



SEPTEMBER BIRTHSTONE & ZODIAC

The September birthstone is **Sapphire**, a rich blue gem symbolizing wisdom, loyalty, and protection. Cherished since ancient times, it's believed to bring clarity, truth, and spiritual insight to its wearer.

September has two zodiac signs: **Virgo** (Aug 23–Sep 22) and **Libra** (Sep 23–Oct 22). Virgos are thoughtful and organized, while Libras are social and seek harmony. Together, they bring balance and insight to the early fall season.

SEPTEMBER HOLIDAYS

September is full of celebrations big and small! From **Labor Day** (Sep 2) to **Grandparents Day** (Sep 8), it's a month that honors hard work and family. Food lovers can enjoy **Eat an Extra Dessert Day** (Sep 4), **National Cheeseburger Day** (Sep 18), and **Coffee Day** (Sep 29). There's also **National Read a Book Day** (Sep 6), **National Wildlife Day** (Sep 4), and **National Grateful Patient Day** (Sep 7), offering moments of reflection and appreciation. Whether you're indulging in treats, spending time with loved ones, or simply enjoying the changing season, September has something for everyone

IMPORTANT NOTICE ABOUT MEAL DELIVERIES

We are currently wasting valuable resources preparing meals that go undelivered. Someone must be home to receive the delivery—we cannot leave food outside or unattended.

If we are unable to reach you or if there are two failed delivery attempts, you will be removed from the delivery list until you contact us directly.

Thank you for your immediate attention and 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:

Healthy Vision Checklist

HOW TO HELP YOUR VISION LAST A LIFETIME

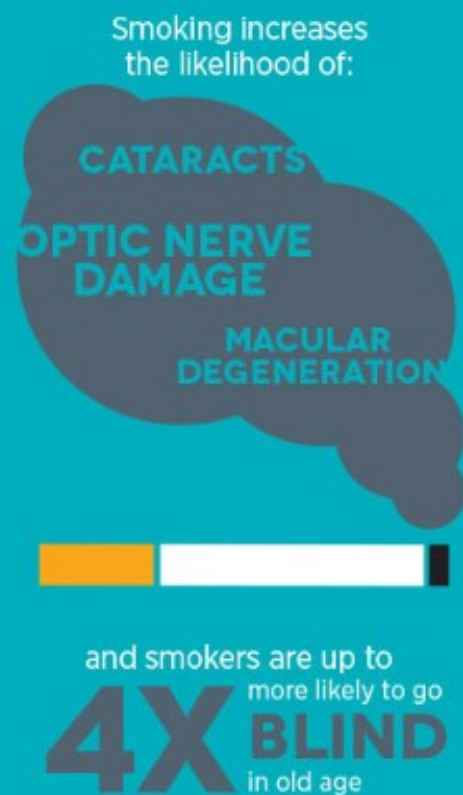
Get Annual Eye Exams



Wear Sunglasses



Don't Smoke



Avoid Common Sources of Eye Injury



Know Your History



Take Eye Infections Seriously



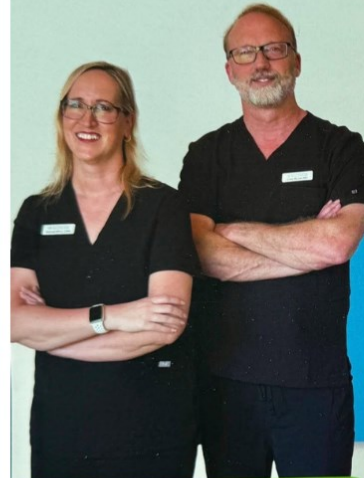
Answer to this month's puzzle:

Solution:



CUTTING EDGE WOUND SOLUTIONS

THE WOUND CARE TEAM YOU KNOW AND TRUST



Chris McGee, MD
Wanda Villard, NP-C, CWS

MOBILE WOUND CLINIC

25+ YEARS OF EXPERIENCE
SERVING WISE & SURROUNDING COUNTIES

SERVICES:

