



WISE COUNTY Meals On Wheels WCCA Newsletter 2024 APRIL

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



❖ Aries (Mar 21 to Apr 19) and Taurus (Apr 20 to May 20) are the horoscope signs for April.

❖ April's birth flowers are the daisy and sweet pea.

❖ The birthstones for April are Diamond, the White Topaz and Clear Quartz.

❖ Holidays and observances include: April Fool's Day (4/1); National Burrito Day (4/4); National Tartan Day (4/6); Husband Appreciation Day (3rd Sat in Apr); San Jacinto Day (4/21); St. George's Day (4/23); National Honesty Day (4/30).

The WCCA Newsletter is provided to our clients and others in Wise County. It is edited by Thomas Clark for the Wise County Committee on Aging.



Client Satisfaction Survey

Please fill out this survey and return it to a Meals-on-Wheels delivery driver.

Name: _____

1. We've been sending out bags of extra food whenever we can. What do you think about them?

☐ I like them, please keep sending them!

☐ Don't send me so much! Send me smaller bags or send them less frequently.

☐ Don't send me any! I don't use most of it, and I don't have room to store it.

☐ I don't really have an opinion... it's fine either way!

2. Do the meals taste good?

☐ Yes ☐ Sometimes ☐ No ☐ Don't Know

3. Is there enough food in each meal?

☐ Yes ☐ Sometimes ☐ No ☐ Don't Know

4. Is the temperature of the meal satisfactory?

☐ Yes ☐ Sometimes ☐ No ☐ Don't Know

5. Are the meals delivered on time?

☐ Yes ☐ Sometimes ☐ No ☐ Don't Know

6. Is the person who delivers the meals friendly?

☐ Yes ☐ Sometimes ☐ No ☐ Don't Know

7. Overall, are you satisfied with the home delivered meal service?

☐ Yes ☐ Sometimes ☐ No ☐ Don't Know

8. Has anyone mentioned that you can make a donation toward the cost of the meals if you want?

☐ Yes ☐ Sometimes ☐ No ☐ Don't Know

9. As a result of getting the meals, have you been able to keep your independence?

☐ Yes ☐ Sometimes ☐ No ☐ Don't Know

10. Of the meals we've served you, what has been your favorite?

Comments:

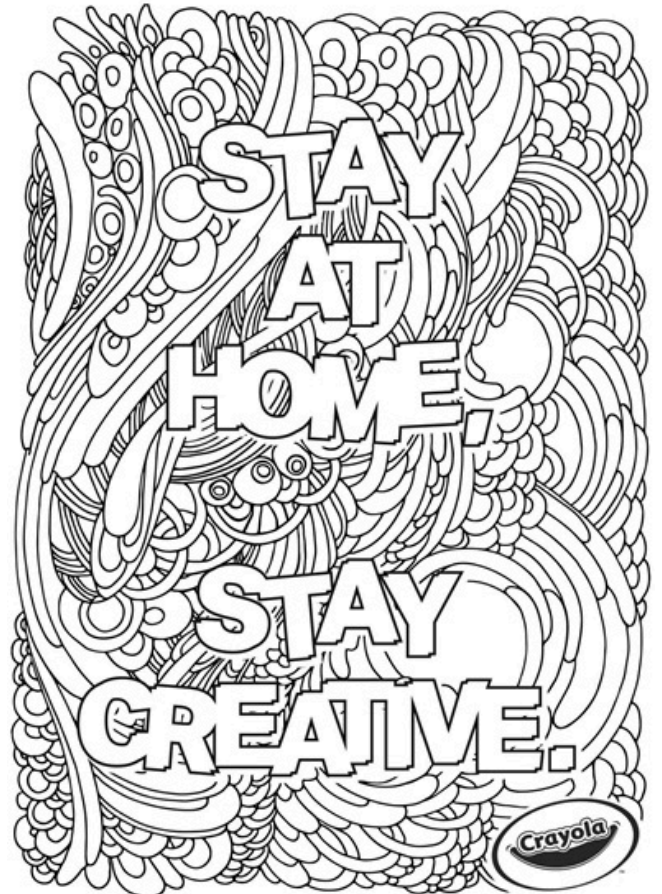


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BARN OWL



*Coloring
Page*



If you're going to miss us...



