

**December 2023  
Newsletter**



**MEALS on WHEELS**  
**SOUTH TEXAS**

# *Merry* **CHRISTMAS**



**Closed: Dec. 25th - Jan. 2nd**

## **THIS MONTH**

**Paw Express**  
Dec 5th

**Library Delivery**  
Dec 6th

*Full Calendar, Page 4*  
*Daily Menu, Page 5*

**Christmas Party**  
Dec. 22nd

**Food Bank**  
Dec. 21st

**Pet Food Delivery**  
Dec. 6th

Office: 8:00 AM - 3:00 PM // Café: 9:30 - 11:30 AM // 603 E Murray St, Victoria, TX 77901 // Phone: 316-576-2189 // mowstx.org





# WHAT WE DO .....

## MOBILE MEALS

Our Mobile Meal program provides nutritionally balanced meals for homebound seniors who are not able to provide themselves with a homecooked meal.

## LIBRARY TO GO

We partner with Victoria Public Library to deliver library items and crafts to our homebound clients.

## TOGETHERNESS

Our Togetherness program aims to lessen the isolation and loneliness homebound adults can experience by creating opportunities to build social connections and friendships through weekly calls and/or visits.

## CONNECTION CAFE

Our Congregate Meal program provides a nutritionally balanced lunch and daily activities every weekday.

Monday - Friday, 9:30 - 11:30 AM. Meals served at 11:00 AM. BINGO Tuesday & Thursday, 10:00 AM.

**Meal Reservations must be made 48 hours in advance.**



**PAW**  
Pets Are Wonderful  
MEALS & WHEELS SOUTH TEXAS

Pets Are Wonderful delivers monthly pet food to registered home-delivered meal clients for up to two pets per household. Additionally, we offer vet care which consists of basic wellness checks and preventive care for our clients' pets.

## SERVICES

### FOR CURRENT CLIENTS

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

**MORE THAN A MEAL**





# WHAT WE STAND FOR .....

## Our Mission

Promote independence for area seniors by alleviating hunger and social isolation.

## Our Vision

A community where all seniors live nourished lives.



**MEALS on WHEELS**  
SOUTH TEXAS



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1406 East Red River • Victoria, TX 77901

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*"And when the Chief Shepherd shall appear, ye shall receive a crown of glory that fadeth not away." 1 Peter 5:4*

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Meals on Wheels, Victoria, TX

A 4C 05-1764

# December Activities & More

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> Christmas Tree Decorations
<b>4</b> <b>BINGO</b> Senior Helpers	<b>5</b> <b>BINGO</b> First Christian Church	<b>6</b> Float Preparation Craft	<b>7</b> <b>BINGO</b> New Century Hospice	<b>8</b> MidCoast Family Service
Mobile Meal Delivery	Paw Express	Library Delivery Pet Food Delivery		
<b>11</b> Christmas Cards	<b>12</b> <b>BINGO</b> Retama	<b>13</b> Float Preparation Day	<b>14</b> <b>BINGO</b> Crown Hospice	<b>15</b> Coloring Canvas
Mobile Meal Delivery				
<b>18</b> Gingerbread House Crafts	<b>19</b> <b>BINGO</b> Harbor Hospice	<b>20</b> Craft VPL	<b>21</b> Movie Day	<b>22</b>
Mobile Meal Delivery			Food Bank	 <b>Christmas Party</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>

Connection Café and MOW Main Office - Closed Dec. 25th - Jan. 2nd  
We will be distributing box of frozen and a box of shelf stable on Dec. 18 during regular meal delivery





# Home Delivered Meals .....

We deliver meals once a week. You will receive great tasting meals filled with nutrients good for health and well-being.

Our chefs ensure meals are filled with flavors,

quality, and variety that our customers enjoy.

Meals are designed by our Registered Dietitians to provide key nutrients.

