



MEALS on WHEELS SOUTH TEXAS

February 2023 Newsletter

VOLUNTEER

We Need You
to power our new
**Senior
Support
Services**

americorps@mowstx.org
Info: Pg. 7

HAPPENING THIS MONTH

Full calendar and daily menu, page 4

It's Been a **Sweet** Year at the Connection Café

Friday, February 17

Holiday Closures **Food Bank Distribution**

February 20

Monday deliveries within Victoria city limits will move to Tuesday; Tuesday deliveries in Victoria County, to Wednesday. Cuero, no change.

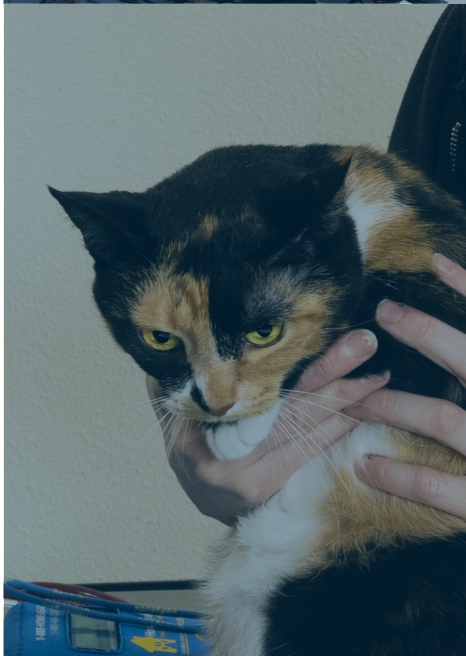
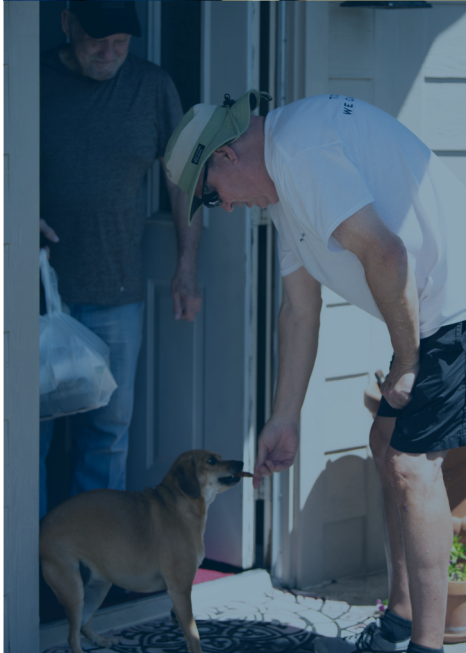
February 16, 10:00 AM

MOWSTx back parking lot. Must be a registered client with the Food Bank of the Golden Crescent.

Pet Food Delivery

February 22 - 24

Pet food will be delivered to program participants at the end of the month.



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.

Please wear a mask and follow physical distancing guidelines. **Reservations are required.**



TRANSPORTATION

Transportation clients do not need to be existing meal clients.

Pickup and delivery are only available within Victoria city limits. We advise booking well ahead; spots fill up quickly.

We currently do not provide transportation on Mondays.

To reserve a ride, call 361-576-2189 by 1:00 PM, **the business day prior** to your appointment at the latest. No reservations will be scheduled after 1:00 PM. We are available Monday - Friday to take your call. **Do not leave a request on the answering machine.**

New riders must complete an intake form, available on our website. Fax, mail, or hand-deliver the form back to us.

OTHER SERVICES

FOR CURRENT CLIENTS

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

FRIENDLY CALLERS

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

BOOKS & MORE

We deliver Victoria Public Library materials every three weeks.

PET ASSISTANCE

Dry dog and cat food is delivered at the end of each month. We are currently expanding services to include veterinary support.

