



# MEALS on WHEELS VICTORIA

## FEBRUARY 2022

Monthly Newsletter



## WHAT'S INSIDE

- 4 February Menu
- 5 BINGO @ Comm. Center
- 6 Reopening Information
- 7 Grocery Box Survey
- 8 Puzzles
- 9 Heart Health
- 10 Puzzle Answers
- 11 We ♥ Volunteers

## FEBRUARY HIGHLIGHTS



**Final Month of Grocery Box Program** February is our final month delivering dry groceries. Info & Participant Survey: Page 7



**Connection Café Opens** Our dining hall will reopen on a reservation-only basis. **Reservations required.** Info: Page 6



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



**Office & Senior Center Closed** President's Day



**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 REOPENS FEB 15TH MORE INFO PAGE 6

Monday - Friday, 9:30am - 11:30am, Meals served at 11:00am  
Bingo Tuesday & Thursday, 10:00am

Please wear a mask and follow physical distancing guidelines.

Reservations are required. Learn more on page 6.



### 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

### MEAL PICKUP

Meal pickup ends with our reopening on Tuesday, February 15th. Please plan to reserve a spot in our dining room instead (pg 6).



### SUPPLEMENTAL SERVICES FOR CLIENTS

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

#### FRIENDLY CALLERS

Our volunteers want to chat! Weekly check-ins are flexible, based on when and how you and your volunteer agree to keep up.

#### VICTORIA PUBLIC LIBRARY BOOK DELIVERY

We partnered with the Victoria Public Library to deliver your next favorite book, movie, or audio.

#### PET FOOD PROGRAM

Receive dry cat and/or dog kibble monthly.



Add these services: [dominique@mowvictoria.org](mailto:dominique@mowvictoria.org) // 361-576-2189

### TRANSPORTATION

Transportation clients do not need to be existing meal clients.

Pickup and delivery 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

3



**DAN WILLIAMS-CAPONE**  
Executive Director  
dan@mowvictoria.org



**DIANA ALARCON**  
Director of Operations  
diana@mowvictoria.org



**BRENDA AMAYA**  
Executive Chef  
kitchen@mowvictoria.org



**JENN PUTMAN**  
Development & Communication Manager  
jenn@mowvictoria.org

Ask me about donations & our marketing!



**DOMINIQUE HICKS**  
Programs & Volunteer Manager  
dominique@mowvictoria.org

Ask me about adding services & volunteering!



**TINA DOGGETT**  
Transportation & Office Coordinator  
office@mowvictoria.org

Ask me about transportation!



**JENNY HERRERA**  
Intake Coordinator  
intake@mowvictoria.org

Ask me about enrolling for meals!

## GENERAL CONTACT INFORMATION



info@mowvictoria.org



Meals on Wheels Victoria



361-576-2189



@MealsonWheelsVictoria

## 4

## FEBRUARY 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
	<b>1</b> Red Beans & Rice Stewed Okra Cornbread	<b>2</b> Chicken Spaghetti Peas German Chocolate Cake	<b>3</b> Beef Stew Corn Cob Roll	<b>4</b> Cheesy Ravioli With Marinara Peach Crisp
<b>7</b> BBQ Sausage With Onion & Pickles Baked Beans Mac & Cheese Cheesecake Bars	<b>8</b> Smothered Chicken Rice Pilaf Broccoli Pecan Cake	<b>9</b> Green Chicken Enchilada Casserole Rice & Refried Beans Tres Cake	<b>10</b> Meatloaf Brown Gravy Whipped Potatoes Braised Green Beans Cinnamon Roll	<b>11</b> Rosemary Garlic Pork Loin Collard Greens Black Eyed Peas Cornbread
<b>14</b> Sausage Rigatoni With Salad Garlic Bread	<b>15</b> Chicken & Dumplings Sugar Snap Peas Pineapple Upside- Down Cake  <i>Senior Center Reopens No Pickups; Dine-In Only</i>	<b>16</b> Chicken Noodle Soup Squash Casserole Brownie	<b>17</b> Chicken Alfredo Asparagus & Corn Garlic Bread	<b>18</b> Swedish Meatballs Egg Noodles Mixed Vegetables Cookie
<b>21</b>  <i>Closed for Presidents Day</i>	<b>22</b> Chicken Salad With Crackers Oreo Moose	<b>23</b> Grilled Porkchop Creamy Mash Potatoes Roasted Carrots Roll	<b>24</b> Turkey Dirty Rice Roasted Broccoli Oatmeal Cookie	<b>25</b> Beef Tips White Rice Turnip Greens Cookie
<b>28</b> BBQ Chicken Pasta Salad Baked Beans Bread				

## OUR NUTRITION PROGRAMS

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

Meals must be reserved at least 24 hours in advance by calling 361-576-2189.