## BOX 1

Beef Patty with Horseradish Sauce  
Chicken Chili with Beans  
Pork Patty & Brown Gravy  
Macaroni & Cheese  
Beef Patty Over Chipotle Rice

## BOX 2

Breaded Pollock Wedge  
Homestyle Meatloaf  
Florentine Stuffed Shell w/ Parma Rosa Sauce  
Red Beans & Brown Rice w/ Sausage  
Cacciatore Chicken Tenders

## BOX 3

Spaghetti & Meatballs  
BBQ Chicken  
Breaded Pollock  
Chicken Tenders & Zesty Orange Rice  
Beef Patty

## BOX 4

Ginger Pork  
Meatballs & Alfredo Shell Pasta  
Rosemary Chicken  
Salisbury Steak  
Breaded Pollock Wedge w/ Parma Rosa Sauce

## BOX 5

Chicken & Teriyaki Rice  
Breakfast Burrito w/ Salsa  
Lasagna w/ Meat Sauce  
Pork Patty & Rice w/ Roasted Garlic Gravy  
Breaded Chicken

### SUGGESTED CLIENT CONTRIBUTION:

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

**\$3**

### HOME-DELIVERED MEAL

(\$15/week)

**\$5**

### MEAL AT THE CAFÉ

(\$25/week)

## LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

**CONTACT ME**  
**Mike Ward**

[mward@lpicommunities.com](mailto:mward@lpicommunities.com)

(800) 950-9952 x2324



**HOSPICE OF  
SOUTH TEXAS**

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# tips for helping seniors stay healthy during the holiday season



## **Make Healthy Choices**

From rich meals to tempting and tasty homemade snacks, the holidays are a time for many to indulge in food — or overindulge. Try to plan meals with other events in mind.

For example, if a big dinner is planned for New Year's Eve, consider serving a lighter lunch of salad or soup. "You don't want to deny anyone of the food they like to eat at this time of year, but you don't want anyone to gorge themselves, either," Fuchs says.

## **Stay Hydrated**

Drinking water is one way you can stay healthy during the holidays. "Senior citizens, especially, need to drink plenty of fluids, as not drinking enough water could cause hospitalization," Fuchs says. To make it easier to stay hydrated, have water easily accessible at home and keep bottled water in a purse or bag when running errands.

## **Keep Exercising**

In many parts of the country, the holidays are synonymous with cold weather and snow. To stick to an exercise schedule, bundle up and invite your parents for a walk around the block if the sidewalks are dry. If it's snowing or icy outside, drive to an indoor shopping mall and walk a few laps while window-shopping.

## **Rest After Travel**

For some seniors, the holidays are a time to travel long distances to visit family and friends. Whether they travel by car, rail or plane, keep in mind that an older relative might want to rest upon arrival. Golden suggests offering the options of watching television or taking a nap instead of planning a day of shopping and visiting.

## **Stay Involved**

Recognize that seniors still want to feel that they are part of the holidays. For many, that may include helping out with holiday preparations. "It's fine to reduce senior citizens' stress by offering to hold the holiday event at your home instead of theirs, but still keep them involved by having them cook a favorite dish or maybe help decorate the home," Golden says.

With a few preventative measures and a willingness to change some traditions, seniors can stay healthy and follow their diets, while also having fun with their family members this holiday season.





## Subaru **share the love** Event

November 16, 2023 through January 2, 2024

Over the last 16 years, Subaru and its retailers have helped the Meals on Wheels network provide **MORE THAN 4.3 MILLION MEALS** to seniors in need across the world.

This holiday Season, we hope you'll share the love by supporting Subaru and Meals On Wheels. Get a great vehicle and support a great cause. With every new Subaru purchased or leased, Subaru and its retailers are donating a minimum of \$300 to charity, like Meals on Wheels.

**Learn More At [www.mealsonwheelsamerica.org/sharethelove](http://www.mealsonwheelsamerica.org/sharethelove)**

## Subaru Evento **comparte el amor**

Noviembre 16, 2023, hasta el 2 de Enero de 2024.

Durante los últimos 16 años, Subaru y sus minoristas han colaborado con la red de Meals on Wheels para proporcionar **MÁS DE 4.3 MILLONES DE COMIDAS** a personas mayores necesitadas en todo el mundo.

