



WISE COUNTY

Meals On Wheels

WCCA

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

Newsletter

September

2024

Our local organization has served over 70,000 MEALS to both homebound & other seniors this year. But the need is growing dramatically, and our income is not keeping up with the increasing demand & food costs. We need your help to ensure that no Wise County seniors go hungry or without services. NTX Giving Day is on September 19. Please consider donating to help us meet our goal!

COMMUNITIES FOUNDATION of TEXAS
— NTX —
GIVING DAY
9.19.24



Scan this logo with your phone
to help us feed seniors in Wise
County!



Providing Vital Resources for Wise County Seniors!



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

HOMEBOUND CLIENTS ONLY

THIS IS YOUR LAST MONTH!!

Look Out! Christmas is Coming!

Only a few months until Christmas!

WCCA is pleased to partner with Angels Care Home Health and other organizations to get “Angel Tree” gifts to our clients!

Please help us by providing us with certain information about you and returning it to us – give your delivery driver this form, filled out, by November 1, 2024! (After that date, we will be UNABLE to add you to the list!)

Your name will not be shared outside of the WCCA office!

Name: _____

Shirt size _____

Pants size _____

Housedress or Robe size _____

Shoe/Slippers size _____

Do you need a space heater? _____

Coat size _____

Gloves size _____

Do you have a special need for an item? If so, what?

Answers to THIS month's puzzles:

HIDDEN QUOTATION
BY
Margaret Mead



Sponsor this ad space
for \$25/month
This ad space contributes to the cost
of printing newsletters in house each
month
4" x 1.75"
Recommended for Business Cards

For ad inquiries, please contact Niousha at nzellner@wisemeals.org



Sponsor this ad space
for \$25/month
This ad space contributes to the cost
of printing newsletters in house each
month
4" x 1.75"
Recommended for Business Cards

For ad inquiries, please contact Niousha at nzellner@wisemeals.org

Solution:

1	P	2	U	3	N		4	T	5	O	6	T	7	E	8	M		9	A	10	Z	11	T	12	E	13	C
14	O	N	E				15	A	L	A	M	O						16	I	O	W	A	N				
17	S	E	A				18	R	E	R	U	N						19	D	O	O	R	S				
20	T	A	T	21	T	O	O						22	D	I	E	M										
24	U	S	E	R						25	T	S	A	R				27	S	28	W	29	I	30	M		
31	M	Y	N	A				32	P	R	A	Y	S									33	I	C	E		
							34	V	I	S	I	T						36	W	37	I	D	E	N			
						38	P	R	E	M	I	X						40	P	R	O	B	E	D			
42	W	H	E	L	P								43	C	R	O	N	E									
44	A	I	D							45	F	A	D	E	D					47	R	A	S	P			
51	G	L	O	B						53	C	I	T	Y								54	I	N	T	O	
										55	A	F	A	R					57	K	H	A	K	I	S		
59	F	60	L	61	U	K	E			62	M	A	I	N	E					65	A	R	T				
66	R	I	S	E	R					67	A	C	T	O	R					68	R	U	E				
69	Y	E	A	R	N					70	N	E	S	T	S					71	A	P	R				



CLEAR PATH

HOME CARE



Exceptional Senior Care at Home

- Activities of Daily Living
- Dementia/Alzheimer's Support
- Palliative Care Support
- Hospice Support
- Home Health Support
- Incontinence Care
- Aging In Place Support
- 24 Hour Care
- Respite Care
- Meal Preparation
- Shopping/Errands
- Light Housekeeping
- Laundry Service
- Transition to Home
- Transportation



Brenda Lee
Office (817) 928-5788
Cell (940) 456-4097
Brenda@clearpathhomecare.com

Your Weight

What You Need to Know about Nutrition

Keeping your weight stable as you age is a sign of good health. You should aim to keep your weight as stable as possible. If you lose or gain weight without trying to, you should contact your doctor right away.

