

Wise County Meals on Wheels



Activity Center Newsletter *August 2022*

- 🦉 August's birthstone is the Peridot, which is said to symbolize strength and healing power.
- 🦉 The flowers are the gladiolus and the poppy, and the two zodiac signs are Leo and Virgo.
- 🦉 Holidays in August include National Watermelon Day (8/3), National 'Sneak Some Zucchini Onto Your Neighbors' Porch' Day (8/8), International Left-handers Day (8/13), and National Aviation Day (8/19) – chosen for the birthday of Orville Wright, who piloted the first recorded flight of a heavier-than-air machine.



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

Thank you for your time. Your comments will help us improve!

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:



If you're going to miss us...

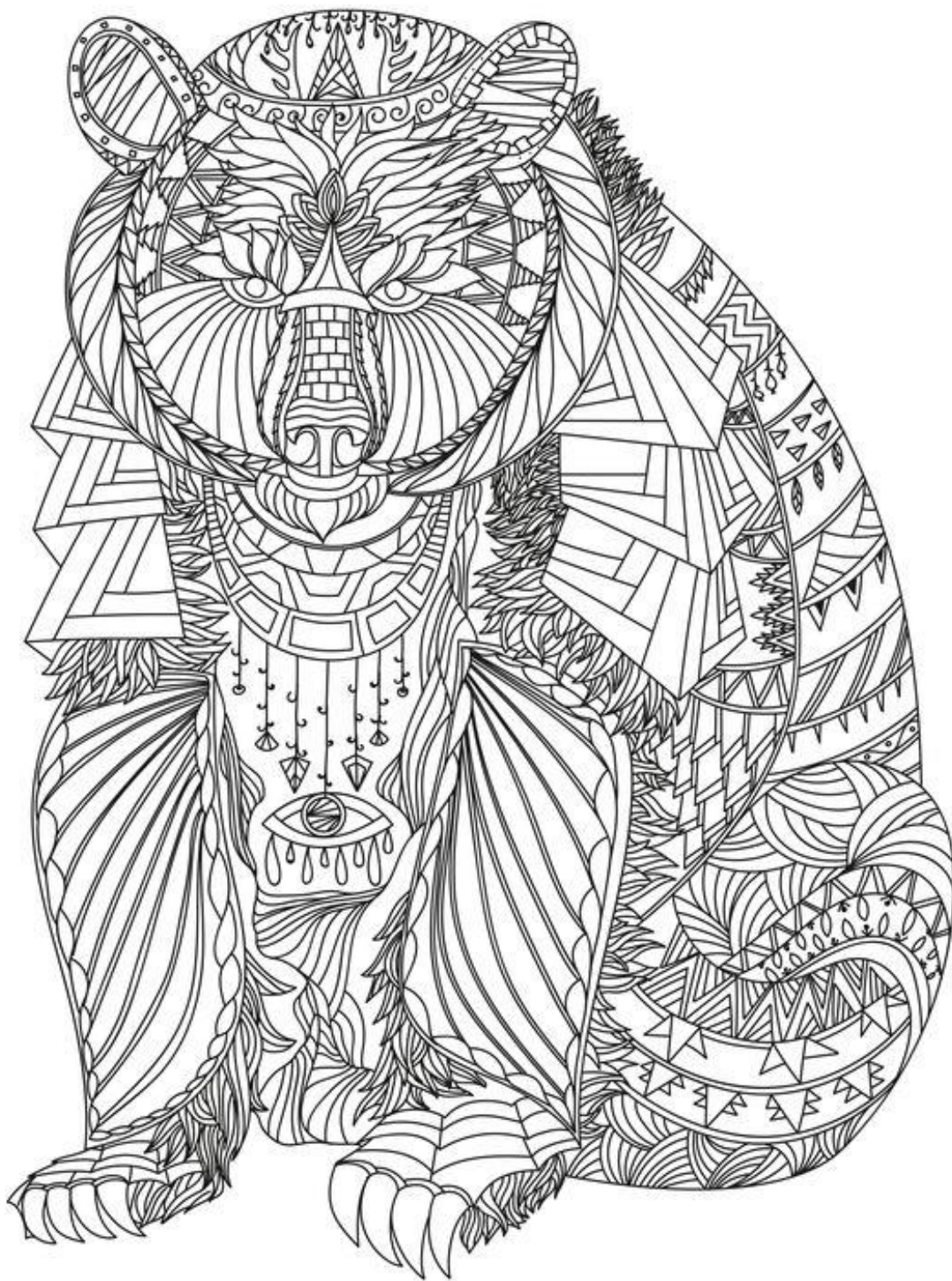
If for any reason you are *not* going to be home during our Meals on Wheels delivery time, you should let us know! Call the office at 940-627-5329.