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 of lead time, 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!*

Answers to THIS month's puzzles:

Solution:

1	C	R	I	B		5	A	M	E	B	A		10	S	C	A	B		
14	H	A	R	E		15	R	E	C	A	P		16	O	L	E	O		
17	O	D	O	R		18	K	N	O	R	R		19	N	E	O	N		
20	W	I	N	E	21	S		22	U	N	B	I	23	D		24	O	N	E
	25	O	S	A	K	26	A		27	S	L	U	28	M	P				
				29	V	I	R	30	U	S			32	P	R	A	33	T	E
35	J	O	K	E		38	M	P	H		39	J	E	S	T	E	R		
40	O	B	I		41	R	O	S	E	42	B	U	D		43	R	E	M	
44	C	O	N	C	U	R		46	E	R	N		47	M	A	M	A		
48	K	E	E	P	S			49	R	A	T	50	I	O					
			51	M	U	T	52	S			54	A	M	U	55	S	E		
57	D	N	A		59	S	E	P	60	A	L		62	P	R	A	N	63	K
64	I	O	T	A		66	R	O	L	E	S		68	N	U	D	E		
69	A	V	I	D		70	R	O	P	E	S		71	E	D	E	N		
72	L	O	C	O		73	A	F	O	R	E		74	D	I	D	O		



HIDDEN QUOTATION
BY
Anatole France

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



Oral Health

What You Need to Know about Nutrition

Sometimes as people age, oral health issues can be a problem. Dentures may fit poorly if you have lost weight. You may have loose teeth or tooth pain. You may have a dry mouth due to medications you take, or sores in your mouth and throat, which can make swallowing painful. All of these concerns can make eating difficult. Use the following tips to make mealtime easier.

Tips to Make Mealtime Easier

- Chop or grind foods to make chewing easier.
- Choose foods that are soft in texture, but not sticky so they will not stick to dentures.
- Choose foods that are the right temperature and not too hot or cold.
- Drink 6 to 8 glasses of water, juice, milk, or other beverages per day.
- Drink fluids with meals to make swallowing easier.
- Add gravy or sauce to foods to make them moist and easier to swallow.
- Rinse your mouth with water after eating.

Try these easy-to-chew foods:

- Tender fish, thinly sliced deli meats, peanut butter, scrambled eggs, soups
- Yogurt, cottage cheese, ice cream, puddings, custards, shakes
- Canned fruits, canned vegetables, mashed potatoes
- Oatmeal, grits, soft breads



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.



Are you a **VETERAN** who could use some assistance at home?

As a Veteran, you could qualify for a professional caregiver
through a VA health benefit at **NO COST**

A trained caregiver could assist with activities of daily living,
such as:

- * mobility assistance *
- * meal preparation*
- * light housekeeping *
- * errand running *
- * bathing & grooming *

and much more that would allow you to be more independent and
remain in the comfort of your own home.

This is a benefit **EARNED** through your service to country, so there
is **NO COST** to get the additional help you deserve.

If you would like more information on this Veterans' Benefit
Program, please call (817) 994-2615
or email Ashley.Smith@ameriCARETexas.com.



Word Find

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

By Jimmy and Evelyn Johnson - www.qets.com

Absurd	Fool	Joke
April	Foolhardy	Nonsense
Beguile	Frivolous	Outrageous
Caprice	Fun	Prank
Comical	Gag	Pretense
Complicity	Gullible	Spoof
Deceive	Hoax	Stunt

Let's Laugh at Something!

