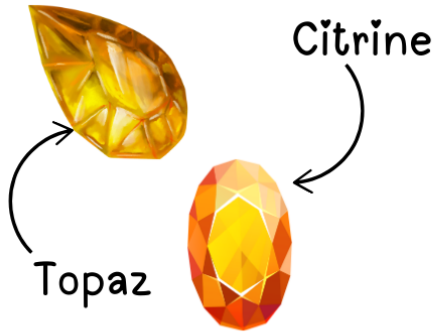




Meals on Wheels



NEWSLETTER



- November’s birthstone is **Topaz** and **Citrine**. The word “topaz” comes from the Sanskrit word tapaz or tapas, which means “fire”. Both have calming energies and bring warmth and fortune to the wearer. Citrine gets its name from the French word for “lemon” since citrine is usually known for its yellow and orange hues.
- November’s zodiac signs are **Scorpio** (October 23-November 21) and **Sagittarius** (November 22–December 21)
- The national holidays and observances include: **Día de los Muertos (Day of the Dead) (11/1-11/2)**, **Daylight Savings Day (11/3) (MAKE SURE TO SET YOUR CLOCKS!)**, **Election Day (11/5)**, **Veteran’s Day (11/11)**, **Fast Food Day (11/16)**, **Stuffing Day (11/21)**, **Thanksgiving (11/28)**, Black Friday (11/29)
- November 5th is **Election Day**. It’s important to vote and let your voice be heard.
- Be sure to roll your clocks back on November 3rd to count for Daylight Savings ending.
- **WCCA** and **OWLS Activity Center** will be closed on 11/28 in observance of Thanksgiving. Homebound clients will receive their meals in advance to account for closure. Normal operations will resume on Friday, 11/29.

If, for any reason, you are not going to be home during our Meals on Wheels delivery time, you should let us know! Call the office at 940-627-5329.

We know that sometimes you’ll be away from home during our delivery time. If you are going to be away for a day or two and would like us to give you frozen meals in advance, we can do that. You will need to give us enough notice to prepare them, though... a few business days, at least! However, for us to deliver your Meals on Wheels, SOMEONE must be home to take it! If we attempt to deliver and no one is there, we cannot and will not leave the food outside. After the second failed attempt to deliver to your address, you will be removed from our delivery list until you call us!

This newsletter has been created and edited by Niousha Zellner for WCCA. Do you have suggestions, questions, or want to inquire about ads? Please email nzellner@wisemeals.org.

Client Satisfaction Survey/ Encuesta de satisfacción del cliente

Please fill out this survey and return it to a Meals-on-Wheels delivery driver. / Complete esta encuesta y devuélvela a un repartidor de Meals-on-Wheels

Name/Nombre: _____

- 1. We've been sending out bags of extra food whenever we can. What do you think about them? / Hemos estado enviando bolsas de comida extra siempre que podemos. ¿Qué piensas de ellos?**

I like them, please keep sending them! /
Oh, me gustan, ¡sigue enviándolos!

Don't send me so much! Send me smaller bags or send them less frequently. / ¡No me envíes tanto! Envíame bolsas más pequeñas o envíalas con menos frecuencia.

Don't send me any! I don't use most of it, and I don't have room to store it. / *no me envíes cualquier! No uso la mayor parte y no tengo espacio para guardarlo.*

I don't really have an opinion... it's fine either way! / *Realmente no tengo una opinión... ¡está bien de cualquier manera!*

- 2. Do the meals taste good? / ¿Las comidas saben bien?**

Yes / Si Sometimes/ A veces No Don't Know / no lo sé

- 3. Is there enough food in each meal? / ¿Hay suficiente comida en cada comida?**

Yes / Si Sometimes/ A veces No Don't Know / no lo sé

- 4. Is the temperature of the meal satisfactory? / ¿La temperatura de la comida es satisfactoria?**

Yes / Si Sometimes/ A veces No Don't Know / no lo sé

- 5. Are the meals delivered on time? / ¿Las comidas se entregan a tiempo?**

Yes / Si Sometimes/ A veces No Don't Know / no lo sé

- 6. Is the person who delivers the meals friendly? / ¿La persona que entrega las comidas es amigable?**

