

The Heart Beat

THE OFFICIAL PUBLICATION OF
MEALS ON WHEELS COLLIN COUNTY
Issue 9 | September 2021



AGENCY UPDATE

My Dearest Seniors,

We are so honored to serve you! Our goal is continuous improvement. Recently, we began using a new phone app for our meal delivery process. Our volunteers use this app instead of paper route sheets.

This provides the agency with **real-time updates** on delivery status and any emergency needs. It also frees up a LOT of staff time that we were spending on printing and putting together the route sheets every day.

This will help us serve you better because we can be more responsive to your needs. We are excited to continue improving our systems in order to provide the BEST services possible.

Best wishes,

--Zella Tyson, M.P.H.
Chief Executive Officer, MOWCC



DATES TO REMEMBER

Monday, Sept. 6 -

No meal delivery on Labor Day. Please use shelf-stable meal that will be delivered at end of August.

Month of September -

Harvest Box deliveries will begin shortly. Please be on the look out for your delivery coming soon. NOTE - some boxes may be delivered on weekends. Deliveries will occur throughout the month of September, depending on when donations arrive to our office.

ALERT MEDIA

Reminder - Alert media is a way for us to communicate with you by phone call or text if there's no meal delivery. If you haven't already done so, please save the number in your phone.

STAY HYDRATED!

By Annette Payne, RD, LD,
CDE

During the heat of late summer, it is important to drink enough liquids. Dehydration is a common cause of hospitalization in older adults.

The sense of thirst diminishes as we age, so you might not even realize that you need more water. The rule of thumb is to drink eight 8-ounce glasses each day.

Although water is best, other non-caffeinated items such as milk, 100% fruit juice, and sports drinks, all count toward your goal. If drinking a whole glass in one sitting is difficult for you, try sipping on a drink all throughout the day.

MEET OUR NEW TEAM MEMBERS

We recently added the following members to our Client Services team, in order to better serve you.



ARELIS TORRES-VELAZQUEZ, MSW
Bilingual Social Worker

Arelis was born in Puerto Rico. She has a Bachelor's Degree in General Social Sciences from the University of Puerto Rico and a Master's Degree in Clinical Social Work from the Inter American University of Puerto Rico. As a social worker, she is passionate about serving the community and helping link people to local resources.



HEATHER VINES, LMSW
Licensed Social Worker

Heather was born and raised in Burleson, Texas and has lived in a lot of different places around the world, including Australia and New York City. She earned her Master of Social Work from Baylor University. She is thrilled to be back in Texas and working at Meals on Wheels Collin County.



BILLIE JO RIEGER
Senior Services Administrator

Billie provides administrative support to our Client Services team. She is from Pennsylvania and has a B.S. in Social Work from Slippery Rock University. Billie has been happily married to her husband Rob for 22 years. A few of her favorite things are animals, music and sunflowers!



FUN FACTS ABOUT OUR MEALS

- **No salt is added during cooking.** You won't find a saltshaker in our kitchen. Only herbs and spices.
- **Full of fiber.** Our meals contain at least 7 grams of fiber.
- **5 a.m.** That's the time our staff arrives every day to make your meal!
- **Real ingredients.** Real mashed potatoes...not instant, whole muscle chicken breast...not a formed patty, 100% ground beef...no fillers
- **1,000.** The number of meals we make every day.

COMMUNITY RESOURCES

FREE TABLETS - If you are interested in receiving a FREE tablet to connect with your social worker, doctor, or family/friends, please contact your MOWCC Social Worker. No internet required.

REHAB SERVICES - If you find yourself falling or needing rehab services, please contact Jalaine Beaty with Encompass Health for further information and assistance at 469-781-4759.

HOME REPAIRS - If you're 60+ years old or disabled, you may be eligible for assistance with home maintenance and repairs.

Based on where you live, please call:

Plain-O-Helpers (Plano residents), 469-366-4286

McKinney Seniors Helping Seniors, 469-396-7042

Frisco Helpers, 214-973-1490 or helpers@friscohelpers.org

COUNSELING AND/OR CAREGIVER SUPPORT - Available through the Wellness Center, 972-953-7669.