Weight gain can occur if you are not physically active enough. Weight loss may happen because you are not eating enough calories. Being overweight or underweight may make it more difficult to recover from an illness or accident. Either situation can also lead to poor health.

A change in your weight is an important warning sign and should not be ignored. Contact your healthcare provider if you notice a change in your weight.

Tips for a Healthy Weight

- * Aim to keep your weight stable.
- * Weigh yourself regularly. Use the same scale at the same time of day.
- * Track your weight. Give this information to your healthcare provider.
- * Talk with your healthcare provider or a Registered Dietitian Nutritionist if you want to lose weight. Fad diets leading to rapid weight loss are not recommended.
- * Plan nutritious meals and snacks so you get the energy, protein, and nutrients you need to keep your body at a stable weight. Fruits, vegetables, whole grains, lean meats, and low-fat dairy products should be a regular part of your meals.



Find more information on Smart Choices for Healthy Aging at:
<https://www.nia.nih.gov/health/publication/whats-your-plate>

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information, or veteran status.

Across

1. Play on words
4. Emblem
9. Ancient Indian
14. Less than two
15. "Remember the _"
16. Midwestern state denizen
17. Ocean
18. Old show
19. Entrances
20. Body picture
22. Carpe __
24. Consumer
25. Despot
27. Play in the water
31. Asian Bird
32. Speaks to God
33. Sorbet
34. Go to see
36. Enlarge
38. Blend Forge
40. Examined
42. Pup
43. Old woman
44. Relief
45. Washed-out
47. File
51. Chunk
53. Area with many people living and working close together
54. Within
55. Far away
57. Tan colors
59. Chance
62. Pine Tree State
65. Creative work
66. Bleacher
67. Performer
68. Fear
69. Want
70. Bird homes
71. Rainy mo.

Down

1. Brand of hot cereal beverage
2. Disconcerted
3. Straighten out
4. Tropical edible root
5. Margarine
6. Sticky black substance
7. Flightless bird
8. Second day of the week
9. Helper
10. Soars
11. Pair
12. Hearing part
13. Central nervous system
21. Journey
23. Internal Revenue Service
25. Kid's cereal brand
26. Stood opposite
28. Expansive
29. Chilled
30. Males
32. Pressure unit
35. Elf
36. Aced
37. European peninsula Spain's peninsula
38. Mr. Donahue
39. Remake
40. Quarry
41. Pole
42. Tail movement
43. Central daylight time
45. Farm credit administration (abbr.)
46. Flyer
48. National capital
49. Incite (2 wds)
50. Sign
52. Bread maker
56. Plant life
57. Tangle
58. Possessive pronoun
59. Cook with oil
60. Tell a tall tale
61. America
63. Whiz
64. __ A Small World...

Crossword Puzzle

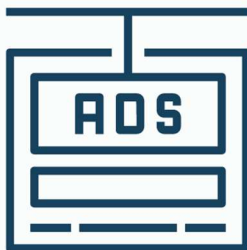
Labor Day

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		

Labor Day

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

ACHIEVEMENT
 INDUSTRY
 LABOR
 HOLIDAY
 FEDERATION
 EMPLOYER
 ECONOMIC
 PARADE
 SEPTEMBER
 SOCIAL
 PICNIC
 FAMILY
 SUPERINTENDENT
 EDUCATION
 NATIONAL
 WORKERS
 MOVEMENT
 UNIONS
 TOIL



**Sponsor this ad space
 for \$50/month**
 This ad space contributes to the cost
 of printing newsletters in house each
 month
 8" x 2.5"

