

2022

June

VOLUME 14 ISSUE 9



PO Box 849
 501 E Moore Street
 Granbury TX 76048



(817)573-5533



www.mowhctx.org



see our website for more contact info



www.facebook.com/hoodcountyseniorcenter

Betty and Ray at the Sock Hop Party!



CAN YOU HEAR ME NOW?

Many of our Meals on Wheels and congregate clients benefit daily from the use of hearing aids. We are very aware that the cost of hearing aid batteries, and/or the ability to travel to the store to purchase them might be a deal breaker for many of our seniors. Thankfully, there are people in the Hood County community who know how important the ability to hear is to your mental and physical well-being. From time to time, thoughtful donors come by the Senior Center to drop off hearing aid batteries that they or their family members can no longer

use. This generosity grants us the opportunity to distribute batteries to our seniors, and in turn, save them a few dollars. At this time, we have a large supply of hearing aid batteries that we would like to share with our seniors.

If you can use:

p312 batteries,

please do one of the following:

- * Meals on Wheels Clients: Call Crystal or Shanyn at (817)573-5533 (we can send them with your meal)
- * All other seniors: Stop by and pick them up at the Senior Center.

INFORMATION

HOURS

Monday - Friday:

8 am - 3 pm
 NO Membership Fees

LUNCH

Monday - Friday:

11:30 am - 12:15 pm

60 yr+:

\$3.50 suggested donation

Under 60 yrs:

\$5.50 suggested donation

EVENING DANCES

Every Thursday Evening:

7 pm - 9:15 pm

IMPORTANT INFORMATION FOR SENIORS

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IDENTITY THEFT: WHAT TO DO

Did you recently get a notice that says your personal information was exposed in a data breach? Did you lose your wallet? Or learn that an online account was hacked? Depending on what information was lost, there are steps you can take to help protect yourself from identity theft.



Step 1: Call the companies where you know fraud occurred.

- * Call the fraud department. Explain that someone stole your identity.
- * Ask them to close or freeze the accounts. Then, no one can add new charges unless you agree.
- * Change logins, passwords, and PINs for your accounts.

Step 2: Place a fraud alert and get your credit reports.

* To place a fraud alert, contact ONE of the three credit bureaus. That company must tell the other two.

* Experian.com/fraudalert or call (888)397-3742

* TransUnion.com/fraud or call (800)680-7289

* Equifax.com/creditreportassistance or call (888)766-0008

A fraud alert is free. It will make it harder for someone to open new accounts in your name.

Get your free credit reports from all three credit bureaus. Go to annualcreditreport.com or call (877)322-8228.

Review your reports and make note of any account or transaction you don't recognize.

Step 3: Report identity theft to the FTC.

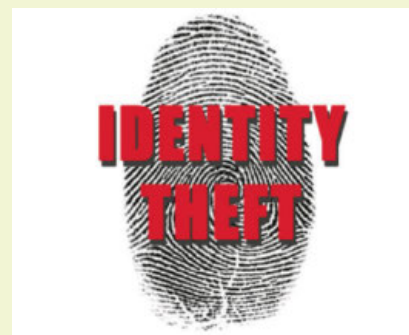
* Go to IdentityTheft.gov or call (877)438-4338. Include as many details as possible.

Based on the information you enter, IdentityTheft.gov will create your Identity Theft Report and recovery plan.

- If you create an account, they will walk you through each recovery step, update your plan as needed, track your progress, and pre-fill forms and letters for you.

- If you don't create an account, you must print and save your Identity Theft Report and recovery plan right away. Once you leave the page, you won't be able to access or update them.

Your Identity Theft Report is important because it guarantees you certain rights.



The information in the article above was taken directly from the Federal Trade Commission (FTC) website, www.IdentityTheft.gov and their booklet titled "Identity Theft: A Recovery Plan".
If any of the scenarios at the beginning sound familiar to you, please read the article and consider following the steps 1 through 3 in order to start taking back control of your data and identity.

TURKEY CLUB SANDWICH

Cook bacon until crisp, then drain fat on a paper towel.

