



MEALS
on WHEELS
VICTORIA

JANUARY 2022

Monthly Newsletter



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JANUARY HIGHLIGHTS

Jan
17

Office Closed *Center closed in observance of Martin Luther King Jr Day.*

Jan
20

Food Bank Distribution *MOWV back parking lot. 10am. Must be registered client w/ Food Bank.*

Jan
26-28

Pet Food Delivery *Pet food will be delivered to program participants at the end of the month. Please return buckets at least one week prior.*

2 OUR SERVICES

SENIOR CENTER

Our Murray Senior Center is scheduled to reopen on Tuesday, February 15th! Learn more on page 5.

MEAL PICKUP

Meals are available at 11AM for curbside pickup at our Senior Center. 24-hour advance reservation required.

MEAL DELIVERY

We deliver meals (1 hot, 4 frozen) once a week.

Our delivery schedule:

Victoria City Limits - Monday

Victoria County - Tuesday

Cuero & Thomaston - Wednesday



FRIENDLY VISITORS & FRIENDLY CALLERS

This program aims to lessen the isolation and loneliness homebound adults can experience by creating opportunities to build social connections and friendships between volunteers and clients.

VICTORIA PUBLIC LIBRARY BOOK DELIVERY

We have partnered with the Victoria Public Library to deliver library items to homebound clients.

Selections are made based on answers to a quick survey and we deliver/pickup the items on a set schedule.

PET FOOD PROGRAM

We deliver pet food to registered clients that have requested this service. Dry cat and dog kibble is delivered at the end of the month.

TRANSPORTATION

We provide transportation for medical and personal care appointments, grocery shopping, errands, and more, within Victoria city limits.

To reserve a ride, call 361-576-2189 by 1pm 24 hours before your appointment at the latest. No reservations will be scheduled after 1pm. Do not leave a request on the answering machine.

New riders must complete an intake form, available on our website. The completed form can be faxed, mailed, or hand-delivered.



WHO'S WHO @ MOWV

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JENNY HERRERA
Intake Coordinator
intake@mowvictoria.org

4 JANUARY MENU

Menu listings coordinate with the kitchen's schedule for cooking. The hot meal will be the meal listed for your delivery day. Frozen meals will consist of meals made and frozen the previous week.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Spaghetti & Meat Sauce Parmesan Cheese Toasted Garlic Bread Salad	4 Chicken Pot Pie Zucchini Cake Squares	5 Broccoli Cheese Soup Baked Potato Cherry Crisp	6 Pulled Pork Sandwiches Mac & Cheese Peaches & Cream Cake	7 Beef Pot Roast Brown Gravy New Potatoes Carrots Roll
10 Italian Chicken Soup Spring Beans Blonde Brownie	11 Picadillio with Potatoes Refried Beans Spanish Rice	12 Grilled Pork Chops Mashed Potatoes Collard Greens Cookie	13 Chicken Broccoli Rice Casserole Black eyed Peas Brownie	14 Baked Ham Candied Sweet Potatoes Turnip Greens Cobbler
17 <i>Closed for MLK Day</i>	18 Chicken Crispos White Rice with Corn Pinto Beans	19 Salisbury Steak with Gravy Potatoes & Carrots Cornbread	20 Chicken Fried Rice Vegetable Stir Fry Egg Roll	21 Lasagna with Peas Snickerdoodle Cookie
24 Chili Dogs with Cheese Baked Chips Fruit Salad	25 Chicken Gumbo White Rice Stewed Okra Yellow Cake	26 BBQ Pork Ribs Cream Corn Sautéed Cabbage Cheery Crisp	27 Green Chili Pork Spanish Rice Beans Tres Cake	28 Smothered Chicken Breast Rotini Pasta Parmesan Broccoli Chocolate Cake
31 Sloppy Joes on Bun Macaroni Salad Banana Pudding				

OUR NUTRITION PROGRAMS

...are open to everyone 60 and older
(intake and registration required).

Curbside pickup of meals is available at 11am.

Meals must be reserved at least 24 hours in advance by calling 361-576-2189 or emailing reserve@mowvictoria.org

During COVID-19, we are delivering 1 hot meal and 4 frozen meals on Mondays. For Tuesday - Friday frozen meals, reference the previous week's menu.

Menu subject to change without notice.



JOIN US BACK AT THE SENIOR CENTER FEBRUARY 15TH!

We're hard at work preparing the senior center for a strong return to regular operation. The floor has been waxed, new furniture put in place, and the cobwebs of nearly two years of disuse dusted away.

Our hours of operation upon reopening will be Monday through Friday, 9:30am to 11:30am.

Bingo will be held at 10:00am on Tuesdays and Thursdays.

Our kitchen will begin handing out meals at 11:00am.

