



# MEALS on WHEELS VICTORIA

## NOVEMBER 2021

Monthly Newsletter



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## NOVEMBER HIGHLIGHTS

Nov  
11

*Veteran's Day // Office Closed Office closed for Veteran's Day. We will have a booth at VetFest, 4-8pm, at Son Valley Ranch.*

Nov  
18

*Food Bank Distribution MOWV back parking lot. 10am. Must be registered client w/ Food Bank.*

Nov  
24

*Congregate Client Thanksgiving Party 10:30am, at the Murray Senior Center, Navarro parking lot. Please RSVP by 11/12 by phone or email.*

Nov  
25-26

*Office Closed Office closed for Thanksgiving holiday.*

Nov 29-  
Dec 3

*Pet Food Delivery Pet food will be delivered to program participants at the end of the month. Please return buckets at least one week prior.*

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JUST FOR FUN

THANKFUL TRIVIA

1. Which President received a live raccoon as a Thanksgiving present?
2. Which tradesmen find themselves busiest on Black Friday?
3. How fast can a turkey run?

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



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

# TOGETHER, WE CAN DELIVER

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## MEALS ON WHEELS VICTORIA SENIOR STAFF

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### UNSURE WHO TO CONTACT?

General Inquiries  
info@mowvictoria.org // 361-576-2189



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## NOVEMBER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>01</b> Italian Chicken Soup Roasted Corn Cob Chocolate Mouse	<b>02</b> Picadillo (Beef and Potatoes) Spanish rice Beans	<b>03</b> Chicken Pot Pie Parmesan Broccoli Peaches and Cream	<b>04</b> Salisbury Steak w/ Gravy Whipped Potatoes Roasted Carrots Brownie	<b>05</b> Smothered Chicken Breast w/ Mushrooms Rotini Pasta Peach Crisp
<b>08</b> Chili and Beans Creamed Corn Honey butter Cornbread	<b>09</b> Pulled Pork Sandwiches Mac and Cheese Pears	<b>10</b> Chicken Alfredo Roasted corn and Asparagus Garlic Bread	<b>11</b> <i>Office &amp; Center            Closed in Observance            of Veteran's Day</i>	<b>12</b> Grilled Pork Chops Mash Potatoes Collard Greens Pecan Caramel Cake
<b>15</b> Pork Pozole Shredded Cabbage and Cilantro Rice Pudding	<b>16</b> Meatloaf Brown Gravy Red Potatoes Baked Squash Strawberry Cake	<b>17</b> Sausage and Peppers White Rice Stewed Okra Cookie	<b>18</b> Roasted Turkey Garlic Mash Potatoes Green Beans Casserole Pumpkin pie	<b>19</b> Chicken Bacon Ranch Casserole Mixed Vegetables Chocolate Cake
<b>22</b> Chicken Spaghetti Broccoli Salad Garlic Bread	<b>23</b> Chicken with Rice Charro Beans Tres Cake	<b>24</b> Baked Potato w/ Chili and Cheese Stewed Cabbage Roll	<b>25</b> <i>Office &amp; Center            Closed for            Thanksgiving Holiday</i>	<b>26</b> <i>Office &amp; Center            Closed for            Thanksgiving Holiday</i>
<b>29</b> Beef Tips Over Egg Noodles Braised Green Beans Oatmeal Cookie	<b>30</b> Chicken & Dumplings Braised Green Beans Muffins			

## OUR NUTRITION PROGRAMS

...are open to everyone 60 and older  
 (intake and registration required).

Curbside pickup of meals is available at 11am.

Meals must be reserved at least 24 hours in advance by calling 361-576-2189 or emailing [reserve@mowvictoria.org](mailto:reserve@mowvictoria.org)

During COVID-19, we are delivering 1 hot meal and 4 frozen meals on Mondays. For Tuesday - Friday frozen meals, reference the previous week's menu.

Menu subject to change without notice.