Toast the bread then spread mayo on both pieces. Top with 1 slice lettuce, turkey, tomato, bacon and remaining lettuce and close.

Slice in half and enjoy!



Here's a quick and EASY recipe for a HOT day!

INGREDIENTS

- 2 slices center cut bacon (cut in half)
- * 2 slices whole grain bread
- * 1 TBSP light mayonnaise
- * 2 slices iceberg lettuce
- * 3 oz turkey breast (sliced thin)
- * 2 slices ripe tomato

(Recipe taken from www.skinnytaste.com)

Elara Caring

Skilled Home Health

- Have you or a loved one had a...
- recent hospitalization, surgery or ER visit?
 - new diagnosis or change in health condition?
 - fall/near fall or unsteady gait/poor balance?



Hospice Care

Hospice care isn't about giving up. It's a shift in the focus of care to improve quality of life and offer support to patients and caregivers.

Would you or a loved one like more information about the added benefits of hospice care?



We Can Help

In-home support teams include: nurses, physical therapists, occupational therapists, speech therapists, social workers, home health aides and more.

833.GoElara
(833.463.5272)
Elara.com





LUNCH MENU

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June 2022

MON		TUE		WED		THU		FRI	
				1		2		3	
<p>Menus are subject to change without notice. Suggested donation is \$3.50 per meal for age 60+ Meals on Wheels clients receive meal deliveries Monday thru Friday only. Please call to cancel your meal before 9:30am. Congregate clients are served in the dining room from 11:30am to 12:15pm, Monday thru Friday. You do not need to make a reservation.</p>				Italian Meatballs with Spaghetti Sauce Broccoli Garlic Bread Dessert		Chicken Soft Taco Mexican Squash Pinto Beans Dessert		Charbroiled Beef Patty Potato Wedges Buttered Carrots Coleslaw Crackers Dessert	
		6		7		8		9	
Beef Soft Taco Spanish Rice Pinto Beans Wheat Tortillas Dessert		Baked Lemon Chicken Roasted Potatoes Peas & Carrots Wheat Roll Dessert		Meat Loaf Mashed Potatoes Green Beans Roll Dessert 		Turkey Tetrazinni Italian Vegetables Garden Salad Wheat Roll Dessert		Tuna Salad Green Pea Salad Cucumber Salad Wheat Roll Dessert	
13		14		15		16		17	
Chicken Tenders with Gravy Garlic Mashed Potato Green Peas Roll Dessert		Chicken Paprikash Fluffy Rice Asian-Glazed Carrots Egg Roll Dessert		Smoked Sausage with Peppers & Onions Spanish Rice Pinto Beans Salad Dessert		Cilantro Lime Chicken Angel Hair Pasta Vegetable Medley Wheat Roll Dessert		Soft Style Pizza Calico Corn Seasoned Broccoli Wheat Roll Dessert	
20		21		22		23		24	
Smothered Porkchops Scalloped Potatoes Mixed Vegetables Roll Dessert		Rosemary Chicken Rice Pilaf Carrots Wheat Roll Dessert		Stuffed Bell Pepper Yellow Squash Tossed Salad Wheat Roll Dessert		Chicken Salad Sandwich Green Pea Salad Fruit Medley Dessert		Salmon Patties Baby Bakers Lemon Broccoli Roll Dessert	
27		28		29		30			
BBQ Chicken Breast Candied Sweet Potato Green Beans Wheat Bread Dessert		Crunchy Baked Fish Potato Wedges Coleslaw Wheat Bread Dessert		Chef's Quiche Rosemary Roasted Potatoes Peas & Carrots Wheat Roll Dessert		Turkey Sandwich Lettuce/Tomato/Onion Three Bean Salad Banana Dessert			

June Activities...

