

**November 2023
Newsletter**



MEALS on WHEELS
SOUTH TEXAS

Happy THANKSGIVING Day

Café Closed: Nov. 10th; Nov. 20th-24th

THIS MONTH

Paw Express
Nov 7th

Library Delivery
Nov. 15th

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

Café Thanksgiving/Friendsgiving
Nov. 17th

Food Bank
Nov. 16th

Pet Food Delivery
Nov. 15th

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

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 & 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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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

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Meals on Wheels, Victoria, TX

A 4C 05-1764

November Activities & More

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|--|
| 2 | 3 | 1 Educational Class Library Delivery Pet Food Delivery Cuero | 2 BINGO New Century Hospice | 3 Midcoast Family Service |
| 6 BINGO Senior Helpers | 7 BINGO First Christian Church Paw Express | 8 Presentation | 9 BINGO Crown Hospice | 10 CLOSED |
| 13 Financial Literacy Education | 14 BINGO Retama | 15 Craft - VPL Library Delivery Pet Food Delivery | 16 Food Bank | 17  MEALS ON WHEELS SOUTH TEXAS friends giving |
| 20 | 21 | 22 Thanksgiving Meal Delivery - 11am | 23 CLOSED | 24 CLOSED |
| Connection Café - Closed Clients need to sign up for frozen boxes by Nov. 10th | | | | |
| 27 BINGO Christian Providence | 28 BINGO Twin Pines North | 29 BINGO Beloved Community Care | 30 BINGO White Elephant | |



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/ 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)

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



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Call 800-950-9952





Thanksgiving Meal Delivery

Join us in spreading warmth and joy this Thanksgiving with Meals on Wheels of South Texas on November 22nd.

We're busy preparing delicious turkey plates for our cherished clients, but we can't do it without your help.

We Need You!

We're looking for **dedicated volunteers** on **November 20th and 21st from 8 am to 12 pm** to assist in meal preparation and cooking. On November 22nd, we'll need volunteers to package meals from 9 am to 11 am, and then from 11 am to 12 pm, we'll rely on volunteers to pick up these heartwarming meals from our café and deliver them to our clients, ensuring everyone enjoys a festive Thanksgiving.

Your support makes a difference, call us today to volunteer at 361-576-2189 or sign up on www.mowstx.org

If you are a Café Client, sign up for a hot meal with our Café Coordinator.

SENIOR giving tree

Senior Giving Tree is an opportunity for our community to help make homebound seniors' holidays brighter. Seniors select gifts off a choice card provided by United Way. You can help by picking up a card on Christmas Trees across Victoria to purchase gifts, helping pack gifts on Dec. 15th, or distributing gifts with MOWSTX on December 20th. Call or visit United Way for more information (361-578-3561, www.unitedwaycrossroads.org). Call us to sign up to deliver. 361-576-2189



Citizens
MEDICAL CENTER
Home Health

361.579.1305 ★ ★ ★ ★ ★

5-STAR PATIENT SATISFACTION RATING

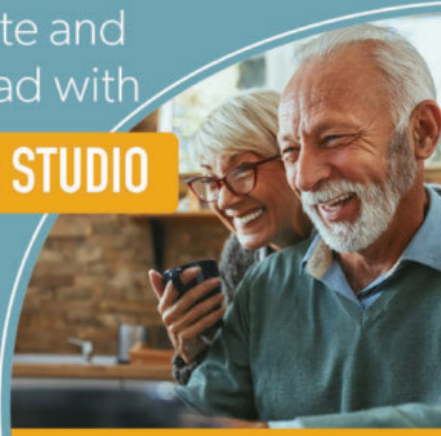
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Meals on Wheels, Victoria, TX

C 4C 05-1764

Community Spotlight

VICTORIA PUBLIC LIBRARY

Go to victoriapubliclibrary.org and scroll down to news and events for our other events!

Texas A&M Agrilife: Healthy Carbs November 14th 6-7pm

This 4-session series focuses on healthy types and portions of carbohydrates to help reduce chronic disease risk. Through engaging activities, participants learn about creating a healthy plate, carbohydrate counting, and physical activity. ●

Morning Activity Hour -Yoga- ●

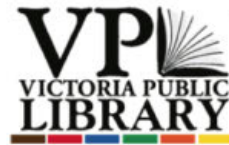
November 17th 10-11am

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.

