



MEALS on WHEELS SOUTH TEXAS

January 2023 Newsletter



HAPPENING THIS MONTH

Full calendar and daily menu, page 4

Holiday Closures

January 2 & 16

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

Food Bank Distribution

January 19, 10:00 AM

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

Pet Food Delivery

January 25 - 27

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

Chinese New Year at the Connection Café

Friday, January 20



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
Development & Communications 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

January Meals & More

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>2 MOWSTx Offices and Café Closed for Holiday</p>	<p>3 Chicken Pot Pie Zucchini Cake Squares</p> <p>BINGO First Christian Church</p>	<p>4 Broccoli Cheese Soup Baked Potato Cherry Crisp</p> <p>Basics of Genealogy</p>	<p>5 Pulled Pork Sandwiches Mac & Cheese Peaches & Cream Cake</p> <p>BINGO New Century Hospice</p>	<p>6 Beef Pot Roast Brown Gravy New Potatoes Carrots Roll</p> <p>Card Games</p>
<p>9 Shepherd's Pie Cream Corn Blonde Brownie</p>	<p>10 Carnitas Tacos Refried Beans Spanish Rice</p>	<p>11 Grilled Pork Chops Mashed Potatoes Collard Greens Cookie</p>	<p>12 Chicken Broccoli Rice Casserole Black Eyed Peas Brownie</p>	<p>13 Baked Ham Candied Sweet Potatoes Turnip Greens Cobbler</p>
<p>Walk-n-Talk Remember to wear comfortable shoes!</p>	<p>BINGO Retama</p>	<p>Games Morada East</p>	<p>BINGO Crown Hospice</p>	<p>Karaoke Golden Groove</p>
 <p>16 MOWSTx Offices and Café Closed for Holiday</p>	<p>17 Chicken Crisпитos White Rice with Corn Pinto Beans</p> <p>BINGO Harbor Hospice</p>	<p>18 Salisbury Steak W/ Gravy Potatoes & Carrots Cornbread</p> <p>Crafts @ the Café Victoria Public Library</p>	<p>19 Chicken Fried Rice Vegetable Stir Fry Egg Roll</p> <p>Movie <i>Food Bank, 10:00 AM</i></p>	<p>20 Lasagna w/ Peas Snickerdoodle Cookie</p> <p>Chinese/Lunar New Year Celebration</p>
<p>23 Chili Dogs With Cheese Animal Crackers Fruit Salad</p>	<p>24 Chicken Gumbo White Rice Stewed Okra Yellow Cake</p>	<p>25 BBQ Pork Ribs Cream Corn Sautéed Cabbage Cheery Crisp</p>	<p>26 Green Chili Pork Spanish Rice Beans Tres Cake</p>	<p>27 Smothered Chicken Breast Rotini Pasta Parmesan Broccoli Chocolate Cake</p>
<p>Walk-n-Talk Remember to wear comfortable shoes!</p>	<p>BINGO Twin Pines North</p>	<p>Lunch & Learn Topic TBD</p>	<p>BINGO Jessica Can Help</p>	<p>Bocce Ball</p>
<p>30 Sliders Cucumber Salad Banana Pudding</p>	<p>31 Ravioli With Marinara Peas Garlic Knots</p>	<p>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.</p> <p><i>Menu based on what our kitchen is cooking on the indicated day. Café calendar and menu may change without notice.</i></p> 		
<p>Walk-n-Talk Remember to wear comfortable shoes!</p>	<p>BINGO PAM Health</p>			

CONNECTION CAFÉ

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)

National Soup Month

TINA KELLEY'S CHICKEN TORTILLA



INGREDIENTS

- Whole Chicken
- 1 Yellow Onion
- 2 Cloves Garlic
- Cilantro, to taste
- 1 Can Tomatoes
- 1 Can Cream of Chicken
- 1 Can Cream of Mushroom

Garnish

- Tortilla Chips
- Sour Cream
- Shredded Cheese

INSTRUCTIONS

Dice onion and garlic. In a large pot, boil onion, garlic, and chicken until cooked (about 30-40 minutes for whole chicken, around 20 minutes if substituting breasts or thighs). Remove chicken from pot, reserving stock.

Skin and debone chicken. Discard skin and bones, shred chicken, and return to stock.

Add tomatoes, cream of chicken, and cream of mushroom. Bring to a boil. Reduce to simmer and add cilantro.

Let simmer 10 minutes.

Serve over tortilla chips, top with shredded cheese and sour cream.

JENN PUTMAN'S ROASTED VEGGIE CHICKEN NOODLE

BEFORE YOU START

Preheat oven to 450°

Greased baking pan or cookie sheet

INGREDIENTS

- Chopped Bell Peppers
- Chopped Onion
- Chopped Tomatoes
- Corn (canned or frozen okay)
- Shredded Cooked Chicken
- Chicken Stock
- Preferred Pasta Shape

Optional Add-ins

- Carrots for more Vitamin C
- Hot Peppers, Rosemary, Sage, or other herbs, to taste
- Beans for Fiber

INSTRUCTIONS

Add bell peppers, onions, tomato, and corn to a pan, plus carrot or other vegetables as desired. Spread in one flat layer. Lightly oil. Roast for 20-30 minutes, stirring halfway through, until slightly blackened.

