



**MEALS
on WHEELS
VICTORIA**

NEWSLETTER
**MARCH
2022**

MEET KIM

Meet our Connection Café Coordinator!
Page 6

Mar 18th, Connection Café

GRAND OPENING!

Café Calendar, Page 6

ALSO THIS MONTH

COVID-19 Booster Clinic

March 10: Receive your 1st, 2nd, or booster dose of the COVID-19 vaccine. 1:00 - 4:00 PM.

Crafts @ the Café

March 16: Victoria Public Library presents our monthly craft day at the Connection Café.

Food Bank Distribution

March 17: MOWV back parking lot. Must be a registered client with the Food Bank. 10:00 AM.

Pet Food Delivery

March 23-25: Pet food will be delivered to program participants at the end of the month. Please return buckets via your driver at least one week prior.

Rx DISCOUNTS & ASSISTANCE

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SLEEP WELL BE WELL

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SOCIAL MEDIA SAVVY SENIORS

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2 OUR SERVICES

ONSITE DINING [MORE INFO ON PAGE 6](#)

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.**

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 // Cuero & Thomaston: Wednesday

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 1:00 PM, **24 hours before** your appointment at the latest. No reservations will be scheduled after 1:00 PM. 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.

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 BOOKS (AND MORE!) DELIVERY

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

PET ASSISTANCE PROGRAM

Receive a bucket of dry cat and/or dog kibble at the end of each month. We also hold occasional

[ADD THESE SERVICES](#)

dominique@mowvictoria.org // 361-576-2189



MEET OUR TEAM

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KIM PEREZ
Café Coordinator

cafe@mowvictoria.org

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MARCH 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
	1 Italian Chicken Soup Squash Chocolate Cake	2 Seafood Gumbo White Rice Stewed Okra Snickerdoodle Cookie	3 Beef Stew With Potatoes & Carrots Peas Apple Cobbler	4 Crispy Baked Fish Rice Pilaf Roasted Corn Cookie
7 Tuna Pasta Salad With Salad & Crackers Fruit Salad	8 Beef & Broccoli Steamed Rice Egg Roll	9 Picadillo (Beef & Potatoes) Rice Crumble Cake	10 Salisbury Steak With Gravy Whipped Potatoes Turnip Green Peach Crisp	11 Seafood Scampi Asparagus & Corn Roasted Carrots Roll
14 Chicken Broccoli Rice Casserole Green Salad Wheat Roll Orange	15 BBQ Sausage Mac & Cheese Pinto Beans Cornbread	16 Enchilada Casserole Rice & Beans Cake	17 Cheesy Ravioli With Marinara Snap Peas Garlic Bread	18 Broccoli Cheese Soup Baked Potato Wheat Roll Cherry Crisp
21 Oven Baked Chicken Thigh Broccoli Salad Butter Noodles Cookie	22 Scrambled Eggs Hashbrowns Sausage French Toast Sticks	23 Sausage and Pasta With Peppers Cream Corn Cookie	24 Grill Pork Chops Wild Rice Asparagus Strawberry Cobbler	25 Smothered Chicken Broccoli & Cauliflower Roasted Potato Brownie
28 Taco Salad With Toppings Cornbread Charro Beans	29 Chicken Pot Pie Braised Green Beans Pears and Oranges	30 Carne Guisada Spanish Rice Refried Beans Dump Cake	31 Roasted Turkey Green Bean Casserole Mash Potato Peach Cobbler	

DELIVERED MEALS

We deliver 1 hot meal and 4 frozen meals once a week. For Tues - Fri frozen meals, reference the previous week's menu.
Menu subject to change without notice.

CONNECTION CAFE

Join us for lunch Monday through Friday in our dining room. Our Café is open 9:30 - 11:30 AM; lunch is served at 11:00. Due to limited seating, we ask that you make a reservation by 1:00 PM the prior business day.



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

TRIVIA

1. Saint Patrick wasn't actually Irish! Where was he believed to have been born?
2. While cabbage and corned beef are a traditional St. Patrick's Day delicacy, it's actually not an authentic *Irish* meal. Who invented this hearty dish?

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MONDAY - FRIDAY

9:30 - 11:30 AM

9:30 AM Doors Open

11:00 AM Lunch

Please check in by 9:45 AM to hold your spot.

