



**July 2021**



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- 6** Client Services
- 7** Client Services (continued)
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603 E. Murray St. Victoria, Texas 77901  
Hours: 8:00AM – 2:00PM  
Phone: 576.2189 | Fax: 578.8111

## JULY HIGHLIGHTS

- July 5** **MOW VICTORIA CLOSED FOR JULY 4TH HOLIDAY**  
The week's meals will be delivered Tues. July 6th.
- July 15** **FOOD BANK DISTRIBUTION** Back Parking Lot. 10 AM.  
Must already be a registered client with Food Bank.
- July 25** **PET FOOD DELIVERY** Pet food delivery for registered pet program clients.

## PUZZLES OF THE MONTH

### Sudoku

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

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

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DIFFICULTY: ★★☆☆☆

### ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "O" = "S"

"QCUE OCJECKCO UJIYO; AGK TNZC  
URY KEGOK UEC OPCCK VGIJCO."  
— SCREX PUEY ACCJSCE

PREVIOUS SOLUTION: "Fear secretes acids; but love and trust are sweet."  
— Henry Ward Beecher

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

Answer to Sudoku



### BRAIN GAMES

### CROSSWORD PUZZLE

#### ACROSS

- 1 Game fish
- 5 Gr. Mars
- 9 Sheep's cry
- 12 Voucher
- 13 Jaguarundi's color phase
- 14 Compass direction
- 15 Otary (2 words)
- 17 Girl Scouts of America (abbr.)
- 18 Handwriting on the wall
- 19 Broad structural basin
- 21 Old Gr. coin
- 24 Baptism font
- 27 Political action committee (abbr.)
- 30 Dayak people
- 32 Cost-of-living adjustment (abbr.)
- 33 Guido's note (2 words)
- 34 River of Rome
- 36 "\_\_\_ Abner"
- 37 Needle case
- 39 Irish nobleman
- 40 To (Scot.)
- 41 Cubic decimeter
- 43 Moselle tributary
- 45 "Dies \_\_\_"
- 47 Stall
- 50 Chief executive officer (abbr.)
- 52 Ramadan (2 words)
- 56 Pointed (pref.)
- 57 Detonator
- 58 Yemen capital
- 59 Public vehicle
- 60 Executive (abbr.)
- 61 Trolley

#### DOWN

- 1 Before common era (abbr.)
- 2 King of Israel

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

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		

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A48



## MOWV SENIOR STAFF

### DAN WILLIAMS-CAPONE

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### DOMINIQUE HICKS

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

## CLIENT CONTRIBUTIONS

It costs approximately \$8 to produce and deliver a meal. And regular government funding only funds about 16 percent of the meals we serve. The rest is made up through foundation, corporate, and individual donations.

A crucial component of that alternate funding is client service fees, contributions individuals receiving meals make towards the cost of that service.

We currently ask subsidized clients for a \$3.00 contribution per meal (unsubsidized clients are charged full meal cost). However, no one is denied service or turned away for inability or unwillingness to contribute. And while we ask for \$3.00 per meal, contributions of any amount are welcome.

Contributions can be made:

Online by clicking the "Pay for Meals" button on our website at  
[www.mowvictoria.org](http://www.mowvictoria.org)

By mail to: MOW Victoria, 603 E Murray, Victoria, TX, 77901

In person to your driver on delivery days. (It does help to have the donation in a sealed envelope and if one is need, ask.)



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# SUPPORT OUR ADVERTISERS!



# 4 | JULY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>01</b> Swedish Meatballs Brown Gravy Egg Noodles Stewed Okra & Tomatoes Lemon Pie Bar	<b>02</b> Turkey Dirty Rice Oven Roasted Asparagus Chocolate Chip Cookie
<b>05</b> CLOSED INDEPENDENCE DAY HOLIDAY	<b>06</b> Chicken Spaghetti Normandy Vegetables Wheat Roll Orange	<b>07</b> Italian Chicken Soup Braised Green Beans Snickerdoodle Cookie	<b>08</b> Enchilada Casserole Spanish Rice Charro Beans Chocolate Cake	<b>09</b> Chicken and Mushroom Casserole Corn Cob Strawberry Swirl Moose Pudding
<b>12</b> Ham and Turkey Wraps Lettuce and Tom Baked Chips Fruit Jello	<b>13</b> Beef and Fideo (Spanish Noodles) Zucchini Tres Cake	<b>14</b> Beef Stir Fry Fried Rice Vegetables Egg roll	<b>15</b> Spaghetti & Meat Sauce Roasted Broccoli Toasted Garlic Bread	<b>16</b> Smothered Chicken Breast Spring Peas Black Eyed Peas Honey Corn bread
<b>19</b> Cheeseburger Sliders Toppings Tater Tots Oatmeal Cookie	<b>20</b> Chicken Crispos Spanish Rice Refried Beans Peaches and Cream	<b>21</b> Chicken Noodle Soup Braised Green Beans Brownie	<b>22</b> Grilled Pork Chops w/ Mushroom Gravy Whipped Potatoes Turnip Greens Peach Crisp	<b>23</b> Green Chili and Beans Cream Corn Honey Cornbread
<b>26</b> Tuna Macaroni Salad Mixed Salad Orange Slices Oreo Moose	<b>27</b> Roasted Chicken Quarter Cornbread Dressing Roasted Carrots Cookie	<b>28</b> Beef Tips Herbed Orzo Creamed Spinach Crumb Cake	<b>29</b> Cheesy Ravioli with Marinara Green Beans and Corn Strawberry Crisp	<b>30</b> Chicken Gumbo Stewed Okra Swirl Cup

