b>BINGO</b> First Christian Church	<b>7</b> Beloved Activities	<b>8</b> <b>BINGO</b> Crown Hospice	<b>9</b> Walk Across Texas
		Cuero Pet Food		
<b>12</b> Arts & Craft Day	<b>13</b> <b>BINGO</b> Retama	<b>14</b> Party	<b>15</b> Movie & Popcorn	<b>16</b> Walk Across Texas
	PAW Express		Food Bank Distribution	
<b>19</b> 101 Presidential History	<b>20</b> <b>BINGO</b> Harbor Hospice	<b>21</b> Craft VPL	<b>22</b> <b>BINGO</b> Jessica Can Help	<b>23</b> Walk Across Texas
		Library Delivery	Library Delivery	Library Delivery
<b>26</b> Midcoast Family Service	<b>27</b> <b>BINGO</b> Twin Pines North	<b>28</b> Health Games	<b>29</b> <b>BINGO</b> White Elephant	
		Pet Food Delivery	Pet Food Delivery	

**JOIN US**  
FOR ONE OF THE MANY EVENTS AT THE  
**CONNECTION**  
**CAFE**



# Home Delivered Meals .....

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

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)

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**Erica Johnson**

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Meals on Wheels, Victoria, TX

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# RANDOM ACTS OF KINDNESS

## The Beginnings of Random Acts of Kindness

The Random Acts of Kindness (RAK) movement, emerging in the late 20th century, promotes simple, spontaneous gestures of goodwill. Its core message is that even minor acts can significantly impact individuals and communities, creating a ripple effect of positivity.

## Random Acts of Kindness and Seniors

For seniors, especially those isolated or homebound, a small act of kindness can be incredibly meaningful. Whether it's a friendly conversation, a personal note, or a helping hand, these gestures can alleviate loneliness and bring a sense of belonging.

## Your Role with Meals on Wheels

Joining Meals on Wheels aligns perfectly with the RAK philosophy. As a volunteer, you bring more than meals to seniors; you bring companionship and a ray of hope. Your involvement can transform the day-to-day life of an elderly person, showing them they are cherished and remembered.

## Take Action

Embrace the spirit of kindness. Volunteer for Meals on Wheels or make a donation today, and make a tangible difference in the lives of local seniors. Your act of kindness, however small, is a powerful gift.

# American Heart Month

## Prioritizing Senior Heart Health

As we age, the risk of **heart** issues such as hypertension and atherosclerosis increases, making it vital for seniors to focus on cardiovascular wellness. Heart disease, a leading cause of death in older adults, calls for awareness and early intervention.

Adopting a **heart-healthy lifestyle** is key, which includes a diet rich in fruits, vegetables, and whole grains, regular physical activity, and stress management. Regular health check-ups are also crucial for monitoring and maintaining heart health. This month serves as a reminder for seniors and their communities to prioritize heart health for a longer, healthier life.



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Meals on Wheels, Victoria, TX

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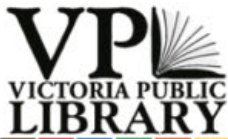
# Community Spotlight

## Victoria Public Library

Go to our website  
[victoriapubliclibrary.org](http://victoriapubliclibrary.org).  
 Scroll down to "Library Events" to see our other activities!

★ JUVENILE EVENT

● ADULT EVENT



### ★ Sensory Session

Saturday 24th  
 10:30am-11:30am

An inclusive space for our neurodivergent friends at the library. This is an all-inclusive program for our younger learners of all disabilities, that helps encourage learning through exploration, curiosity, problem solving and creativity.

During these sessions, children will explore with their five sense in a clam and sensory friendly environment.

### ★ Recycled Lanterns

Thursday 29th  
 4:30-5:30pm

Join us for a fun-filled event where we will create lanterns and share ideas on how to repurpose materials in creative ways. Don't miss out on this opportunity to learn something new and have fun in the process!



### ★ Lovely Lava Lamps

Wednesday 14th  
 5-6pm

Join us in creating lovely lava lamps during our learning lab! Our lab is designed to be an interactive and engaging experience for learners of all ages

### ★ AgriLife Teen Cuisine

February 6, 13,  
 27, and March 5th  
 5-6pm

Join us Tuesdays 5-6 February 6th, 13th, 27th and March 5th. Weekly Topics Eat Smart/You Are What You Eat, Power Up with Breakfast, Find the Fat and Watch out for Added Sugars/Snack Attack

### ● Chess Club

Saturday 17th  
 12pm-2pm

The Victoria Public Library is partnering with the Golden Crescent Chess Club to bring chess to the Library!

Join us in the Bronte Room for casual games of chess for all levels of players

**DID YOU KNOW?**

That teachers receive the most Valentine's Day cards!

### ★ Heart Pillows

Wednesday 28th  
 4:30-5:30

A no-sew heart pillow is a perfect craft to do. This craft is perfect for Valentine's Day or a gift for someone special. Get creative and experiment with different fabric colors and patterns

### ● Adult Craft Night Valentine Cards

Wednesday 7th  
 6-7pm

Creating Valentine's Day cards can be a fun and easy way to express your love. A Thoughtful and personalized gift can make Valentine's Day even more special



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# PUZZLE BREAK

## CROSSWORD PUZZLE

### ACROSS

- 1 "\_\_\_ Abner"
- 4 Aleutian island
- 8 Vishnu's serpent
- 12 Father: Arabic
- 13 Banana genus
- 14 Plant of the iris family
- 15 Computer chip
- 16 Raw
- 18 Coptic clergyman
- 20 Defiant shout
- 21 Abstract being
- 25 Sputnik dog
- 29 Emery
- 32 One
- 33 Pack down
- 34 Eur. finch
- 36 Celsius (abbr.)
- 37 Husband of Jezebel
- 39 Easy job
- 41 Of punishment
- 43 Of birth
- 44 Youth
- 46 Benevolent and

Protective  
Order of Elks  
(abbr.)

