

The Heart Beat

THE OFFICIAL PUBLICATION OF
MEALS ON WHEELS COLLIN COUNTY
Issue 8 | August 2021



AGENCY UPDATE

My Dearest Seniors,

We are so honored to serve you! These have been challenging times, but we remain as committed as ever to your health and protection. We continue to monitor COVID-19 and the Delta Variant closely, so that we can make any changes necessary.

As we move into the fall season, please be on the look out for Harvest Box deliveries. We are also working to secure a back-up generator and explore other options to ensure zero interruptions in services during the fall and winter weather seasons. More updates coming soon.

For now, we hope and pray that you and yours are doing well!

Best wishes,

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



DATES TO REMEMBER

Friday, August 20-

No meal delivery - MOWCC staff will be off site for training. You will receive a frozen meal in advance, which you can heat up for lunch on this day.

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.



CONGREGATE MEALS NOW AVAILABLE

If you are interested in returning to your senior center, the Wylie, McKinney, Frisco, and Towne Creek congregate meal programs are now open again.

Social distancing and masks are encouraged. Hand sanitizer is provided.

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.

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



FOOD SUPPLY CHAIN

Please note that we are experiencing food supply issues affecting specific ingredients due to nationwide labor shortages. Our menu items may change based on food availability, but meals will continue providing all the same vital nutrients. Thank you for your understanding.

FREE LEARNING RESOURCES

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

www.collincountyfch.com/health

COVID-19 UPDATES

According to the latest CDC guidance, if you are fully vaccinated, you can participate in most activities as you did prior to the pandemic. However, the CDC still recommends wearing a mask while indoors in public locations, due to the rise of the Delta Variant.

Collin County Vaccination Rates:

Population 12+ (at least one dose): 68.76%

Population 12+ (fully vaccinated): 61.13%

Population 65+ (at least one dose): 89.20%

Population 65+ (fully vaccinated): 81.18%

If you still need your COVID-19 vaccination, we can help.

Please call us at: (972) 562-6996.

Sudoku Puzzle of the Month

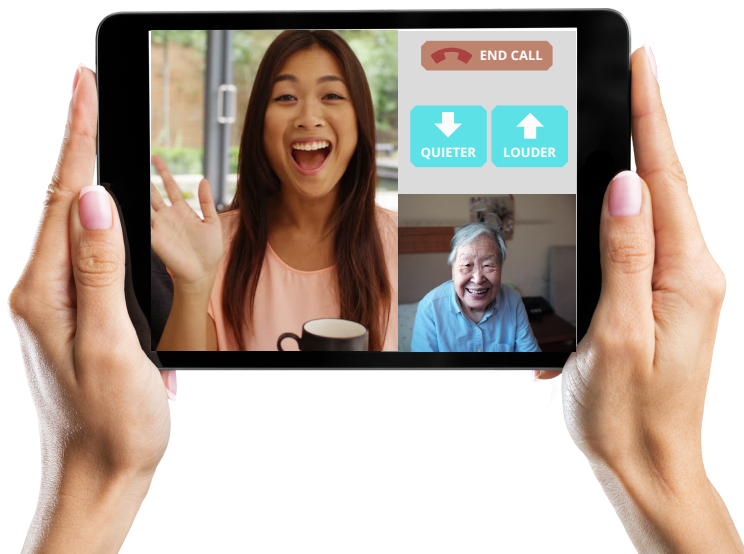
								8
1	8				2	3		
	6			5	7			1
	7		9	6				
	9		7		4		1	
				8	1		4	
6			2	4			8	
		4	5				9	3
5								

SENIOR SAFETY NET

Meals on Wheels Collin County has funding available for our Senior Safety Net program. If you need any of the following supplies, please call our office to put in a request. These supplies are provided to you at NO COST.

- Durable medical equipment (i.e. canes, walkers, wheelchairs, shower benches, etc.)
- Hygiene items (i.e. soap, shampoo, conditioner, body wash, etc.)
- Incontinence supplies (depends, daily pads, bed pads, etc.)
- Nutritional Supplements (i.e. Boost, Ensure, Glucerna)
- Pet Supplies (pet food and cat litter)
- Utility Assistance

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.