MEET KIM

Café Coordinator

Kim fills the critical role of the go-to gal for reservations, questions, concerns, and events at the Café. She's also a current student at the University of Phoenix, studying business in management. Say hello at the front desk on your next visit!



RESERVE YOUR SPOT

Seating is limited. To guarantee yourself a seat, you must make a reservation for each day you want to attend. Call 361-576-2189 to make a reservation.

Reservations can be made the week before for the following week. They must be made by 1:00 PM the prior business day. Monday reservations need to be made by 1:00 PM Friday.

You must speak to a member of staff when making reservations. Voicemail reservations will not be honored. If you make a reservation but do not show, you may lose the ability to make reservations. Please call and cancel if you are unable to hold your reservation.

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 STAY OPEN

Traffic is limited to the dining hall side of the building. Please consider wearing a mask while not eating and stay home if you are not feeling well.

CAFÉ CALENDAR

COVID-19 VACCINE CLINIC @ MOWV

Thursday, March 10th, 1:30-4:00 PM

The Victoria Public Health Department will offer COVID-19 boosters at MOWV. Open to clients and the general public.



Public Health
Prevent. Promote. Protect.

CRAFTS @ THE CAFE

Wednesday, March 16th

With the Victory Public Library. Delivery clients will now receive crafts the 4th Monday of each month, with their meals.



GRAND OPENING!

Friday, March 18th

On March 17th, 2020, our dining room closed to the public to help prevent the spread of COVID-19. Now, we're celebrating our long-awaited reopening!

FALL PREVENTION PRESENTATION

Weds, March 23rd, 10:00-10:45 AM

Michael Wiblishauser, PhD, CHES
Assistant Prof. of Health Studies
University of Houston-Victoria

BINGO

Tuesdays & Thursdays

White Elephant: March 17th

Reservations Required

With thanks to our sponsors:

March 1st: First Christian Church

March 3rd: New Century Hospice

March 8th: Kindred at Home & New Century Hospice

March 10th: Carter Healthcare

March 15th: PAM Health

March 22nd: T.A.G. Management

March 24th: Humana

March 31st: Crown Hospice



HELP US SERVE MORE MEALS

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We ask that subsidized clients contribute just \$3 per home delivered meal (\$5 per congregate meal). No one is turned away due to inability or unwillingness to contribute.

ONLINE

Visit 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.

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.



- Government Funding (41%)
- Client Contributions

PUZZLE ANSWERS

TRIVIA

- Scotland or Wales
- Irish American immigrants

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

8 PRESCRIPTION ASSISTANCE

Many pharmacies participate in services that can make your care both easier *and* cheaper!

GOODRX

GoodRX is a free online search tool to help you find coupons and discounts on the medication you need. Browse and print coupons at their website, GoodRX.com.

\$4 GENERICS

The \$4 Generics programs from many large pharmacy chains offer a selection of medications for set prices, generally ranging from \$4 to \$20. 90-day quantities can be even more affordable. Pharmacies can provide lists of included medications for you to discuss with your doctor.

HOME DELIVERY

You can also receive H-E-B prescriptions through free home delivery. Prescriptions must be paid for beforehand, but to learn more, call your preferred H-E-B pharmacy.

SLEEP YOUR WAY TO BETTER HEALTH!

Although it is recommended that older adults get at least 7 to 8 hours of sleep each night, studies have shown that between 40-70% are currently struggling with chronic sleep issues. Seeing as how people spend over 1/3 of their lives sleeping, it is super important to ensure that time is spent getting quality sleep that contributes to good health.

After reading this article, you'll understand why sleep issues become more prevalent with age, which habits can contribute to good sleep hygiene, and even how to utilize good nutrition against your battle with poor sleep!

People begin to experience more sleep issues as they age for many reasons including medications, chronic illnesses, and hormonal changes that affect the body's circadian rhythm. The circadian rhythm is an internal bodily system that alerts the body of things like hunger and sleep. Aging causes changes in brain cells that can disrupt the circadian rhythm.

You might be asking yourself, "What can I do to combat the effects of aging and improve my quality of sleep?" A combination of healthy lifestyle habits and good nutrition is a sure way to improve your all-around health and contribute to better sleep hygiene.



Incorporate some of these tips and tricks into your daily routine and you will be feeling better and sleeping soundly in no time!

