

# June 2024 Newsletter



**MEALS on WHEELS**  
SOUTH TEXAS



## THIS MONTH

Full Calendar, Page 4

**Paw Express**  
June 11th

**Library Delivery**  
June 19th

**Food Bank**  
June 20th

**Cuero Pet Food**  
June 5th

**Victoria Pet Food**  
June 26th

# 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.



**CROWN HOSPICE**

Providing Comfort, Bringing Compassion and Sharing Hope  
1406 East Red River • Victoria, TX 77901  
361-575-5900  
www.crownhospice.com

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

## ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

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- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

833-287-3502

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Meals on Wheels, Victoria, TX

A 4C 05-1764

# June Activities & More

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Memory Bracelets	<b>4</b> <b>BINGO</b> First Christian Church	<b>5</b> Cooking Well with Cultures  Cuero Pet Food	<b>6</b> <b>BINGO</b> New Century Hospice	<b>7</b> Ocean Themed Crafts
<b>10</b> Donald Duck Day - Disney Nostalgia	<b>11</b> <b>BINGO</b> Retama  PAW Express	<b>12</b> Elder Abuse Awareness	<b>13</b> <b>BINGO</b> Crown Hospice	<b>14</b> Father's Day Luncheon and Card Making
<b>17</b> Juneteeth Celebration: Honoring Traditions	<b>18</b> <b>BINGO</b> Harbor Hospice	<b>19</b> Crafts VPL  Library Delivery	<b>20</b> <b>BINGO</b> First National Bank  Food Bank Distribution	<b>21</b> Music Day
<b>24</b> Button Art	<b>25</b> <b>BINGO</b> Twin Pines North	<b>26</b> Cooking Well with Cultures  Pet Food Delivery	<b>27</b> <b>BINGO</b> White Elephant	<b>28</b> Pajama Movie and Popcorn



# Home Delivered Meals

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

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

## BOX 1

- Pork Patty with Rice
- Honey Mustard Chicken Patty
- New Your Strip Beef Patty & Gravy
- Chimichurri Chicken Breast Patty
- Meatballs over Egg Noodles

## BOX 2

- Breaded Chicken Patty
- Pork Patty & Gravy
- Thai Chili Meatballs w/ Brown Rice
- Ravioli and Spinach Alfredo
- Chipotle Meatloaf

## BOX 3

- BBQ Pork Patty
- Cilantro Lime Meatballs w/ Brown Rice
- Chicken Patty w/ Rosemary Gravy
- Salsbury Steak
- Pepperoni Pizza

## BOX 4

- Chicken Patty & Penne Pasta Alfredo
- Fish Nuggets
- Beef & Pepper Patty w/ Gravy
- Breaded Parmesan Chicken Patty
- Red Beans & Brown Rice w/ Sausage

## BOX 5

- Pork Patty & Mushroom Gravy
- Huevos Rancheros
- Meatballs & Alfredo Shell Pasta
- Breaded Chicken Breast Patties
- Pork Patty & Rice w/ Roast Garlic Gravy

**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**  
**Erica Johnson**

[ejohnson@4LPi.com](mailto:ejohnson@4LPi.com)  
216-258-6202



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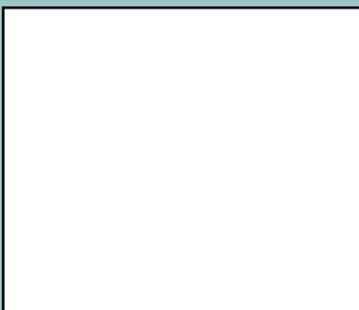
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**HOSPICE OF SOUTH TEXAS**

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Victoria, TX

361-572-4300  
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SCAN ME



Call us today!

Main Phone: (361) 578-3632  
Fax: (361) 573-6328

[info@outreachhealth.com](mailto:info@outreachhealth.com)

# SUMMER HEAT

## SAFETY TIPS

01



### STAY HYDRATED

Encourage regular intake of fluids, such as water and hydrating beverages like coconut water.

02



### AVOID PEAK SUN HOURS

Plan outdoor activities for early morning or late evening when the temperatures are cooler.

03



### WEAR LIGHT, BREATHABLE CLOTHING

Dress in light-colored, loose-fitting clothing made of natural fibers like cotton.

04



### STAY COOL INDOORS

Use fans, air conditioning, or visit air-conditioned places like malls or libraries to stay cool.

05



### MONITOR HEALTH

Regularly check on elderly relatives or neighbors, and be alert for signs of heat-related illnesses, such as dizziness, nausea, or headache.

# ✦ Simple Iced Tea Recipe ✦



## ✦ INGREDIENTS:

1. Tea bags
2. Water
3. Lemon
4. Honey

## ✦ HOW TO MAKE:

In a large pot, bring water to a boil. Remove from heat and add tea bags. Let steep for 5 minutes. Remove tea bags and stir in honey until dissolved. Let cool, then pour into a pitcher. Add slices of lemon and refrigerate until chilled. Serve over ice.