"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



August

2021

Menu

Created by our
Licensed Dietitian

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.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Spaghetti Brussel Sprouts Italian Vegetables Applesauce 2% Milk Quart Calories: 611 Carbs: 67g Fat: 18g Protein: 46g Sodium: 523mg	3 BBQ Chicken Bake Succotash Fried Okra Pear cup, Sour Cream Calories: 699 Carbs: 78g Fat: 25g Protein: 42g Sodium: 694mg	4 Turkey Tetrazzini Herbed Peas Cheesy Cauliflower Mandarin Oranges Calories: 669 Carbs: 71g Fat: 26g Protein: 36g Sodium: 968mg	5 Turkey Pasta Salad Spiced Peaches Corn Salad Lorna Doone Cookie Calories: 801 Carbs: 87g Fat: 38g Protein: 30g Sodium: 1216mg	6 Zesty Orange Boneless Chicken Wings Roasted Herb Potatoes Broccoli w/Cheese Sauce Peaches Calories: 627 Carbs: 57g Fat: 27g Protein: 38g Sodium: 703mg
9 Chicken Enchiladas Black Beans Chuckwagon Corn Yogurt 2% Milk Quart Calories: 831 Carbs: 109g Fat: 25g Protein: 47g Sodium: 791mg	10 Tuna Pasta Salad Carrot Pineapple Salad Beets Chocolate Chip Cookies Calories: 786 Carbs: 75g Fat: 43g Protein: 26g Sodium: 1235mg	11 Vegetable Lasagna Capri Vegetables Italian Stewed Tomatoes Oatmeal Cream Pie Calories: 623 Carbs: 87g Fat: 19g Protein: 26g Sodium: 1059mg	12 BBQ Chicken Breast Baked Beans Carrots, Graham Crackers Pineapple Calories: 639 Carbs: 96g Fat: 11g Protein: 44g Sodium: 1064mg	13 Egg Salad w/Turkey Ham 3 Bean Salad Cucumber Salad WW Crackers, Pudding Calories: 800 Carbs: 54g Fat: 53g Protein: 26g Sodium: 1400mg
16 Hawaiian Turkey Meatballs over rice, Oriental Veg, Baby CarrotsMandarin Oranges 2% Milk Quart Calories: 609 Carbs: 96g Fat: 10g Protein: 32g Sodium: 732mg	17 Marinara Baked Pasta Winter Blend Vegetables Roasted Sweet Potatoes Fig Bar Calories: 632 Carbs: 98g Fat: 17g Protein: 23g Sodium: 713mg	18 Chicken Fajitas w/onions & peppers Rice, Black Beans Graham Crackers, Pears Calories: 676 Carbs: 98g Fat: 11g Protein: 47g Sodium: 531mg	19 Chicken Salad w/pineapple Macaroni Salad Diced Beets WW Crackers Tropical Fruit Calories: 876 Carbs: 66g Fat: 48g Protein: 43g Sodium: 1148mg	20 King Ranch Casserole White Rice Fiesta Vegetables Applesauce Calories: 623 Carbs: 75g Fat: 16g Protein: 43g Sodium: 531mg
23 Chicken w/ Cajun Sauce Broccoli Black Eyed Peas Oatmeal Cream Pie 2% Milk Quart Calories: 604 Carbs: 65g Fat: 17g Protein: 49g Sodium: 521mg	24 Spaghetti w/meat sauce Green Beans California Blend Veg Graham Crackers Mixed Fruit, Calories: 607 Carbs: 104g Fat: 14g Protein: 29g Sodium: 754mg	25 Lemon Pepper Tilapia over Wild Rice Lima Beans Garden Blend Vegetables Pear Cup Calories: 609 Carbs: 85g Fat: 11g Protein: 41g Sodium: 417mg	26 BBQ Chicken Salad Broccoli Salad Cinnamon Applesauce Whole Wheat Crackers Calories: 796 Carbs: 56g Fat: 46g Protein: 41g Sodium: 710mg	27 Bean Burrito w/ queso Rice Rancho Fiesta Vegetables Peach Cup Calories: 709 Carbs: 110g Fat: 18g Protein: 26g Sodium: 884mg
30 Teriyaki Beef Meatballs Rice Carrots Applesauce Cup 2% Milk Quart Calories: 654 Carbs: 77g Fat: 22g Protein: 36g Sodium: 905mg	31 Tuna Salad w/tomato slice Pasta Salad Cottage Cheese & Peaches Whole Wheat Crackers Calories: 753 Carbs: 60g Fat: 38g Protein: 43g Sodium: 1283mg			

deliver.

hope.



September

2021

Menu

Created by our
Licensed Dietitian

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.

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: 89 g Fat: 18g Protein: 29g Sodium: 982mg	9 Southwest Chicken Salad Tomato Salad Potato Salad WW Crackers Pudding Calories: 829 Carbs: 55g Fat: 48g Protein: 43 g Sodium: 1229 mg	10 Cheese Enchiladas Black Beans Rice Tropical Fruit Cup Calories: 845 Carbs: 102g Fat: 33g Protein: 38g Sodium: 883 mg
13 Chicken Spaghetti Brussel Sprouts Italian Vegetables Applesauce 2% Milk Quart Calories: 611 Carbs: 67g Fat: 18g Protein: 46 g Sodium: 523 mg	14 BBQ Chicken Bake Succotash Fried Okra Pear cup, Sour Cream Calories: 699 Carbs: 78 g Fat: 25g Protein: 42g Sodium: 694 mg	15 Turkey Tetrazzini Herbed Peas Cheesy Cauliflower Mandarin Oranges Calories: 669 Carbs: 71g Fat: 26g Protein: 36g Sodium: 968 mg	16 Turkey Pasta Salad Spiced Peaches Corn Salad Lorna Doone Cookie Calories: 801 Carbs: 87g Fat: 38g Protein: 30g Sodium: 1216 mg	17 Zesty Orange Boneless Chicken Wings Roasted Herb Potatoes Broccoli w/Cheese Sauce Peaches Calories: 627 Carbs: 57 g Fat: 27g Protein: 38g Sodium: 703 mg
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 CarrotsMandarin Oranges 2% Milk Quart Calories: 609 Carbs: 96g Fat: 10g Protein: 22g Sodium: 792mg	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: 43g Sodium: 1148mg	

deliver.

hope.