

**September 2024
Newsletter**



**MEALS on WHEELS
SOUTH TEXAS**



CLOSED SEPTEMBER 2ND

THIS MONTH

Full Calendar, Page 4

Paw Express
Sept. 10th

Library Delivery
Sept. 18th

Food Bank
Sept. 19th

Cuero Pet Food
Sept. 4th

Victoria Pet Food
Sept. 25th



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 AM - 12:30 PM at the Connection Cafe. BINGO Tuesday & Thursday, 10:00 AM.

Monday - Friday, 10:00 AM - 1:00 PM at our Yorktown location. Meals served at 11:00 AM. **Meal Reservations must be made 48 hours in advance.**



PAW
Pets Are Wonderful
MEALS ON 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



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

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?



Engaging, ad-supported print and digital newsletters to reach your community.



Scan to contact us!

Visit lpicomunities.com

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

833-287-3502

SUPPORT OUR ADVERTISERS!



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Meals on Wheels, Victoria, TX

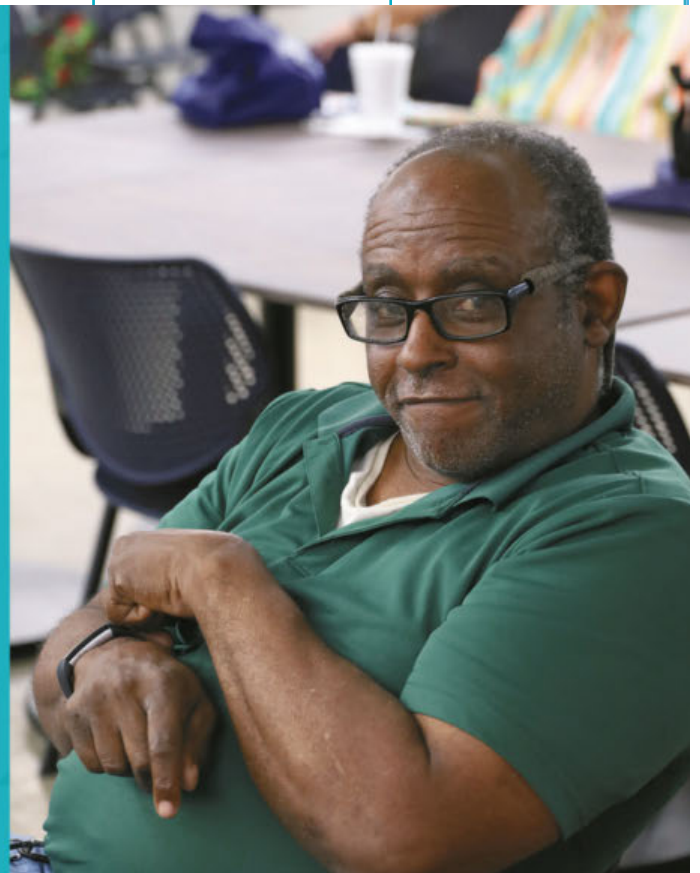
A 4C 05-1764

September Activities & More

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED *Monday's Meals Will Be Delivered on September 3rd*	3 BINGO First Christian Church	4 Cooking Well with Diabetes - Texas AgriLife Cuero Pet Food	5 BINGO New Century Hospice	6 Advanced Directives - Mt. Sinai Hospice
9 Crafts - Kim Moore Hospice of South Texas	10 BINGO Riverside Oaks PAW Express	11 Cooking Well with Diabetes - Texas AgriLife	12 BINGO Crown Hospice	13 Social Hour
16 Elder Abuse Education - Wellpoint	17 BINGO Harbor Hospice	18 Crafts - VPL Library Delivery	19 BINGO Crossroads Clinical Research Food Bank Distribution	20 Movie Day
23 Hydration Education - Altus Hospice	24 BINGO Twin Pines North	25 Cooking Well with Diabetes - Texas AgriLife Pet Food Delivery	26 BINGO White Elephant	27 Music Hour - Billy Moelle
30 September's Birthday Celebration				

**BINGO
CRAFTS
& MORE**

THE
CONNECTION CAFE



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)

\$3 MEAL AT THE CAFÉ
(\$15/week)

LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME
Erica Johnson

ejohnson@4LPi.com
216-258-6202



FREE
AD DESIGN
with purchase
of this space

CALL 800-950-9952

The comfort of home. The support you need.



outreach
HEALTH

Call us today!