Collage Night ●

November 6th 6-7

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!



★ JUVENILE EVENT
● ADULT EVENT



Inbe-TWEEN-ers: Game Night November 30th 4:30-5:30pm

"What could be better after a long day? Board game night! Join us for an evening of fun board games and snacks. Bring your friends and make new ones. Stress-free and fun-filled, you and your teens won't want to miss out!" ★

Lego Lab

November 9th 4:30-5:30pm

Our favorite program for all you Lego fans! Join us for an evening of Lego building. We will have both small Legos and big blocks available so all ages are able to participate. ↓

Yarn Craft Club

November 2nd 1-2pm

November 30th 4:30-5:30pm

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. ↓

Crafternoon: Disguise a Turkey

November 14th 4:30-5:30pm

Help your Turkey come up with the best disguise to help them avoid becoming this year's Thanksgiving dinner! ↓

Fun Friday: Fall Leaf Watercolor

November 3rd 10-11am

Join us for a fun creative or physical activity every Friday morning from 10 to 11am. Come meet new people while enjoying a fun and engaging activity. For this Friday's activity, we'll be ↓

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**

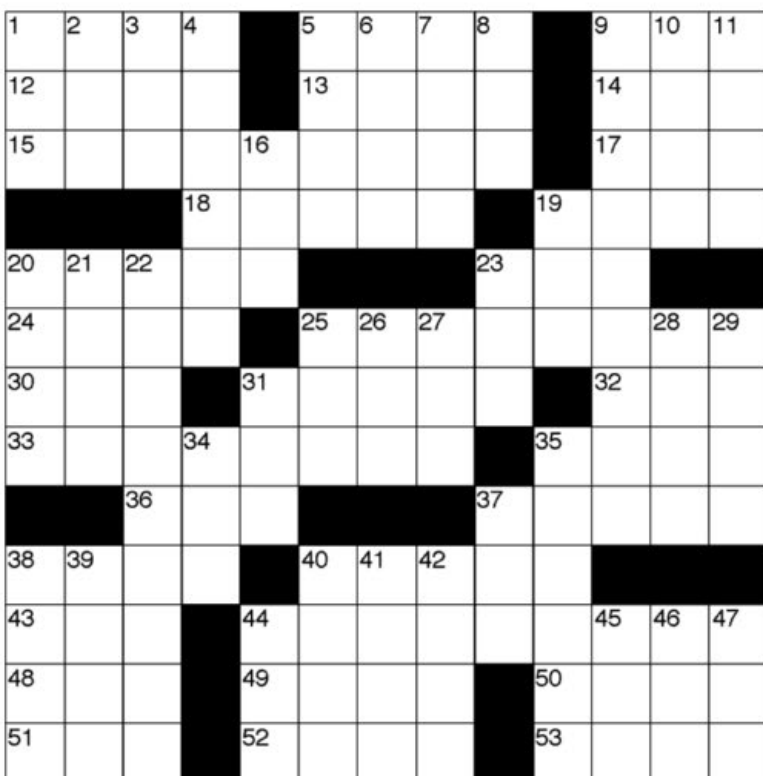
Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare. ©2022 United HealthCare Services, Inc. All rights reserved. Y0066_23SPRJ55189_C SPRJ55189