- COMPLEX WOUND MANAGEMENT
- ADVANCED WOUND DRESSING
- LIMB SALVAGE/AMPUTATION AVOIDANCE
- WORK WITH HOME HEALTH TO COORDINATE WOUND TREATMENTS AND SUPPLIES

MOST INSURANCE ACCEPTED

MEDICARE
MEDICAID
COMMERCIAL INSURANCE
MEDICARE ADVANTAGE PLANS

CONTACT US:

940-255-8645

888-462-8929

cewsnctx@gmail.com



ANOC !!!!! "ANNUAL NOTICE OF CHANGE"

- YOU WILL RECIEVE IT IN SEPTEMBER
- IT WILL COME FROM YOUR INSURANCE COMPANY
- **DON'T THROW IT AWAY**
- IT'S GOING TO TELL YOU WHATS CHANGING ABOUT YOUR HEALTH INSURANCE PLAN
- **LET'S SCHEDULE A REVIEW**
- APPOINTMENTS AVAILABLE IN-PERSON, BY PHONE, OR VIRTUALLY



MY INSURED
CHOICE

Brian Ege – My Insured Choice
(940) 255-7822

brian@myinsuredchoice.com
www.MyInsuredChoice.com



Not affiliated with or endorsed by the U.S. government or the federal Medicare program.
Calling the number above will connect you with a licensed insurance agent.

ATTENTION SENIORS 2 MONTHS LEFT!



Look Out! Christmas is Coming!
If you have already sent yours in, thank you!

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, 2025!** (After that date, we will be **UNABLE** to add you to the list).

Name: _____

Shirt Size: _____

Pants Size: _____

Housedress or Robe Size: _____

Shoe/Slipper Size: _____

Coat Size: _____

Glove Size: _____

Do you need a space heater? _____

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



Wise County Committee on Aging

PROVIDERS OF:

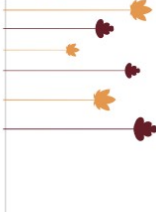


MEALS on WHEELS
WISE COUNTY
TOGETHER, WE CAN DELIVER.

(940) 627-5329 | WISEMEALS.ORG



September

Monday	Tuesday	Wednesday	Thursday	Friday
01 CLOSED HAPPY LABOR DAY	02 Cards Lunch/Almuerzo 11:30 Trivia Con Abuelito Jorge Practica	03 Bingo w/Steve 9:30 Lunch/Almuerzo 11:30	04 Cards Homestyle Lunch 11:30	05 Cards Lunch/Almuerzo 11:30 Clase de Jackie Cumpleanos Group A en Frisco (Dia de los Abuelitos)
08 Bingo w/Brian 9:30 Lunch/Almuerzo 11:30	09 Cards Lunch/Almuerzo 11:30 Todos Unidos Hispanic Heritage Video en Frisco Grupo A & B	10 Bingo w/Steve 9:30 Lunch/Almuerzo 11:30 Hydration Station w/Tiffany 11:30	11 Annah w/Medicheck Bingo Homestyle Lunch 11:30	12 Diamond Art Craft Lunch/Almuerzo 11:30 Manualidades y Musica Viva Mexico en Decatur Grupo A & B @ 6:00p.m.
15 Bingo w/Brian 9:30 Lunch/Almuerzo 11:30	16 Live Band 9:30 Lunch/Almuerzo 11:30 Cardio Practica	17 Bingo w/Steve 9:30 Lunch/Almuerzo 11:30	18 Bingo w/Carla 9:30 Homestyle Lunch 11:30 Close @ 1p.m.	19 CLOSED Health & Safety Expo @ Decatur Conference Center
22 Bingo w/Brian 9:30 Lunch/Almuerzo 11:30	23 Taco Truck w/Brian Ege Medicare 11:30a.m. Lunch/Almuerzo 11:30 Loteria Rann Elementary Decatur @ 2:00p.m. Grupo A & B	24 Bingo w/Steve 9:30 Brian Medicare Lunch/Almuerzo 11:30	25 Movie Breakfast Burritos Homestyle Lunch 11:30	26 Diamond Art Craft Lunch/Almuerzo 11:30 Dia de Pelicula Cine de Oro
29 Bingo w/Brian 9:30 Lunch/Almuerzo 11:30	30 Cards Lunch/Almuerzo 11:30 Cardio Practica			

Wise County Committee on Aging September 2025

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.