- 49 Lade (2 words)
- 55 Adjusted gross income (abbr.)
- 56 Spruce
- 57 Husband of Halcyone
- 58 Pitch
- 59 Glacial trough
- 60 Madame Bovary
- 61 Woman: obs.

- 17 Mulberry of India
- 19 S.A. herb
- 22 Explosive letters
- 23 Killer of Castor
- 24 Red dye
- 26 Arraign
- 27 Bleaching vat
- 28 Tamarisk salt tree
- 29 Poor-quality goods
- 30 US dam
- 31 Ancient weight
- 35 To yield profit
- 38 Aesir god
- 40 Vehicle compartment
- 42 Resin
- 45 Carplike fish
- 47 Irish writing
- 48 Ireland
- 49 Limited (abbr.)
- 50 Go'd (Sp.)
- 51 Eastern church chalice veil
- 52 Rapid eye movement (abbr.)
- 53 Sports hall
- 54 Oxygen (pref.)

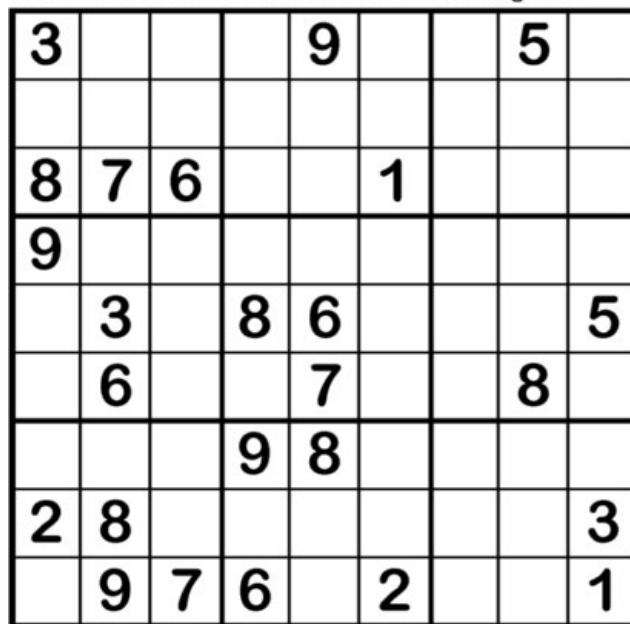
### DOWN

- 1 Byron poem
- 2 Dayak people
- 3 Sawyer
- 4 \_\_\_ Darya River
- 5 Press for payment
- 6 Shak. contraction
- 7 Kernel (pref.)
- 8 Haw. island
- 9 Scot. alder tree
- 10 Give (Scot.)
- 11 Annex



## 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: ★☆☆☆☆



# Calling All Helpers

## New Volunteer Roles Available

### Pet Care Volunteers

We are in need of a "Cuero-area pet care volunteer." Responsibilities include monthly vet visits for 1-2 pets, which involves transportation from home to the vet, waiting during the appointment, and return transport. The volunteer should also be willing to store pet carriers and other supplies. Further details will be provided as they become available.

### Telephone Support Volunteer

We are currently looking for volunteers to help manage phone calls during periods of staff shortage. Volunteers will be notified between 1 to 24 hours in advance when their assistance is required to handle and appropriately direct calls. The commitment would involve working from 8 a.m. to 12 p.m., Monday through Friday, but only on days when additional support is necessary.



## OPPORTUNITIES

Volunteering opportunities with MOWSTX are 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 on Mondays in Victoria or Wednesdays in Cuero.

### 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

Help load meal boxes in the the freezer Thursday mornings.

### PAW EXPRESS

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

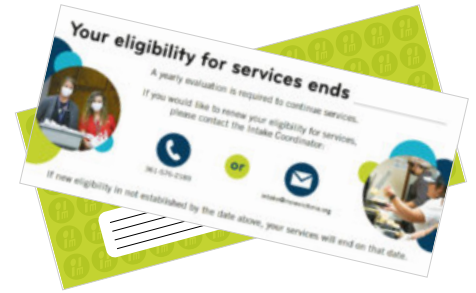
### TOGETHERNESS

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

# 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

L	I	L	A	D	A	K	N	A	G	A
A	B	U	M	U	S	A	I	R	I	D
R	A	M	U	N	T	R	A	I	N	E
A	N	B	A	Y	A	H	E	N	T	I
E	N	T	I	A	L	A	I	K	A	
C	O	R	U	N	D	U	M	U	N	I
R	A	M	T	A	R	I	N	C	E	L
A	H	A	B	S	I	N	E	C	U	R
P	E	N	A	L	N	A	T	A	L	
L	A	D	B	P	O	E				
L	O	A	D	C	A	R	G	O	A	G
T	R	E	E	C	E	Y	X	T	A	R
D	O	R	R	E	M	M	A			
E	M	E								

Answer to Sudoku

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

Answer to Sudoku

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

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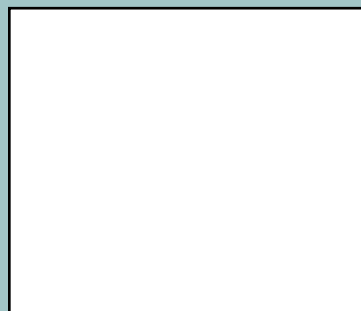
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MEAL TO A SENIOR IN NEED  
IN SOUTH TEXAS.

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A DIFFERENCE, ONE MEAL  
AT A TIME!**

## FILL A PLATE

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



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