TRANSPORTATION - Collin Transit is a reduced-cost transport service. For more information, call 940-243-0077.

DEMENTIA SERVICES - Have a spouse or loved one who has dementia? To find general resources for caregivers, call 940-322-5281. For information on respite care, call 1-800-272-3921.

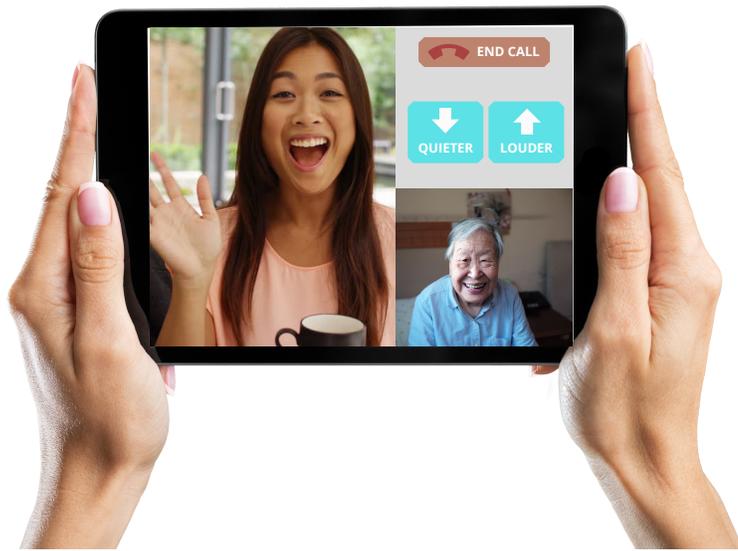
For Alzheimer's specific resources, contact the local Alzheimer's Association at their 24/7 helpline: 800.272.3900.

WELLNESS SERVICES - Beyond Blue is a collaboration of 6 non-profit agencies that provide services to low income older adults living in McKinney Zip Code 75069. Beyond Blue's innovative new program increases access to food, transportation, and behavioral health services. To apply, call (972)542-0020 ext. 104

SENIOR SAFETY NET

Meals on Wheels Collin County has funding available for our Senior Safety Net program. If you need help securing hygiene items, incontinence supplies, pet food, canes/walkers, or any other similar items, please call our office to put in a request. These supplies are provided to you at NO COST.

You can submit a request by calling: (972) 562-6996.



FREE TABLET TO VIDEO CHAT WITH LOVED ONES

If you are interested in receiving a FREE tablet to connect with your family, friends, doctor, or even your social worker, please contact your MOWCC Social Worker.

No existing internet required.

FREE LEARNING RESOURCES

Check out Texas A&M AgriLife's online newsletter, stocked full of tips for healthy living!

www.collincountyfch.com/health



"MOWCC is committed to battling the fight against hunger as we **deliver** essential meals to our senior community. Through this contact, we also give **hope** to those seniors in isolation through the smiles of each volunteer."