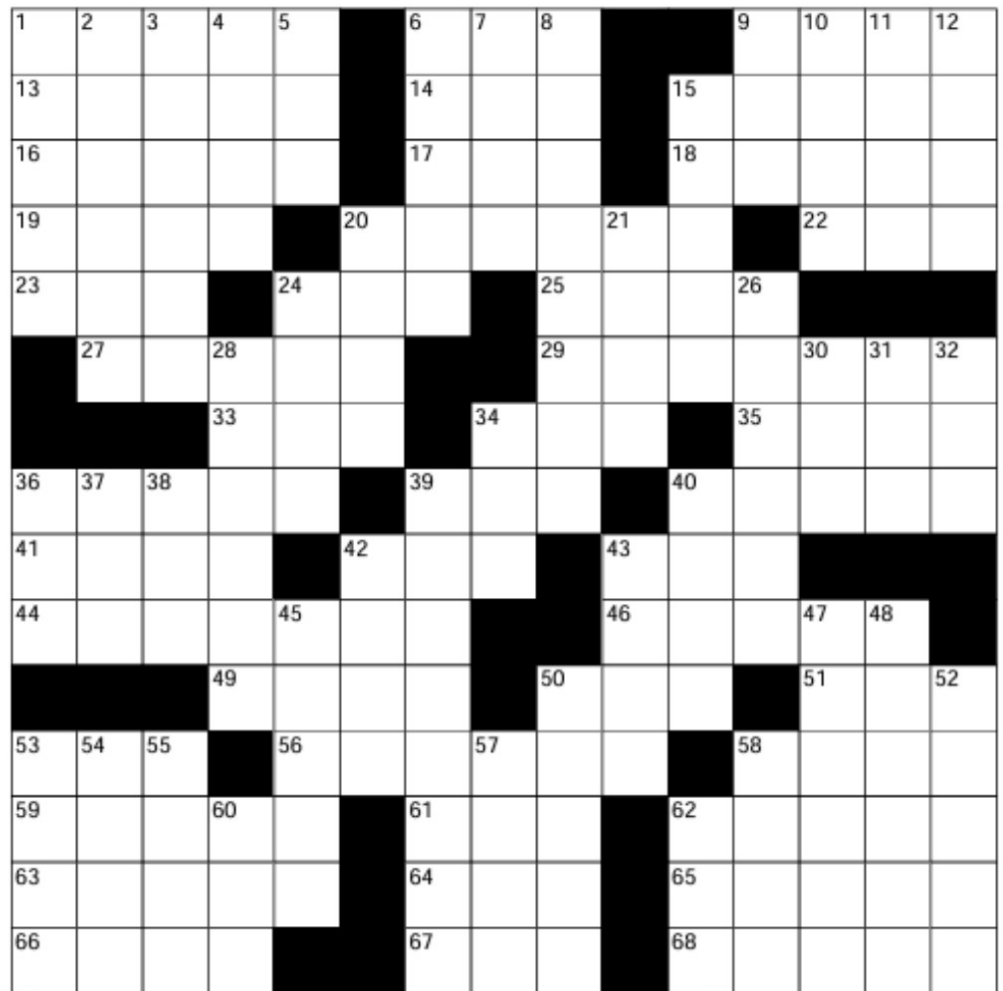
Due to current financial restraints, we do not have the budget to customize individual meals.