Yes / Si Sometimes/ A veces No Don't Know / no lo sé

- 7. Overall, are you satisfied with the home delivered meal service? / *En general, ¿está satisfecho con el servicio de comida a domicilio?***

Yes / Si Sometimes/ A veces No Don't Know / no lo sé

- 8. Has anyone mentioned that you can make a donation toward the cost of the meals if you want? / ¿Alguien ha mencionado que puede hacer una donación para cubrir el costo de las comidas si lo desea?**

Yes / Si Sometimes/ A veces No Don't Know / no lo sé

- 9. As a result of getting the meals, have you been able to keep your independence? / *Como resultado de recibir las comidas, ¿ha podido mantener su independencia?***

Yes / Si Sometimes/ A veces No Don't Know / no lo sé

- 10. What has been your favorite of the meals we've served you? / De las comidas que te hemos servido, ¿cuál ha sido tu favorita?**

Comments:

Answers to THIS month's puzzles:



Solution:

1	S	A	3	U	C	E		6	A	V	I	V		10	B	A	R	B									
14	A	E	S	O	P			15	R	O	D	E		16	E	M	I	R									
17	K	O	A	L	A			18	R	I	O	T		19	N	O	N	E									
20	I	N	F	O				21	O	O	D	L	E	S		23	U	S	A								
								24	N	W	B	W		26	R	O	A	R	E	D							
28	P	A	P	Y	R	I								31	L	A	S	S									
32	O	U	R					33	Y	E	O	M	A	N		36	S	N	O	W							
40	S	T	O	P										42	P	A	Y		43	N	E	A	R				
44	H	O	M	E										45	P	U	L	S	A	R		48	S	H	E		
														49	S	K	I	S			51	D	A	T	S	U	N
53	R	E	C	O	I	L								56	P	A	T	H									
57	E	R	A					58	A	G	L	E	A	M			61	A	P	E	D						
65	A	R	I	A										67	R	O	D	S			68	S	N	O	R	E	
69	C	O	R	N										70	I	R	I	S			71	S	K	E	I	N	
72	T	R	O	Y										73	M	E	T	E			74	E	S	T	E	S	

From Duty to Brotherhood: Veterans Serving Veterans

Phil Loftis comes from a paternal line of military service dating back to prior to the Civil War. As a Navy Veteran, he has always wanted to ensure that our beloved Veterans are well cared for once they are discharged into civilian life. Phil switched industries two years ago to work with his wife Gianna in the home care business that she started over 17 yrs ago. Gianna has a Master's Degree in Healthcare Administration and has worked in healthcare for over 23 years.



Together they feel that they are a winning combination to help Wise County Veterans and their families. Phil and Gianna own and operate Home Instead where they have found the unique opportunity to serve Veterans with Home Care through the Community Care Network. Phil meets every Veteran in person as part of the initial evaluation process. The Community Care Network is a program offered to all veterans that are eligible for VA Healthcare to Veterans at no charge.

DID YOU KNOW THAT HOME INSTEAD CAN SERVICE VETERANS WITH



FREE HOME CARE



**FOR MORE INFORMATION, PLEASE CALL 940-799-9831
or e-mail Phil.Loftis@HomeInstead.com**

November

Across

1. Gravy
6. Tel __
10. Hook part
14. Fable writer
15. Traveled by car
16. Native ruler in Africa
17. Australian bear
18. Rampage
19. Not any
20. Information
21. Tons
23. North American nation
24. Northwest by west
26. Made a menacing noise
28. Egyptian paper (plr.)
31. Female child
32. Possessive pronoun
33. Navy cleric
36. Winter precipitation
40. Quilt moving
42. Earnings
43. Not far
44. Where a family lives
45. Type of star or watch
48. Her
49. Snow gliders
51. Nissan's former name
53. Cringe
56. Trail
57. Time period
58. Gleaming
61. Imitated
65. Opera solo
67. Poles
68. What people do in their sleep

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		59	60			61	62	63	64
65			66		67			68				
69					70				71			
72					73				74			