- Engage in moderate exercise for 30 minutes, 3-5 times a week.
- Get at least 2 hours of sunlight each day. Don't forget your sunscreen!
- Reduce bedroom distractions like television and bright lights.
- Avoid caffeine, alcohol, and large meals a few hours before bedtime.
- Drink warm milk to help your brain produce more melatonin.
- Eat complex carbs such as sweet potatoes and brown rice to increase your body's level of tryptophan; an amino acid that contributes to decreased daytime sleepiness.
- Incorporate almonds and peaches into your diet to increase your magnesium intake and ward off issues like insomnia and restless leg syndrome.

Social media is a great opportunity to keep up with distant family and friends and the latest news. But they come with some weird vocabulary—what is a hashtag, anyway? Here are a few websites you can use to start your #digitallife 📱👉

FACEBOOK



Facebook is the easiest way to find old friends and see updates from family. Diary-style text posts, pictures, videos, links, and more are shared on Facebook. “Friend” people you want to follow.

Facebook also has groups where you can connect with like-minded people. Groups are moderated by other users, and topics can range from Crossroads events, to crafting, to cat photos, and beyond. Group members are from all over, allowing you to make friends with people near and far, similar to pen pals. Posts to groups you’re a member of will show up on your home feed so you can browse them alongside posts from your friends.

TWITTER



Things happen fast on Twitter, with people posting many “tweets” that are brief (less than 240 characters) and current, like a brand’s announcement of new products or even local emergencies. You can “follow” friends and public figures on Twitter to see their real-time updates throughout the day.

Most tweets are visible to everyone, and anyone might be commenting on tweets from anywhere in the world. Many people like celebs and politicians use Twitter to share thoughts and updates on the fly, and it’s an opportunity for you to stay connected on a daily, sometimes even hourly, basis.

INSTAGRAM



Instagram, or “Insta,” is all about the image. Posts must contain a picture or video. Topics cover people’s hobbies, animals, food, lifestyle, and more; if it’s visually interesting, it’s probably on Instagram.

You can follow people on Instagram and both like and comment on posts. Users include hashtags in posts, and by clicking a hashtag, you can follow it to see posts from all kinds of people about that topic.

YOUTUBE



The home of video on the internet is YouTube. For the average user, YouTube is often less about sharing and more about viewing. Videos are free to watch; some shows post entire episodes on YouTube, or you can see extras and interviews from your favorite movies. There are videos from everyday people “vlogging” about their lives and ideas and from experts demonstrating and teaching their skills, like quilting tutorials or blacksmithing demos.

ONLINE VOCAB


FEED Your main page when you log in, featuring the most recent updates from other users you follow or friend.


LIKE Usually indicated by a heart icon or thumbs-up, a “like” says you enjoy that post or agree with it.

HASHTAG Signified by the pound symbol, #, a hashtag links to other posts containing that same hashtag.

FOLLOW Following (friending on Facebook) subscribes you to someone’s posts.

FOLLOW MOWV

 Meals on Wheels Victoria

 @mealsonwheelsvictoria

There is a lot we don't know about strangers we interact with online. They may be exactly who they say they are. They may be a troll (someone who intentionally antagonizes others online) or a scammer. Without face-to-face interaction, it's safest to be careful and disengage from questionable people.

You can click beside most posts to “hide,” “block,” or even “report” bad behavior. Hiding or muting will make sure you don't see that specific post again. Blocking a person means you won't see anything from them, and they won't see you. Reporting tells the moderators at the company something is wrong; users who are reported may be banned or restricted from using a particular website.

Avoid clicking unfamiliar ads. Do not enter your financial or private information into websites you don't know well.

Scammers often prey on fear of consequences and may pose as authorities, loved ones, or nonspecific “computer repair” shops. Generally, no one will contact you over social media for official purposes. When in doubt, ask the business's name or government entity's department and call via an officially listed phone number (eg. on a .gov web address) to verify.



VOLUNTEER, CHANGE LIVES

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, 9:00 - 11:00 AM.

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.

TOGETHER, WE DELIVER 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 to give a gift of meals to a hungry senior.

TOGETHER, WE MAKE AN 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.



COMMUNITY PARTNERS

Our Community Partner program recognizes the outstanding helpers operating in our community. Join us in supporting seniors by getting in touch at development@mowvictoria.org



VOLUNTEER

volunteer@mowvictoria.org

GIVE ONLINE

give.mowvictoria.org

DISCUSS YOUR GIFT

giving@mowvictoria.org

