



**MARCH 2021**



## WHAT'S INSIDE

- 2** Puzzle Page
- 4** March Menu
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- 6** Nutrition & Transportation Svcs
- 7** Client Services
- 8** Volunteer Opportunities

603 E. Murray St. Victoria, Texas 77901  
Hours: 8:00AM – 2:00PM  
Phone: 576.2189 | Fax: 578.8111

## MARCH HIGHLIGHTS

**MAR  
14**

**DAYLIGHT SAVING TIME BEGINS** Remember to set your clocks ahead an hour!

**MAR  
18**

**FOOD BANK DISTRIBUTION** Back Parking Lot. 10 AM. Must already be a registered client with Food Bank.

**MAR  
26**

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

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DIFFICULTY: ★☆☆☆☆

### ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from clues and words from around the world. Each letter stands for another letter. *Hint: "Q" = "S"*

"KH UKD EDHB SDG MJHQHSG L  
NJATH UKHS KH NLS, HSNDWJLIHB  
AG."

— BHSNHL

PREVIOUS SOLUTION: "The who does not prevent a crime when he can, encourages it." — Seneca

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

Answer to Sudoku



### CROSSWORD PUZZLE

#### ACROSS

- 1 Luzon people
- 4 Fastener
- 8 Inspire
- 12 Eat
- 13 Vivacity
- 14 Bad (pref.)
- 15 According to (2 words)
- 16 Pallid
- 17 Biblical giants
- 18 Ankles
- 20 Site of Hannibal's defeat
- 22 N. Caucasian language
- 25 Glacial pinnacle
- 28 Tubo
- 31 Gambol
- 33 Bantu language
- 34 Commotion
- 35 Son-in-law
- 36 Standard (abbr.)
- 37 Sell (Scot.)
- 38 Nutmeg husk
- 39 Migratory worker
- 40 Siberian antelope
- 42 High definition television (abbr.)
- 44 Yemen capital
- 46 Rockies peak
- 50 Yahi tribe survivor
- 52 "Cantique de Noel" composer
- 55 Age
- 56 Sign
- 57 Inclined way
- 58 Turk title
- 59 Dely
- 60 Ilevise
- 61 The (Ger.)

#### DOWN

- 1 Anti-satellite (abbr.)
- 2 Non-ferrous alloy

DER	EDIT	DARE
AGA	RAMP	OMEN
ERA	ADAM	ISHI
LOUS	EOLE	SANA
SAIG	HTV	SAIG
SEL	MA	CE
AD	GEN	ER
PI	DO	IP
LA	DI	DO
CA	SE	RA
NA	ZA	NA
MI	EM	PA
CA	CO	AN
ST	IR	EL
AT	AC	TA

- 3 Three-banded armadillo
- 4 Mild
- 5 Axilla
- 6 Furr, first day of the month
- 7 Slavic prince
- 8 Environment
- 9 Alle
- 10 Here (Fr.)
- 11 Read-only memory (abbr.)
- 19 Fr. author
- 21 Heb. zitherlike instrument
- 23 Fancy
- 24 Easy job
- 26 High (pref.)
- 27 Pet lamb
- 28 Approve
- 29 Design
- 30 Emery
- 32 Act
- 35 Federal agent
- 39 Egg (pref.)
- 41 Pedestal for a bust
- 43 Allure
- 45 Berne's river
- 47 Conduct
- 48 Goad
- 49 Moselle tributary
- 50 Iodine (pref.)
- 51 Small (Scot.)
- 53 Family member
- 54 Male friend (Fr.)

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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## MOWV SENIOR STAFF

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## COVID-19 VACCINE UPDATES

### Second dose reminder for clients that were vaccinated by Victoria Fire Department in February

Victoria Fire is tentatively scheduled to administer second doses on March 5th and 6th to clients that received first doses from them in February. This is a reminder to be home those days so you don't miss your second dose.

### United Way of the Crossroads Vaccine Buddy Program

If you need help registering for a vaccine at the Health Department Vaccination hub, United Way is matching individuals with volunteers to help you get registered and to help with transportation, if needed. If you need such assistance, let us know and we will forward your information to them. Contact us, not them directly.