ADD SERVICES

kim@mowstx.org
361-576-2189

WHO WE ARE



Dan Williams-Capone
Executive Director
dan@mowstx.org

OPERATIONS



Diana Alarcon
Director of Operations
diana@mowstx.org

Operations Associates

Mary Torres
Jenna Hebert
Elena Soto
Daisy Garcia

GIFTS, GRANTS, & MARKETING



Jenn Putman
Dev & Comms Manager
jenn@mowstx.org

Department Intern
Mikayla Dinkins

TRANSPORTATION



Tina Doggett
Transportation & Office
Coordinator
office@mowstx.org

Transportation Associate
Jessica Rodriguez

VOLUNTEERING & NON-MEAL SERVICES



Kim Perez
Program Services
& Volunteer Manager
kim@mowstx.org



Ivana Resendiz
Regional Volunteer
Coordinator
ivana@mowstx.org



Brandy Candia
Program Services Assistant
brandy@mowstx.org

SIGN UP FOR SERVICES



Jenny Herrera
Intake Coordinator
intake@mowstx.org

CONNECTION CAFÉ



Tina Kelley
Congregate Services
Coordinator
cafe@mowstx.org

KITCHEN



Brenda Amaya
Executive Chef
kitchen@mowstx.org

Kitchen Team

Hector Hurtado
Prisila Rodriguez
Albert Rangel

February Meals & More

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/30 Sliders Cucumber Salad Banana Pudding	1/31 Ravioli w/ Marinara Peas Garlic Knots	1 Chicken Spaghetti Peas German Chocolate Cake	2 Carne Guisado Rice & Beans Cake	3 Cheesy Ravioli w/ Marinara Peach Crisp
Walk-n-Talk Remember to wear comfortable shoes!	BINGO PAM Health	Lunch & Learn	BINGO New Century Hospice	BINGO Midcoast Family Services
6 BBQ Sausage w/ Onion & Pickles Baked Beans Mac & Cheese Cheesecake Bars	7 Smothered Chicken Rice Pilaf Broccoli Pecan Cake	8 Green Chicken Enchilada Casserole Rice & Refried Beans Tres Cake	9 Roasted Pork Brown Gravy Whipped Potatoes Braised Green Beans Cinnamon Roll	10 Salisbury Steak Collard Greens Black Eyed Peas Cornbread
Karaoke Golden Groove	BINGO First Christian	Valentine Craft We're making cards! <i>Library Delivery</i>	BINGO Crown Hospice	Walk-n-Talk Remember to wear comfortable shoes!
13 Sausage Rigatoni w/ Salad Garlic Bread	14 Southern Style Chicken Roasted Corn Black Eyed Peas Pineapple Upside- Down Cake	15 Chicken Noodle Soup Squash Casserole Brownie	16 Pot Roast Red Potatoes Asparagus & Corn Sweet Rolls	17 Swedish Meatballs Egg Noodles Mixed Vegetables Cookie
Walk-n-Talk Remember to wear comfortable shoes!	BINGO Retama	Crafts @ the Café Victoria Public Library 	BINGO PAM <i>Food Bank, 10:00 AM</i>	Café Anniversary Celebrating one year open and operating!
20  MOWSTx Offices and Café Closed for Holiday	21 Chicken Salad w/ Crackers Oreo Moose	22 Grilled Porkchop Creamy Mash Potatoes Roasted Carrots Roll	23 Turkey Dirty Rice Roasted Broccoli Oatmeal Cookie	24 Beef Tips White Rice Turnip Greens Cookie
	BINGO Harbor Hospice	ASL Sign Language	Walk-n-Talk	BINGO Jessica Can Help
27 BBQ Chicken Pasta Salad Baked Beans Bread	28 Red Beans & Rice Stewed Okra Cornbread	HOME-DELIVERED MEALS We deliver 1 hot meal and 4 frozen meals once each week. For Tues - Fri frozen meals, see the previous week's menu. <i>Menu based on what our kitchen is cooking on the indicated day. Café calendar and menu may change without notice.</i> 		
Walk-n-Talk Remember to wear comfortable shoes!	BINGO Twin Pines			

CONNECTION CAFÉ

MONDAY - FRIDAY
603 E MURRAY STREET



RESERVE YOUR SPOT

Currently, our Café is open on a **reservation-only basis**.