PUZZLE BREAK

CROSSWORD PUZZLE

- ACROSS**
- 1 Son of Loki
5 Buddhist monk
9 Amer. Expeditionary Forces (abbr.)
12 Alpine mountain goat
13 King killed by Samuel
14 Recommended daily allowance (abbr.)
15 Lush
17 Adjusted gross income (abbr.)
18 Ahead
19 Two-man fight
20 Jazz style
23 Political action committee (abbr.)
24 Allusion
25 Blanch
30 Gelderland city
31 Stone chip
32 Revolver
33 Kind of gypsum
- 35 Assistant
36 Wing
37 S. Afr. village
38 Handle
40 Asian mountains
43 Tattle
44 Aria (2 words)
48 No middle initial (abbr.)
49 Star facet
50 Afrikaans
51 Office of Economic Development (abbr.)
52 Shallow receptacle
53 S. Afr. fox
- DOWN**
- 1 Nothing
2 Father: Arabic
3 King
4 Stage direction
5 Hole
6 Bedouin's cord
7 Numerous
8 Agent (abbr.)
9 Monkey puzzle
10 Border
11 Fall short
16 Newspaper
19 Arabic letter
20 Pronoun contraction
21 Roomy
22 Limp
23 Veneral politician
25 Over (pref.)
26 Knot lace
27 Island (Fr.)
28 Dravidian language
29 Noble (Ger.)
31 Snow (Scot.)
34 Guido's note (2 words)
35 Awn
37 "The Jungle Book" python
38 River through Florence and Pisa
39 Cognomen
40 Three-banded armadillo
41 Conrad's "Victory" heroine
42 Card
44 Choose
45 Org. of Amer. States (abbr.)
46 Article (Fr.)
47 Bravo (Sp.)

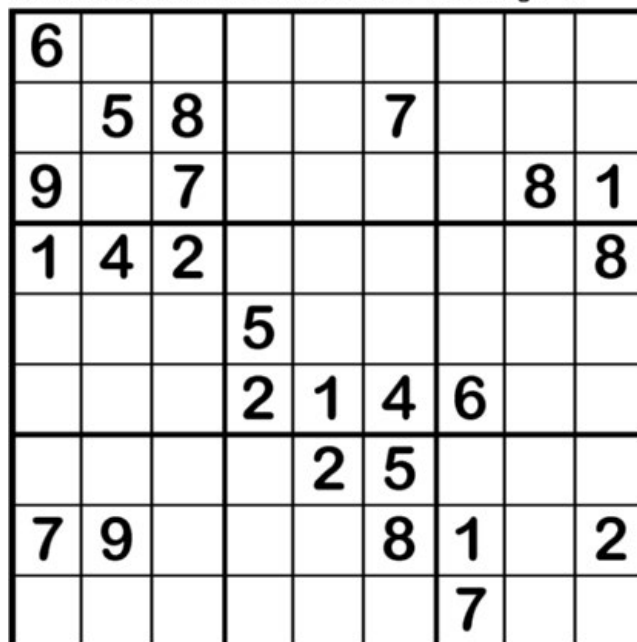


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Sudoku

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

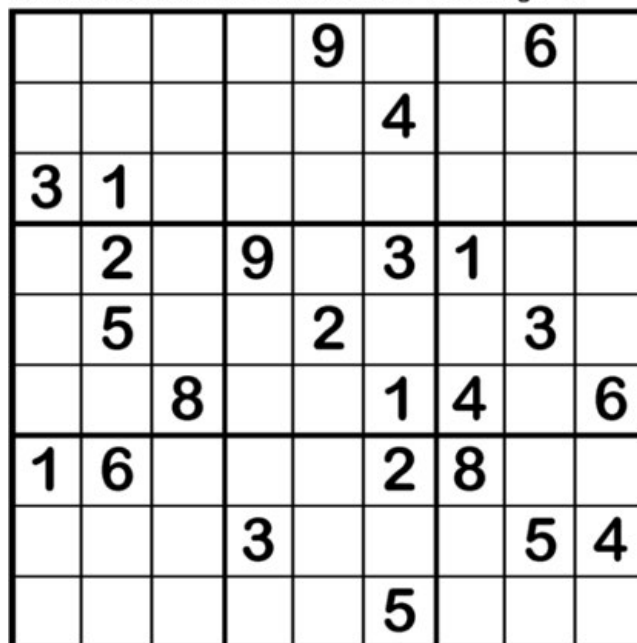


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DIFFICULTY: ★★☆☆

Sudoku

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



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DIFFICULTY: ★★★☆



MEALS  WHEELS
SOUTH TEXAS

volunteer

Thanksgiving

appreciation

luncheon

We invite our volunteers to join us on **November 6th** for a social Volunsgiving Luncheon where we would like to show our appreciation! **The luncheon will start at 11:30 am** (immediately following our Home Delivery Meal schedules), and will be hosted in our main offices in Victoria. This will be a catered celebration and we extend a warm invitation to all our volunteers, including our valued friends in Cuero and all other non-meal programs.



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 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.

E 4C 05-1764

Senior Giving Tree



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