69. Cob vegetable
70. Bulb flower
71. Bundle of yarn
72. Helen of __
73. Dole out
74. Painter Richard

Down

1. Rice wine
2. Long time
3. U.S. Air Force
4. New territory dwellers
5. Environmental protection agency (abbr)
6. Indian Weapon
7. Invalidate
8. Teen hero
9. War returnee
10. TV lawyer Matlock
11. 'love' (Italian)
12. Wash
13. Bun
21. Off-Broadway award
22. Distress call
25. Sarcastic
27. Association (abbr.)
28. Ritzy
29. Motor vehicle
30. Cotillion
31. "You can't just eat one" brand
34. Musical composition
35. Bad (prefix)
37. Loch __ monster
38. Next to Kauai
39. Small bird
41. Mexican money
45. Early American
46. First man
47. Rodent
50. Killed in action
52. What you say after "please"
53. Act in response to something
54. Mistake
55. Egyptian capital
56. Old-fashioned
59. Traditional knowledge
60. Modify
62. Bard
63. Canal
64. Fox holes
66. Some
68. South southeast

Menu is subject to change due to availability.
We apologize for any inconvenience.

All of our meals are designated and approved by a certified nutritionist.

Wise County
Committee on Aging
November 2024

Due to current financial restraints, we do not have the budget to customize individual meals. Please donate!

Weekend meals are for Home Delivered Meals.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11/3/2024 Beef Stroganoff Green Beans Bread Hot Spiced Apples	11/4/2024 Citrus Baked Chicken Egg Noodles Broccoli Roll Apricot Crisps	11/5/2024 Baked Ham Yams Seasoned Cabbage Cornbread Gelatin with Fruit	11/6/2024 Beef Lasagna Tuscan Blend Vegetables Garlic Bread Buttermilk Cake	11/7/2024 Chili Baked Potato Broccoli Saltine Crackers Gingerbread Cake	11/8/2024 Chicken Fajitas Fiesta Rice Pinto Beans Tortilla Pineapple Chunks	11/9/2024 Grilled Sausage Link Black-Eyed Peas Okra Cornbread Mandarin Creamsicle Mousse
11/10/2024 Salisbury Steak w/Gravy Green Beans with Onions Roll Oatmeal Raisin Cookie Sour Cream & Chive Mashed Potato	11/11/2024 Shepherd's Pie Broccoli Bread Unfrosted Cake w/ Glaze	11/12/2024 Catch of the Day Oven Fried Potatoes Carrots Chocolate Cookie	11/13/2024 Arroz con Pollo Roasted Corn & Peppers Roll Escalloped Apples	11/14/2024 Lemon Pepper Tilapia Wild Rice Broccoli Cherry Crisp	11/15/2024 Rosemary Chicken Breast Baby Bakers Squash Medley Bread Cookie	11/16/2024 Braised Swiss Patty Peas & Onions New Potatoes Bread Mousse
11/17/2024 Scalloped Ham & Potatoes Okra and Tomatoes Cornbread Apricots	11/18/2024 Ham and Pinto Beans Greens Cornbread Fruited Gelatin	11/19/2024 Meatloaf Mashed Potatoes Green Beans Roll Mandarin Oranges	11/20/2024 Chicken Spaghetti Squash Medley Garden Salad Garlic Bread Escalloped Apples	11/21/2024 Pork Chili Verde Fluffy Rice Peas and Carrots Roll Angel Food Cake	11/22/2024 BBQ Pork Potato Wedges Coleslaw Bread Fruit Cobbler	11/23/2024 Ranch Chicken Garlic Mashed Potatoes Squash Roll Mandarin Oranges
11/24/2024 BBQ Beef Hot Potato Salad Green Beans Bread Chunky Fruit Cup	11/25/2024 White Chicken Chili Spinach with Onions Stewed Tomatoes Saltine Crackers Fruit Crisp	11/26/2024 Turkey Meatloaf Mashed Potatoes Rice Pilaf Zucchini Cornbread Cobbler	11/27/2024 Cranberry Glazed Pork Loin Baby Lima Beans Spiced Carrots Bread Espresso Cake	11/28/2024 Roasted Turkey w/Gravy Cranberry Sauce Mashed Potatoes Cornbread Dressing Green Beans Pumpkin Cookie	11/29/2024 Chicken Parmesan Spaghetti w/Sauce Italian Green Beans Garlic Breadstick Cinnamon Peaches	11/30/2024 Hawaiian Chicken Fried Rice Sugar Snap Peas Hawaiian Dinner Roll Fruit Gelatin w/Marshmallows

