

**July 2024
Newsletter**



MEALS on WHEELS
SOUTH TEXAS

4TH JULY

Independence day



THIS MONTH

Full Calendar, Page 4

Paw Express
July 9th

Library Delivery
July 17th

Food Bank
July 18th

Cuero Pet Food
July 3rd

Victoria Pet Food
July 24th



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 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

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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

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July Activities & More

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Connection Cafe Sock Hop	2 BINGO First Christian Church	3 Cooking Well with Cultures with Texas AgriLife Cuero Pet Food	4 CLOSED	5 Board Games
8 Summertime Respite - PAM Health	9 BINGO Retama PAW Express	10 Hospice Q&A Altus Hospice	11 BINGO Crown Hospice	12 Exercises and Stretches for Elders
15 A Guide For Older Adults: Talking to Your Doctor	16 BINGO Harbor Hospice	17 Crafts VPL Library Delivery	18 Bring Your Own Fun Food Bank Distribution	19 Recipe Swap
22 Safety First: Home Safety Checklist	23 BINGO Twin Pines North	24 Alzheimer's, Dementia, & Memory Care Southbrooke Manor Pet Food Delivery	25 BINGO White Elephant	26 Local Support Group Citizens Medical Center
29 Memorial Medical Center: Project Hope	30 BINGO WellMed	31 Paint Party		

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)

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CONTACT ME
Erica Johnson

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hospiceofsouthtexas.org

Learn More About Our Services

Welcome New Clients



PAW Bites & PAW Express

Clients receiving home-delivered meals, who own pets, can sign up for our pet assistance program. We deliver dry cat or dog food once each month to help clients care for their beloved companions. Basic veterinary care assistance available thanks to the support of the Texas Veterinary Medical Foundation.



Mobile Meals

Our Mobile Meals service provides home-delivered, prepared meals to homebound clients. Each recipient receives five home-delivered meals each week, fifty-two weeks a year.

You can also visit our Connection Café for meals, Bingo, and more!



Join Us at the Connection Café

Join us for lunch at our Connection Café in Victoria, located at 603 E Murray, or at our Congregate Site in Yorktown, located at 107 W Main. We are open from 9:30 AM to 12:30 PM in Victoria and from 10:00 AM to 1:00 PM in Yorktown. RSVPs are required and transportation is limited.



Contact Us To Learn More!



CELEBRATE

INTERNATIONAL DAY OF FRIENDSHIP

July 30th

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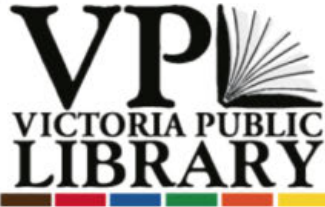
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Community Spotlight



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

● ADULT EVENT

★ JUVENILE EVENT



● Cookbook & Recipe Swap

Wednesday 10th
6-7pm

Explore new foods from the community with the library's cookbook and recipe swap. This is a great way to share diverse flavors, family recipes, and celebrate the joy of sharing the love of cooking. Recipes can be submitted ahead of time to be copied and printed. Binders will be available while supplies last so you can create your own unique cookbook.

● VPL Talks with Claudia Moseley

Thursday 11th
6-7pm

Join Claudia Moseley, Education Coordinator for the Museum of the Coastal Bend at Victoria College, for a fascinating talk about the French explorer La Salle and his colony once located in what is now Victoria County, TX. Celebrate the Victoria Bicentennial with an informative presentation over an engaging aspect of the region's rich cultural history!

● Diamond Painting

Monday 15th
6-7pm

Explore the beautiful art of diamond painting. Combining the concepts of mosaic art and paint-by-numbers, diamond painting uses tiny rhinestones on adhesive to create a glittering, multi-dimensional picture. Open to ages 16 and up, while supplies last.

● Book Nook Craft

Wednesday 17th
6-7pm

Join us as we make book nooks, small dioramas that are placed between the books on your shelves. We'll upcycle cereal boxes and provide all the supplies needed to create your own magical forest scene. Spots are available while supplies last.

● Anime + Art

Tuesday 30th
6-7pm

If you enjoy manga and drawing, then join us for Anime + Art! Artist Omar Ramos will be giving a tutorial on how to draw in manga style.

● Retro Game Night

Monday 22nd
6-7pm

Whether you're feeling nostalgic or love the thrill of competition, come and enjoy your favorite classic board games, card games, party games and more at the library!

● Afterhours: Library Olympics Games

Thursday 25th
6-8pm

It is time for the Summer Olympic Games! Are you ready to compete and go for the gold?! Our after-hours Library Olympics will include a variety of games and obstacles for all ages to participate in.

● Fun Fridays

Friday 5th, 12th, 19th, 26th
10-11am

Join us for a fun creative or physical activity. 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.

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that Support our
Community!



PUZZLE BREAK

Collector Car Fanatic

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Word List:

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PISTON

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ANTIQUE

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ROADSTER



Share Some Love

for our amazing volunteers



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.

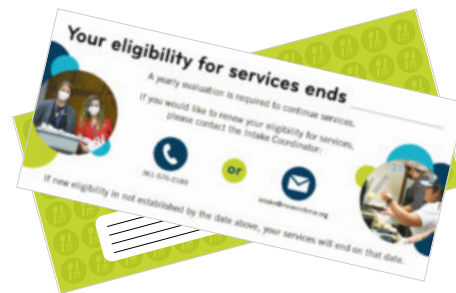
TOGETHERNESS

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

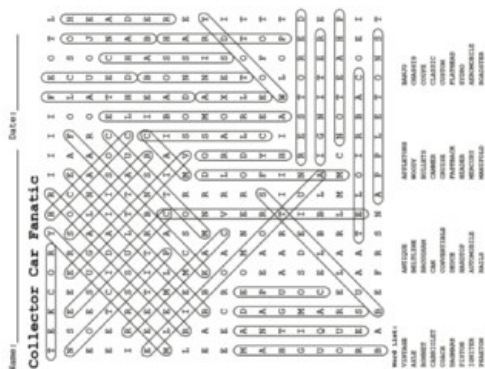
REMEMBER TO RENEW

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.



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MEALS on WHEELS
SOUTH TEXAS

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THANK YOU TO OUR COMMUNITY PARTNERS:



Office Hours: 8:00 AM - 3:00 PM
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Contact: 361-576-2189 // info@mowstx.org
Website: www.mowstx.org
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GET FEATURED: Call 361-576-2189 x116 to talk about partnering.
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