



**FEBRUARY 2021**



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

## FEBRUARY HIGHLIGHTS

FEB  
15

**CLOSED FOR PRESIDENTS DAY** Our offices will be closed Feb 15. Deliveries will be Tuesday 2/16 instead. A meal for the 15th will go out the week before.

FEB  
18

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

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

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DIFFICULTY: ★★☆☆

### ENIGMA™ CRYPTOGRAM

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

"JPAJZP KBZZ YEF DTFIXBTV IXDI'G  
ATP IA D SEGIARPU."

— GBTSZDBU ZPKBG

"People will buy anything that's one to a customer."  
— Sinclair Lewis

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

Answer to Sudoku



### CROSSWORD PUZZLE

#### ACROSS

- 1 Liquid crystal display (abbr.)
- 4 Rural tree delivery (abbr.)
- 7 Confederate States of America (abbr.)
- 10 Red-tailed Hawaiian bird
- 11 Water (Fr.)
- 12 Snake (pref.)
- 14 A (Ger.)
- 15 Ask
- 17 Three (pref.)
- 18 Blesbok
- 19 Big apolo (abbr.)
- 20 Komo
- 22 Agent (abbr.)
- 24 Ingenuous
- 27 Slave of Sarah
- 31 Fare
- 32 End
- 34 Servant
- 35 Auricular
- 37 Saltwort
- 39 Royal Air Force
- 41 New sugarcane shoot
- 42 Negative population growth (abbr.)
- 45 Marked with lines
- 47 Health resort
- 50 Indic language
- 52 Husband of Jezebel
- 53 Wings
- 54 Or nearest offer (abbr.)
- 55 Cleave
- 56 Age
- 57 Soak flax
- 58 Atlantic standard time (abbr.)

#### DOWN

- 1 Large Eur. dormouse
- 2 Tea box
- 3 River into the

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
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----

- North Sea
- 4 Solicit
- 5 Field deity
- 6 Chaperon (Sp.)
- 7 Bed
- 8 Whirl
- 9 Nautical cry
- 10 Ketone (pref.)
- 13 Incorporated

- (abbr.)
- 16 Audible breath
- 18 Compass direction
- 21 Amend
- 23 Cravidian language
- 24 "Fables in Slang" author
- 25 Inlet
- 26 Family relative
- 28 Overshoes
- 29 Trouble
- 30 Recommended daily allowance (abbr.)
- 33 Overcoat
- 36 Gloomy
- 38 Energy unit
- 40 Public excitement
- 42 Nat'l Security Agency (abbr.)
- 43 Pallid
- 44 Growl
- 46 Cord
- 48 Beat rapidly
- 49 Abdominal (abbr.)
- 51 Expanse
- 52 Altar constellation

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A7



## MOWV SENIOR STAFF

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## MONTHLY ARTS & CRAFTS WITH VPL



### New Partnership with Public Library

Victoria Public Library is partnering with us to bring a monthly arts & craft activity to our homebound clients.

Call or email Abby to sign up: 361-576-2189 or [abby@mowvictoria.org](mailto:abby@mowvictoria.org).

A monthly project (and instructions) will be delivered to you.

<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><b>Humana</b></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>BROWN HEARING CENTERS</b> Ear, Inc.</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>	
<p><b>ADT-Monitored Home Security</b></p> <p>Get 24-Hour Protection From a Name You Can Trust</p> <ul style="list-style-type: none"> <li>Burglary</li> <li>Flood Detection</li> <li>Fire Safety</li> <li>Carbon Monoxide</li> </ul> <p><b>ADT Authorized Provider</b> <b>SafeStreets</b></p> <p><b>1-855-225-4251</b></p>		<p><b>Trust Services</b></p> <ul style="list-style-type: none"> <li>Asset Management</li> <li>Estates</li> <li>Personal Trusts</li> <li>Living Trusts</li> </ul> <p>Call us for more information. 1-800-531-1401</p> <p><b>PROSPERITY BANK</b></p> <p><small>Some products offered through Prosperity Bank Trust Services are: Not FDIC Insured   No Bank Guarantee   May Lose Value</small></p> <p><a href="http://ProsperityBankUSA.com">ProsperityBankUSA.com</a></p>	



# 4 | FEBRUARY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>01</b> Open Faced Chicken Sandwich Lettuce and Tomato Orange Oatmeal Cookie	<b>02</b> Pork Loin Roast Buttered Noodles Rainbow Roasted Vegetables Sliced Peach & Cream	<b>03</b> Beef Chili and Beans Cream Corn Honey Buttered Cornbread	<b>04</b> Salisbury Steak Potatoes Au Gratin Roasted Vegetables Chocolate Pudding	<b>05</b> Ham and Mac and Cheese Green Beans Mandarin Oranges Cookies
<b>08</b> Cheeseburger Sliders Salad Mixed Fruit	<b>09</b> Beef Tips White Rice Stewed cabbage Cookies	<b>10</b> Chicken Spaghetti Broccoli Corn Applesauce Cake	<b>11</b> Beef and Cheese Burrito Rice Refried Beans	<b>12</b> Smothered Chicken Collard Greens Black Eyed Peas Chocolate Cake
<b>15</b>  CLOSED  President's Day	<b>16</b> Chicken Alfredo Roasted Zucchini Coconut Cream Pudding	<b>17</b> Meatloaf Whipped Potatoes Peas Banana Pudding with Wafers	<b>18</b> Green Chili Pork Rice Pinto Beans Cake	<b>19</b> Chicken Noodle Soup Stewed Okra Cookie
<b>22</b> Frito Pie Toppings Orange Cookie	<b>23</b> Chicken Fried Rice Stir Fry Vegetables Egg Roll Moose Tracks	<b>24</b> Smothered Pork Chops Broccoli New Potatoes Chocolate Chip Cookie	<b>25</b> Beef Pot Roast Brown Gravy New Potatoes Carrots	<b>26</b> Baked Ziti Asparagus with Corn Peach Crisp

## 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.

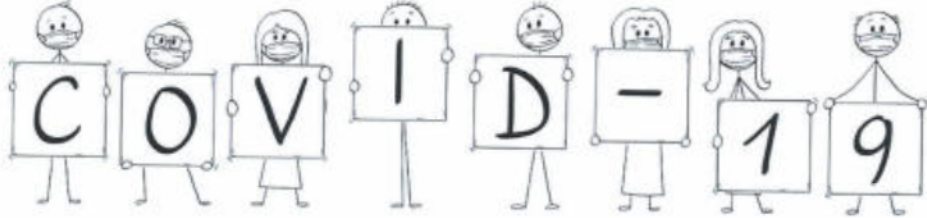
Donations are now accepted online at [mowvictoria.org](http://mowvictoria.org).



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.



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 (but not limited to): 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



## The Courtyard

REHABILITATION & HEALTHCARE CENTER

3401 E. Airline Road, Victoria, TX 77901

(361) 573-2467 • (361) 576-3604

[courtyardrehab.com](http://courtyardrehab.com)

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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:

Il 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).



**Citizens**  
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THAT SUPPORT OUR COMMUNITY**



# 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

A Thriving, Vibrant  
Community Matters



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## MONUMENTS



*of Victoria*

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For ad info. call 1-800-950-9952 • [www.lpiseniors.com](http://www.lpiseniors.com)

Meals on Wheels, Victoria, TX

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