For ad inquiries, please contact Niousha at nzellner@wisemeals.org

SEPTEMBER/SEPTIEMBRE 2024

Sunday/Domingo	Monday/Lunes	Tuesday/Martes	Wednesday/Miércoles	Thursday/Jueve	Friday/Viernes	Saturday/Sábado
1	2 	3 Cards 9:30 Lunch/Almuerzo 11:30 Ejercicios/ Exercise	4 Bingo 9:30 Lunch/Almuerzo 11:30	5 Cards 9:30 Lunch/Almuerzo 11:30	6 Cards 9:30 Lunch/Almuerzo 11:30 Jackie y Yoga/ Jackie & Yoada	7
8	9 Bingo 9:30 Lunch/Almuerzo 11:30 Practica/Practice	10 Cards 9:30 Lunch/Almuerzo 11:30 Practica/Practice	11 Bingo 9:30 Lunch/Almuerzo 11:30	12 Cards 9:30 Lunch/Almuerzo 11:30	13 Cards 9:30 Lunch/Almuerzo 11:30 Grito Party	14
15 Dos Chiles	16 Bingo 9:30 Lunch/Almuerzo 11:30	17 Cards 9:30 Lunch/Almuerzo 11:30 Practica/Practice Asilo de Fort Worth / Fort Worth Asylum	18 Bingo 9:30 Lunch/Almuerzo 11:30	19 Cards 9:30 Lunch/Almuerzo 11:30	20 Cards 9:30 Lunch/Almuerzo 11:30 Manualidades y Música / Music & Crafts	21
22	23 Bingo 9:30 Lunch/Almuerzo 11:30 Practica/Practice	24 Cards 9:30 Lunch/Almuerzo 11:30 Biblioteca de Chico Evento Cultural / Chico Library Cultural Event	25 Bingo 9:30 Lunch/Almuerzo 11:30	26 Cards 9:30 Lunch/Almuerzo 11:30	27 Cards 9:30 Lunch/Almuerzo 11:30 Trivia y Cardio/ Trivia & Cardio	28
29	30 Bingo 9:30 Lunch/Almuerzo 11:30 Practica/Practice					

Do you sell to seniors? We have over 200 seniors to whom we distribute this newsletter. Want your ad in the newsletter? Your coupon, ad, or business card could be displayed here! Contact nzellner@wisemeals.org for inquiries or questions.



Sponsor this ad space
for \$25/month
This ad space contributes to the cost
of printing newsletters in house each
month
4" x 1.75"
Recommended for Business Cards

For ad inquiries, please contact Niousha at nzellner@wisemeals.org



Help us feed seniors by donating!

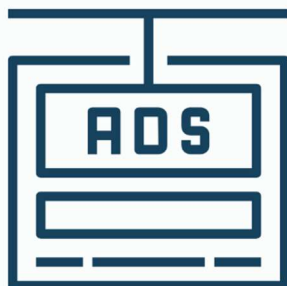
Sponsor this ad space
for \$25/month
This ad space contributes to the cost
of printing newsletters in house each
month
4" x 1.75"
Recommended for Business Cards

For ad inquiries, please contact Niousha at nzellner@wisemeals.org



Sponsor this ad space
for \$50/month
This ad space contributes to the cost
of printing newsletters in house each
month
8" x 2.5"

For ad inquiries, please contact Niousha at nzellner@wisemeals.org



Sponsor this ad space
for \$100/month
This ad space contributes to the cost
of printing newsletters in house each
month
8" x 4.5"

For ad inquiries, please contact Niousha at nzellner@wisemeals.org

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
September 2024**

We do not have the funds to customize your food, we apologize if you don't like the food.