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

SCAN ME

info@outreachhealth.com



HOSPICE OF SOUTH TEXAS

605 E Locust Ave
Victoria, TX

361-572-4300
hospiceofsouthtexas.org



GUACAMOLE

With a hint of lime



INGREDIENTS

- 3 ripe avocados
- 1 lime, juiced
- 1/2 tsp salt
- 1/2 tsp cumin
- 1/2 tsp garlic powder
- 1/4 cup diced onion
- 2 small tomatoes, diced
- 1 tbsp chopped cilantro
- 1 minced jalapeño

DIRECTIONS

1. Cut the avocados in half, remove the pit, and scoop the flesh into a bowl.
2. Add lime juice, salt, cumin, and garlic powder to the avocados. Mash with a fork until smooth.
3. Stir in diced onion, tomatoes, cilantro, and jalapeño (if using).
4. Taste and adjust seasoning if needed.
5. Serve immediately or cover with plastic wrap directly on the surface to avoid browning.

NOTES

- For extra creaminess, add a spoonful of sour cream or Greek yogurt.
- Adjust the lime juice to taste, depending on your preference for tanginess.





Citizens MEDICAL CENTER
Home Health

361.579.1305 ★★★★★

5-STAR PATIENT SATISFACTION RATING

NOE R. OLVERA, MD

Board Certified in Rheumatology

www.noeveramd.com
2705 Hospital Drive • Suite 210
Victoria, TX 77901
574-1893

ADVERTISE HERE
to reach your community

Call 800-950-9952



SUPPORT OUR ADVERTISERS!

Community Spotlight



Visit our website:
victoriapubliclibrary.org
 Scroll down to "Library Events" to see **more** activities!

● ADULT EVENT

★ JUVENILE EVENT



● Texas A&M AgriLife Extension: Cooking Well for Diabetes

Wednesday 4th
5:30-6:30pm

Cooking Well for Diabetes is a 4-week course includes basic nutrition education to help plan meals and prepare food for people living with diabetes. Each class you will get tips on planning, shopping, and prepping meals that will help add balance to you eating, while allowing flexibility to enjoy your favorite foods.

● Coast Writers

Saturday 21st
1-3pm

Coast Writers is a group of adults young and old, for all levels of writers. We come together to share manuscripts and exchange feedback, participate in writing exercise, discuss our writing process, and exchange information on writing craft and market information. Wherever you are in your writing journey, come find support, encouragement, and share your passion for writing.

★ Lemon Water Experiment

Tuesday 17th
4:30-5:30pm

When life hands you lemons... turn it into a science experiment! Join us today for an enjoyable afternoon of exploring lemons and paint.

DID YOU KNOW?

Each king in a deck of playing cards represents a great king from history.

Clubs - Alexander the Great
Spades - King David
Diamonds - Julius Caesar
Hearts - Charlemagne

● True Crime Book Club

Monday 30th
6-7pm

Join us for a night of True Crime discussion! The Library will be hosting the True Crime and Killers Book Club meetings once a month in the Bronte Room

● Yarn Craft Club

Thursday 26th
4:30-5:30pm

Come join us for fun stitching projects, or work on your project with others who enjoy making crafts with yarn! This event is open to ages 10 and up.

● No Pressure Book Club

Wednesday 25th
6-7pm

Get Lit(erary) at our No Pressure Book Club! We host this book club with a twist at Moonshine Drinkery. Instead of everyone reading the same books, we'll provide a theme and participants can share what they've been reading and gather ideas for what to read next.

