



MEALS ON WHEELS

A Monthly Newsletter by
Niousha Zellner for WCCA

JUNE BIRTHSTONE & ZODIAC

June's birthstones—pearl, alexandrite, and moonstone — each carry unique meanings. Pearls symbolize purity and wisdom, alexandrite represents balance and joy with its color-changing magic, and moonstone is linked to intuition and new beginnings.

June's zodiac signs are Gemini (May 21 – June 20) and Cancer (June 21 – July 22). Gemini is known for being curious and communicative, while Cancer is nurturing, intuitive, and deeply emotional.

JUNE HOLIDAYS

June is packed with meaningful holidays and lighthearted celebrations. **Flag Day** on June 14 honors the adoption of the U.S. flag in 1777, while **Father's Day**, celebrated on the third Sunday of the month (June 16), is a special time to recognize dads and father figures. **Juneteenth** on June 19 commemorates the end of slavery in the United States and is now a federal holiday. June is also **Alzheimer's & Brain Awareness Month**, encouraging support and education for those affected by cognitive conditions. On the lighter side, food lovers can enjoy **National Doughnut Day** (first Friday in June), **National Iced Tea Day** (June 10), **National Peanut Butter Cookie Day** (June 12), **National Fudge Day** (June 16), and **National Chocolate Pudding Day** (June 26), making it a sweet month in more ways than one.

IMPORTANT NOTICE

Last month, we shared that we lost federal funding, and we're so thankful for the outpouring of concern and support. Some seniors called to cancel their meals, and a few families generously stepped up to help. While we truly appreciate it, removing one person doesn't reduce our costs—we're still preparing and paying for those meals, and your continued participation helps us stretch our resources. To help bridge the gap, we've launched a new campaign to partner with local businesses and restaurants. If you or your family see one of our flyers while out and about, please show your support by thanking the business, spreading the word, or simply choosing to shop or dine there. Every little bit helps!

Please note: Someone must be home for meal delivery. We cannot leave food outside or unattended. After two failed delivery attempts or if we cannot contact you, you will be removed from the delivery list until you call us.

Thank you for your cooperation!



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 <u>any</u>! I don't use most of it, and I don't have room to store it. / <i>no me envíes cualquier!</i> No uso la mayor parte y no tengo espacio para guardarlo. ☐ I don't really have an opinion... it's fine either way! / <i>Realmente no tengo una opinión... ¡está bien de cualquier manera!</i>
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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:

ALZHEIMERS

TOP 10 EARLY SIGNS



MEMORY LOSS



**CHANGES
IN MOOD**



**MISPLACING
BELONGINGS**



**HARD TO COMPLETE
FAMILIAR TASK**



**CONFUSION OF
TIME AND PLACE**



**SOCIAL
WITHDRAWAL**



**POOR
JUDGEMENT**



**STRUGGLING TO
COMMUNICATE**



**CHANGES IN
VISION**

June is Alzheimer's & Brain Awareness Month

This month is a powerful reminder to take time to learn more about Alzheimer's disease—a condition that affects millions of individuals and families. In this issue, we've shared the top 10 early warning signs. If you or someone you love is experiencing any of these symptoms, don't wait. Talk to your doctor, ask questions, and seek support. Early detection matters, and understanding the signs is the first step toward getting the right care. Let's use this month to educate ourselves, start conversations with our loved ones, and bring more awareness to a disease that touches so many lives.

Answer to this month's puzzle:

Solution:

1	A	2	S	3	H		4	R	5	S	6	V	7	P		8	O	9	A	10	K
11	L	O	O				12	E	W	E	R					13	J	U	N	E	
14	A	D	S				15	L	A	T	E					16	A	T	T	Y	
17	S	A	P			18	P	O	R	O				19	H	I	D	E	S		
						20	R	A	M			21	F	I	N	O					
22	S	23	Y	24	N	O	D			25	D	U	D		26	O	27	A	R		
29	T	E	E	M				30	F	A	N			31	A	R	T	Y			
32	M	A	C					33	H	E	Y			34	F	U	S	E	E		
						35	K	36	N	O	B			37	K	I	N				
38	39	I	N	L	A	Y				40	B	A	N	T	41	E	42	R	43	S	
44	B	I	A	S						45	Z	O	R	I		46	R	A	W		
47	I	N	C	A						48	A	L	M	A		49	I	I	I		
50	S	E	E							51	P	E	A	L		52	E	L	M		

What did the ocean say to the beach?