**Weekend meals are for Home
Delivered Meals.**

Sunday 9/1/2024	Monday 9/2/2024	Tuesday 9/3/2024	Wednesday 9/4/2024	Thursday 9/5/2024	Friday 9/6/2024	Saturday 9/7/2024
Oven Fried Chicken Whipped Sweet Potato Broccoli Roll Fruit Crisp	BBQ Stuffed Potato Carrots Peach Cobbler	Beef Fajita Tips Spanish Rice Charro Beans Shred Lettuce & Chop Tomato Tortilla Pears	Chicken Tenders Garlic Mashed Potatoes Vegetable Medley Roll Oatmeal Raisin Cookie	Beef & Pasta Casserole Zucchini Tossed Salad Dressing Bread Apple Brown Betty	Pesto Chicken Salad Lett/Tom/Pickle/Onion Hamburger Bun Old Fashion Potato Salad Pea Salad Fresh Fruit	Beef Enchiladas Spanish Rice Pinto Beans Lettuce Tomato Salad Salsa Fresh Fruit
Sunday 9/8/2024	Monday 9/9/2024	Tuesday 9/10/2024	Wednesday 9/11/2024	Thursday 9/12/2024	Friday 9/13/2024	Saturday 9/14/2024
Turkey Rice Casserole Green Pea Salad Calico Corn Roll Strawberry Oatmeal Cake	Pulled Pork w/BBQ Sauce Hamburger Bun Baked Beans Herbed Corn Onion Slices Fruit	Meatballs Spaghetti w/Sauce Broccoli Florets Roll Cinnamon Peaches	Grilled Chicken Sandwich Baked Steak Fries Buttered Carrots Lettuce & Tomato Slices Pudding Parfait	Roast Turkey Cornbread Dressing Poultry Gravy Green Beans Cranberry Sauce Mandarin Orange Fluff	Chicken Fajitas Fluffy Rice Charro Beans Lettuce & Tomato Tortilla & Salsa Applesauce	Hamburger Steak Onion Gravy Chuckwagon Corn Broccoli Cauliflower Medley Roll Banana Pudding w/Wafers
Sunday 9/15/2024	Monday 9/16/2024	Tuesday 9/17/2024	Wednesday 9/18/2024	Thursday 9/19/2024	Friday 9/20/2024	Saturday 9/21/2024
Chicken Spaghetti Squash Medley Garden Salad Roll Italian Dressing Escaloped Apples	Meatloaf Mashed Potatoes Herbed Green Beans Roll Ketchup Fruit Gelatin	Citrus Baked Chicken Whipped Sweet Potato Peas & Carrots Roll Frosted Angel Food Cake	Crunchy Baked Fish Roasted Red Potatoes Tangy Coleslaw Bread Hot Spiced Peaches	Chicken & Dumplings Carrots Saltine Crackers Apple Crisp	Chef's Salad Garden Pasta Salad Watermelon Chunks Oatmeal Raisin Cookie	Stuffed Cabbage Casserole Baby Bakers Cauliflower Sidekick Fruit Cup
Sunday 9/22/2024	Monday 9/23/2024	Tuesday 9/24/2024	Wednesday 9/25/2024	Thursday 9/26/2024	Friday 9/27/2024	Saturday 9/28/2024
Egg & Sausage Casserole Oven Potatoes Spinach with Onions Roll Strawberry Yogurt Parfait	Chicken Pasta Primavera Italian Green Beans Fresh Tossed Salad Dressing Bread Cinnamon Apples	Rotini & Meat Sauce Tossed Salad Italian Vegetables Bread Peach Cobbler	Grilled Chicken Pattie Oven Baked French Fries Buttered Corn Lett/Tom/Pickle/Onion Hamburger Bun Fresh Fruit	Baked Pork Chop Baked Sweet Potato Brussels Sprouts Roll Angel Food Cake	Chicken & Broccoli Stir Fry Fluffy Rice Vegetable Egg Roll Tropical Fruit Fortune Cookie	Baked Fish Au Gratin Potatoes Coleslaw Bread Fresh Fruit





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

Organizer: *Wise County*
 Lunches for Seniors
 MenuManager by One & Done Company
 Open to Seniors 65+
 T.V. - L.C. # DT8 1090

MEALS ON WHEELS
WISE COUNTY
 TOGETHER, WE CAN DELIVER.

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



**Sponsor this full page ad space
for \$200/month**

**This ad space contributes to the
cost of printing newsletters in
house each month**

8" x 11"

For ad inquiries, please contact Niousha at
nzellner@wisemeals.org