# PAYING FOR MEALS

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## NEW: TEXT "MEALS" TO 361-201-1334 TO PAY

It costs \$7 to make, pack, and deliver a meal to a homebound client's door. Regular government funding only covers 16% of our budget. The remainder is made up through foundation, corporate, and individual donations.

To aid in covering the difference, we ask that subsidized clients contribute a \$3 donation per meal. No one is turned away due to inability or unwillingness to contribute.

We offer three contribution options:

- Pay online at MOWVictoria.org by clicking the "Pay For Meals" button at the top of the page.
- Mail a check or cash payment to us at 603 E Murray St, Victoria, TX 77901.
- Hand your payment directly to your driver when your meals are delivered.
- Pay by cell by texting "MEALS" to 361-201-1334. You will receive a link to our mobile payment page.

*Unsubsidized clients and dining hall guests are charged the full \$8.*

Pay For Meals 



SPONSOR MEALS [development@mowvictoria.org](mailto:development@mowvictoria.org)

**SENIOR CENTER REMAINS CLOSED**

Due to the COVID-19 pandemic, the Senior Center is closed (further information available on page 8).

**MEAL DELIVERY**

We deliver meals (1 hot and 4 frozen) once a week.

Our delivery schedule is as follows:

Victoria City Limits: Monday

Victoria County: Tuesday

Cuero & Thomaston: Wednesday

**MEAL PICKUP**

Meals are available at 11AM for curbside pickup at our Senior Center. 24-hour advance reservation required.



**Register or Refer for Meals:**

361-576-2189

[intake@mowvictoria.org](mailto:intake@mowvictoria.org)

**PET FOOD PROGRAM**

We deliver pet food to registered clients that have requested this service. Dry cat and dog kibble is delivered at the end of the month.

**VICTORIA PUBLIC LIBRARY BOOK DELIVERY**

We have partnered with the Victoria Public Library to deliver library items to homebound clients.

Selections are made based on answers to a quick survey and we deliver/pickup the items on a set schedule.

**FRIENDLY VISITOR  
& SOCIAL REASSURANCE PROGRAM**

This program aims to lessen the isolation and loneliness homebound adults can experience by creating opportunities to build social connections and friendships between volunteers and clients.

**Sign up for our programs:**

361-576-2189

[dominique@mowvictoria.org](mailto:dominique@mowvictoria.org)

**TRANSPORTATION**

We provide transportation for medical and personal care appointments, grocery shopping, errands, and more, within Victoria city limits.

To reserve a ride, call 361-576-2189 by 1pm 24 hours before your appointment at the latest. No reservations will be scheduled after 1pm. Do not leave a request on the answering machine.

New riders must complete an intake form, available on our website. The completed form can be faxed, mailed, or hand-delivered.



**Learn about transportation:**

361-576-2189

[office@mowvictoria.org](mailto:office@mowvictoria.org)

# COVID-19 VACCINE

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If you would like to get your COVID-19 vaccine or booster, we are happy to provide transportation. As we congregate at limited events and think optimistically toward reopening our senior center in the hopefully near future, we want to ensure all those we serve remain healthy. Your help in protecting those who rely on our services from this deadly pandemic is appreciated.

Please be aware that not all those who are vaccinated are eligible for a third dose. Refer to your vaccine card or pharmacist to determine which vaccine you received, when, and your eligibility.

From the CDC:

COVID-19 Vaccine booster shots are available for the following Pfizer-BioNTech vaccine recipients who completed their initial series at least 6 months ago and are:

- 65 years and older
- Age 18+ who live in long-term care settings
- Age 18+ who have underlying medical conditions
- Age 18+ who work in high-risk settings
- Age 18+ who live in high-risk settings

**TRANSPORTATION**

361-576-2189 | [office@mowvictoria.org](mailto:office@mowvictoria.org)

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## FOR VETERANS



**THURSDAY, 11/11, 4-8PM**  
**SON VALLEY RANCH**

8793 US-87 North, Victoria, TX 77904

Meals on Wheels Victoria will be one of many resource booths providing information on our services.  
Vets and their families can also enjoy free food and live music.