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!***



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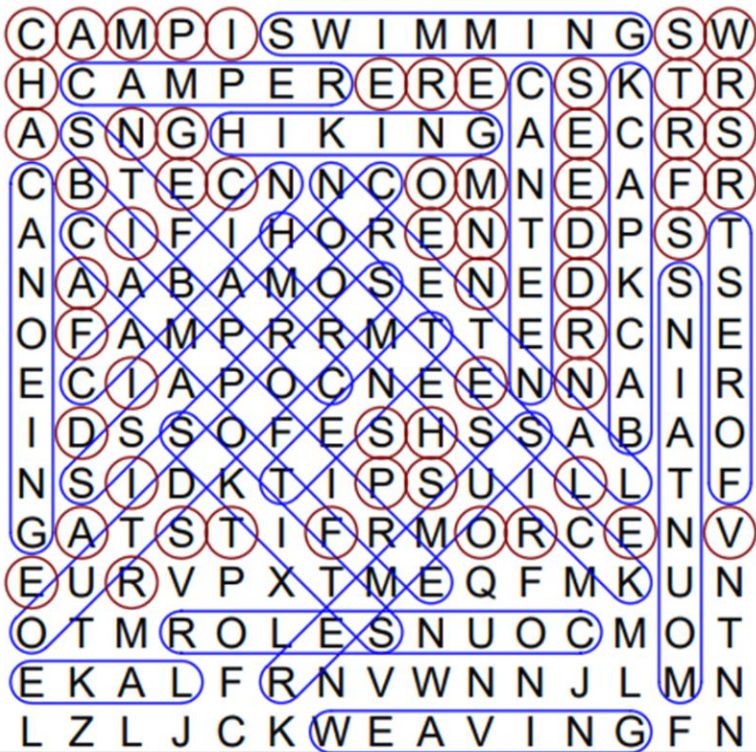
COLORING PAGE

Answers to THIS month's puzzles:



SUMMER CAMP

HIDDEN QUOTATION
BY
Anonymous



SUMMER CAMP

Solution:

1	M	A	M	A		5	S	K	E	W		9	S	P	I	C		
13	E	P	I	C		14	P	E	S	O		15	A	K	R	O	N	
16	T	E	N	T		17	U	N	T	O		18	L	I	O	N	S	
19	A	R	C	H	20	E	R	Y		21	L	O	S	T				
23	L	Y	E		24	D	N	A		25	W	I	S	D	O	M		
				29	G	A	S		30	B	U	N	K		32	E	N	E
33	S	C	R	A	M		36	T	U	T	E	E		37	L	T	M	
38	P	A	U	L		39	R	A	D	A	R		40	S	H	O	O	
41	E	B	B		42	N	E	I	G	H		43	C	H	I	P	S	
44	A	I	L		45	Y	U	L	E		46	C	U	E				
47	K	N	E		48	E	L	S		49	H	A	T		50	A	H	A
				53	N	O	E	S		55	A	M	E	56	N	D	E	D
57	R	A	D	O	N		60	W	H	I	P		62	I	D	L	E	
63	E	P	I	C	S		64	B	I	K	E		65	P	U	L	P	
66	M	E	S	H			67	S	P	U	R		68	S	P	O	T	



Meet a WCCA Volunteer:




Here's Wendy Salazar, who helps us out at the OWLS Activity Center:



I was born and raised here in Decatur. I have a bachelor's degree in marketing with a minor in art from Western Colorado University in Gunnison, Colorado. After college I moved to Georgia and then to Houston. I met my husband Gabe in Houston and 11 years ago we said 'I Do' in a hot air balloon. We moved back to Decatur almost 9 years ago and started Wendy's Mobile Painting Parties. It's been the best job I've ever had and does not feel like work - I love painting with people and it's been amazing traveling all over meeting new people. I craft with lots of mediums but enjoy painting with acrylic and watercolor and feel so fortunate to paint at The Owl's

Activity Center every week!