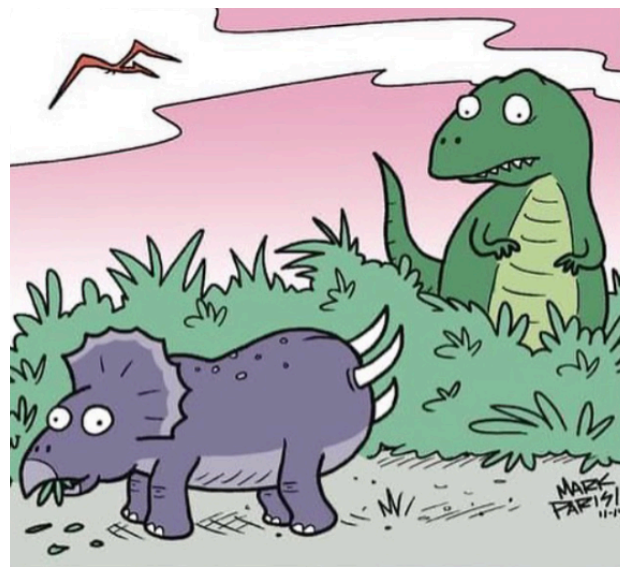


❖ One of the shortest wills ever written: "Being of sound mind, I spent all the money."

❖ My 85-year-old grandfather was rushed to the hospital with a possible concussion. The doctor asked him a series of questions: "Do you know where you are?" "I'm at Rex Hospital." "What city are you in?" "Raleigh." "Do you know who I am?" "Dr. Hamilton." My grandfather then turned to the nurse and said, "I hope he doesn't ask me any more questions." "Why?" she asked. "Because all of those answers were on his badge." — *Webb Smith*

❖ As a brain wave technologist, I often ask postoperative patients to smile to make sure their facial nerves are intact. It always struck me as odd to be asking this question right after brain surgery, so a colleague suggested I ask patients to show me their teeth. Armed with this new phrase, I said to my next patient, "Mr. Smith, show me your teeth." He shook his head. "The nurse has them." —*Emily Murphy*

❖ Aboard a troop carrier crossing the Atlantic, I noticed a seasick pal of mine losing it over the railing alongside several other soldiers. "I never knew you had such a weak stomach," I said. "It's not weak," he replied. "I'm throwing up just as far as the rest of these guys." — *George Mahathy*



THE LESSER KNOWN
TRICERABOTTOMS

Crossword Puzzle

APRIL FOOLS' 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				
72					73					74				

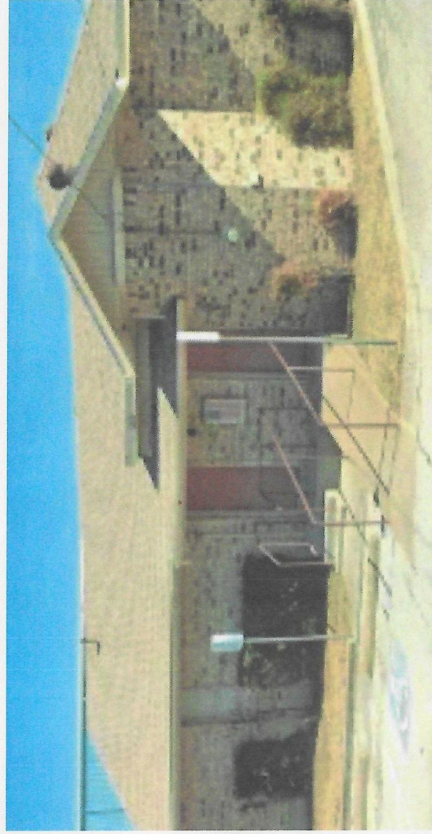
By Jimmy and Evelyn Johnson - www.qets.com

Across

1. Baby bed
5. One-celled animal
10. Replace a striker
14. Tortoise and the _____
15. Review
16. Fake butter
17. Smell
18. Seasonal makers
19. Lighted sign
20. Dinner drinks
22. Unasked
24. Only
25. Japanese city
27. Droop
29. Microorganism
32. Blabber
35. Short fictional story
38. Car speed
39. Someone who jokes or acts playful
40. Kimono sash
41. Romantic flower provider
43. Rapid eye movement
44. Comply
46. European sea eagle
47. Ma
48. Stores
49. Relationship
51. Mongrels
54. Occupy attention in a pleasing manner
57. Cell stuff
59. Floral leaf
62. Playful mischievous trick or stunt
64. Small particle
66. Parts to play
68. Bare
69. Eager
70. Lassos
71. Adam's garden
72. South of the border crazy
73. Before
74. Prank