MON	TUE	WED	THU	FRI
<p><i>Father's Day is on Sunday, June 19th this year!!</i></p> 		<p>1</p> <p>9:30 Chair Fitness 10am Dominoes 12pm Woodcarving Club 1pm Needlers</p>	<p>2</p> <p>10am Dominoes 10:30 Bobby Don Shelton, Music 10:30 Mahjong 10:30 Health Screen Renew Home Health 7pm Dance</p>	<p>3</p> <p>10am Dominoes 10:30 Finding Help in the Home/Jackie 10:30 Hand & Foot 12:15 BINGO</p>
<p>6</p> <p>10am Dominoes 10:30 Mexican Train 10:30 Gospel Sing-Along 12:15 BINGO</p>	<p>7</p> <p>10am Dominoes 10:30 Hand & Foot 10:30 Margie Hartsfield Musician 1:30pm MOW Volunteer Training</p>	<p>8</p> <p>BIRTHDAY DAY! Spnsr: Interim Healthcare</p> <p>9:30 Chair Fitness 10am Dominoes  10:30 Bob Smith 12pm Woodcarving Club 1pm Needlers 1pm Line Dancing</p>	<p>9</p> <p>10am Dominoes 10:30 Mahjong 7pm Dance</p>	<p>10</p> <p>10am Dominoes 10:30 Health Screening Trinity Nursing 10:30 Hand & Foot 10:30 KARAOKE with Travis Moncrief 12:15 BINGO</p>
<p>13</p> <p>10am Dominoes 10:30 Mexican Train 10:30 Gospel Sing-Along 12:15 BINGO 1:30 Chair Fitness</p>	<p>14</p> <p>FLAG DAY PARTY!! Spnsr: Renew & Hospice + </p> <p>10am Dominoes 10:30 Hand & Foot 10:30 Sonny Morgan 12pm to 2pm Week #1 Acrylic Painting</p>	<p>15</p> <p>9:30 Chair Fitness 10am Dominoes 11am Financial Fraud Q&A with Ind. Financial 12pm Woodcarving Club 1pm Needlers</p>	<p>16</p> <p>10am Dominoes 10:30 Mahjong 10:30 Health Screen Interim Health 7pm Dance Snack Host: ?????</p>	<p>17</p> <p>10am Dominoes 10:30 Margie Hartsfield 10:30 Hearing Aid Clnng Connect Hearing 10:30 Hand & Foot 12:15 BINGO</p>
<p>20</p> <p>10am Dominoes 10:30 Mexican Train 10:30 Gospel Sing-Along 12:15 BINGO 1:30 Chair Fitness</p>	<p>21</p> <p>9:30 AAA Benefits Counselor, Simon 10am Dominoes 10:30 Hand & Foot 12pm to 2pm Week #2 Acrylic Painting</p>	<p>22</p> <p>9:30 Chair Fitness 10am Dominoes 12pm Woodcarving Club 1pm Needlers 1pm Line Dancing</p>	<p>23</p> <p>10am Dominoes 10am Veterans Coffee Break 10:30 Mahjong 7pm Dance</p>	<p>24</p> <p>BINGO PRIZE DAY! Spnsr: STAR Council</p> <p>10am Dominoes 10:30 Hand & Foot 11am Legal Advice with Tracy Bush 12:15 BINGO</p>
<p>27</p> <p>9am Genealogy with Karen Call 10am Dominoes 10:30 Mexican Train 10:30 Gospel Sing-Along 12:15 BINGO 1:30 Chair Fitness</p>	<p>28</p> <p>10am Dominoes 10:30 Hand & Foot 12pm to 2pm Week #3 Acrylic Painting</p>	<p>29</p> <p>9:30 Chair Fitness 10am Dominoes 12pm Woodcarving Club 1pm Needlers</p>	<p>30</p> <p>10am Dominoes 10:30 Mahjong 7pm Dance</p>	

The daily schedule of activities is subject to change. Please call the Senior Center if you are coming for a specific activity that could be affected by weather, health or other reasons.

SENIOR CENTER NEWS

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ACRYLIC PAINTING CLASSES

Acrylic Painting classes with instructor, Wayne Falcone are beginning again on June 14th. Wayne will be teaching the fifth series of acrylic painting here at the Hood County Senior Center. As mentioned before, the popularity of this class has created a lengthy waiting list. Sharyn made calls in mid-May to new registrants that will be in the June/July series. If you did not receive a call from Sharyn in May, please understand that you are still on the waiting list. First come, first served.



GAMES ANYONE?