En esta temporada festiva, esperamos que compartas el amor al apoyar a Subaru y Meals On Wheels. Obtén un excelente vehículo y respalda una gran causa. Con cada nuevo Subaru comprado o arrendado, Subaru y sus minoristas donarán un mínimo de \$300 a organizaciones benéficas, como Meals on Wheels.

**Obtén más información en [www.mealsonwheelsamerica.org/sharethelove](http://www.mealsonwheelsamerica.org/sharethelove)**



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Meals on Wheels, Victoria, TX

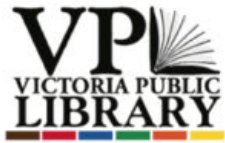
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# Community Spotlight

## Victoria Public Library

Go to our website [victoriapubliclibrary.org](http://victoriapubliclibrary.org). Scroll down to "Library Events" to see our other activities!

★ JUVENILE EVENT  
● ADULT EVENT



### DIY Gifts in a Jar

Tuesday 12th  
6-7pm

Looking for an easy edible present for family members or friends this holiday season? Join us at the library to create a sweet Homemade Gift in a Jar cookie mix that everyone will love!

### Chess Club

Saturday 16th  
Starts at 12pm

The Victoria Public Library is partnering with the Golden Crescent Chess Club to bring chess to the library! Join us in the Bronte Room for casual games of chess for all levels of players.

### Cookie Decoration

Wednesday 13th  
2-3pm

Do you enjoy decorating and eating holiday cookies? Join us for our first ever holiday cookie decorating event hosted by our local HEB. Bring your family and friends for a fun filled afternoon while supplies last. HEB ★ buddy can't wait to decorate with you!

### Ugly Christmas Sweaters

Thursday 14th  
4:30-5:30pm

Santa's elves need you! The North Pole is chilly this time of the year. They need help creating the ugliest sweater to keep them warm! Will you help them create the ugliest sweater using different craft supplies? ★

### DID YOU KNOW?

Last December, the Victoria Public Library handed out 720 gingerbread kits to the public!

### Tea and Trivia Jane Austen Day

Friday 15th  
6-7pm

Celebrate Jane Austen Day at the Library with an evening of Tea and Trivia! Come test yourself to see how well you know the life and works of Jane Austen and enjoy a cup of tea with friends.

### Annual Gingerbread Workshop

Held at Community Center  
Saturday 9th  
10:30-1:30pm

A family tradition in Victoria! Join us for our 33rd year of gingerbread house memory making. December 9th at 10:30am. We will be in the Community Center Annex with gingerbread house kits ready to go! ★ While Supplies Lasts!

### Holiday Cookie Decoration

Thursday 21st  
10am - 11am

Get ready to unleash your creativity and indulge in some tasty treats as we gather together for a hands-on holiday event! Join us at the library for a fun evening of cookie decorating. All supplies are provided.

### ★Christmas Snack Tree

Thursday 28th  
4:30-5:30pm

Do you like icing, sprinkles, and chocolate? Join us for a sweet afternoon. Teens can bring your family and friends to our snack tree event. We will build a tree using different types of sweets.

### ● Fun Friday Activity

Friday 1st, 8th, 15th, 22nd, 29th  
10am - 11am

Join us for a fun creative or physical activity every Friday morning! We'll be offering a different activity each week, from coloring to chair yoga to arts and crafts. Come meet new people while enjoying a fun and engaging activity.

## Get local help with your Medicare questions.

I'm Bobbie Parrish, a licensed sales agent in Victoria Tx. When it comes to Medicare, it's important to consider all of your options. What works well for your neighbor may not be the best fit for you. I know the ins and outs of Medicare, and I'm ready to answer your questions and help you find a plan that fits your needs. **Take advantage of my knowledge and experience to:**

- Take the confusion out of Medicare
- Get help comparing plans
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- Make enrolling in a plan easier

I look forward to helping you explore your Medicare options so you can enroll in a plan with confidence

**It's time to take advantage.**

**Bobbie Parrish** Licensed Sales Agent

**361-571-6272, TTY 711**

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[UHCMedicareSolutions.com](http://UHCMedicareSolutions.com)