Down

1. Grub
2. Wireless
3. Clothes pressers
4. To deprive
5. Raiders of the Lost _____ (Harrison Ford movie)
6. Restaurant listing
7. Economics abrv.
8. Fence projections
9. Fourth month of the Gregorian calendar year
10. Boy
11. _____ and Marc Antony
12. Long time
13. Tibia
21. Slide on snow
23. Tricked or misled
26. Protective covering
28. Married woman
30. Highs
31. Transparent
33. Seethe
34. Writer Bombeck
35. Athlete
36. Band instrument
37. Motion mechanics
39. Governing group
41. Oxidizes
42. Brassiere
45. Central processing unit
47. Grieved
50. Pixie
52. _____ cotta (clay)
53. Humorous imitation, prank, or joke
55. Saudi Arabian citizen
56. Ceased
57. Face
58. De _____ (from the beginning)
60. Dog food brand
61. Look
63. Beano
65. Hoopla
67. Compass point



VENGANA A CONOCERNOS

1200 N. Miller St.
Decatur Tx 76234

15 DE ABRIL
5:00-7:00P.M.



- Registración Gratuita
- Abuelitos Unidos
- OWLS Activity Center
- Ballet Folklórico
- Recursos
- Despensas de Alimentos

RECURSOS

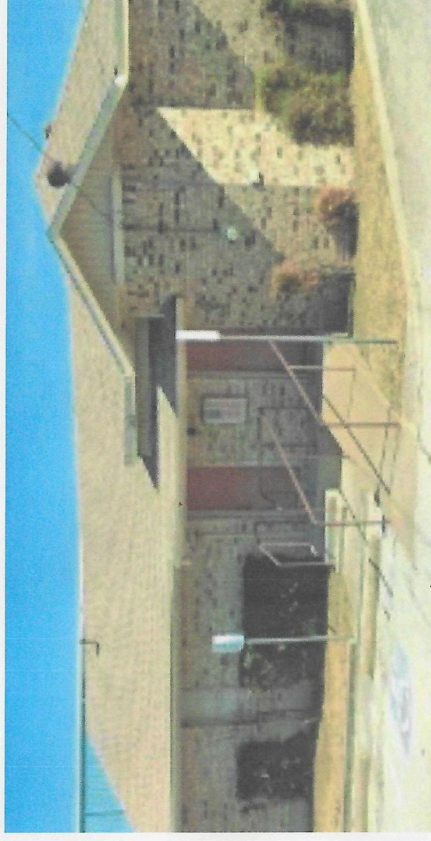
- Healing Hands
- Advocate Financial
- Y muchos más

¿Preguntas?

940-627-5329 INGLIS
469-850-2158 ESPAÑOL



!Patio Tacos estará donando 2
tacos por persona!



OPEN HOUSE



1200 N. Miller St.
Decatur Tx 76234

APRIL 15
5:00-7:00P.M.

- Free Registration
- Abuelitos Unidos
- OWLS Activity Center
- Ballet Folklórico
- Resources
- Food Pantry



RESOURCES

- Healing Hands
- Advocate Financial
- Y much more...



Patio Tacos will be donating 2
tacos per person!

Milk delivered weekly for use with all meals.



Wise County Committee on Aging April 2024

Menu is subject to change due to availability.

We apologize for any inconvenience.