## LUNCH IS SERVED MONDAY - FRIDAY, AT 11 AM



**Our nutrition programs are open to everyone 60 and older (intake and registration required).**

**Meals must be reserved at least 24 hours in advance by calling 361-576-2189.**

We ask for a \$3.00 donation per meal for those 60 and over. Guests 59 and younger must pay full, unsubsidized price of \$8.00.

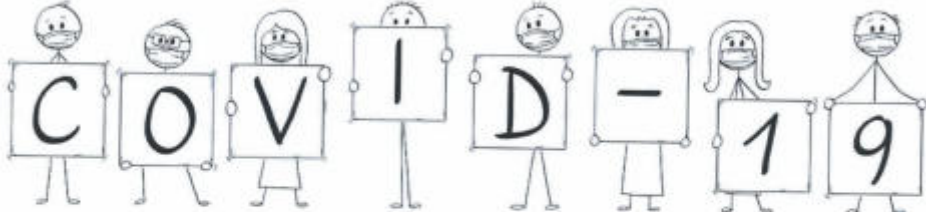
Donations are now accepted online at [mowvictoria.org](http://mowvictoria.org).


Low Fat Milk offered w/each meal.

During COVID-19, we are delivering 1 hot meal and 4 frozen meals on Mondays, delivering the meal that shows on the menu for Monday and the meals shown Tuesday - Friday the week before.

Menu subject to change without notice.

Golden Crescent Regional Planning Commission  
Aging & Community Services



 **Do you know a senior adult facing financial challenges due to COVID-19?** 

**The Golden Crescent Area Agency on Aging is here to help.**

One-time assistance available to those 60+ for things such as Medications, Health supplies, Rent & Utility Assistance, Food Assistance, Nutritional Supplements, Incontinence Supplies, Benefits Counseling. For more information call (361) 578-1587 ext. 226 or 200 or +1 (800) 252-9240.

## Thank You Victoria And The Crossroad Area, For Having Trust In Us To Care For Your Loved Ones.

Special thanks to our staff and caregivers  
that help us be the Best of the Best!

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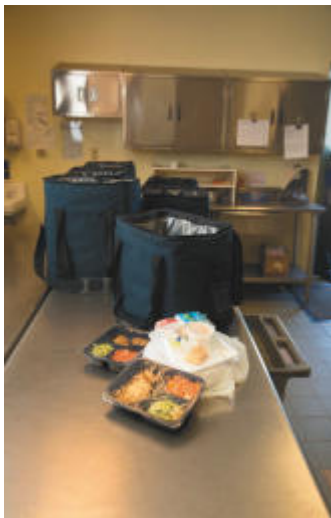
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# 6 | CLIENT SERVICES



## Meal Delivery

Due to COVID-19 we are delivering meals (1 hot and 4 frozen) once a week. On Mondays within Victoria city limits, and Tuesdays outside of them.

## Meal Pickup

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

## Senior Center

The Senior Center is currently closed due to COVID-19.

## 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.

## Pet Assistance Program

We deliver pet food to registered clients that have requested this service. Pet food is delivered around the 4th Friday each month and is distributed in buckets.



## Transportation:

We provide transportation for medical and personal care appointments, grocery shopping, errands, and more.

To reserve a ride you must call (361) 576-2189 by 1pm the day before your appointment at the latest.

No reservations will be scheduled after 1pm.

All trips must be reserved at least 24 hours in advance by calling the office. Do not leave a request on the answering machine. No exceptions will be made!

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

Transportation is only provided within the Victoria City Limits!

If you are wanting to participate in any of these programs, or if you would like to volunteer, please contact Dominique at (361) 576-2189 or [volunteer@mowvictoria.org](mailto:volunteer@mowvictoria.org)



## Community Children Getting Involved with MOW Victoria

**The Victoria Homeschool Student Council** got creative and made 350 cards for clients at MOW Victoria. The cards were hand-delivered to Program Services Manager & Volunteer Coordinator Dominique Hicks last month and will be distributed this month with our meal deliveries.



### The Boys & Girls Club of Victoria

will join our delivery drivers and volunteers and help deliver meals in the month of July. Two Boys & Girls Club buses will take over two of our regular routes, lending a welcome hand to the MOW Victoria team.



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# VOLUNTEERING AT MOW VICTORIA

MAKE A DIFFERENCE AND GET INVOLVED!

## Meal Delivery

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

## Grocery Box Delivery

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

## Building Maintenance

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

## Pet Program

Volunteers needed to help package and/or deliver pet food

## Library Program

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

## Meal Prep

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

## Administrative Volunteers

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

### For more information:

contact Dominique at

(361) 576-2189 or

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

## Friendly Visitor & Social Reassurance Program

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

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