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# PUZZLE BREAK

## CROSSWORD PUZZLE

### ACROSS

- 1 Quid  
4 Hall (Ger.)  
8 Aid  
12 Pointed (pref.)  
13 US dam  
14 Son of Samuel  
15 Formal dance (Fr.)  
16 Pomace (2 words)  
18 Quote  
20 High (Lat.)  
21 Heath evergreen  
23 Novice  
25 7th incarnation of Vishnu  
26 Sibilant sound  
27 Industrial Workers of the World (abbr.)  
30 Compass direction  
31 Sultan's residence  
32 Indo-Chin. language

### DOWN

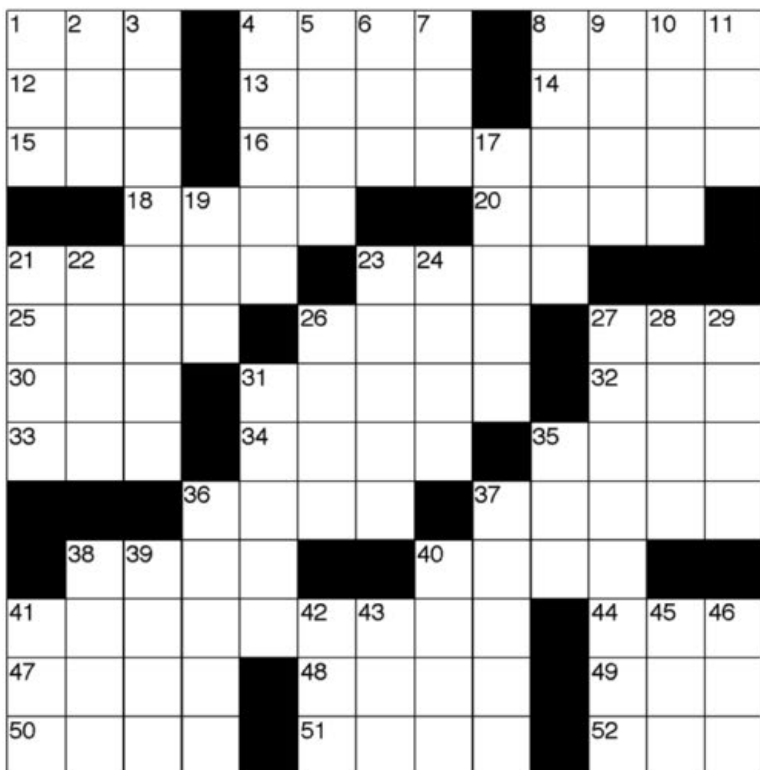
- 33 Shooting match (Fr.)  
34 Old yarn measure  
35 Rebuff  
36 Tribe  
37 Card  
38 Seaweed  
40 Geological epoch  
41 Housed  
44 Hawaiian frigate bird  
47 Sweet spire  
48 Day (Lat.)  
49 Poetic contraction  
50 Lofty  
51 Musical beat  
52 Noncommissioned officer (abbr.)

### 3

- Musical instrument (string)  
4 Mosque student  
5 Rhine tributary  
6 Asian gazelle  
7 Garland  
8 Single (pref.)  
9 Touch  
10 Victory site of Nelson  
11 Dip  
17 Ankles  
19 Amazon tributary  
21 Former  
22 Islamic month  
23 Weary  
24 Munich's river  
26 Part of golf club  
27 Mirage  
28 Women's Army Aux. Corps (abbr.)  
29 Transitional editing effect

### 31

- Coast  
35 Flood  
36 Deadly  
37 Old-style verb  
38 Gulf of the Ionian Sea  
39 Heb. avenger  
40 Onionlike plant  
41 Hole  
42 Central daylight time (abbr.)  
43 Aunt (Sp.)  
45 Office of Economic Development (abbr.)  
46 Orinoco tributary