Nothing. It just waved.

Why aren't lobsters generous?

Because they're shellfish

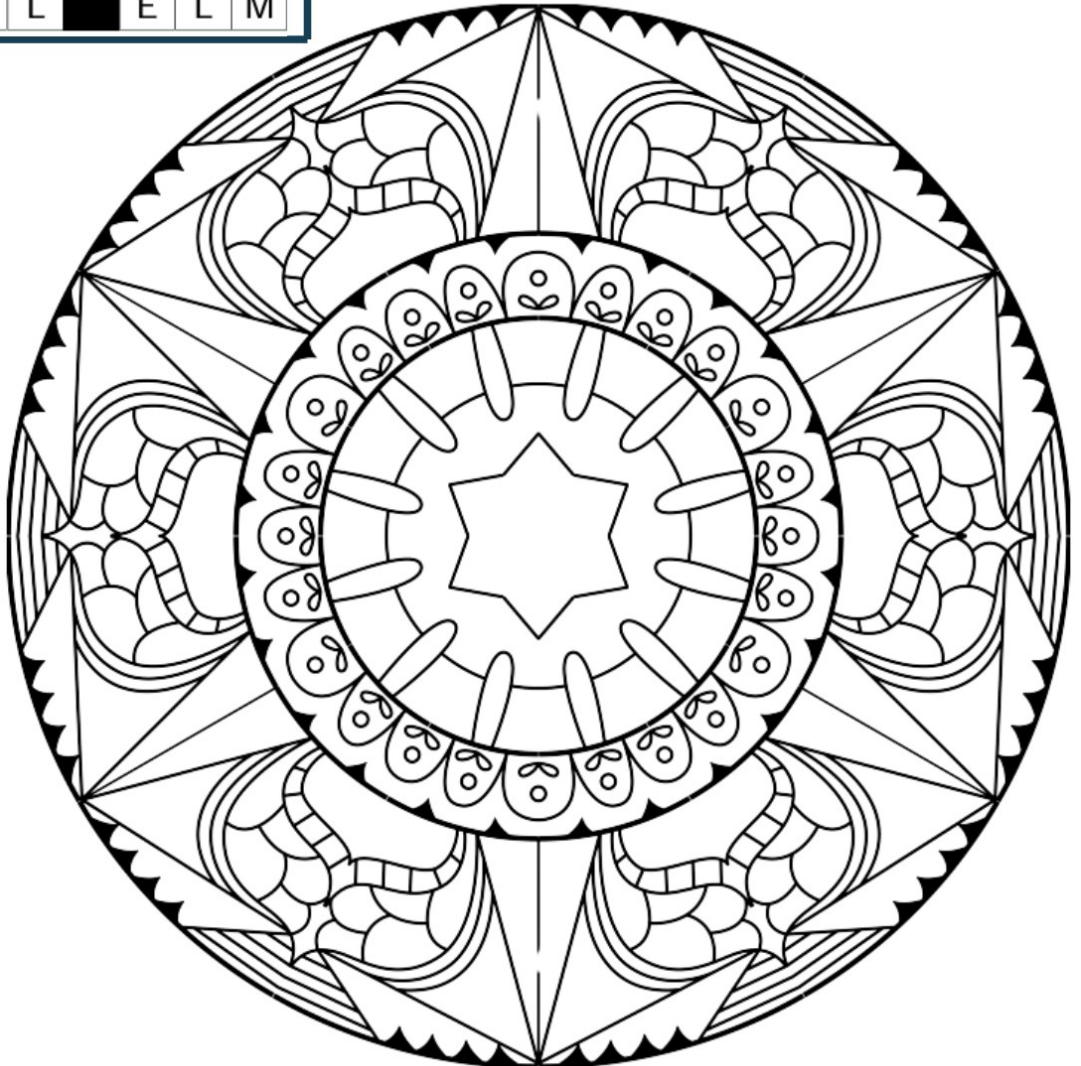
Where do birds stay when they go on vacation? Someplace cheep.