Weird Things You Probably Didn't Know¹

-  Froot Loops are all the same flavor. The color doesn't have anything to do with it.
-  Lobsters taste with their feet. Tiny bristles inside a lobster's little pincers are their equivalent to human taste buds. Meanwhile, lobsters' teeth are in one of their three stomachs.
-  3 Musketeers bars got their name because they used to come in three flavors. The original 3 Musketeers bars of the 1930s came in three-packs, with a different

¹ <https://www.rd.com/list/weird-facts/>

nougat flavor in each: vanilla, chocolate, or strawberry. World War II rations made that triple threat expensive, so the company cut down to one.

🍓 Strawberries (technically) aren't berries. Neither are raspberries and blackberries, according to botanists. True berries stem from one single-ovary flower and have two or more seeds. Strawberries don't fit that bill, but bananas, kiwis, and watermelon do.

🍵 British military tanks are equipped to make tea. There's a boiling vessel inside so crew can make tea and coffee anytime – including during battle. How delightfully English.

From the Directors Desk

Well, here it is August already and we at WCCA are striving to keep everyone healthy and happy in these grueling hot days of summer. We have a record number of clients currently on Home Delivered Meals (HDM): **153!** That is double the number of clients that we had back in 2016 when I started as the Director.

Unfortunately, the first issue I have to address here is finances. Every day, we have clients who forget to call in to say they aren't going to be home to receive their meal. When you call in 2 or 3 days ahead, we can get your food order changed and not send the meal out this helps us save precious resources. When you call in that morning to say you must miss your meal, we cannot get it canceled in time and that meal goes to waste. Please help us save money by calling in as soon as you know you'll be off, even if its weeks ahead. The cost of missed meals to WCCA is equal to 2 clients per year that can't go on the program, and we want to help as many people as possible.

Pets. We love our pets, but they do not always love the WCCA delivery person. Lately several of our volunteers and employees have been **bitten** by clients' dogs, small and large. When a dog bites someone, it has to be reported to the sheriff's department. Please keep your dogs securely pinned up during delivery times so to avoid them biting people and having to go to doggie jail. Besides, its sad to lose a volunteer because they feel unsafe delivering to certain homes.

Please remember to thank your delivery person. Without the volunteers who deliver our meals, the WCCA could not deliver to as many people as we do.

Amy Pegues
Executive Director WCCA

Let's Laugh at Something!

- ⚡ A child asked his father, "How were people born?" So his father said, "Adam and Eve made babies, then their babies became adults and made babies, and so on." The child then went to his mother, asked her the same question and she told him, "We were monkeys then we evolved to become like we are now." The child ran back to his father and said, "You lied to me!" His father replied, "No, your mom was talking about her side of the family."



"When you're retired, you'll have plenty of time to do more reading...mostly prescription labels."

- ⚡ Teacher: "If I gave you 2 cats and another 2 cats and another 2, how many would you have?"

Johnny: "Seven."

Teacher: "No, listen carefully... If I gave you two cats, and another two cats and another two, how many would you have?"

Johnny: "Seven."

Teacher: "Let me put

it to you differently. If I gave you two apples, and another two apples and another two, how many would you have?"

Johnny: "Six."

Teacher: "Good.

Now if I gave you two cats, and another two cats and another two, how many would you have?"

Johnny: "Seven!"

Teacher: "Johnny, where in the heck do you get seven from?!"

Johnny: "Because I've already got a freaking cat!"



"My teacher says little girls can grow up to be anything they choose! Why did you choose to be an old lady?"

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.

Aching Backs in Seniors²

An overarching point is, there is no one-size-fits-all remedy, according to senior researcher Dr. Michael Perloff, a neurologist at Boston University School of Medicine and Boston Medical Center. Medication choices, he said, depend partly on the underlying cause of the pain. But particularly with older adults, any co-existing health conditions and medications they are taking are also a factor. "You do have to be careful about medication interactions and side effects," Perloff said. At the same time, those issues should not bar older adults from getting pain relief, he stressed.

"If you're an older person and you've been told there are no options for managing your pain, you may need to see a pain specialist," Perloff noted. "There's a lot we can do with the weapons of medication, injections, physical therapy and, in some cases, surgery," he added.

With younger adults, back and neck aches are often muscle-related. While that can be true for older adults, too, Perloff said, they often have pain related to [degenerative changes in the spine](#) — such as wear-and-tear breakdown in the discs or cartilage cushioning the spinal joints.