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.

9:30 AM Doors Open • 11:00 AM Lunch
Check in by 9:45 AM to hold your spot.

SUGGESTED CLIENT CONTRIBUTION:

It's not required, but it helps a lot.

\$5 MEAL AT THE CAFÉ
(\$25/week)

\$3 HOME-DELIVERED MEAL
(\$15/week)

Celebrate BLACK AUTHORS

WHAT ARE YOU READING?

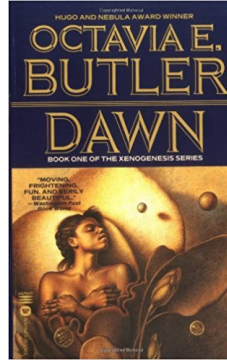
February is Black History Month—and a wonderful time to discover your new favorite book from one of the exciting authors highlighted here.

You can make requests to receive what looks interesting in your next Victoria Public Library materials delivery.

Not enrolled in the program? Email kim@mowstx.org or call 361-576-2189 x117 to join. Materials are delivered every three weeks. You can return them yourself or to your regular meal delivery driver.



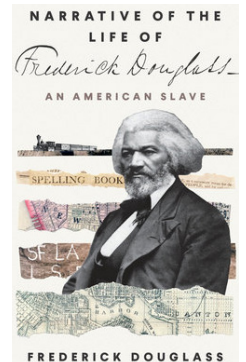
DAWN BY OCTAVIA E. BUTLER



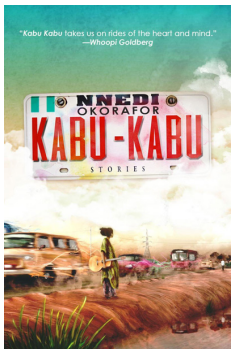
Book Blurb: "Lilith Iyapo awoke from a centuries-long sleep to find herself aboard the vast spaceship of the Oankali. Creatures covered in writhing tentacles, the Oankali had saved every surviving human from a dying, ruined Earth. They healed the planet, cured cancer, increased strength, and were now ready to help Lilith lead her people back to Earth—but for a price."

NARRATIVE OF THE LIFE OF FREDERICK DOUGLASS: AN AMERICAN SLAVE BY FREDERICK DOUGLASS

Book Blurb: "Narrative of the Life of Frederick Douglass is an 1845 memoir and treatise on abolition written by famous orator and former slave Frederick Douglass during his time in Lynn, Massachusetts. It is generally held to be the most famous of a number of narratives written by former slaves during the same period."



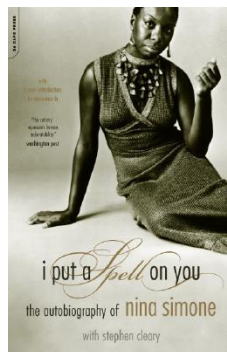
KABU KABU BY NNEDI OKORAFOR



Book Blurb: "Kabu Kabu – unregistered, illegal Nigerian taxis – generally get you where you need to go, but Nnedi Okorafor's

Kabu Kabu takes the reader to exciting, fantastic, magical, occasionally dangerous, and always imaginative locations."

I PUT A SPELL ON YOU: THE AUTOBIOGRAPHY OF NINA SIMONE BY NINA SIMONE



Book Blurb: "The inimitable, gorgeously talented Nina Simone (1933-2003)—the 'high priestess of soul'—sets the story of her tumultuous, passionate life straight in *I Put a Spell on You*."

