



# WHAT'S INSIDE

- 2 Puzzle Page
- 4 March Menu
- **5** Client Contributions
- **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



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



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

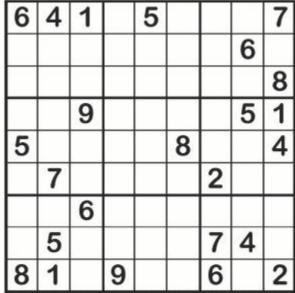


PET FOOD DELIVERY Pet food delivery for registered pet program clients.

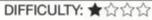
# PUZZLES OF THE MONTH

# Sudoku

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



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# CRYPTOGRAM

Enigma cryptograms are created from publishers and proverbs from around the world. Each letter stands for another letter. *Hint:*  $^*\mathcal{B}^r = ^*\mathcal{B}^r$ 

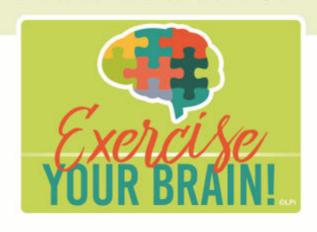
"KH UKD EDHB SDG MJHQHSG L NJATH UKHS KH NLS, HSNDWJLIHB AG."

- BHSHNL

вдев іг., - Зепеса PREVIOUS SOLUTION: "He who does not prevent a crime when he can, encour-

2	3	9	9	1	6	Þ	1	8
6	Þ	1	L	8	9	3	9	2
9	8	L	2	Þ	3	9	6	1
9	6	2	Þ	3	9	8	7	1
Þ	1	3	8	6	1	2	9	9
1	9	8	9	2	1	6	3	Þ
8	L	9	6	9	Þ	7	7	3
3	9	Þ	1	1	7	9	8	6
1	2	6	3	9	8	L	Þ	9

Answer to Sudoku



# CROSSWORD PL

ACROSS

Luzon people Fastener

8 Inspire

12 Fat 13 Vivacity

14 Bad (pref.) 15 According to (2)

words) 17 Biblical giants

18 Ankles 20 Site of Hannibal's

defeat 22 N. Caucasian language

25 Glacial pinnacle 28 Tube

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 Lurk, title 59 Dety

60 Bevise 61 The (Ger.)

DOWN 1 Anti-satellite (abbr.)

Non-ferrous alloy

DE EDI A G A 9 M A A OWEN ARIA MAGA IHSI EOFNS ANAS VIDHADIA MACEMOKIE PIPE DIDO ADO BENER SITID UDICERAC ISAA  $\forall \ \exists \ \forall$ ODAD a u s A I I S TIMIC K A T A

3 Three-banded armadillo Mild

Axilla 6 Rom, first day of the month

Slavie prince 8 Environment Atle

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 lodine (pref.) 51 Small (Scot.) 53 Family member 54 Male friend (Fr.)



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A35

### MOWV SENIOR STAFF

DAN WILLIAMS-CAPONE **Executive Director** 

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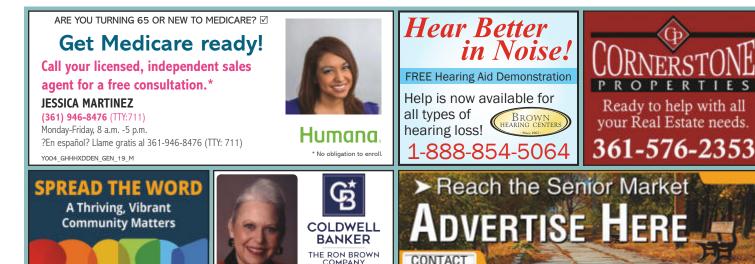
# **COVID-19 VACCINE UPDATES**

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.





SafeStreets



Susan Orsak

Realtor

1-800-531-1401 PROSPERITY 🖁 BANK\*-

Personal Trusts

CONTACT

Trust Services Asset Management 

Estates Living Trusts Call us for more information.



ADT Authorized

Contact Anita Aquilar to place an ad today!

aaguilar@lpiseniors.com or (800) 950-9952 x2677

1-855-225-4251

# **MARCH MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
O1 Beef Stroganoff Egg Noodles Green Beans	O2 Sausage and Peppers White rice Stewed Okra	O3 Chicken with Rice Refried Beans Mexican Bread Pudding	04 Italian Chicken Soup Green Beans and Corn	O5 Baked Tilapia Macaroni and Cheese Mandarin Orange
O8 Chicken sandwich sliders Waffle fries Jell-O	O9 Beef Stew Honey Glazed Carrots Corn Bread	10 BBQ Chicken Bake Baked Beans Stewed Green Beans	11 Salisbury Steak with Gravy Whipped Potatoes Roasted Corn	12 Picadillo (Beef and Potatoes) Rice and Refired Beans
15 Spaghetti with Meat Sauce Garlic Bread Tom Salad	16 Vegetable Soup Roasted baby Carrots Cinnamon Rolls	17 Pork Spare Ribs Mac and Cheese Ranch Style Beans Banana Pudding	18 Baked Potato Chili and cheese Corn Cob Cookie	19 Beef Pot Roast New Potatoes Broccoli Cherry Crisp
22 Seared Chicken Thighs Broccoli Salad Rice Pilaf	23 Meatloaf Whipped Potatoes Baked Squash Peach Cobbler	24 Chicken Teriyaki Fried Rice Vegetable Stir Fry Fortune Cookie	25 Enchilada Casserole Rice and Corn Pinto Beans	26 Chicken Bacon Ranch Casserole Split Peas Cookie
29 Chili Dogs Corn Salad Jell-O	Chicken Pot Pie Sugar Snap Peas Pears and Oranges	31 Chicken and Mushroom Casserole Broccoli Brownie		





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.

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.

# **CLIENT CONTRIBUTIONS**

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

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

(361) 573-2467 • (361) 576-3604 courtyardrehab.com

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.



In-House Rehabilitation • Private Rooms Available • Restorative Nursing Program 24 Hour Care, 7 Days a Week • 24/7 Admissions • Fall Prevention • Psych Services Stroke Recovery • Pain Management • Swallow Studies • Contracture Management Bowel & Bladder Program • Edema Management • Community Reintegration • Beauty Shop On Site Vision & Dental Services • Occupation & Speech Therapy • Physical Therapy

# **NUTRITION & TRANSPORTATION SERVICES**

### MFALS ON WHFFLS

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 ELIGILBLE?

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.

### 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 reauired

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

#### **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 vour 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.

#### 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.

# **CLIENT SERVICES**

#### 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..



# **VOLUNTEERING AT OUR CENTER**

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

Contact Abby for more information.

# MAKE A DIFFERENCE AND GET INVOLVED!

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
- 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

HARBOR





Every Life, Every Moment Matters





HOSPICE