For that type of pain, common painkillers, including nonsteroidal anti-inflammatory drugs (NSAIDs) and acetaminophen, can help, the review found. NSAIDs, like ibuprofen and naproxen (Motrin, Aleve), are more effective than acetaminophen (Tylenol), Perloff said. But acetaminophen may be the safer choice for some seniors, including those who are at increased risk of stomach bleeding, or who have kidney or heart disease.

With NSAIDs, limited use is key. Perloff's team recommends that older people take them for two or three days during a pain flare-up, but avoid using them for weeks at a time. "With chronic pain, it's often up and down," Perloff noted. "So your treatment needs are different at different times."

In some cases, pain stems from a pinched nerve. One example is [sciatica](#), where the sciatic nerve is compressed — often by a disc in the lower spine that slips out of place. That can cause pain that radiates from the lower back down the back of the leg. NSAIDs can help ease sciatica, the review found. But another option, Perloff said, is medication specific to nerve pain — namely, gabapentin and pregabalin.

Those medications come with their own potential side effects, including dizziness and balance problems. So, the review found, any benefits have to be weighed against those risks, especially for older people who are taking other medications that can cause dizziness and falls, such as benzodiazepines.

Among the other findings:

-  Certain muscle relaxants, like carisoprodol and chlorzoxazone, carry a risk of sedation and falls. But some others, including tizanidine and baclofen, can safely ease older adults' neck or back pain, in low doses.
-  For chronic low back pain, some antidepressants — especially duloxetine (Cymbalta) — have proven helpful in trials. They may be good choices, Perloff said, when an older adult has both pain and depression symptoms.
-  When oral drugs fail, injections of painkillers or anti-inflammatory corticosteroids may help with chronic pain.

² <https://www.usnews.com/news/health-news/articles/2022-07-08/aching-backs-in-seniors-an-experts-guide-to-pain-meds>

August Activities at the Center!

Sun	Mon	Tues	Wed	Thur	Fri	Sat
	1	2	3	4	5	6
	Quilting 9-12 42 School 9:00 Quilting 1p-3p Lunch 11:15	Quilting 9-12 Craft class 10:00 Exercise w/Erline 11:00 Lunch 11:15 <i>Mystery Speaker</i> Quilting 1p-3p	Bingo 9:30 Lunch 11:15	42 9:00 Book club 10:00 Lunch 11:15	Crafts 10:00 Lunch 11:15	
7	8	9	10	11	12	13
	Quilting 9-12 42 School 9:00 Quilting 1p-3p Lunch 11:15	Quilting 9-12 Craft class 10:00 Exercise w/Erline 11:00 Lunch 11:15 <i>Mystery Speaker</i> Quilting 1p-3p	Bingo 9:30 Lunch 11:15	42 9:00 Book Club – get book 10:00 Lunch 11:15	Crafts 10:00 Game Day 10:00 Lunch 11:15	
14	15	16	17	18	19	20
	Quilting 9-12 42 School 9:00 Quilting 1p-3p Lunch 11:15	Quilting 9-12 Arts & Crafts 10:00 Exercise w/Erline 11:00 Lunch 11:15 <i>Mystery Speaker</i> Quilting 1p-3p	Bingo 9:30 Lunch 11:15	42 9:00 Lunch 11:15	Crafts 10:00 Hobby Talk 11:15 Lunch 11:15 Lunch 11:15 SAC Supper Board Meeting 5pm	
21	22	23	24	25	26	27
	Quilting 9-12 42 School 9:00 Quilting 1p-3p Lunch 11:15	Quilting 9-12 Exercise w/Erline 11:00 Lunch 11:15 <i>Mystery Speaker</i> Quilting 1p-3p	Bingo 9:30 Lunch 11:15	42 9:00 Book Club Discussion 10:00 Lunch 11:15 Movie 5pm	Crafts 10:00 Sing Out 11:00 Lunch 11:15 <i>Ice Cream Afternoon</i>	
28	29	30	31			
	42 School 9:00 Lunch 11:15	Arts & Crafts 10:00 Exercise w/Erline 11:00 Lunch 11:15 <i>Mystery Speaker</i>	Bingo 9:30 Lunch 11:15	OWLS Activity Center		



Located at 1200 North Miller St, Decatur, TX
 Open Monday through Friday, from 9:00 AM to 1:00 PM