<p>ARE YOU TURNING 65 OR NEW TO MEDICARE? <input checked="" type="checkbox"/></p> <p><b>Get Medicare ready!</b></p> <p>Call your licensed, independent sales agent for a free consultation.*</p> <p><b>JESSICA MARTINEZ</b> (361) 946-8476 (TTY: 711) Monday-Friday, 8 a.m. - 5 p.m. ?En español? Llame gratis al 361-946-8476 (TTY: 711)</p> <p><small>Y004_GHHHXDDEN_GEN_19_M</small></p>  <p><small>* No obligation to enroll.</small></p>	<p><b>Hear Better in Noise!</b></p> <p>FREE Hearing Aid Demonstration</p> <p>Help is now available for all types of hearing loss!</p>  <p><b>1-888-854-5064</b></p>	<p><b>CORNERSTONE PROPERTIES</b></p> <p>Ready to help with all your Real Estate needs.</p> <p><b>361-576-2353</b></p>
<p><b>SPREAD THE WORD</b></p> <p>A Thriving, Vibrant Community Matters</p>  <p><b>SUPPORT OUR ADVERTISERS</b></p>	 <p><b>COLDWELL BANKER</b> THE RON BROWN COMPANY</p>  <p><b>Susan Orsak</b> Realtor</p> <p><b>361-220-2976</b></p>	<p>➤ Reach the Senior Market</p> <p><b>ADVERTISE HERE</b></p> <p><b>CONTACT</b></p> <p>Contact Anita Aguilar to place an ad today! <a href="mailto:aaguilar@lpseniors.com">aaguilar@lpseniors.com</a> or (800) 950-9952 x2677</p>
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# 4 | MARCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>01</b> <b>Beef Stroganoff</b> <b>Egg Noodles</b> <b>Green Beans</b>	<b>02</b> <b>Sausage and Peppers</b> <b>White rice</b> <b>Stewed Okra</b>	<b>03</b> <b>Chicken with Rice</b> <b>Refried Beans</b> <b>Mexican Bread Pudding</b>	<b>04</b> <b>Italian Chicken Soup</b> <b>Green Beans and Corn</b>	<b>05</b> <b>Baked Tilapia</b> <b>Macaroni and Cheese</b> <b>Mandarin Orange</b>
<b>08</b> <b>Chicken sandwich sliders</b> <b>Waffle fries</b> <b>Jell-O</b>	<b>09</b> <b>Beef Stew</b> <b>Honey Glazed Carrots</b> <b>Corn Bread</b>	<b>10</b> <b>BBQ Chicken Bake</b> <b>Baked Beans</b> <b>Stewed Green Beans</b>	<b>11</b> <b>Salisbury Steak with Gravy</b> <b>Whipped Potatoes</b> <b>Roasted Corn</b>	<b>12</b> <b>Picadillo (Beef and Potatoes)</b> <b>Rice and Refried Beans</b>
<b>15</b> <b>Spaghetti with Meat Sauce</b> <b>Garlic Bread</b> <b>Tom Salad</b>	<b>16</b> <b>Vegetable Soup</b> <b>Roasted baby Carrots</b> <b>Cinnamon Rolls</b>	<b>17</b> <b>Pork Spare Ribs</b> <b>Mac and Cheese</b> <b>Ranch Style Beans</b> <b>Banana Pudding</b>	<b>18</b> <b>Baked Potato</b> <b>Chili and cheese</b> <b>Corn Cob</b> <b>Cookie</b>	<b>19</b> <b>Beef Pot Roast</b> <b>New Potatoes</b> <b>Broccoli</b> <b>Cherry Crisp</b>
<b>22</b> <b>Seared Chicken Thighs</b> <b>Broccoli Salad</b> <b>Rice Pilaf</b>	<b>23</b> <b>Meatloaf</b> <b>Whipped Potatoes</b> <b>Baked Squash</b> <b>Peach Cobbler</b>	<b>24</b> <b>Chicken Teriyaki</b> <b>Fried Rice</b> <b>Vegetable Stir Fry</b> <b>Fortune Cookie</b>	<b>25</b> <b>Enchilada Casserole</b> <b>Rice and Corn</b> <b>Pinto Beans</b>	<b>26</b> <b>Chicken Bacon Ranch Casserole</b> <b>Split Peas</b> <b>Cookie</b>
<b>29</b> <b>Chili Dogs</b> <b>Corn Salad</b> <b>Jell-O</b>	<b>30</b> <b>Chicken Pot Pie</b> <b>Sugar Snap Peas</b> <b>Pears and Oranges</b>	<b>31</b> <b>Chicken and Mushroom</b> <b>Casserole</b> <b>Broccoli Brownie</b>		

## 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).

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.

You might notice there are no donation envelopes included in this month's newsletter.

That is not because we don't need your 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). but 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 welcomed.

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 it in a sealed envelope, and if you need envelopes, ask).



3401 E. Airline Road, Victoria, TX 77901  
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*Working together to create a sense of community, our dedicated and compassionate staff will strive to exceed your expectations and make a difference in the lives of those we serve by providing exceptional care and service, and remembering you are the reason we are here.*



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Bowel & Bladder Program • Edema Management • Community Reintegration • Beauty Shop  
On Site Vision & Dental Services • Occupation & Speech Therapy • Physical Therapy



# 6 | NUTRITION & TRANSPORTATION SERVICES

## MEALS ON WHEELS

### PREPARED MEAL DELIVERY

Our Meals on Wheels service provides home-delivered meals to homebound clients, enabling them to remain healthy and independent in their own homes. Each meal is prepared by our kitchen staff and delivered in a microwave-safe container.