Did you hear about the ice cream truck accident? It crashed on a rocky road.

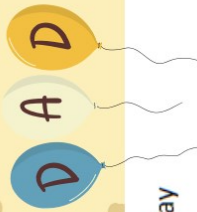
Did you hear about the dog who wears a swimsuit? Apparently, it looks quite fetching.

Why don't seashells take baths? Because they wash up on the beach.

Color Me



June



Monday	Tuesday	Wednesday	Thursday	Friday
02 Bingo w/Brian 9:30 Lunch/Almuerzo 11:30 Craft/Cards 12-1	03 Cards Lunch/Almuerzo 11:30 Loteria Practica	04 Bingo w/Steve 9:30 Lunch/Almuerzo 11:30 Cards/Dominos 12-1	05 Bingo w/Carla Homestyle Lunch 11:30 Cards/Dominos 12-1	06 Paint Dot to Dot Lunch/Almuerzo 11:30 Clase de Jackie
09 Bingo w/Brian 9:30 Lunch/Almuerzo 11:30 Crafts/Cards 12-1	10 Cards Lunch/Almuerzo 11:30 Cardio Practica Junta de lideres	11 Bingo w/Steve 9:30 Hydration Station w/Tiffany 11:30 Lunch/Almuerzo 11:30 Cards/Dominos 12-1	12 Bingo w/Christy 9:30 Homestyle Lunch 11:30 Cards/Dominos 12-1	13 Memory Bear Craft Lunch/Almuerzo 11:30 Regreso a los 50 Dia del Padre
16 Bingo w/Brian 9:30 Lunch/Almuerzo 11:30 Crafts/Cards 12-1	17 Cards Lunch/Almuerzo 11:30 Loteria Practica	18 Bingo w/Steve 9:30 Lunch/Almuerzo 11:30 Cards/Dominos 12-1	19 Movie Day Homestyle Lunch 11:30	20 Memory Bear Craft Lunch/Almuerzo 11:30 Loteria Session de Fotos
23 Bingo w/Brian 9:30 Lunch/Almuerzo 11:30 Craft/Cards 12-1	24 Brian w/Medicare 9:30 Lunch/Almuerzo 11:30 Escuela NorthWest ISD	25 Bingo w/Steve 9:30 Cards/Dominos 12-1 Lunch/Almuerzo 11:30	26 Bingo w/Christy 9:30 Homestyle Lunch 11:30	27 Rock Painting Lunch/Almuerzo 11:30 Manualidades Musica
30 Bingo w/Brian 9:30 Lunch/Almuerzo 11:30 Craft/Cards 12-1	HAPPY FATHERS DAY 			