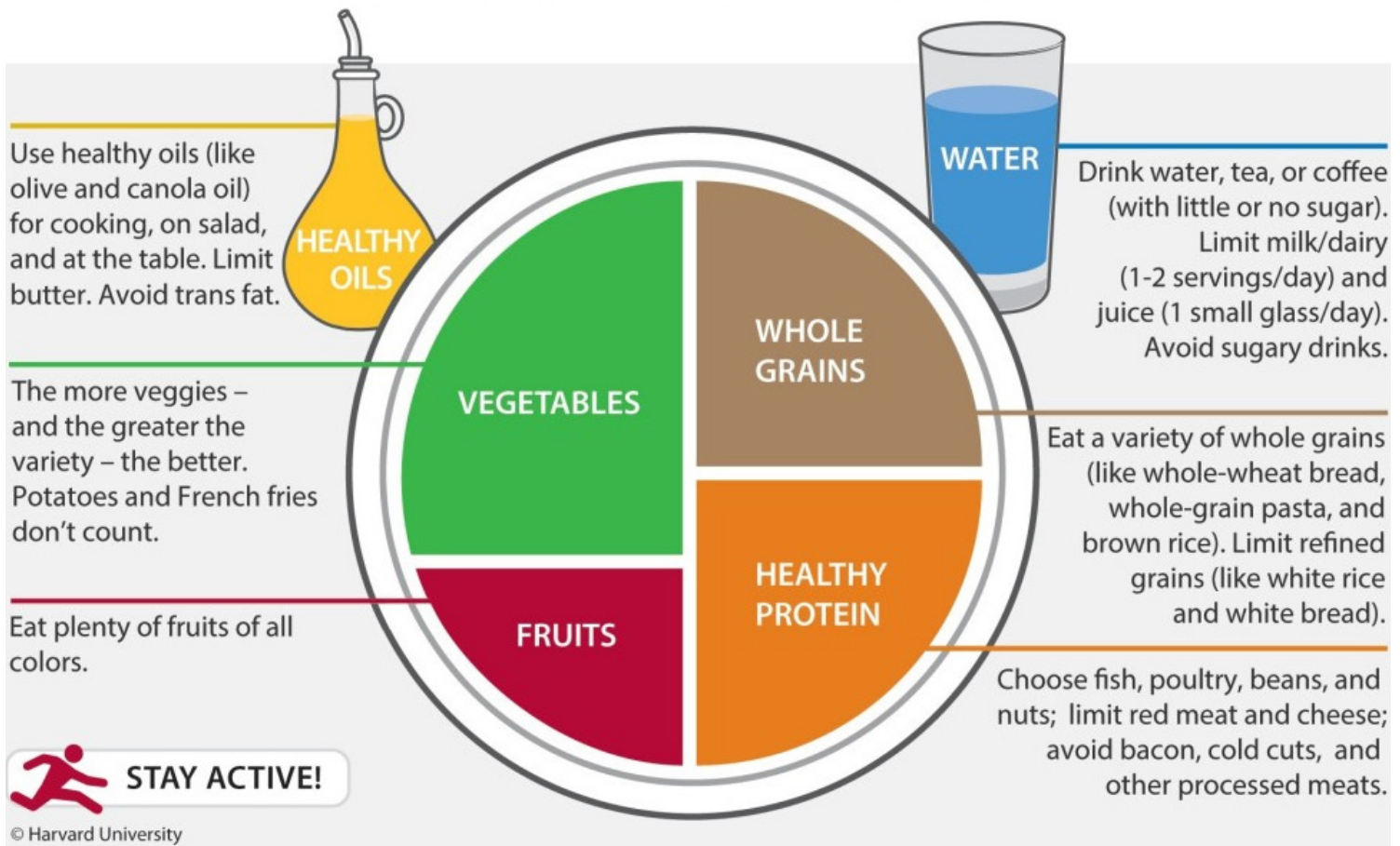
Tip: Bake chicken on the same pan for 15-18 minutes if you don't have chicken on hand.

In a pot, bring chicken stock to a boil. Add desired pasta and cook according to package directions.