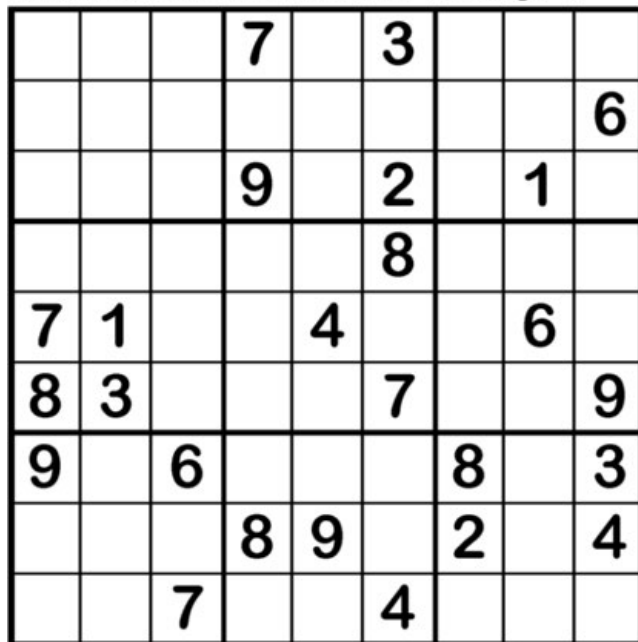


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## Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

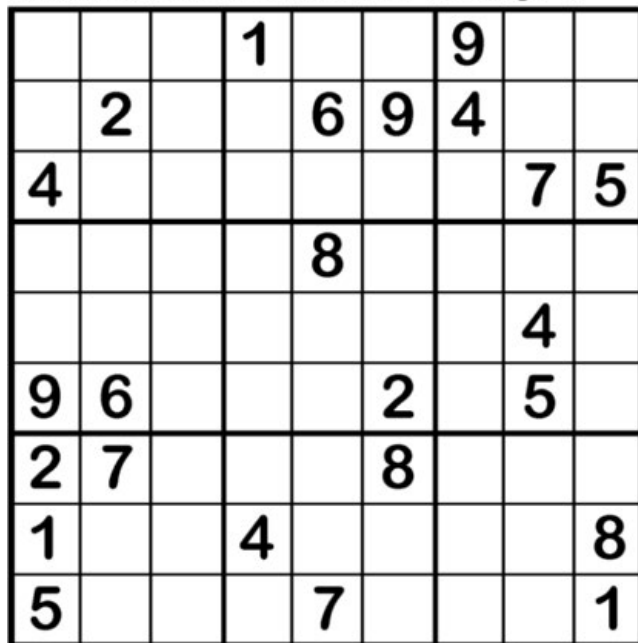


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DIFFICULTY: ★★★★★

## Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.



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DIFFICULTY: ★☆☆☆☆



# THANK YOU

to all the volunteers who joined us for our volunteer appreciation event. We wish you and your family a wonderful and joyful Holiday this year. Thanks for all that you do!



## OPPORTUNITIES

Volunteering opportunities with MOWSTX are life-changing not only for volunteers themselves but for the seniors who rely on regular meal deliveries. Contact [volunteer@mowstx.org](mailto:volunteer@mowstx.org) to help out in the following areas:

### MOBILE MEALS

Deliver meals to seniors on Mondays in Victoria or Wednesdays in Cuero.

### PAW BITES

Deliver pet food during the final week of the month.

### LIBRARY 2-GO

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

### PREP & GO

Help load meal boxes in the the freezer Thursday mornings.

### PAW EXPRESS

Transport pets from their owners' homes, to the vet, and back. Cats and dogs, carrier provided.

### TOGETHERNESS

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





# Senior Giving Tree



## ALL IT TAKES IS EIGHT!

JUST \$8 CAN PROVIDE A MEAL TO A SENIOR IN NEED IN SOUTH TEXAS.

YOUR GENEROSITY MAKES A DIFFERENCE, ONE MEAL AT A TIME!

### FILL A PLATE

Just \$40 serves a senior a week of healthy lunches.



[give.mowstx.org](http://give.mowstx.org)

### THANK YOU TO OUR COMMUNITY PARTNERS:



Office Hours: 8:00 AM - 2:00 PM  
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