Crossword Puzzle

SUMMER CAMP

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
			53			54		55			56		
57	58	59				60	61				62		
63						64					65		
66						67					68		

By Evelyn Johnson - www.qets.com

Across

1. Female Parent
5. Alter
9. _____ and span (very clean)
13. Great
14. Mexican money
15. City in Ohio
16. Shelter made of canvas
17. Preposition
18. Big cats
19. Uses a bow to shoot arrows at a target
21. Astray
23. Caustic substance
24. Cell stuff
25. Good sense
29. Fuel
30. Cot sized bed
32. Vane direction
33. Leave now!
36. Learner
37. Long-term memory
38. Pope John _____
39. Radio detection and ranging
40. Scat!
41. Recede
42. Horse noise
43. Snack food
44. Cause of sickness
45. Christmas
46. Prompt
47. Assumes the proposal position
49. Head apparel
50. Expression of surprise
53. Opp. of yeses
55. Altered
57. Gas
60. Quirt
62. Doing nothing
63. Sagas
64. Child's transportation
65. Juice solids
66. Net fabric
67. Goad
68. Stain

Down

1. Bronze, for example
2. Mimicry
3. Chop into small pieces
4. Hormone
5. Scorns
6. African country
7. Eastern time
8. Natural fiber
9. Short but usually funny plays
10. Not against
11. Charged particle
12. Nervous system
15. European clover
20. Swiss-like cheese
22. Possessor
26. Headquarters of British India
27. Atop (2 words)
28. Business mail
29. Young lady
30. Move
31. Beehive State
33. Orate
34. Wooden structure with bunks
35. Shekel
36. Back of a coin
39. Use again
40. Her
42. Women's stockings
43. Nice looking
46. Child who stays at a summer camp
48. Cain's eldest son
49. Japanese poem
50. Tally (2 words)
51. Salutation
52. Proficient
54. Southwest by south
56. Tiny sips of liquor
57. Rock group
58. Gorilla
59. Show disrespect for (slang)
61. With it