"Born Eunice Kathleen Waymon in small-town North Carolina, Nina Simone changed the face of both music and race relations in America. She struck a chord with bluesy jazz ballads like 'Put a Little Sugar in My Bowl' and powerful protest songs

such as 'Mississippi Goddam' and 'To Be Young, Gifted, and Black,' the anthem of the American Civil Rights movement.

"Here are the many lives and loves of Nina Simone, recounted in her unshakable voice."

SENIOR SUPPORT SERVICES

OUR NEW REACH

The project serves eight counties: Aransas, Calhoun, DeWitt, Goliad, Jackson, Refugio, and Victoria.

SERVICES OFFERED

We encourage volunteers and beneficiaries to spend their time the way they might with a friend. Play games, go out to a movie, share lunch, run errands... The goal, ultimately, is to build community relationships that include our homebound older adult neighbors.

Senior Support visits can provide:

- Companionship and increased access to community resources
- Nutrition support
- Household help
- Transportation to out-of-town medical appointments
- Friendship with a peer and neighbor

HOW IT WORKS

Volunteers will be matched with beneficiaries to visit regularly. Volunteers and beneficiaries are matched based on similar interests, availability and schedules, and specific accommodations. We match neighbor to neighbor, sourcing volunteers from the communities where beneficiaries live.

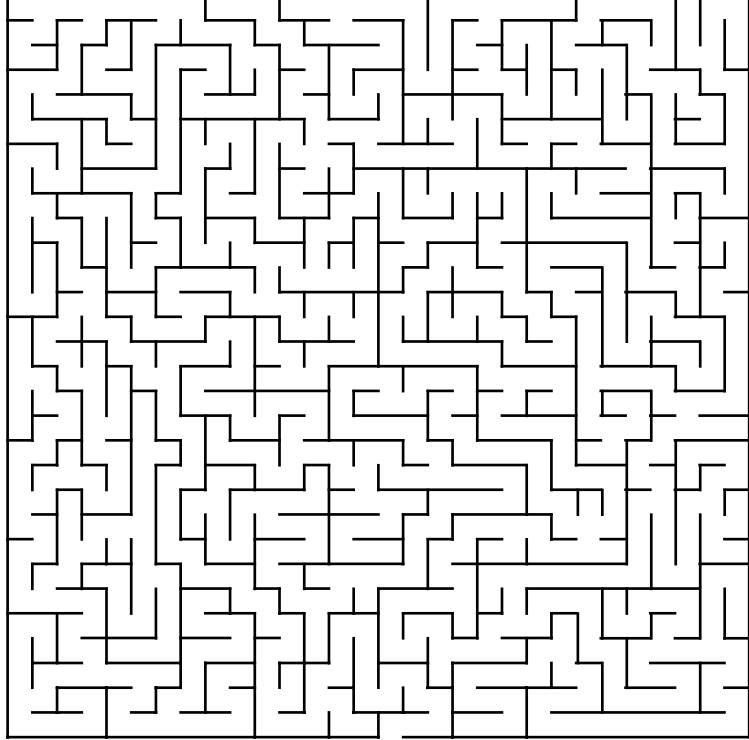
All volunteers complete a background check and training. Eligible volunteers may receive a small stipend, which will not affect benefits.

Please note that volunteers cannot assist with personal sanitary needs, transferring, and other activities requiring specialized training. However, volunteers can assist in accessing the necessary resources, such as helping call and schedule appointments with local home health services.

INTERESTED? REACH OUT!

Ivana Resendiz, Regional Volunteer Coordinator
AmeriCorps@mowstx.org • 361-576-2189 x118

PUZZLE BREAK



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

The Story Behind Valentine's Day

Walking into your grocery store, you may notice a rise in red and pink decorations and aisles dedicated to heart shaped boxes of chocolate. Valentine's Day is officially upon us. But when did we decide to have a holiday dedicated to love and why did we choose February to celebrate it?