WCCA
WISE COUNTY COMMITTEE ON AGING
WISEMEALS.ORG (940) 627-5329

OWLS
 Organized Wise County Lunches for Seniors






MenuManager
 Menu Management System

MEALS on WHEELS
WISE COUNTY
 TOGETHER, WE CAN DELIVER.

HDM Clients: Milk/Juice delivered along with the weeks first meal.

November/Noviembre 2024



Sunday/Domingo	Monday/Lunes	Tuesday/Martes	Wednesday/Miércoles	Thursday/Jueve	Friday/Viernes	Saturday/Sábado
						
	<p>Our Thanksgiving Party on the 26th will be potluck style. Please take a look at the menu to see what we will be serving and bring something that would compliment it. We look forward to seeing everyone there and celebrating it together.</p>					
3	<p>4</p> <p>Bingo 9:30</p> <p>Lunch/Almuerzo 11:30</p> <p>Cards/Dominos 12 - 1pm</p>	<p>5</p> <p>Walk 9:15</p> <p>Lunch/Almuerzo 11:30</p> <p>Lotería 1pm</p> <p>Cardio 2pm</p>	<p>6</p> <p>Bingo 9:30</p> <p>Lunch/Almuerzo 11:30</p> <p>Medicare w/ Advance Senior Options 12pm</p>	<p>7</p> <p>Walk 9:15</p> <p>Yoga 10am-11am</p> <p>Lunch/Almuerzo 11:30</p> <p>Cards/Dominos 12 - 1pm</p>	<p>8</p> <p>Walk 9:15</p> <p>Cards 9:30</p> <p>Lunch/Almuerzo 11:30</p> <p>Clase de Jackie y Cumpleanos 1pm</p>	<p>9</p>
10	<p>11</p> <p>Bingo 9:30</p> <p>Lunch/Almuerzo 11:30</p> <p>Trivia & Open for Medicare 12:00</p>	<p>12</p> <p>Walk 9:15</p> <p>Lunch/Almuerzo 11:30</p> <p>Lotería 1pm</p> <p>Pratica 2pm</p>	<p>13</p> <p>Bingo 9:30</p> <p>Lunch/Almuerzo 11:30</p> <p>Cards/Dominos 12pm-1pm</p>	<p>14</p> <p>Walk 9:15</p> <p>Cards/Dominos 9:30</p> <p>Yoga 10am-11am</p> <p>Lunch/Almuerzo 11:30</p> <p>Cards/Dominos 12 - 1pm</p>	<p>15</p> <p>Walk 9:15</p> <p>Cards 9:30</p> <p>Lunch/Almuerzo 11:30</p> <p>Spanish/Espanol Financial Presentation Edward Jones 1pm</p>	<p>16</p>
17	<p>18</p> <p>Bingo 9:30</p> <p>Lunch/Almuerzo 11:30</p> <p>Cards/Dominos 12 - 1pm</p>	<p>19</p> <p>Walk 9:15</p> <p>Lunch/Almuerzo 11:30</p> <p>Lotería 1pm</p> <p>Cardio 2pm</p>	<p>20</p> <p>Bingo 9:30</p> <p>Lunch/Almuerzo 11:30</p> <p>Healthy Living for Your Brain and Body 12 pm</p>	<p>21</p> <p>Walk 9:15</p> <p>Cards/Dominos 9:30</p> <p>Yoga 10am-11am</p> <p>Lunch/Almuerzo 11:30</p> <p>Cards/Dominos 12 - 1pm</p>	<p>22</p> <p>Walk 9:15</p> <p>Cards 9:30</p> <p>Lunch/Almuerzo 11:30</p> <p>Musica y Manualidades 1pm</p>	<p>23</p>
24	<p>25</p> <p>Bingo 9:30</p> <p>Lunch/Almuerzo 11:30</p> <p>Cards/Dominos 12 - 1pm</p>	<p>26</p> <p>Potluck Thanksgiving 11am - 3 pm</p> 	<p>27</p> <p>Bingo 9:30</p> <p>Lunch/Almuerzo 11:30</p> <p>Cards/Dominos 12pm-1pm</p>	<p>28</p> <p>Closed for Thanksgiving</p> 	<p>29</p> <p>Walk 9:15</p> <p>Cards 9:30</p> <p>Lunch/Almuerzo 11:30</p>	<p>30</p>