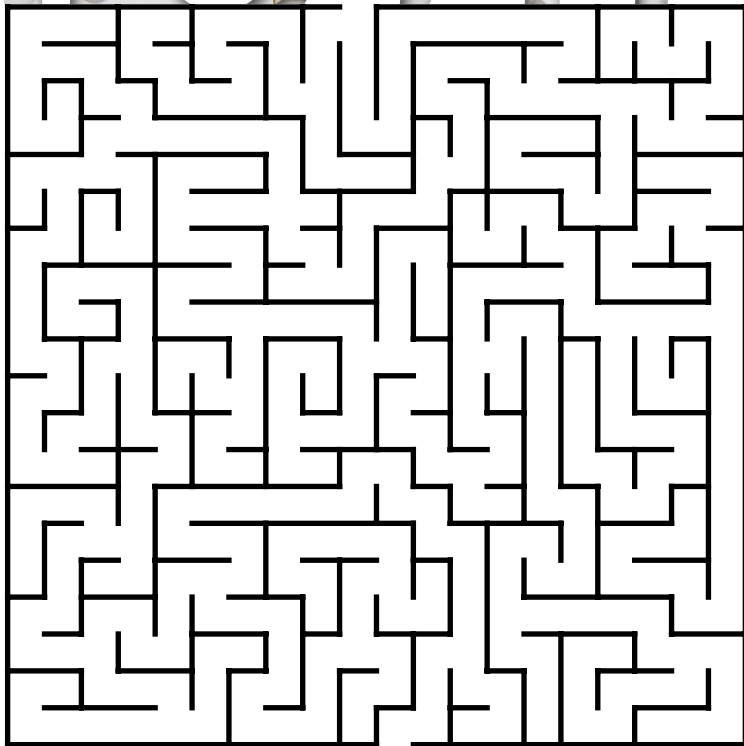
A few minutes before the pasta is done, add chicken. Shortly before it finishes, add vegetables, plus herbs and beans if including. Salt and pepper as desired. Enjoy!

Tip: To prepare ahead, freeze prepared chicken and vegetables. Add to boiling pasta/stock with noodles to bring to temperature.





PUZZLE BREAK



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

TINA DOGGETT

TRANSPORTATION & OFFICE COORDINATOR

What does Tina do outside of MOWSTx? Spend time with grandbabies (3 + 2 bonus babies), crafts, read

Favorite MOWSTx Meal: Enchilada Casserole



GET TO KNOW TINA

Tina is the first member of our team many people will ever talk to; she answers incoming calls and staffs our office reception area. When we tell you this place would fall apart without her, it's no joke! Tina has an outstanding ability to know what's happening across departments.

A member of the MOWSTx team for three and a half years, Tina enjoys being a part of serving the community at our ever-growing organization. She's passionate about helping people. Anyone who calls in—clients, volunteers, staff, and more—can expect to reach what they need, thanks to Tina.

"She's the first person you see every morning,
and she puts a smile on your face!"

Elena Soto, Program Support Associate

Her coworkers always appreciate her ability to get answers and help out, but the personal touch she brings to the team is something special. Coming into work to find a little treat waiting, wrapped prettily in a holiday baggy, starts any day with a smile.

Says Tina: "Anybody needs questions answered, give me a call!"





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.

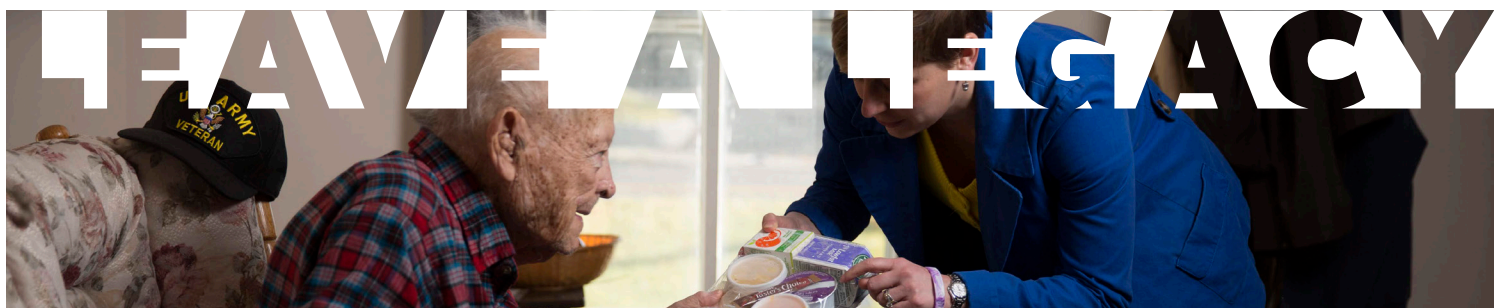
FRIENDLY CALLERS

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.

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



THANK YOU TO H-E-B AND OUR VICTORIA COMMUNITY!

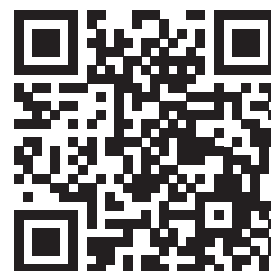
On Friday, December 16th, we participated in our third H-E-B Feast of Sharing, serving up 1,000 holiday meals for older and homebound adults in the Crossroads. Thank you to all who showed up to volunteer in our kitchen and out in the community delivering meals. You made one of our favorite events of the year a great success!

JANUARY CAFÉ PARTNERS:



VOLUNTEERISM AT WORK

Thank you to our Community Partners who put in time and effort helping us serve!



@MOWSouthTexas