While the story of how exactly Valentine's Day came to be a romantic holiday is blurred by the sands of time, some historians suggest that the holiday has roots in Rome, where the pagan festival Lupercalia took place. This festival, a far cry from the modern lovey-dovey holiday, was a celebration centered on fertility and involved pairing couples through a lottery, animal sacrifices, and fertility rites.

As for the name "Valentine's", it is agreed this name comes from one or two Christian martyrs both named Saint Valentine. Various legends tell tales of these possible namesakes. One tells a story of a Saint Valentine going against an emperor's orders and marrying couples to save husbands from going to war, hence why his day is associated with love.



Why we celebrate on February 14th is debated, though some say it's because both of the different Saint Valentines were martyred on that day, while others say it's because of an old poem by Chaucer that calls February 14th the day birds come together to choose their mate.

One thing we do know for certain: In 1913, the Hall Brothers (later Hallmark Cards, Inc., owners of the Hallmark Channel, stores. and more) produced the first commercial Valentine's Day card, kickstarting the Saint Valentine's celebration we all know and love today.

Mikayla Dinkins
Marketing & Communications Intern



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.

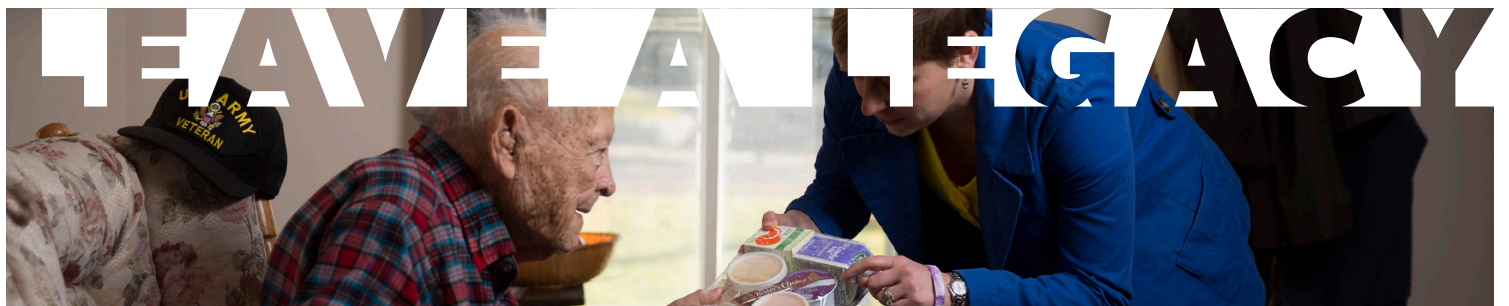
FRIENDLY CALLERS

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



A donation of just \$35 covers an entire week of meals for one homebound seniors. 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.

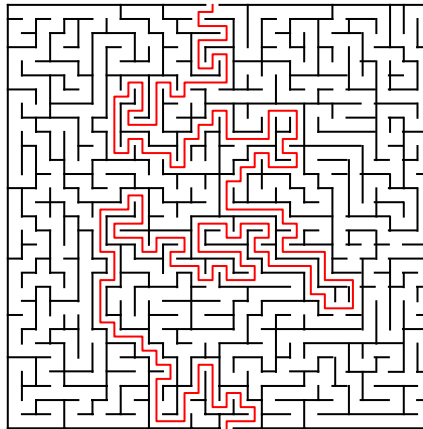
REMEMBER TO RENEW

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



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



THANKS, LONE STAR ANIMAL HOSPITAL!

Our pet care assistance was able to expand to include basic preventative veterinary care thanks in part to funding from Meals on Wheels America, PetSmart Charities, and the Texas Veterinary Medical Foundation. But we couldn't do it without the awesome team at Lone Star Animal Hospital, who provide the care and kindness to each of our program's pets.

VOLUNTEERS, INC.

Thank you to our amazing Community Partners who help prepare, deliver, and cook meals!



FEBRUARY CAFÉ PARTNERS:



JESSICA MARTINEZ
Licensed Insurance Agent
Specializing in Medicare



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