If you enjoy Dominoes, Mahjong, Puzzles, Hand & Foot, Mexican Train, etc. there is a place for you here at the Hood County Senior Center! Come grab a seat at the table.

IDENTITY THEFT

Financial Fraud and Identity Theft are running rampant these days. A representative from Independent Financial Bank will be here on Wednesday, June 15th at 11am to speak on this topic and stay for Q&A afterward.



It is an honor to serve you!

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For ad info. call 1-800-950-9952 • www.lpcommunities.com

Hood County Senior Center, Granbury, TX

B 4C 05-1271

Donation Card

As a non-profit organization, all donations are tax deductible. Credit card donations and meal payments can be made on our website or by calling the Meals on Wheels office. You may also use this form. Mail it to: Meals on Wheels, PO Box 849, Granbury TX 76048

Name: _____

Address: _____ City/St/Zip: _____

Phone: _____ Email: _____

Credit Card #: _____

Expiration: _____ CSV#: _____ Donation Amount: _____



MEALS on WHEELS
HOOD COUNTY

TOGETHER. WE CAN DELIVER.

STAFF	Jeanette Scott <i>Executive Director</i>	Shylo Preston <i>Meal Program Mgr</i>	Melissa Saucedo <i>Volunteer Coordinator</i>	Barbara Facer <i>Transportation Director</i>
	Crystal Smith <i>Activity Mgr/Admin Assistant</i>	Debbie Langston <i>Meal Program Assistant</i>	Tomika Elliott <i>Kitchen Mgr</i>	Shelly Moorehead <i>Transportation</i>
	Shanyn Arbuckle <i>Activities Assistant</i>	Jane Hill <i>Meal Program Assistant</i>	Tracy Drake <i>Kitchen Staff</i>	Fernando Abalos <i>Custodian</i>
		Keiuna Jones <i>Meal Program Assistant</i>	Crystal Avalos <i>Kitchen Staff</i>	

Senior's Real Estate Specialist

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or (800) 477-4574 x6677

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UPCOMING EVENTS



June 14th
@
10:30am

FLAG DAY PARTY

JUNE 14 | 10:30 AM

Come hang out at the Senior Center for a little Flag Day celebration! Margie Hartsfield will perform for us while Renew Home Health and Harbor Hospice are sponsoring the snacks and door prizes.



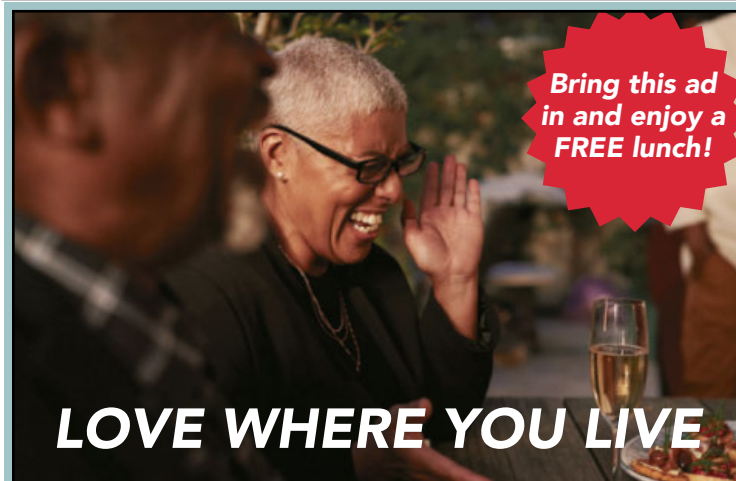
KARAOKE

JUNE 10 | 10:30 AM

Warm up your voices and be here early to get your opportunity to show off your singing skills! Travis and Carolyn Moncrief will be here for a great time of Karaoke!

Thursday Night Dance Schedule

- June 2 Pete & Patti
- June 9 Outcast (CB Sutton)
- June 16 Outlaw Run
- June 23 Cowboy Country Productions
- June 30 Outcast (CB Sutton)
- July 7 Pete & Patti
- July 14 Outcast (CB Sutton)
- July 21 Outlaw Run
- Snack Host: Home Instead
- July 28 Cowboy Country Productions



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