Monday 4/1/2024	Tuesday 4/2/2024	Wednesday 4/3/2024	Thursday 4/4/2024	Friday 4/5/2024	Saturday 4/6/2024	Sunday 4/7/2024
Chicken Stew Fluffy Rice Carrot Raisin Salad Cornbread Apple Spice Cake	Chicken Parmesan Pasta with Sauce Mixed Vegetables Garlic Bread Chocolate Pudding	Beef Steak Fingers New Potatoes Peas & Carrots Bread Fresh Fruit	Santa Fe Chicken Cheese Grits Monaco Vegetables Roll Bread Pudding	Turkey w/Gravy Baked Sweet Potato Squash & Red Pepper Dinner Roll Butterscotch Pudding	Hamburger Steak Mashed Potatoes Lima Beans Cornbread Fruited Gelatin	Sweet & Sour Pork Fried Rice Oriental Vegetables Egg Roll Mandarin Orange & Cherries
Monday 4/8/2024	Tuesday 4/9/2024	Wednesday 4/10/2024	Thursday 4/11/2024	Friday 4/12/2024	Saturday 4/13/2024	Sunday 4/14/2024
Chicken Strips Mashed Potatoes Green Beans Texas Toast Fruited Gelatin	Baked Pork Chop Blackeyed Peas Brussels Sprouts Bread Angel Food Cake	Chicken Pot Pie New Potatoes Carrots Crackers Cinnamon Applesauce	Mexican Beef Stew Fluffy Rice Turnip Greens Cornbread Fresh Orange	Salmon Croquette Lima Beans Carrot Raisin Salad Bread Lemon Juice Hot Fruit Compote	Beef Enchiladas Mexican Rice South American Black Beans Corn Tortilla Salsa Peaches	Shepherd's Pie Okra and Tomatoes Rice Rosy Peas
Monday 4/15/2024	Tuesday 4/16/2024	Wednesday 4/17/2024	Thursday 4/18/2024	Friday 4/19/2024	Saturday 4/20/2024	Sunday 4/21/2024
Salisbury Steak Mashed Potatoes Sliced Beets Garden Salad Mixed Fruit Parfait	Spaghetti & Meat Sauce Broccoli Cucumber Onion Salad Garlic Bread Fruit Crisp	BBQ Chicken Breast Sautéed Potatoes & Onions California Vegetables Broccoli Slaw Frosted Spice Cake	Stuffed Pepper Casserole Potato Wedges Seasoned Broccoli Texas Toast Cinnamon Apricot	Beef Stroganoff Parsley Noodles Brussels Sprouts Saltine Crackers Angel Food Cake w/ Strawberry Topping	Grilled Moroccan Chicken Blackeyed Peas Seasoned Greens Bread Melon Medley	Sweet & Sour Pork Fried Rice Oriental Vegetables Vegetable Egg Roll Mandarin Oranges
Monday 4/22/2024	Tuesday 4/23/2024	Wednesday 4/24/2024	Thursday 4/25/2024	Friday 4/26/2024	Saturday 4/27/2024	Sunday 4/28/2024
Shred Lettuce & Chop Tomato Taco Pinto Beans Escalloped Peaches	BBQ Beef Red Roasted Potatoes Broccoli w/Cheese Bread Banana Pudding w/Waters	Chicken Salad on Lettuce Potato Salad Green Pea Salad Whole Wheat Bread Fresh Fruit Salad Oatmeal Cookie	Lemon Pepper Chicken Cauliflower & Red Pepper Seasoned Spinach Roll Chocolate Brownie	Chef's Salad Dressing Boiled Egg Pea Salad Sliced Cucumber Asst. Cookies	Pork Roast Mashed Potatoes Seasoned Green Beans Bread	Hamburger Steak Chuckwagon Corn Broccoli Cauliflower Medley Dinner Roll Asst. Cookies

Monday 4/29/2024	Tuesday 4/30/2024
Chicken Spaghetti Squash Medley Garden Salad Roll Escalloped Apples	Citrus Baked Chicken Whipped Sweet Potato Peas & Carrots Roll Frosted Angel Food Cake

MEALS ON WHEELS
WISE COUNTY
TOGETHER, WE CAN DELIVER.

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

OWLS
Organized Wise County
Lunches for Seniors

WCCA
Meals on Wheels
OWLS Activity Center



WCCA

PO Box 903
Decatur, Texas 76234
940-627-5329



How You Can Help the WCCA.

- Donate to the WCCA.
- Donate to United Way of Wise County through your work and ask it to be earmarked for WCCA.
- Donate through your workplace's HR Department. Did you know that lots of national companies have a Super PAC that matches your donation? Your \$100 becomes \$200 and helps that many more seniors!
- Volunteer to help deliver meals once a month, once a week, or as often as you can! Every extra person delivering meals means a senior that gets a hot meal that day.



Stay mindfull of your health!

- 🕒 *Wash your hands!*
- 🕒 *Keep Social Distance (six feet apart!)*
- 🕒 *Wear a mask / cover your nose & mouth in public if you can!*
- 🕒 *If you're sick, stay home!*
- 🕒 *If you have COVID or the flu please, tell us so we know!*