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.



# BINGO @ COMMUNITY CENTER

5



## LOVE POTION SENIOR BINGO EXPLOSION!

*Monday February 14th*

*11am-1pm*

*Victoria Community Center*

RSVP by February 7th

Carla Buckner

361-660-9062

12 Rounds, 200 Seats

Cards + Markers Provided

Snack Bags + Door Prizes

*Hosted by Carla Buckner of TAG  
Management Services*



## 6

## REOPENING INFORMATION

**RESERVATIONS**

361-576-2189

*Reservations are required.***HOURS**

Monday - Friday

9:30am to 11:30am

*Doors do not open until 9:30am.***LUNCH**

Monday - Friday

11:00am

**BINGO**

Tuesday &amp; Thursday

10:00am

**RESERVE YOUR SPOT**

Seating is limited. **You must make a reservation for each day you want to attend.**

Reservations can be made the week before for the following week. We will begin taking reservations Monday, February 7th, for our opening week (Tuesday, February 15th - Friday, February 18th).

Reservations must be made by 1pm the day before, if space is available. Monday reservations need to be made by 1pm Friday.

You must speak to a person when making reservations. **Voicemail reservations will not be honored.**

If you need to cancel a reservation, call and do so. If you make a reservation but do not show, you may lose the ability to make reservations.

**RIDES TO THE CENTER WILL BE LIMITED**

Limited transportation to/from the center will be available. You must be comfortable riding in a van with up to four other passengers. Masks, worn correctly, will be required.

**HELP US KEEP OUR COMMUNITY HEALTHY**

Please stay home if you are not feeling well.

Traffic is limited to the dining hall side of the building. You may enter through the double doors at the ramp in our Navarro parking lot, or the main dining room door (the old store entrance) on Murray Street.



# GROCERY BOX SURVEY

7

## HOW DID WE DO?

February 2022 will be our final month of the grocery box program—as it currently exists. We didn't intend for this last year of boxes to contain the same items each month, and we want to do better. With your input, we plan to create a replacement program that takes all we learned during this experimental phase and evolves into a shelf-stable foods service that caters to *your* needs and palate.

If you would like to fill out the below survey, please return it to us by mail or via your delivery driver.

**On a scale of 1-10, how did you enjoy the grocery box program?**

1—2—3—4—5—6—7—8—9—10

**What was your favorite item?** \_\_\_\_\_

**What was your least favorite item?** \_\_\_\_\_

**What items would you like to receive in the future?** \_\_\_\_\_

\_\_\_\_\_

**Any additional comments or concerns?** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

FEBRUARY TRIVIA

- 1. While best known for his association with courtly love, St. Valentine is the patron saint of \_\_\_\_\_.
- 2. Which infamous king made Valentine’s Day an official holiday?



ANSWERS ON PAGE 10!

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



February 2022 is American Heart Month. The purpose of American Heart Month is to raise awareness and promote prevention of the leading cause of death in America: heart disease.

Heart disease is particularly a risk for older adults; approximately 70% of people ages 60-79 suffer from cardiovascular disease.



## WHY DOES AGING INCREASE HEART DISEASE RISK?

Aging increases the risk of heart disease because as you get older, your heart cannot beat as fast during times of stress or physical activity. This strains your arteries and limits the amount of oxygen-rich blood that travels through your body. Over time, these overworked arteries will stiffen, and a condition called arteriosclerosis may develop. Atherosclerosis increases one's risk for hypertension, heart disease and other deadly conditions.

## HOW CAN I REDUCE MY RISK OF DEVELOPING HEART DISEASE?

Keeping track of your heart health and adopting healthy lifestyle behaviors are the best ways to reduce your risk of developing heart disease. Incorporate some physical activity, such as walking or gardening into your daily routine and try to avoid foods that are high in salt and saturated fat. Maintain low stress levels and refraining from smoking will also help to reduce your risk of heart disease.

