



May 2021



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

MAY HIGHLIGHTS

May
20

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

May
28

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

May
31

CLOSED FOR MEMORIAL DAY Our offices will be
closed May 31st. Monday deliveries will be on Tuesday.
Tuesday deliveries will be on Wednesday.

PUZZLES OF THE MONTH

Sudoku

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

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

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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" = "R"

"LND CDAATFA JD VDG LTRR CDAATF
QPDGJ VDG."

— JGOYTAN FODKHOP

PREVIOUS SOLUTION: "Who gossips to you will gossip about you." — Turkish proverb

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

Answer to Sudoku



CROSSWORD PUZZLE

ACROSS

- 1 Of the kind of (suf.)
- 5 Distress signal
- 8 Chinese (abbr.)
- 12 Gooseberry
- 13 List-ending abbreviation
- 14 Small armadillo
- 15 Fringe of curls or bangs
- 17 Mother of Horus
- 18 Hebrew letter
- 19 Expiate
- 21 Greek letter
- 22 Atlantic (abbr.)
- 23 Rim
- 25 Jap. three-stringed instrument
- 29 Eur. porgy
- 32 Malay law
- 33 June bug
- 35 Haw. feast
- 36 Tamarack
- 38 Bank
- 40 Eng. dramatist
- 42 Weaken
- 43 Her Royal Highness (abbr.)
- 45 Night (pref.)
- 47 Have (Scot.)
- 50 Authentic (abbr.)
- 52 Jamb (2 words)
- 54 District
- 55 Deviate
- 56 King Atahualpa
- 57 Diagonal
- 58 Compass direction
- 59 Wife of Esau

DOWN

- 1 Formerly betroth
- 2 Poi source
- 3 In the same place (Lat.)
- 4 Fr. pronoun
- 5 Alit
- 6 Eight (Ital.)
- 7 Setting
- 8 Consumer price index (abbr.)
- 9 Evening star
- 10 Egypt. bird
- 11 Heb. patriarch's title
- 16 Food
- 20 Electronic data processing
- (abbr.)
- 22 H
- 24 Dance
- 25 Gal of song
- 26 Ohio college town
- 27 Ledum (2 words)
- 28 Land of Cain
- 30 Lively (Fr.)
- 31 Absent
- 34 Renew
- 37 Chin. dynasty
- 39 Duo
- 41 Germanic gods
- 43 Mayan year
- 44 Country (Lat.)
- 46 Preserve in brine
- 47 Assistance
- 48 Reliquary
- 49 Greenland town
- 51 Laughter sounds
- 53 E. Indian herb

H	V	D	A		N	N		S	V	A	B
A	C	N	I		R	R		A	E	A	R
A	C	N	I		R	R		A	E	A	R
A	C	N	I		R	R		A	E	A	R
A	C	N	I		R	R		A	E	A	R
A	C	N	I		R	R		A	E	A	R
A	C	N	I		R	R		A	E	A	R
A	C	N	I		R	R		A	E	A	R
A	C	N	I		R	R		A	E	A	R
A	C	N	I		R	R		A	E	A	R
A	C	N	I		R	R		A	E	A	R
A	C	N	I		R	R		A	E	A	R

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
32				33		34		35		
36				37		38		39		
			40			41		42		
43	44			45		46			47	48
50			51		52			53		
54					55			56		
57					58			59		

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A36

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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

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.)

<p>ARE YOU TURNING 65 OR NEW TO MEDICARE? <input checked="" type="checkbox"/></p> <h3>Get Medicare ready!</h3> <p>Call your licensed, independent sales agent for a free consultation.*</p> <p>JESSICA MARTINEZ (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>Y004_GHHHXDDEN_GEN_19_M</p>  <p>* No obligation to enroll.</p>		<h3>SUPPORT OUR ADVERTISERS!</h3> 
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4 | MAY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03 Beef Tips Herbed Orzo Green Salad Ambrosia Salad	04 Chicken Tortilla Soup With toppings Spanish Rice	05 Chicken Broccoli Rice Casserole Mandarin Oranges	06 Mushroom Beef Steak Whipped Potatoes Braised Green Beans	07 Beef Lo Mein Stir Fry Vegetables Coconut Cake
10 Spaghetti With Meat Sauce Parmesan Cheese Green Salad	11 Chicken Fajita tacos Cilantro Lime Rice Pears	12 Double Baked Potato Soup Oven Roasted Broccoli Snickerdoodle	13 Baked Pork Loin With Gravy German Potatoes Corn cob	14 Ham Mac and Cheese Spring beans Black eyed Peas
17 Chicken Salad on Wheat Lettuce & Tomato Sun Chips	18 Grilled Pork Chops Split Peas with Bacon Whipped Potatoes	19 Enchilada Casserole Pinto Beans Zucchini with Tom Rice Pudding	20 Roasted Chicken Quarter Penne with Tomato Zucchini	21 Crispy Baked Catfish Cream Corn Stewed Okra
24 BBQ Sausage Baked Beans Potato Salad Peaches and Cream	25 Creamy Baked Tortellini Fresh Broccoli Corn Cob Apple Cobble	26 Chicken Spaghetti Roasted Carrots w/ Vinaigrette Berry Parfait	27 Seared Chicken Breast with Sautéed Onion & Mushrooms Red Potatoes	28 Seafood Gumbo White Rice Collard Greens Apple Cobbler
31 CLOSED MEMORIAL DAY				

LUNCH IS SERVED MONDAY - FRIDAY, AT 11 AM



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

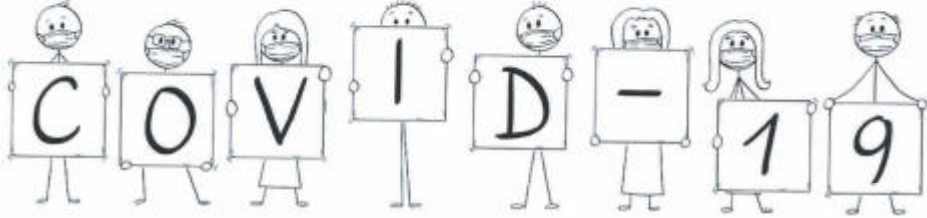
Meals must be reserved at least 24 hours in advance by calling 361-576-2189.



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.

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.



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On Site Vision & Dental Services • Occupation & Speech Therapy • Physical Therapy

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 bucks.



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 Haley at (361) 576—2189 or haley@mowvictoria

New Supplemental Grocery Delivery Program:

We have received funding through the Community Block Grant from the City of Victoria and United Way of the Crossroads to implement this new program. Partnering with the Food Bank, we will provide shelf-stable, supplemental grocery boxes that will be delivered to homebound clients monthly.



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MEDICAL CENTER
Home Health

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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

Pet Program:

Volunteers needed to help package and/or deliver pet food

Administrative Volunteers:

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



Building Maintenance:

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

Meal Prep:

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

Friendly Visitor & Social Reassurance Program:

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

For more information:

contact Haley Bynum at
(361) 576-2189 haley@mowvictoria.org

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