We will be requiring reservations to keep crowding to a minimum.

Read our February newsletter for further information.



6 NUTRITION CORNER

SETTING S.M.A.R.T. HEALTH GOALS FOR 2022

During the holidays we enjoy good food and the company of those we love. After the holidays, we start the year off fresh with goals to live a healthier lifestyle. This article will provide you with some suggestions on what kinds of health goals to set and how to stick to them. Make 2022 your healthiest year yet!

When setting new goals, it is important to follow the SMART method of goal setting. By following this method, you are ensuring that your goals are appropriate for your specific needs and abilities.



S

Specific Avoid goals that are too broad. Instead, tailor your goals to your specific needs.

M

Measurable Find a way to measure your goals. This way you can keep track of your progress and stay motivated.

A

Attainable Set goals that are challenging for you, but within your ability to achieve.

R

Realistic Make sure your goals can be completed realistically with the resources that you have.

T

Timed Set a deadline for yourself. This helps to keep yourself accountable when working towards your goals.

Start off with one or two small changes to your diet or activity level. This helps to prevent the feeling of being overwhelmed by too many changes at once and makes the achievement of your goals much more likely! Here are some examples of small changes to diet and activity that can have a big impact on your health.

- Start everyday off with a fiber-rich breakfast. Incorporating more fiber into your diet will make you feel full for longer and is great for digestive health!
- Replace soda and sports drinks with water. Soda and sports drinks are high in sugar and full of empty calories.
- Incorporate 30 minutes of physical activity into each day. Going for a walk, gardening, or chair exercises are fun and simple ways to get your body moving!

GOT AN OLD CAR?

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We've partnered with CARS and Meals on Wheels America to accept used vehicles for donation. The vehicle doesn't need to be functioning, and pickup is free. Designate MOWV when you call or go online, and your old car can help us provide more meals. Call 844-411-5768 to arrange your donation.



DONATE YOUR VEHICLE AND TURN YOUR USED WHEELS INTO MEALS

We'll use the proceeds from the sale of your car, truck, RV or boat towards addressing senior isolation and hunger in our community.

To learn more, call **844-411-5768** or visit us online at www.mealsonwheelsamerica.org/donateyourcar

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SENIOR EMPLOYMENT

AARP FOUNDATION OFFERS WORK FOR 55+

The AARP Foundation's Senior Community Service Employment Program (SCSEP) is seeking workers for paid positions in Calhoun, Colorado, DeWitt, Jackson, Lavaca, Matagorda, Victoria, and Wharton counties.

Positions include clerical, office, custodial, thrift store, and food prep.

The SCSEP program requirements are as follows:

- Must be age 55 or above
- Must reside in one of the counties listed and provide proof of residence
- Must be below 125% of Federal Poverty Income Limit Guidelines and show proof of all income
- Must be looking for permanent full-time or part-time employment
- Must be unemployed



For more information, please call the AARP Foundation Senior Employment: 361-360-0683

PETS FOR HEALTH & HAPPINESS

Here at Meals on Wheels Victoria, we provide pet food assistance to make owning a pet a little easier. Clients who receive our meals can enroll for a monthly delivery of kibble for cats or dogs. We strive to connect our pet food assistance clients with community resources including free spay/neuter and vaccine clinics.

If you're thinking of adopting a pet, we're happy to help you and your new friend share a happy, healthy life together.

It can be hard for the prospective pet owner to pick a pet. Those important questions on choice matter even more: What pet matches my energy level? Can I adequately care for this animal? How expensive will veterinary costs be? Let's break it down.

Health Benefits of Pets

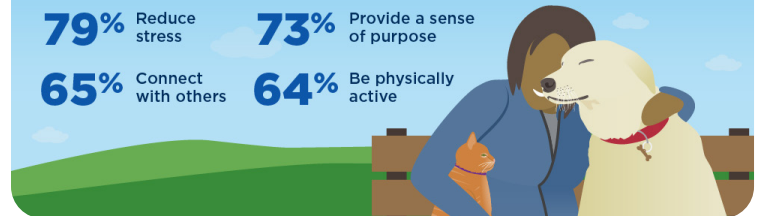
REPORTED BY PET OWNERS AGE 50-80

79% Reduce stress

73% Provide a sense of purpose

65% Connect with others

64% Be physically active



University of Michigan

DOGS

Many breeds are happy to lazily lounge on the couch all day. Small chihuahuas or malteses can thrive in small homes and apartments. But larger grayhounds can also be happy homebodies, content to curl up with their person.

The American Veterinary Medical Association reports that households owning dogs visited the vet an average of 3 times, costing about \$495 in 2016.