## CAN I MAKE HEART HEALTHY FOODS THAT STILL TASTE GOOD?

Yes, you can! It is not always necessary to use ingredients like butter, oil, and salt to make the foods you prepare taste delicious!



## NATIONAL WEAR RED DAY

Wear red on February 4th to help raise awareness of heart disease!

## HEART-HEALTHY COOKING

- ♥ Instead of using salt, season your foods with a variety of spices like dill, nutritional yeast, onion powder, rosemary, or red pepper flakes.
- ♥ Sauté veggies in broth or wine instead of oil.
- ♥ Use garlic, vinegar, citrus fruits, and herbs to increase the flavor of meats and veggies.
- ♥ Instead of sprinkling sugar on your favorite fruits, try sprinkling nutmeg, clove, or cinnamon.
- ♥ Use coconut aminos instead of soy sauce. This healthy substitute is low in sodium but high in flavor!

# 10 INFORMATION

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

To help ensure we can provide services to all who need our help, we ask that subsidized clients contribute just \$3 per meal. No one is turned away due to inability or unwillingness to contribute.

## 3 WAYS TO CONTRIBUTE

**ONLINE** Visit [mowvictoria.org](http://mowvictoria.org) and select “Pay for Meals.” Online payments can be set up to automatically recur weekly or monthly.

**CASH OR CHECK** Give to your meal delivery driver or mail to: 603 E Murray Street, Victoria, TX 77901. To help our staff, please write “meals” on the note line of your check.

**BY CELL PHONE** Text “MEALS” to 361-201-1334 for a link to our mobile contribution page.

*Please note that, due to IRS regulations, we cannot classify contributions for meals as tax-deductible donations. To make a tax-deductible donation, make sure to select “Donate” on our website or write “Donation” in the note field on your check.*



## PUZZLE ANSWERS

THANKS FOR PLAYING!

### TRIVIA

1. Epileptics and Beekeepers
2. Henry VIII (yes, that Henry!)



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



## MAKE A DIFFERENCE WITH US

Volunteering with MOWV is life-changing not only for volunteers themselves but for the seniors who rely on regular meal deliveries. We need volunteers in the following areas:

### MEAL DELIVERY

Deliver meals to seniors in Victoria on Mondays; greater Victoria County, Tuesdays; and Cuero, Wednesdays.

### PET PROGRAM

Deliver buckets of pet food during the final week of each month.

### LIBRARY DELIVERIES

Deliver library materials to clients every three weeks, usually on Wednesdays.

### MEAL PREP

Help prep and pack meals  
Mon - Fri, 9am - 11am.

### CLERICAL SUPPORT

Answer phones, copy, file, and organize.

### BUILDING MAINTENANCE

Help us keep our senior center looking its best.

### FRIENDLY CALLERS

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





# 2021

## 667 SENIORS SERVED

In the thick of a global pandemic, the need for meals and senior services continued to rise in our community. Our community helped us deliver more than 2.5x the meals we provided in 2019 and prior.



90,817 MEALS PREPPED & DELIVERED  
🍴 = 100 MEALS

# 2022 A YEAR OF MORE

## MORE MEALS

Your support enables us to continue to meet the need of current clients and grow to support ever more seniors in the Crossroads. Support MOWV directly at [give.mowvictoria.org](https://give.mowvictoria.org) to give a gift of meals to a hungry senior.

Help us deliver more with a gift of your time: become a volunteer by applying online or emailing [volunteer@mowvictoria.org](mailto:volunteer@mowvictoria.org).

## MORE IMPACT

See your contributions in action year by year—and enjoy the potential tax benefits—with a Planned Gift.

Arrange a Legacy Gift with a simple sentence in your will or living trust, beneficiary designation, appointing Meals on Wheels Victoria as charitable beneficiary on an IRA or other retirement plan, life insurance policy, or commercial annuity.

## MORE WAYS TO SUPPORT MOWV

We now accept used vehicle donations through our partner, CARS. Call 844-411-5768 to arrange your donation, or visit the Support Us page on our website.



**VOLUNTEER**  
[volunteer@mowvictoria.org](mailto:volunteer@mowvictoria.org)

**GIVE ONLINE**  
[give.mowvictoria.org](https://give.mowvictoria.org)

**LEARN MORE**  
[giving@mowvictoria.org](mailto:giving@mowvictoria.org)