*Currently due to COVID-19 we are delivering 1 hot and 4 frozen meals once a week on Mondays, between 10:30 AM and 1:30 PM.*

### WHO IS ELIGIBLE?

Adults age 60 and older and disabled individuals who are homebound, unable to easily cook for themselves, able to accept meals during the delivery time frame, and meet eligibility criteria established by the Texas Health and Human Services Commission.

### HOW MUCH DOES IT COST?

There is no charge for clients meeting HHSC eligibility criteria provided adequate funding is available, but all clients are invited to make a voluntary contribution of \$3.00 per meal. Private pay service for \$8.00 per meal is available for clients that don't meet HHSC criteria.

### DID YOU KNOW?

That government funding only covers a little more than a 1/3 of our meals. The rest are covered by grant funding, United Way support, and corporate and private donations.

## MEALS AT THE CENTER

### SENIOR CENTER MEALS

We serve lunch daily, Monday through Friday, at 11 AM, at our senior center on Murray Street. Senior Center meals follow the same dietician-developed menu as our home-delivered meals.

*Currently due to COVID-19, meals are available for curbside pickup at our Senior Center at 11 AM.*

*24 hour advance reservation is required*

If you are a senior citizens center or other group interested in the possibility of us delivering meals to your organization, please contact us.

### OUR GOAL

Our goal is to make sure each client is getting the nourishment they need, and everyone who needs services, receives services.

## MAKE A REFERRAL

Do you know someone who could use our services? Seniors, disabled individuals, those recovering from illness or surgery, anyone homebound regardless of age may be eligible. Call to explore eligibility options.

## TRANSPORTATION

### CURB TO CURB SERVICE

Curb to curb transportation service is available Monday-Friday from 7:30 am to 1:00 pm. We will pick you up in front of your house or pick-up location and drop you off at the front door of your drop-off location. In order to be sure we can get you back home, we suggest a last scheduled out-going appointment time of 11:30 am.

### 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 1 pm the day before your appointment at the latest. No reservations will be scheduled after 1 pm.

*Reservations must be made by speaking to someone in the front office.*

*Please do not leave a reservation request message on the answering machine. No exceptions!*



### TAKE NOTE:

All trips must be reserved at least 24 hours in advance.

New Riders must complete an Intake Form, available on our website. The completed form can be faxed, mailed or hand delivered.

Transportation is only provided within the Victoria city limits.

There is a suggested \$1.00 donation per trip.

## FRIENDLY VISITOR and SOCIAL REASSURANCE PROGRAM

The Friendly Visitor and Social Reassurance 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.

**BOOKS AND MORE from VICTORIA PUBLIC LIBRARY** We partner with the library to deliver library items to our homebound clients. The library will select items for you based on answers to an item interest survey and we pick up deliver the items to you on a schedule.

**PET ASSISTANCE PROGRAM** delivers pet food to registered home delivered meal clients that have requested the service. To learn more or to register you and your pets, call the office and ask for Abby. Pet food is delivered on or around the 4th Friday each month. Food is distributed in buckets; you must return your buckets to your meal delivery driver before the next month's distribution day so they can be refilled.

If you are a client wanting to participate in any of these programs or if you would like to volunteer, please contact Abby by phone (361) 576-2189 or email [abby@mowvictoria.org](mailto:abby@mowvictoria.org).



**361.579.1305** ★ ★ ★ ★ ★

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# VOLUNTEERING AT OUR CENTER

## MAKE A DIFFERENCE AND GET INVOLVED!



**VOLUNTEER TO MAKE CALLS TO SENIORS**  
**We need volunteers to make weekly check-in calls to isolated, homebound seniors.**

**Contact Abby for more information.**

Our volunteers are an integral part of our success and volunteering here is a great opportunity to give back to the community in a meaningful way.

### Volunteer Opportunities Available

- **Meal Delivery:** Drivers are needed to deliver meals to homebound seniors inside the Victoria city limits
- **Meal Prep:** Volunteers are needed to help pack meals for delivery Monday through Friday from 9 to 10:15 am at our Murray location
- **Administrative Volunteer:** Volunteers are needed to provide clerical support, answering phones, copying, filing, organizing
- **paperwork.** Monday through Friday from 8am to 2pm
- **Building Maintenance:** Maintain inside/outside areas
- **Pet Program** Help package and/or deliver pet food
- **Friendly Visitor & Social Reassurance Program** Volunteers needed to call seniors



For more information call or email Diana Alarcon at (361) 576-2189 or [Diana@mowvictoria.org](mailto:Diana@mowvictoria.org)

## SPREAD THE WORD

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