## A SAFE HOME AS YOU AGE

A grab bar is among the most common upgrades as we age, so much so that they come in different finishes and materials at big hardware stores. It's a great feature to have installed, but what about the rest of the house? From ways to help you find what you need to tips to avoid tripping, here are some ideas for making your independent life at home just a little bit easier.

### BRIGHTEN UP THE ROOM

Doubling the level of lighting in the room can help account for aging's effect on the eyes. Add lamps and wall sconces to avoid the "institutional" look of harsh overhead lighting, and choose lamps with multiple bulbs to save space. You can also use daylight wherever possible by opening curtains and blinds to help maintain a natural day-to-night rhythm and improve your sleep.



*Doubling up on lamps and opening all the curtains makes this bedroom bright for reading and relaxing.*

### ROLL OUT A RED CARPET

Laying out your home for navigating with a mobility device might only seem like a precaution, but it can also prevent tripping at night or in an emergency. Expert design guidelines recommend three feet of width for all doorways and walkways to allow the full width of a standard wheelchair. It's also helpful to make paths as direct as possible, avoiding many turns and corners. Want to test your home for navigability? Grab a yard stick, hold it horizontally, and walk the routes you normally use to visit the bathroom, kitchen, and other places you frequent. Note what the ends of your yard stick bump into or knock over and plan to move or remove those obstacles to ensure your home is safe and easy to navigate.

### CREATE CONTRAST

Judging depth and finding objects against similarly colored backgrounds can become difficult due to vision loss or dementia. Introduce contrast by buying dinnerware in a different color than your favorite foods. Use switchplate covers that contrast with your walls to help in identifying lightswitches. A bathmat might help you find the floor of the bathtub if it disappears against all the white walls and tile, and if you have trouble seeing the white toilet seat or whether it's up or down in an all-white bathroom, consider a seat in black or a bright color.

Complex patterns and high contrast can also cause problems, particularly for those with dementia. If you or someone you live with sees a threshold or doormat as an obstacle and takes large steps to avoid it, consider making all your flooring one color or removing doormats.



*A plate which contrasts with most food you eat is one simple mealtime solution.*

### STORE TO SEE

We all do it—forget where we put that favorite mug or misplace our cereal. If it's become too much of a nuisance, create open storage by simply removing cabinet doors. Sheer or lace curtains or glass-front cabinetry can help keep away dust. Place objects and photographs with dear memories on easily reached shelves and tabletops so you can better see and enjoy them without needing to access high shelves. For those everyday items like keys and wallets, designate a dish or wall hook beside the door or on your dresser where you will always place those items when you get home and aren't using them.

# 10 NUTRITION CORNER

## STAY HEALTHY & ON BUDGET THIS THANKSGIVING

Thanksgiving is a time of year to give thanks, spend time with family, and enjoy a delicious dinner. Here are some tips on how to celebrate this holiday while staying healthy and within your budget!

### HEALTHY ALTERNATIVES

- Instead of making mashed potatoes loaded with butter, try preparing sweet potatoes with a dash of cinnamon instead. Compared to russet potatoes, sweet potatoes contain more vitamin A, calcium, and dietary fiber. Skipping the butter and opting for a sweet potato with cinnamon also saves you from consuming too much saturated fat!
- Make your green bean casserole with fresh ingredients, rather than canned. You can use fresh green beans, fresh chopped mushrooms, whole-wheat flour, reduced fat milk, and low-fat parmesan cheese to make a healthy and delicious version of this holiday favorite!
- Transform your turkey into a healthy protein source by skipping the salt and the replacing stuffing with apples and oranges. Using apples and oranges instead of stuffing will make your turkey moist and give it a unique flavor!
- Pecan pie is a Thanksgiving staple, but this sweet treat is high in calories and artery-clogging saturated fat. Instead choose a freshly made pumpkin pie, cheesecake, apple turnover, or some chocolate-dipped fruit.



