

NOVEMBER 2020



give
thanks

WHAT'S INSIDE

- 2** Puzzle Page
- 4** November Menu
- 5** Director's Reflection
- 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

NOVEMBER HIGHLIGHTS

- NOV 6** **SANTA FOR A SENIOR WISH LIST DEADLINE** Return your Santa for a Senior Wishlist to your driver this week. (See p. 3)
- NOV 11** **HOLIDAY CLOSURES** Meals on Wheels Victoria's offices are closed November 11 in observance of Veterans' Day and November 26 & 27 for Thanksgiving.
- NOV 19** **FOOD BANK DISTRIBUTION** Back Parking Lot. 10 AM. Must be a registered client with the Food Bank.

PUZZLES OF THE MONTH

Sudoku

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

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

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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: "L" = "Y"

"BSEJLNKTIU PNCJNP CP
PGXBWGVLP VOLVJBCX."

— HCJJL ITSBI

PREVIOUS SOLUTION: "Everything starts as somebody's daydream." — Lan Niven

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

Answer to Sudoku



CROSSWORD PUZZLE

ACROSS

- 1 Ruler of Tunis
- 4 Today (ital.)
- 8 Part of QED
- 12 Soft drink
- 13 Stir up
- 14 Geophagy
- 15 Not!
- 16 Endowment for the Arts (abbr.)
- 17 Org. or Petroleum Exporting Countries (abbr.)
- 18 Net
- 20 Genetic letters
- 21 Like (suf.)
- 22 Turk. inn
- 25 Friend of Pythias
- 28 Hebrew letter
- 29 I (Ger.)
- 30 Frenzied
- 31 Wolframite
- 32 Jackfruit
- 33 Illness
- 34 Grab
- 35 Germanic gods
- 36 Goal
- 38 Old-Eng. jurisdiction
- 39 Reak
- 40 Flam
- 44 Cushitic lang.
- 46 Breathe rapidly
- 47 Proportional shoe width
- 48 Danube tributary
- 49 Pueblo Indian
- 50 Possessed
- 51 Dutch painter
- 52 Afghan title
- 53 Environmental Protection Agency (abbr.)

DOWN

- 1 Nomesis
- 2 Earthly paradise
- 3 Voles
- 4 Decree
- 5 Squash
- 6 Fr. author
- 7 Fr. pronoun
- 8 Goddess of horses
- 9 Growing by a riverbank
- 10 Unit
- 11 Tactical Air

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

Command (abbr.)

- 19 Cozy retreat
- 20 Dept. of Motor Vehicles (abbr.)
- 22 Adjective-forming (suf.)
- 23 Geological epoch
- 24 Asian desert
- 25 Foolish
- 26 E. Indian tanning tree
- 27 Sad
- 28 Flap
- 31 Grimalkin
- 32 Male person
- 34 Pen point
- 35 Physician
- 37 Scand. people
- 38 Branch of Muslim
- 40 Heddles of a loom
- 41 US dam
- 42 Eucalyptus secretion
- 43 French art group
- 44 Kilometers per hour (abbr.)
- 45 Military macaw
- 46 School organization (abbr.)

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A26

MOWV SENIOR STAFF

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SANTA WISHLISTS DUE — NOV 9

Be a Santa for a Senior Wishlist

Due Date November 9



This year we are working with the Victoria County United Way to continue the Be a Santa for a Senior program for all of our homebound seniors.

Wishlists will go out with food deliveries on Monday, November 2 and be due back Monday, November 9. Please make your selections on the sheet and return to your driver.

Santa will deliver on December 22!

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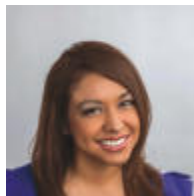
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?En español? Llame gratis al 361-946-8476 (TTY: 711)

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Meals on Wheels, Victoria, TX

A 4C 05-1764

4 | NOVEMBER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 Pulled Pork on Bun Tater Tots Sliced Tomatoes Fruited Gelatin	03 Sausage and Peppers Buttered Corn Fruit Salad Spice Cake	04 Italian Chicken Soup Green Beans Blonde Brownie	05 Salisbury Steak with Gravy Whipped Potatoes Roasted Carrots Lemon Bars	06 Smothered Chicken Breast Rotini Pasta Lemon Parmesan Broccoli Chocolate Pudding
09 Chicken Broccoli Rice Casserole Oranges Oatmeal Cookie	10 Chicken Alfredo Fettucine Pasta Rainbow Roasted Vegetables Sliced Peaches & Blueberries	11 Veteran's Day Closed	12 Pork Loin Wild Rice Sautéed Cabbage Peach Crisp	13 Carne Guisada Spanish rice Pinto Beans Blonde Brownie
16 Arroz con Pollo Pinto Beans Creamed Corn Corn Tortilla Vanilla Pudding	17 Meatloaf Brown Gravy Whipped Potatoes Baked Squash Banana Pudding with Wafers	18 Chicken Parmesan Bake Red Potatoes Applesauce Cake	19 Braised Flank Steak Rice Pilaf Roasted Carrots Salted Caramel Pecan Bars	20 Roast Pork Shoulder Collard Greens Black Eyed Peas Cornbread
23 Spaghetti & Meat Sauce Parmesan Cheese Green Beans w Bacon Fruited Gelatin	24 Chicken Pot Pie Stewed Okra Rice Krispies Treat Bar	25 Turkey & Stuffing Green Beans Pumpkin Pie	26 Thanksgiving Day Closed	27 Closed
30 Beef Tips Rice Sautéed Sugar Snap Peas Fruit Salad & Brownie				

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.

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.



Giving Thanks

2020 has been a year unlike any in recent memory. The COVID-19 pandemic has disrupted our lives and routines in so many ways, changing the way we shop for groceries, our readiness to venture outside our homes, our willingness to meet with friends and family.

In other ways, life has remained the same as ever. We still all get hungry—for food, for social contact, for companionship. We still need to attend to our physical health and go the doctor (though that visit might be a tele-med visit now). Our bills still come in like clockwork and need to be paid.

At Meals on Wheels Victoria, we are thankful to be a part of your lives. Our hope is that our services make your lives a little bit easier, your days a little less lonely and isolated. We miss seeing everyone as much as we used to and are hopeful that 2021 will bring a vaccine and the ability to resume a more regular schedule to our activities.

But we do have much to be thankful for—even in the midst of all the disruption. Towards the top of that list for me is thanks for all the people in my life, including each of you.

Dan Williams-Capone, Executive Director



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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.

Transportation is provided regardless of ability to pay. However, a \$1.00 donation per trip is asked for.

FRIENDLY VISITOR and 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. Post-COVID, we hope to match volunteers with clients based on interests for a weekly visit or phone call; during COVID, we are aiming for weekly check-in calls for all clients.

BOOKS AND MORE from VICTORIA PUBLIC LIBRARY We are partnering with the library to deliver library items to homebound clients. The library will select items for you based on answers to an item interest survey.

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. **Delivery will be November 23d this month.**

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.



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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 and visit by phone (during COVID)



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



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