  <p><b>361.579.1305</b> ★ ★ ★ ★ ★</p>	 <p><b>NOE R. OLVERA, MD</b></p> <hr/> <p><b>Board Certified in Rheumatology</b></p>	<p><b>ADVERTISE HERE</b> to reach your community</p>  <p><b>Call 800-950-9952</b></p>
<p><b>5-STAR PATIENT SATISFACTION RATING</b></p>	<p><a href="http://www.noeveramd.com">www.noeveramd.com</a> 2705 Hospital Drive • Suite 210 Victoria, TX 77901 <b>574-1893</b></p>	
 <p><b>Locally Owned and Operated</b></p>		<p><b>"Therapy and Skilled Nursing in the Comfort of your Home."</b></p> <p>3804 John Stockbauer, Ste E Victoria, TX 77904 <b>361-575-4500</b> <a href="http://www.excelhh.com">www.excelhh.com</a></p>





# PUZZLE BREAK

## CROSSWORD PUZZLE

- ACROSS**
- 1 Burglar
  - 5 Madam
  - 9 Life (pref.)
  - 12 Ecuador (abbr.)
  - 13 King Atahualpa
  - 14 Arrival (abbr.)
  - 15 Unfeeling
  - 16 Diaper
  - 17 Royal Air Force (abbr.)
  - 18 Political party
  - 20 Hairy
  - 22 Article
  - 25 Pub fare
  - 27 Batter
  - 28 King
  - 29 Embellish
  - 31 Eelworm
  - 34 Finesse
  - 35 Heavenly being
  - 37 Brown
  - 38 Reward
  - 40 Sport
  - 41 A (Ger.)
  - 42 Capture
  - 44 Carmine
  - 45 Recommended
- DOWN**
- 1 Longing
  - 2 Five-franc piece
  - 3 Exudate plant
  - 4 Taro
  - 5 Soso
  - 6 Black colonial cuckoo
  - 7 Alternating current/direct current (abbr.)
  - 8 Urban office holder
  - 9 Weather indicator
  - 10 Cleopatra's attendant
  - 11 Yellow ide
  - 19 Female camel
  - 21 Bub
  - 22 Trolley
  - 23 In this place
  - 24 Ample
  - 26 "Pomp and Circumstances" composer
  - 30 Madness
  - 32 Girl
  - 33 Fraction of a rupee
  - 36 Queen of Sparta
  - 39 Burmese knife
  - 43 Monster
  - 46 Carplike fish
  - 47 Dismounted
  - 48 Mother of Zeus
  - 50 Salt
  - 53 Compass direction
  - 55 Sheep's cry
  - 56 "Faerie Queene" lady
  - 57 Agent

1	2	3	4		5	6	7	8		9	10	11
12					13					14		
15					16					17		
			18	19			20		21			
22	23	24		25		26		27				
28				29		30		31		32	33	
34				35				36		37		
38			39		40					41		
		42		43		44				45		
46	47				48		49		50			
51				52		53			54	55	56	57
58				59						60		
61				62						63		

## Sudoku

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

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

## Sudoku

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

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



# CELEBRATING VOLUNTEERS

each and every day!



## 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 freezer Thursday mornings.

### **PAW EXPRESS**

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

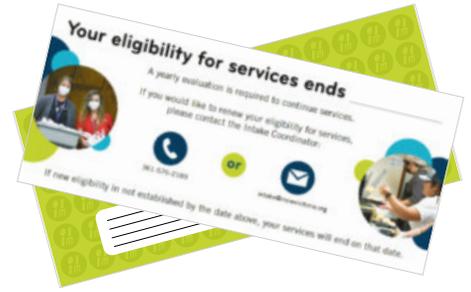
### **TOGETHERNESS**

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

# 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

YIEGG	MAAAM	BIIIO	ECUUA	LINCA	AIRRF	NUMB	LIDY	RAFE	IND	COMOSE	THE	ALIE	RAM	REX	GILD	NEMA	ART	ANGEL	TIAN	MEED	GAME	EIN	NAB	RED	RDA	DASH	HER	NAN	ALI	AHST	AMUR	CIV	SEBI	CANE	ETE	TIAWA	LALAP
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Answer to Sudoku

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

Answer to Sudoku

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

**WE'RE HIRING!**  
**AD SALES EXECUTIVES**  
 BE YOURSELF.  
 BRING YOUR PASSION.  
 WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community

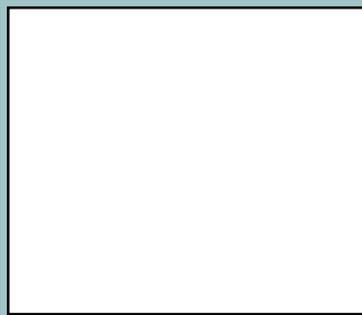
Contact us at [careers@4lpi.com](mailto:careers@4lpi.com) or [www.4lpi.com/careers](http://www.4lpi.com/careers)

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 LOCALLY



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Near two regional hospitals, Retama Manor is a warm, homelike nursing facility and rehabilitation center.  
 Medicare • Medicaid • Managed Care Plans  
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**MEALS on WHEELS**  
SOUTH TEXAS

# 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 delivers 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 - 3:00 PM  
603 E Murray St, Victoria, TX 77901  
Contact: 361-576-2189 // [info@mowstx.org](mailto:info@mowstx.org)  
Website: [www.mowstx.org](http://www.mowstx.org)  
Stay up-to-date every day:



**@MOWSouthTexas**

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