



April 2021



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

APRIL HIGHLIGHTS

April
2

CLOSED FOR GOOD FRIDAY Our offices will be closed April 2nd.

April
15

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

April
30

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.

		5			7		8	
			6			7	2	9
			1	9			6	5
7								
8				5	9			
		1						
	9							
3				7				5
2			9	3	6	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: "W" = "A"

"WC HCYK BU MHTQ YWCCBM RQ
RBOGKM FHMK WC HCYK BU GBLD."
— YKHCQJQ EVBNQVR

PREVIOUS SOLUTION: "An inch of time cannot be bought with an inch of gold."
— Chinese proverb

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

Answer to Sudoku



CROSSWORD PUZZLE

ACROSS

- 1 "Lorna Doone" character
- 5 Sinbad's bird
- 8 Demolish: Brit.
- 12 Idea (Fr.)
- 13 Alas
- 14 Cheese
- 15 Leg ends
- 16 Burmese knife
- 17 Taro
- 18 Small S.A. rabbit
- 20 Pilgrim
- 22 Skin vesicle
- 23 Veneration
- 24 Beginning
- 28 Blaibok
- 32 Public vehicle
- 33 54 (Rom. numeral)
- 35 Israelite tribe
- 36 Ringed boa
- 39 Reading desk
- 42 Abdominal (abbr.)
- 44 Have (Scott.)
- 45 Female falcon
- 48 Butterfly
- 52 State (Fr.)
- 53 Television channel
- 55 Endearment
- 56 Mine (Fr. 2 words)
- 57 Rom. first day of the month
- 58 Per. poet
- 59 Maid
- 60 Compass direction
- 61 Foreign (pref.)

DOWN

- 1 Breach
- 2 Design
- 3 Profound
- 4 Hate
- 5 Fanatical
- 6 Wood sorrel
- 7 Rudderfish
- 8 Flat molding
- 9 "Cantique de Noel" composer
- 10 Kemo
- 11 Turk. title
- 19 Jap. fish
- 21 Intimidate
- 24 Amazon tributary
- 25 Grab
- 26 Kwa language
- 27 "Abner"
- 29 "Fables in

ONE	X	E	S	E	S	S	V	L	A	S
K	A	L	K	A	L	O	I	O	A	M
B	A	B	A	B	C	A	B	A	B	E
I	D	A	L	I	A	R	E	N	N	E
H	A	E	H	A	B	D	A	B	D	A
N	E	R	N	E	R	N	E	R	N	E
D	A	N	L	I	V	A	L	I	V	A
A	C	E	T	A	C	E	T	A	C	E
A	M	E	A	M	E	A	M	E	A	M
P	A	L	M	E	R	P	A	L	M	E
G	A	B	I	G	A	B	I	G	A	B
E	D	A	M	E	D	A	M	E	D	A
R	I	D	E	R	I	D	E	R	I	D

- Slang" author
- 30 Rhine tributary
- 31 Television channel
- 34 Car
- 37 Insect
- 38 Presidential nickname
- 40 Helper
- 41 Caddy (2 words)
- 43 Male duck
- 45 Loyal
- 46 Hindu soul
- 47 Cella
- 49 Crippled
- 50 Dayak people
- 51 Aeronautical (abbr.)
- 54 Low (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
32				33		34			35	
36			37	38		39	40	41		
			42		43		44			
45	46	47				48			49	50
52				53	54			55		
56				57				58		
59				60				61		

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A2

MOWV SENIOR STAFF

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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> <p>Get Medicare ready!</p> <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>Hear Better in Noise!</p> <p>FREE Hearing Aid Demonstration</p> <p>Help is now available for all types of hearing loss!</p> <p>BROWN HEARING CENTERS Since 1962</p> <p>1-888-854-5064</p> <p><small>* No obligation to enroll.</small></p>	 <p>CORNERSTONE PROPERTIES</p> <p>Ready to help with all your Real Estate needs.</p> <p>361-576-2353</p>
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4 | APRIL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			01 Baked Ham Sweet Potatoes Stewed Green Beans, Roll	02 Closed Good Friday
05 Chicken Noodle Soup Stewed Okra Roll Orange Slices	06 Swedish Meatballs over Egg Noodles Roasted Broccolini Pears	07 Grilled Pork Chops Creamy Potatoes Cabbage Peach Crisp	08 Carne Guisada Rice Charro Beans Oreo Dream Bar	09 Beef Rigatoni With Marinara and Parmesan Broccoli Chocolate Chip Cookie
12 Frito Pie With cheese Salad Oatmeal Cookie	13 Sausage and Pepper Rice Pilaf Creamed Corn Cookie	14 Beef Stew With Potatoes & Carrots Cornbread Apple Cobbler	15 Lasagna Green Beans and corn Peanut butter Brownie	16 Chicken Crispos Rice and Refried Beans Moose Tracks
19 Chicken Strips Coleslaw Mac and cheese Fruit Jello	20 Chicken Fried Rice Vegetable Stir Fry Egg Roll Peaches and Cream	21 Roast Pork Loin Whipped Potatoes Roasted Carrots Sugar Cookie	22 Italian Chicken Soup Green Beans and Corn Blonde Brownie	23 Beef Chili and Beans Corn Cob Honey Buttered Cornbread
26 Chicken Alfredo Broccoli Salad Mandarin Oranges Garlic Bread	27 Chicken and Dumplings Roasted Brussel Sprouts Cookie	28 Pull Pork Sliders Macaroni and Cheese Pears and Berries	29 Smothered Chicken Breast Wild rice Corn and Asparagus Bread Pudding	30 Turkey Dirty Rice Spring Peas with Beacon Cinnamon Rolls

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 (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



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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.



361.579.1305 ★ ★ ★ ★ ★

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or (800) 950-9952 x2677

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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

SPREAD THE WORD

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