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

Wise County Committee on Aging June 2025

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

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

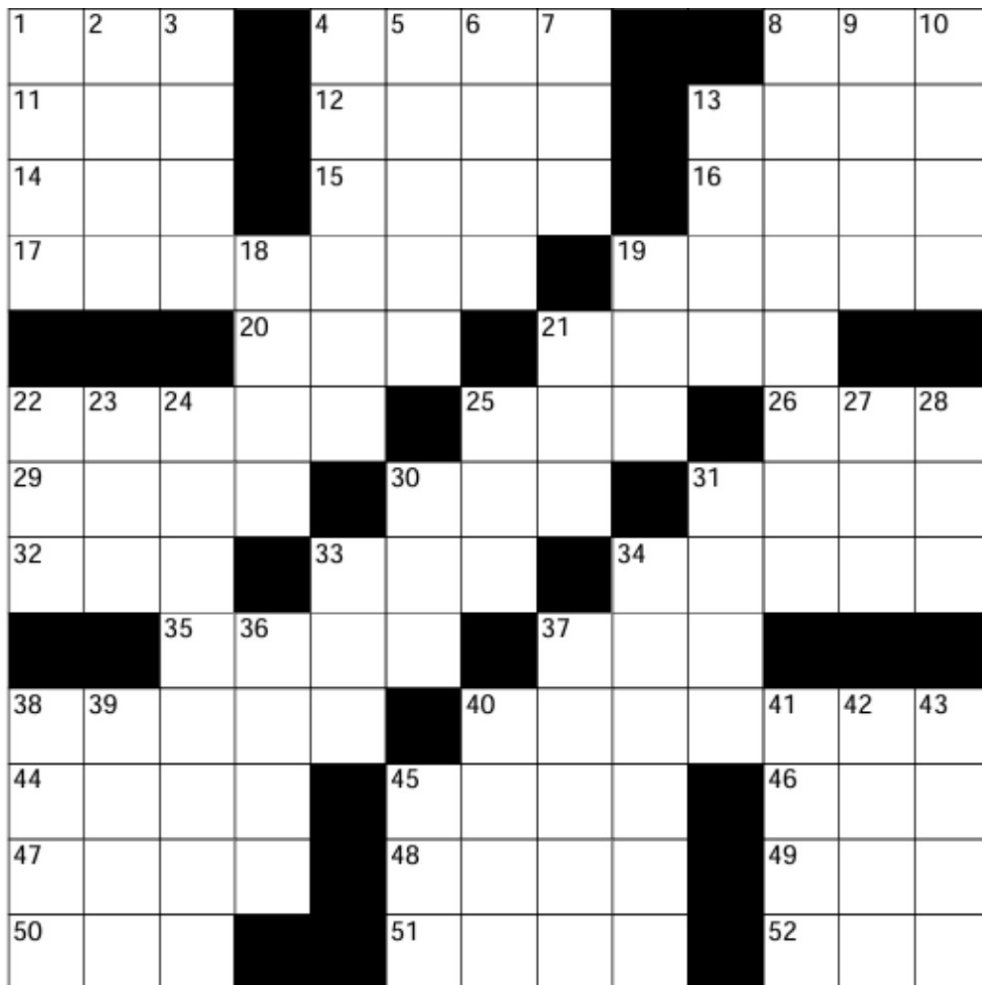
Monday 6/2/2025	Tuesday 6/3/2025	Wednesday 6/4/2025	Thursday 6/5/2025	Friday 6/6/2025
Beef Macaroni Casserole Italian Vegetables Tossed Salad Roll Bread Pudding	Sweet & Sour Chicken Brown Rice Steamed Broccoli Fortune Cookie	Meatloaf Mashed Potatoes gravy Seasoned Carrots Fresh Apple Crisp	BBQ Chicken Baked Sweet Potato Seasoned Spinach Bun Angel Food Cake	Hamburger with Veggies French Fries Steamed Vegetable Mixed Fruit
Monday 6/9/2025	Tuesday 6/10/2025	Wednesday 6/11/2025	Thursday 6/12/2025	Friday 6/13/2025
Chicken Tenders Yams Mixed Vegetables Peaches with Whipped Topping	Tyrkey Rice Casserole Green Peas Candied Carrots Roll Mixed Fruit Cup	Open Faced Roast Beef Sandwich Mashed Potatoes Gravy Seasoned green Peas Yellow Cake	Baked Pork Chop Mashed sweet Potato Greens beans with Onions Garlic Roll Applesauce Cake	BBQ Baked Potato Buttered Corn Seasonal Fresh Fruit
Monday 6/16/2025	Tuesday 6/17/2025	Wednesday 6/18/2025	Thursday 6/19/2025	Friday 6/20/2025
Shredded Rosemary Chicken Rice Pilaf Seasoned Carrots Roll Fruit Yogurt	Stuffed Pepper Casserole Yellow Squash Tosed Salad Roll Cherry Crisp	Chicken Salad Sandwich Green Pea Salad Chunky Fruit Medley Upside Down Cake	Beef Steak Fingers Cream Gravy Mashed Potatoes Seasoned Broccoli Bread Seasonal Fresh Fruit	Tuna Salad Southwest Hominy Tossed Salad Roll Fruit Crisp
Monday 6/23/2025	Tuesday 6/24/2025	Wednesday 6/25/2025	Thursday 6/26/2025	Friday 6/27/2025
Chicken Pasta Primavera Green Beans Tossed Salad Garlic Bread Peach Cobbler	Chef's Salad Garden Pasta Salad Lettuce, Tomato, & Onion Fruit Cup Oatmeal Raisin Cookie	Pork Carnita Taco Pinto Beans Coleslaw w/Cilantro Lime Dress Escalloped Peaches	Meatballs w/Gravy Fluffy Rice Vegetable Medley Roll Emerald Pears	Blackened chicken Red Roasted Potatoes Seasoned Spinach Roll Mandarin Orange Fluff