Monday 9/1/2025	Tuesday 9/2/2025	Wednesday 9/3/2025	Thursday 9/4/2025	Friday 9/5/2025
Rosemary Chicken Breast Fluffy Rice Green Beans Bread Angel Food Cake	Pork Fritter Mashed Potatoes Carrots Roll Apricot Crisp	Baked Ham Yams Greens Roll Buttermilk Cake	Beef Lasagna Tuscan Blend Vegetables Beets Garlic Bread Fruited Gelatin	Chili Baked Potato Broccoli Saltine Crackers Gingerbread Cake
Monday 9/8/2025	Tuesday 9/9/2025	Wednesday 9/10/2025	Thursday 9/11/2025	Friday 9/12/2025
Braised Swiss Patty Herbed Red Potatoes Carrots Roll Fresh Fruit Cup	Lemon Pepper Chicken Rice Pilaf Seasoned Greens Roll Banana Pudding w/ Wafers	Chicken Fajitas Green Pepper & Onions Spanish Rice Seasoned Green Beans Tortilla Mandarin Oranges	Italian Meatballs w/Sauce Egg Noodles Peas & Carrots Green Beans Garlic Bread Sugar Cookie	Pork Roast Roasted Small Potatoes Broccoli Slaw Bread Peach Cobbler
Monday 9/15/2025	Tuesday 9/16/2025	Wednesday 9/17/2025	Thursday 9/18/2025	Friday 9/19/2025
Citrus Baked Chicken Scalloped Potatoes Mixed Vegetables Roll Orange Zephyr Whip	Stuffed Cabbage Casserole Garlic Mashed Potatoes Cream Gravy Capri Vegetables Roll Lemon Pudding	Chicken Salad Sandwich Green Pea Salad Broccoli Salad Bread Upside Down Cake	Oriental Cherry Chicken Fluffy Rice Carrots Vegetable Spring Roll Fruit Yogurt	Salmon Pattie Baby Bakers Lemon Broccoli Roll Cookie
Monday 9/22/2025	Tuesday 9/23/2025	Wednesday 9/24/2025	Thursday 9/25/2025	Friday 9/26/2025
BBQ Chicken Breast Potato Wedges Seasoned Broccoli Cinnamon Apricots	Beef Stroganoff Parsley Noodle Green Beans Squash Saltine Crackers Angel Food Cake	Pork Cutlet Blackeyed Peas Seasoned Greens Bread Melon Medley	Coconut Chicken Fried Rice Oriental Vegetables Pork Egg Roll Mandarin Oranges	Taco Shred Lettuce & Chop Tomato Pinto Beans Coleslaw Escaloped Peaches
Monday 9/29/2025	Tuesday 9/30/2025	 WCCA Wise County Committee on Aging PROVIDERS OF:  MEALS ON WHEELS WISE COUNTY TOGETHER, WE CAN DELIVER. (940) 627-5329 WISEMEALS.ORG		
Baked Pork Chop Gravy Corn O'Brien Broccoli Cauliflower Medley Roll Banana Pudding	Meatloaf Mashed Potatoes Seasoned Green Beans Roll Fruit	 MenuManager by Sage & Sage, Inc. Open 10 Family Meals N. LC # DT8 / 090		

September

DOWN

1. Police
2. Acts out
3. Begin to cause harm
4. Colored horse
5. Licensed practical nurse
6. "The Jungle" author Sinclair
7. Glide
8. Any machine that can fly through the air
9. Communication Workers of America (abr.)
10. Retain
11. Canal
12. Rectangular piece of cloth with colors and designs
15. Refine ore
20. Sympathize with
21. Pain
24. Graduate (abbr.)
26. Excites
28. Loafing
30. Self
31. Star
32. Visit
34. Cereal
36. Foreign Agricultural Service
37. Business title ending
38. Estimated time of arrival
39. Asian rice topping (2 wds)
40. Actor Alda
42. Luge
43. Fake butter
45. Make hot
47. Showerer's need
48. Lifts
50. Light emitting ____
52. Entrance
53. ____ vu
54. A spinning toy (2 wds.)
55. Not that
57. Chew
58. Triad
60. Less than two
62. Black-backed gull



ACROSS

1. Gem
6. United States of America
9. Gourmet cook
13. Upon (2 wds.)
14. Luau dish
15. Eddy
16. Devil
17. Sticky black substance
18. Common girl's name
19. Skim
20. Sports car brand
22. Electroencephalograph (abbr.)
23. And so forth
24. Cocktail drink
25. Norm
27. Dodge
29. Tasteless
33. Period between sunrise and sunset
34. Often poetically
35. Malaria
36. Large grassy area
39. Rested
40. Repent



