

August 2023 Newsletter



MEALS on WHEELS
SOUTH TEXAS

THANK YOU TO OUR 2023 PROM SPONSORS

MidCoast Family Services - Volunteer
Jessica Can Help - Bouquet
Travis Jeffrey United Healthcare - Dessert Platters
Brother Gary Moses - Emceeing
McAdams Floral - Flowers (Center Pieces)
WellMed- Raffle Prizes

THIS MONTH

Full Calendar, Page 4

Daily Menu, Page 5

Paw Express
Aug. 8th

Library Delivery
Aug. 2nd & 23rd

Pet Food Delivery
Aug 29th, 30th, 31st



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.

Reservations are required.



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 consist of basic wellness check 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



CROWN
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Meals on Wheels, Victoria, TX

A 4C 05-1764

August Activities & More

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 BINGO First Christian	2 Ice Cream Social Library Delivery	3 BINGO New Century Hospice	4 Coloring & Puzzles
7 Brain Games - PAM	8 BINGO Retama Paw Express	9 BINGO First Convenient	10 BINGO Crown Hospice	11 MidCoast Presentation & Activities
14 Harbor Healthcare Presentation	15 BINGO Harbor Hospice	16 Craft-VPLp	17 Movie Day!	18 Painting
21 Moving with Marcie	22 BINGO Twin Pines	23 BINGO Senior Helpers Library Delivery	24 BINGO Jessica Can Help	25 Financial Literacy Education
28 Pictionary	29 BINGO White Elephant	30 Luau Party	31 BINGO	
	Pet Food 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.

AUGUST 7-11

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

AUGUST 14-18

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

AUGUST 21-25

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

AUGUST 28-31

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

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

(800) 950-9952 x2324



**HOSPICE OF
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Victoria, TX

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hospiceofsouthtexas.org



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Pawsitively Young

The Bond Between Man's Best Friend and Seniors

It is well-known that pets have the remarkable ability to brighten our days, and for seniors, this companionship can be especially meaningful. Animals offer unwavering love, comfort, and a sense of purpose to those facing isolation or loneliness. The presence of a furry friend can make a world of difference, bringing joy and a renewed sense of vitality to their lives.



At Meals on Wheels South Texas, the importance of supporting the bond between seniors and their pets is more

than recognized. Our organization has established the PAW Pet Care Assistance program specifically designed for clients receiving home-delivered meals who own pets. This program not only provides assistance with pet food but also offers veterinary care with our partnership with the Texas Veterinary Medical Foundations LEAP program.



of cat and dog food are made once a month, typically on or around the last Friday of the month, based on the number and size of their furry companions. In case clients were not able to enroll in the program during their intake and registration, they can simply reach out to the program coordinator at 361-576-2189 to complete the enrollment process.

Clients with pets in their households are encouraged to sign up for the pet assistance program. Deliveries



For any further inquiries about the program or to seek additional information on how Meals on Wheels South Texas can support the well-being of both clients and their beloved pets, individuals can also send an email to pets@mowstx.org. Our dedicated team is readily available to address any questions and provide assistance.



The ongoing support from the community is deeply appreciated, and it is never too late to embrace the love and warmth that animals bring into our lives. Together, Meals on Wheels South Texas and the community can ensure that seniors and their furry friends enjoy a pawsitively fulfilling life.



Togetherness

Companionship Comes Home

We understand that social isolation can be tough, which is why we want to match you with a compassionate volunteer who will visit you regularly from our Togetherness program. We'll find someone who shares your interests and availability.

So, What Can You Expect?

First and foremost, you'll enjoy some much-needed companionship. Our incredible volunteers are ready to bring smiles, share stories, and provide a listening ear.

But wait, there's more! Our goal is to foster lasting friendships that bring joy and fulfillment to both you and our amazing volunteers. Together, you'll create memories and connections that will make a real difference in your life.

Now, it's important to know what our volunteers can't do. They can't assist with personal hygiene or specialized tasks that require professional training.



However, they're here to guide you towards the resources and services that can meet those needs.

So, are you ready to make a positive change in your life? Say goodbye to isolation and hello to new friendships. Reach out to our dedicated team at 361-576-2189 and let's get you connected.

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Meals on Wheels, Victoria, TX

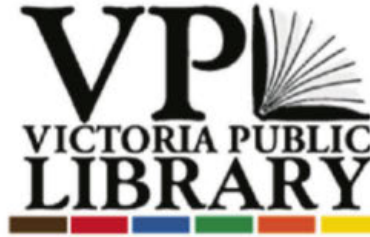
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AUGUST EVENTS FOR THE VICTORIA PUBLIC LIBRARY

Yarn Craft Club

August 3rd
1:00pm - 2:00pm

Come join us for fun stitching projects, or work on your project with others who enjoy making crafts with yarn! The Yarn Craft Club is open to all ages 10 & up.



TOP 10 CHECKED OUT ADULT MOVIES/TV SHOWS OF JUNE

- | | |
|--------------------|-------------------------|
| 1. Rawhide | 6. One flew over the |
| 2. Six Feet Under | 7. Cuckoo's nest |
| 3. Taken | 8. Good Girls |
| 4. Kings of Queens | 9. Laverne & Shirley |
| 5. Little Dixie | 10. House of the Dragon |

TOP 5 CHECKED OUT ADULT FICTION BOOKS OF JUNE

1. "It Ends with Us" By Colleen Hoover
2. "Where Are the Children Now?" By Mary Higgins Clark & Alafair Burke
3. "The Loner" By Diana Palmer.
4. "3 Days to Live" By James Patterson
5. "23rd Night" By James Patterson

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
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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

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PUZZLE BREAK

Back to School

S L E T A M E L E E E E A A D A L A Q
T L E E Y O E J N B L Y R N T O M A U
S A B G Q A A O O I T S U S C A A I I
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E L R D A N C E S E P T E M B E R A A
T L E N E D L I B R A R Y A A D E S K

Word List:

SCHOOL
PENCIL
DICTIONARY
EDUCATION
GRAMMAR
LEARNING
READING
SCIENCE
TESTS
BASKETBALL

TEACHER
CLASSES
DRAMA
FOOTBALL
GRADES
LIBRARY
PLAYGROUND
SCISSORS
WRITING
BOOKS

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SEPTEMBER
SPELLING
BUS

BACKPACK
DETENTION
ERASER
DANCE
JANITOR
MATH
QUIZZES
SPORTS
ASSEMBLY
FALL



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:

MOBILE MEALS

Deliver meals to seniors Monday, and/or Wednesday.

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

Prepare Morning Deliveries
Monday through Friday, from 9:00 to 10:00 AM.

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.



A donation of just \$40 covers an entire week of meals for one homebound senior. 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 of South Texas 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.

E 4C 05-1764



MEALS on WHEELS
SOUTH TEXAS

ALL IT TAKES IS EIGHT!

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GET FEATURED: Call 361-576-2189 x116 to talk about partnering.
For advertising, contact Mike Ward with our printer, LPi, at 832-315-7207.

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:



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