 WCCA WISE COUNTY COMMITTEE on AGING WISEMEALS.ORG (940) 627-5329	 Owls Organized Wise County Lunches for Seniors	 MEALS on WHEELS WISE COUNTY TOGETHER, WE CAN DELIVER.
Monday 6/30/2025 Chicken Tenders Garlic Mashed Potatoes Vegetable Medley Roll Oatmeal Raisin Cookie		



DOWN

1. Alack's partner
2. Pop
3. Hospital (abbr.)
4. Put more ammunition in
5. Horde
6. Oppose
7. Before (prefix)
8. In the open; outside
9. Parlay
10. Lock partners
13. Jainism believer
18. Cotillion
19. Lurked
21. Happiness
22. Short-term memory
23. Yes
24. Choker
25. Father's ____
27. Dined
28. Grain
30. Second month (abbr.)
31. Relative
33. Used to attract attention
34. Ornament on a post
36. Space administration
37. Destiny
38. Wading bird
39. Before ten
40. Tree trunk
41. Canal
42. Scold
43. Move body through water
45. Nuke



ACROSS

1. Fire remains
4. Please respond
8. Furniture wood
11. W.C.
12. Pitcher
13. Sixth month of the year
14. Advertisements
15. Slow
16. Attorney (abbr.)
17. 1972 Winter Olympic location
19. Stays out of sight
20. Cram
21. Dry sherry
22. Governing group
25. Misfire
26. Paddle
29. Seethe
30. Air blower
31. Pretentious
32. IBM Competitor
33. ____ you! (attention getter)
34. Friction match



35. Door handle
37. Family
38. Adornment
40. Joking plural
44. Prejudice
45. Flat sandal with thong between toes
46. Unrefined
47. Ancient Indian
48. ____ matter
49. Caesar's three
50. Visualize
51. Clang
52. Shade tree





NOTICIAS



Centro Cultural
de las Bellas Artes



Los grupos A y B están estenando vestimenta y representando los estados de Yucatán y Veracruz. Aquí tenemos al grupo A orgullosamente vestidas con este hermoso traje de Yucatán.

NUEVA

FIDEICOMISARIA

Tenemos el gran honor de presentar a nuestra nueva Fideicomisaria Cynthia Alvarez que con el apoyo de los Abuelitos y toda su comunidad pudo lograr esta meta.

FEDERACIONES ZACATECANAS

El ballet Folklórico de los Abuelitos tuvo el honor de acompañar a miembros de la organización Federaciones Zacatecanas en su Feria de Salud.



El Abuelito Miguel con la Señora Bertha de Federaciones Zacatecanas en el evento.

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

ABUELITOS UNIDOS DEL CONDADO DE WISE

EDICIÓN 6

JUNIO

SOCIEDAD

HORA DEL TÉ



Fue diversión total en Clara's Tea Room. Queremos agradecer a Clara por sus atenciones y por su apoyo.

AEROPUERTO



Las Abuelitas Panchita, Conchita, María y Genoveva en las oficinas principales de el aeropuerto American Airlines divirtiéndose a lo máximo!

MES DE CELEBRACIONES

Seguimos con las celebraciones!

Centro Cultural de las Bellas Artes forma parte de la Camara de Comercio Hispana y tendremos nuestra próxima junta en las oficinas de Andrade Group el 19 de junio a las 6:30p.m.





BUY A MEAL FOR A SENIOR

It costs us \$8.85 to make a meal — and that number is rising. Help us keep serving Wise County seniors with a gift that makes a direct difference today.

SCAN



This could've been your ad. Call (940) 627-5329 or email nzellner@wisemeals.org for more info.