Zella Tyson, M.P.H.
Chief Executive Officer



September

2021

Menu

Created by our
Licensed Dietitian

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Cod Fish Sticks Mashed Sweet Potatoes Okra & Tomatoes Tartar Sauce Pineapple Cup Calories: 670 Carbs: 88g Fat: 26g Protein: 23g Sodium: 879mg	2 Taco Casserole Rice Chuckwagon Corn Mixed Fruit Cup Calories: 635 Carbs: 85g Fat: 21g Protein: 28g Sodium: 416mg	3 Chicken Cacciatore Herbed Rice Peas & Carrots Oatmeal Raisin Cookie Calories: 616 Carbs: 79g Fat: 15g Protein: 43 Sodium: 503mg
6 HAPPY LABOR DAY! MOWCC is closed today. Eat your meal that was previously sent.	7 Cheeseburger Macaroni Peas & Pearl Onions Capri Vegetables Fig bar, 2% Milk Quart Calories: 757 Carbs: 91g Fat: 29g Protein: 33g Sodium: 590mg	8 Beef Lasagna Tuscany Vegetables Baby Carrots Graham Crackers Peach Cup Calories: 636 Carbs: 89g Fat: 18g Protein: 29g Sodium: 982mg	9 Southwest Chicken Salad Tomato Salad Potato Salad WW Crackers Pudding Calories: 829 Carbs: 55g Fat: 48g Protein: 43g Sodium: 1229mg	10 Cheese Enchiladas Black Beans Rice Tropical Fruit Cup Calories: 845 Carbs: 102g Fat: 33g Protein: 38g Sodium: 883mg
13 Chicken Spaghetti Brussel Sprouts Italian Vegetables Applesauce 2% Milk Quart Calories: 611 Carbs: 67g Fat: 18g Protein: 46g Sodium: 523mg	14 BBQ Chicken Bake Succotash Fried Okra Pear cup, Sour Cream Calories: 699 Carbs: 78g Fat: 25g Protein: 42g Sodium: 694mg	15 Turkey Tetrazzini Herbed Peas Cheesy Cauliflower Mandarin Oranges Calories: 669 Carbs: 71g Fat: 26g Protein: 36g Sodium: 968mg	16 Turkey Pasta Salad Spiced Peaches Corn Salad Lorna Doone Cookie Calories: 801 Carbs: 87g Fat: 38g Protein: 30g Sodium: 1216mg	17 Zesty Orange Boneless Chicken Wings Roasted Herb Potatoes Broccoli w/Cheese Sauce Peaches Calories: 627 Carbs: 57g Fat: 27g Protein: 38g Sodium: 703mg
20 Chicken Enchiladas Black Beans Chuckwagon Corn Yogurt 2% Milk Quart Calories: 831 Carbs: 109g Fat: 25g Protein: 47g Sodium: 791mg	21 Tuna Pasta Salad Carrot Pineapple Salad Beets Chocolate Chip Cookies Calories: 786 Carbs: 75g Fat: 43g Protein: 26g Sodium: 1235mg	22 Vegetable Lasagna Capri Vegetables Italian Stewed Tomatoes Oatmeal Cream Pie Calories: 623 Carbs: 87g Fat: 19g Protein: 26g Sodium: 1059mg	23 BBQ Chicken Breast Baked Beans Carrots, Graham Crackers Pineapple Calories: 639 Carbs: 96g Fat: 11g Protein: 44g Sodium: 1064mg	24 Egg Salad w/Turkey Ham 3 Bean Salad Cucumber Salad WW Crackers, Pudding Calories: 800 Carbs: 54g Fat: 53g Protein: 26g Sodium: 1400mg
27 Hawaiian Turkey Meatballs over rice, Oriental Veg, Baby Carrots/Mandarin Oranges 2% Milk Quart Calories: 609 Carbs: 96g Fat: 10g Protein: 22g Sodium: 722mg	28 Marinara Baked Pasta Winter Blend Vegetables Roasted Sweet Potatoes Fig Bar Calories: 632 Carbs: 98g Fat: 17g Protein: 23g Sodium: 713mg	29 Chicken Fajitas w/onions & peppers Rice, Black Beans Graham Crackers, Pears Calories: 676 Carbs: 98g Fat: 11g Protein: 47g Sodium: 531mg	30 Chicken Salad w/pineapple Macaroni Salad Diced Beets WW Crackers Tropical Fruit Calories: 876 Carbs: 66g Fat: 48g Protein: 42g Sodium: 1148mg	

Notes:

TO CANCEL A MEAL:
Call by 2PM the day
before.
972-562-6996

MILK QUARTS
Will be delivered once a
week. Nutrition facts
provided include a serving
of milk with the meal.

EMERGENCY MEAL BAG
You were provided 5 shelf
stable meals in October in
the event that MOWCC has
to temporarily close. DO
NOT eat these meal unless
instructed to do so.

MENU CHANGES
Side items may change with
fresh produce provided by
the North Texas Food Bank.

NUTRITION
Our nourishing meals
provide target nutrients for
optimal health. All meals
provide a minimum of 1/3 of
the daily nutritional needs
for older adults. No salt is
added during cooking and
salt-free products are used
as much as possible.