CATS

Cats can be perfect for owners seeking quiet, calm furry friends. A laser pointer or piece of ribbon tied to a stick can entertain a cat sufficiently, and they take up very little space on the couch.

Cat veterinary care cost American households \$335 for an average 2.4 visits, per the AVMA.

BIRDS

Have you considered a bird as a pet? Birds can be surprisingly loving companions, and they take up very little space. Their intelligence can make a bird a great pet to train on small tasks, offering both bird and owner a fun project and hobby.

The AVMA reports that the average of 2.6 veterinary visits cost bird-owners an average of \$348.

FISH

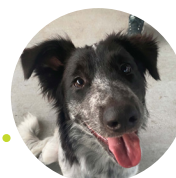
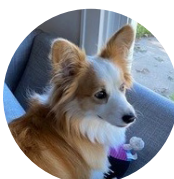
Fish make for a pop of color for your home, alongside being generally low-maintenance. They can have their own little personalities and learn who you are with regular care. Fish can however be expensive, and regular tank maintenance can involve a great deal of work. But one or two fish can do well in a smaller, more manageable environment.

GAME

MATCH

THE STAFF MEMBER TO THEIR PETS

Answers on Pg.10



If you're worried about energy levels, senior pets can always use a calm, loving home. Shelters have a hard time adopting out many perfectly healthy animals due to people preferring puppies or kittens. You can bring health and happiness to your own days while giving a well-mannered senior pet a home.

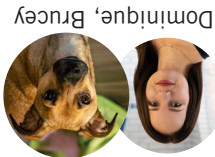
JANUARY TRIVIA

- 1. Which place in the world is the last to ring the New Year?
- 2. Who revised the Julian Calendar and made the start of the New Year January 1?
- 3. Who is credited with writing the poem “Auld Lang Syne?”

8		7	9		5	2		
2	5		1				8	9
9				8				
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	7	2		5	8			3



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



Movie Trivia: 1. American Samoa, 2. Pope Gregory XIII, 3. Robert Burns
Pg 9: Match the Staff Member to Their Pet

PAYING FOR MEALS

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NEW: TEXT "MEALS" TO 361-201-1334 TO PAY

It costs \$7 to make, pack, and deliver a meal to a homebound client's door. Regular government funding only covers 16% of our budget. The remainder is made up through foundation, corporate, and individual donations.

To aid in covering the difference, we ask that subsidized clients contribute a \$3 donation per meal. No one is turned away due to inability or unwillingness to contribute.

We offer three contribution options:

- Pay online at MOWVictoria.org by clicking the "Pay For Meals" button at the top of the page.
- Mail a check or cash payment to us at 603 E Murray St, Victoria, TX 77901.
- Hand your payment directly to your driver when your meals are delivered.
- Pay by cell by texting "MEALS" to 361-201-1334. You will receive a link to our mobile payment page.

Unsubsidized clients and dining hall guests are charged the full \$8.

Pay For Meals 

SPONSOR MEALS development@mowvictoria.org

GET INVOLVED

VOLUNTEER

GET IN TOUCH 361-576-2189 // volunteer@mowvictoria.org

MEAL DELIVERY

Drivers needed to deliver meals to homebound seniors inside the Victoria city limits on Mondays and out in the county on Tuesdays.

PET PROGRAM

Volunteers needed to help package and/or deliver pet food.

CLERICAL SUPPORT

Volunteers needed to provide clerical support: answering phones, copying, filing, and organizing.

GROCERY DELIVERY

Drivers needed to deliver dry-grocery boxes to homebound seniors within Victoria city limits each Wednesday.

LIBRARY PROGRAM

Drivers needed to deliver library materials to clients every three weeks, usually on Wednesdays.

BUILDING MAINTENANCE

Volunteers needed to help maintain the interior and exterior of the building.

MEAL PREP

Volunteers are needed to help prep and pack meals for delivery Monday through Friday 9:00 – 11:00 AM.

FRIENDLY VISITOR & SOCIAL REASSURANCE PROGRAM

Volunteers needed to make weekly check-in calls to isolated homebound seniors.

DONATE

SUPPORT MOWV 603 E Murray St, Victoria, TX 77901 // MOWVictoria.org

Donations make up nearly half of MOWV's funding, a figure which more than anything speaks to the kindheartedness and support of our community. That support enables us to continue to meet the need of current clients and grow to support ever more seniors in the Crossroads.

As we continue to build capacity and support systems for the

seniors we serve, we would be honored if you would consider extending your support.

Donations can be made online through our website. Checks can be mailed to 603 E Murray St, Victoria, TX 77901. For corporate philanthropy and partnership opportunities, email development@mowvictoria.org



Give online at
give.mowvictoria.org

STAY UP-TO-DATE

VISIT ONLINE @ WWW.MOWVICTORIA.ORG