Word Find

SUMMER CAMP

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.

```
C A M P I S W I M M I N G S W
H C A M P E R E R E C S K T R
A S N G H I K I N G A E C R S
C B T E C N N C O M N E A F R
A C I F I H O R E N T D P S T
N A A B A M O S E N E D K S S
O F A M P R R M T T E R C N E
E C I A P O C N E E N N A I R
I D S S O F E S H S S A B A O
N S I D K T I P S U I L L T F
G A T S T I F R M O R C E N V
E U R V P X T M E Q F M K U N
O T M R O L E S N U O C M O T
E K A L F R N V W N N J L M N
L Z L J C K W E A V I N G F N
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By Jimmy and Evelyn Johnson - www.qets.com

Backpack

Cabin

Camper

Campfire

Canoeing

Canteen

Compass

Counselor

Crafts

Forest

Hiking

Homesick

Lake

Lantern

Mountains

Outdoors

Skits

Summer

Swimming

Tent

Weaving

The answers to this month's puzzle are found in this month's issue!



Menu subject to change
due to availability

Wise County Committee on Aging August 2022

Milk delivered weekly for use with all meals.



Monday 8/1/2022	Tuesday 8/2/2022	Wednesday 8/3/2022	Thursday 8/4/2022	Friday 8/5/2022	Saturday 8/6/2022	Sunday 8/7/2022
Beef Fajita Tips Spanish Rice Beans Shred Lettuce & Chop Tomato Flour Tortilla Pears	Baked Chicken Cornbread Dressing Broccoli Bread Mandarin Oranges & Cherries	Pork Roast Mashed Potatoes Okra and Tomatoes Roll Fruit Jello	BBQ Stuffed Potato Green Beans w/Bacon Cantaloupe Wedge Oatmeal Raisin Cookie	Chicken Salad on Lettuce Cottage Cheese Copper Penny Salad Saltine Crackers Sugar Cookie	Grits Sausage Fruit Cocktail Scrambled Egg	Hamburger Casserole Roasted Sweet Potatoes Peach Cobbler
ss 2019 wk 5						
Monday 8/8/2022	Tuesday 8/9/2022	Wednesday 8/10/2022	Thursday 8/11/2022	Friday 8/12/2022	Saturday 8/13/2022	Sunday 8/14/2022
Chicken Tenders Garlic Mashed Potatoes Vegetable Medley Dinner Roll Oatmeal Raisin Cookie	Beef & Pasta Casserole Zucchini Tossed Salad Dressing Garlic Bread Apple Brown Betty	Turkey Rice Casserole Green Pea Salad Calico Corn Dinner Roll Strawberry Oatmeal Cake	Beef Enchilladas Spanish Rice Pinto Beans Lettuce Tomato Salad Salsa Fresh Fruit	Grilled Pesto Chicken Old Fashioned Potato Salad Lett/Tom/Pickle/Onion Hamburger Bun Mustard/Mayo Seasonal Fresh Fruit	Scrambled Eggs Roasted Potatoes Sausage Mixed Fruit	Beef Spaghetti Green Beans Cobbler
ss 2020 wk 1						
Monday 8/15/2022	Tuesday 8/16/2022	Wednesday 8/17/2022	Thursday 8/18/2022	Friday 8/19/2022	Saturday 8/20/2022	Sunday 8/21/2022
Chicken Enchilladas Spanish Rice Charro Beans Shred Lettuce & Chop Tomato Wheat Tortilla Cinnamon Pears	Italian Meatballs w/Sauce Egg Noodles Peas & Carrots Spinach Bread Sugar Cookie	Oven Fried Chicken Sour Cream & Chive Mashed Potatoes Broccoli w/ Cheese Roll Fresh Fruit	BBQ Pork Fiesta Corn Cantaloupe Wedge Oatmeal Raisin Cookie	Ham Salad Fluffy Rice Potato Salad Oyster Crackers Jello w/ Mixed Fruit	Pineapple Sweet & Sour Chicken Fried Rice Broccoli Cookies	Salisbury Steak w/Gravy Roasted Sweet Potatoes Green Beans Peaches
ss 2018 wk 4						
Monday 8/22/2022	Tuesday 8/23/2022	Wednesday 8/24/2022	Thursday 8/25/2022	Friday 8/26/2022	Saturday 8/27/2022	Sunday 8/28/2022
Chicken Enchilada Bake Street Corn Salsa Tossed Lettuce Salad Tapioca Pudding	Beef Pepper Steak Garlic Mashed Potatoes Capri Vegetables Roll Lemon Pudding	BBQ Beef on Bun Pinto Beans Romaine Salad Dressing Peach Crisp	Honey Garlic Chicken Cilantro Lime Rice Broccoli Florets Wheat Roll Fresh Fruit	Salad on Lettuce Pasta Salad Roll Chunky Fruit Medley Chocolate Chip Cookie	King Ranch Chicken Broccoli Cauliflower Cupcake	Oatmeal Bacon Pears
ss 18 wk 2						
Monday 8/29/2022	Tuesday 8/30/2022	Wednesday 8/31/2022	  <p>WCCA WISE COUNTY COMMITTEE ON AGING WISEMEALS.ORG (940) 627-5329 MEALS on WHEELS WISE COUNTY TOGETHER, WE CAN DELIVER.</p>			
Beef Fajitas Mexican Rice Pinto Beans Corn Tortilla Sour Cream Fruit Crisp	Artichoke Chicken Angel Hair Pasta Seasoned Broccoli Stewed Tomatoes Roll Fruited Gelatin	Beef Patty Oven Baked French Fries Ranch Style Beans Lettuce, Tomato, Onion Hamburger Bun Ketchup/Mustard/Mayo Fresh Banana				
ss 2021 wk 8						

This menu serves both Home Delivered Meals and Congregate Meals.

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

AUGUST

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.
- Earmark us on your Amazon Prime Account. Amazon Smiles will donate money directly to us just because you purchased online through them! (When logged into your Amazon Prime Account, select "Your Account," then "Change Your Charity." Type "Wise County Committee on Aging" into the "Choose your charitable organization" field.)



- 🧼 ***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, Tell Us So We Know!***

WCCA will be closed on the following days in 2022:

- 🕒 Monday, July 4, 2022
(Independence Day)
- 🕒 Monday, Sep. 5, 2022 (Labor Day)
- 🕒 Thursday, Nov. 24 and Friday Nov. 25, 2022
(Thanksgiving)

You are welcome to join us at Congregate Meals! Monday through Friday, we are at the OWLS Activity Center in Decatur; on Thursdays we also go to Ascension & St Mark's Anglican Church in Bridgeport. Meals are served at 11:00!