41. Opposed
42. Drunk
43. Roberto's yes
44. Inadequately
46. Keeps
49. Leaves
50. Thief's hideout
51. To be in debt
53. Digital audio tape
56. Musical term
58. One of two things that are identical
59. Basic beliefs
61. Card game
62. Snuck
63. Point where two or more parts come together
64. Villian
65. Tanker
66. Niche
67. Ram's mate
68. Authoritarian





NOTICIAS



Centro Cultural
de las Bellas Artes



BIENVENIDA A LOS MAESTROS

Los meses de Septiembre y Octubre son conocidos por sus celebraciones y este año no podía ser la excepción. Los Abuelitos tienen muchos eventos donde podrán celebrar y demostrar lo hermoso de nuestra cultura.

MES DE LA HERENCIA HISPANA

La Camara de Comercio Hispana de Decatur en conjunto con Andrade Group nos invita a festejar las fiestas patrias con este evento.

viva Mexico!
En Decatur, TX

Andrade Group INC REALTY | surepath LENDING | THE COUNTY SEAT

LIVE MUSIC / FOOD AND FUN

Sep 12
6:00 PM-12:00 AM
107 S Trinity ST,
Decatur, TX 76234

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

ABUELITOS UNIDOS DEL CONDADO DE WISE

EDICIÓN 9

SEPTIEMBRE

SOCIEDAD

ENTREVISTA DEL AÑO



Entrevista muy emotiva que hicieron los Abuelitos para invitar a las personas que vengan al programa y que participen en el festival del Día de los Muertos. Queremos agradecer a Radio Enlace Latino por su apoyo.



FERIA DE SALUD

Invitamos a todos los Abuelitos y familiares a la feria de salud que tendrá muchos recursos para las personas. ¡No te lo pierdas!

WISE SENIORS health & safety EXPO Patrocinador Principal **Encompass Health** Rehabilitation Hospitals

Para personas mayores, cuidadores y familias!

**Viernes, Sept. 19, 2025
de 9am - 1pm
Centro de Conferencias Decatur**

Evento futuro para
NORTH TEXAS GIVING DAY

- Exámenes de Salud e Info
- Proveedores
- Vacuna antigripal monodosis gratuita
- Despensa Mobil
- Bingo/Fiesta de Lotería
- Sorteos
- Entretenimiento
- ...y más!

Contacto a: Debbie Bounds - 817-899-8529
Beneficiandose WCCA/Meals On Wheels Wise County
WiseMeals.org



Estas hermosas chicas están organizando las decoraciones del carro alegórico donde estarán desfilando los Abuelitos Unidos el 14 de Septiembre en Fort Worth por las celebraciones de las fiestas Patrias. Todos estan invitados.



Patrocinador Principal



**Encompass
Health**

Rehabilitation Hospitals

Para personas mayores, cuidadores y familias!

**Viernes, Sept. 19, 2025
de 9am - 1pm
Centro de Conferencias Decatur**

COMMITTEE FOR NORTH TEXAS
Evento futuro para
GIVING DAY

SPONSORED BY 800.370.0000



- **Exámenes de Salud e Info**
- **Proveedores**
- **Vacuna antigripal monodosis gratuita**
- **Despensa Mobil**
- **Bingo/Fiesta de Lotería**
- **Sorteos**
- **Entretenimiento**
- **...y más!**

Contacte a: Debbie Bounds - 817-899-8529
Beneficiandose WCCA/Meals On Wheels Wise County
WiseMeals.org



Title Sponsor



**Encompass
Health**

Rehabilitation Hospitals

For Seniors, Caregivers & Families

**Friday, Sept. 19, 2025
9am - 1pm
Decatur Conference Center**

A Feature Event For
NORTH TEXAS
GIVING DAY

SPONSORED BY amazon



- ***Health Screening & Info***
- ***Vendors***
- ***Free Single Dose Flu Shots***
- ***Mobile Food Pantry***
- ***Bingo/Lotteria Party***
- ***Door Prizes***
- ***Entertainment***
- ***...and more!***

Contact: Debbie Bounds - 817-899-8529
Benefitting WCCA/Meals On Wheels Wise County
WiseMeals.org