● Chess Club

Saturday 14th
12-2pm

The Victoria Public Library Chess Club will be playing chess at the park! Join us at Ted B. Reed Park for casual games of chess for all levels of players.

**SUPPORT THE
ADVERTISERS**
that Support our
Community!



PUZZLE BREAK

Go Fish!

T S T U N A L E R E K C A M A R H L
U N O M L A S P I K E O M I T S S C
B E A E E K C O D D A H B I I U A C
I M A R L I N P R M I O L F N T H H
L A D U C A R R A B C A D F F S S C
A E H S I F Y A R C P R I I I I I U
H I G R O U P E R I O S S F T S F U
E P H D C A R P A W H H E R N D N D
T P F S E A N R S R I L K S N O O H
I A L O I A H O G I I I I S R G I O
G R O T A F G S E T N T T A N F L S
E C U B U A E R I G O N R B S I B N
R T N R E O A U F F R T O A H S A A
F U D E S R R I L I E U U E C H S P
I N E A O E S T R B O T T S R L S P
S A R M T H B O W F I N I S E D L E
H H E R R I N G C L E E T H P S O R
E R E T S B O L R I O S E O W A E C

Word List:

TILAPIA
TUNA
SWORDFISH
WHITEFISH
TILEFISH
TROUT
SUNFISH
SALMON
HERRING
LOBSTER

TIGERFISH
BASS
BOWFIN
PERCH
COBIA
CRAPPIE
DOGFISH
GROUPE
MACKEREL
MARLIN

TUNA
BLUEFISH
BREAM
CARP
COD
CRAYFISH
FLOUNDER
HADDOCK
KINGFISH
SNAPPER

BARRACUDA
PIKE
TROUT
CATFISH
EEL
STURGEON
SEABASS
HALIBUT
LIONFISH



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 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.

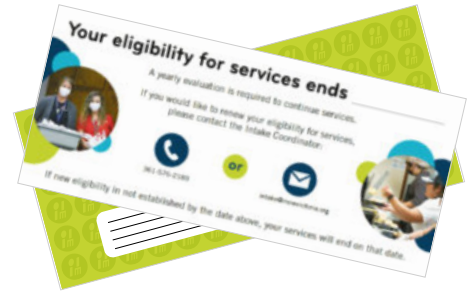
TOGETHERNESS

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

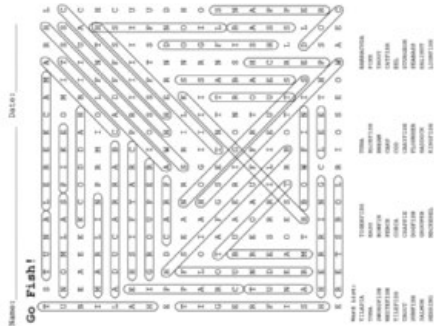
REMEMBER TO RENEW

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



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

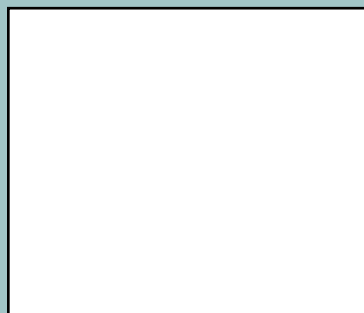
Contact us at careers@4lpi.com or www.4lpi.com/careers

Angel Lucy's
 Funeral Home

361-575-3212 (Victoria) 361-552-2300 (Port Lavaca)

As part of our commitment to serving veterans, we provide a complimentary casket or urn. Additionally, we offer pre-planning services, and we honor all existing pre-plans from our competitors.

THRIVE
 LOCALLY



Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator

Retama
 Manor South

3103 East Airline Road
 Victoria, Texas 77901
361-575-6457

Near two regional hospitals, Retama Manor is a warm, homelike nursing facility and rehabilitation center.
 Medicare • Medicaid • Managed Care Plans
 Private Pay and Respite



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

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
Website: 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.