### WAYS TO SAVE

- Review store flyers and coupons when planning your menu. Grocery stores often have great sales the week before Thanksgiving!
- When you are shopping, buy store brands and make sure to look at the unit price to ensure you are getting the best deals.
- Produce items like baby carrots, broccoli crowns, celery, and bell peppers are often inexpensive and can be made into a beautiful and healthy appetizer platter.
- If you are not cooking for a large number of people, Cornish hens might be a cost-effective and convenient alternative to a whole turkey.



## LEAVING A LEGACY WITH MOWV

Extend your impact in the lives of Victoria-area seniors.

Your generosity can leave a lasting impression on our community and the quality of life senior citizens experience as they age in the Crossroads. One of the easiest and most distinct ways of doing so is by arranging a Legacy Gift.

Legacy Giving can be arranged through one simple sentence in your will or living trust. You can also give through a beneficiary designation, appointing Meals on Wheels Victoria as charitable beneficiary on an IRA or other retirement plan, life insurance policy, or commercial annuity.

If you are considering giving a lasting gift to MOW Victoria, it would be an honor to personally thank you for your philanthropy. Contact our Development Coordinator at [giving@mowvictoria.org](mailto:giving@mowvictoria.org) or 361-576-2189.

Legal Name: Victoria Senior Citizens Center, Inc. DBA Meals on Wheels Victoria

Address: 603 E Murray St, Victoria, TX 77901

EIN: 74-2116391

GET IN TOUCH

[giving@mowvictoria.org](mailto:giving@mowvictoria.org)

# GET INVOLVED

## VOLUNTEER

GET IN TOUCH 361-576-2189 // [volunteer@mowvictoria.org](mailto:volunteer@mowvictoria.org)

### MEAL DELIVERY

Drivers needed to deliver meals to homebound seniors inside the Victoria city limits on Mondays and out in the county on Tuesdays.

### PET PROGRAM

Volunteers needed to help package and/or deliver pet food.

### CLERICAL SUPPORT

Volunteers needed to provide clerical support: answering phones, copying, filing, and organizing.

### GROCERY DELIVERY

Drivers needed to deliver dry-grocery boxes to homebound seniors within Victoria city limits each Wednesday.

### LIBRARY PROGRAM

Drivers needed to deliver library materials to clients every three weeks, usually on Wednesdays.

### BUILDING MAINTENANCE

Volunteers needed to help maintain the interior and exterior of the building.

### MEAL PREP

Volunteers are needed to help prep and pack meals for delivery Monday through Friday 9:00 – 11:00 AM.

### FRIENDLY VISITOR & SOCIAL REASSURANCE PROGRAM

Volunteers needed to make weekly check-in calls to isolated homebound seniors.

## DONATE

SUPPORT MOWV 603 E Murray St, Victoria, TX 77901 // [MOWVictoria.org](http://MOWVictoria.org)

Donations make up nearly half of MOWV's funding, a figure which more than anything speaks to the kindheartedness and support of our community. That support enables us to continue to meet the need of current clients and grow to support ever more seniors in the Crossroads.

As we continue to build capacity and support systems for the

seniors we serve, we would be honored if you would consider extending your support.

*Donations can be made online through our website. Checks can be mailed to 603 E Murray St, Victoria, TX 77901. For corporate philanthropy and partnership opportunities, email [development@mowvictoria.org](mailto:development@mowvictoria.org)*



Text **"GIVE"** to **361-201-1334** to give over the phone!

## STAY UP-TO-DATE

VISIT ONLINE @ [WWW.MOWVICTORIA.ORG](http://WWW.MOWVICTORIA.ORG)