All of our parties at the **OWLS Activity Center** are potluck style. Please take a look at the menu to see what we will be serving and bring something that would compliment it!




COME CELEBRATE WITH OTHER SENIORS

OWLS CENTER HOLIDAY PARTIES



HOSTED BY WCCA

POTLUCK STYLE MEALS 

OCTOBER 31 - HALLOWEEN
NOVEMBER 26 - THANKSGIVING
DECEMBER 20- CHRISTMAS
DECEMBER 31 - NEW YEARS EVE

OWLS ACTIVITY CENTER
 940-627-5329

1200 N MILLER ST.
 DECATUR, TX 76234



Please Join Us For A Gathering Of
**STAFF, VOLUNTEERS,
 & SENIORS**

*To Celebrate
 Thanksgiving Day*

Tuesday 26th	November, 2024 11-3
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Potluck Style

OWLS Activity Center
 1200 N Miller St. Decatur, TX 76234



NOTICIAS



Centro Cultural
de las Bellas Artes



TELEMUNDO 39

El noticiero Telemundo entrevistó a nuestros Abuelitos e hizo un nota muy especial para nuestro programa. El 15 de noviembre vamos a reunirnos todos y mirar la nota! No te lo pierdas!

El Abuelitos Miguel Gallegos en la entrevista de Telemundo.

OPEN HOUSE

Nuestra OPEN HOUSE fue todo un éxito! Las familias tuvieron la oportunidad de aprender sobre el Centro Cultural de las Bellas Artes y disfrutar de las hermosas manualidades de los Abuelitos



Abuelita Elena Carrillo con su familia disfrutando en el OPEN HOUSE

Sigue nuestra Pagina en el Facebook:
Abuelitos Unidos del Condado de Wise

ABUELITOS UNIDOS DEL CONDADO DE WISE

EDICIÓN 11 ● NOVIEMBRE ● SOCIEDAD

ARTISTA INTERNACIONAL



El Artista internacional Jorge Dominguez visitandonos desde Veracruz, Mexico con sus obras de Arte. Fue un honor tenerlo de invitado especial en el Open House.



Las familias muy felices en el Open House, aqui podemos ver a la Abuelita Maria DeLeon con sus hijos.

SERVICIO COMUNITARIO



Los Abuelitos ayudando en el jardín Comunitario de Bridgeport. Fue un placer ayudar en este hermoso lugar. Tambien los Abuelitos que ayudaron pudieron disfrutar de los vegetales que se dieron por la temporada. Si usted quiere ser parte de este proyecto, favor de comunicarse con Jackie Gonzalez.



DIA DE ACCION DE GRACIAS

Nuestra fiesta de Acción de Gracias es el 26 de noviembre, ese día traeremos nuestros platos favoritos para compartir con nuestra familia de Abuelitos!

Los invitamos a que traigan a un amigo(a) o familiar a esta fiesta familiar.

Thanksgiving to Go

This holiday season, give your family the gift of time and order your Thanksgiving dinner from DCC! Our chef-crafted menu provides the basics, allowing you time to make those special family recipes to complete your holiday menu. Feed 10 hungry adults for \$200 + tax.

Menu

Traditional Roasted Turkey Breast

Served with turkey gravy and whole cranberry sauce

Southern Cornbread Dressing

Green Bean Casserole

Grand Marnier Sweet Potato Casserole

with pecan streusel topping

Hawaiian Rolls

Choice of Apple, Dutch Apple, Pecan or Pumpkin Pie

dcc

Decatur Conference Center

**Call 940-393-0280
to order!**

Deadline to order: November 20th

Pick-up: November 27th

