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## What's New at TLC MoW?

**Thank you for filling out the client survey!** We are analyzing your responses and see many of you requested information on community services, such as transportation and senior scams. We are in the process of compiling a community resource list that you can use and refer to as your needs change. Look for it soon from your volunteer driver.

### Remember ...

**During the summer months,** please remember to leave a cooler out if you will not be home to receive your meal. We don't want your food to spoil!

We will not be delivering meals on Memorial Day, Monday May 29. Please call us if you would like an additional frozen meal delivered on Friday.

**This month we honor our youth volunteers.** We are heartened that so many young people deliver meals, either with family members or as part of their Church youth group. We hope they brighten your day when you see them!



Camille and Kaleb delivering to Carol

**Are you on Health First Colorado (Colorado's Medicaid Program)?** If so, there are additional resources available to you at no extra cost such as help connecting you with a network of providers to serve your medical, mental health, home health, dental and long-term care needs. There is also help with finding resources in the community such as housing, transportation, food, and durable medical equipment, as well as understanding how to receive the most from your health plan benefits.



Sam delivering to our client Robert

Medicaid continued: Interested in learning more? If you live in Arapahoe County, please call Colorado Access at 720.744.5124 or visit <http://coaccess.com/>. If you live in Jefferson County, please call Colorado Community Health Alliance at 303.256.1717 to talk to a Health Partner or visit [www.cchacares.com](http://www.cchacares.com).



**Buyer Beware.** Hail season is right around the corner! And that can mean damaged roofs and contractors knocking on your door wanting your business.

Although there are many reputable roofers in town, please be aware that some are out to scam you. Be sure to check with the Better Business Bureau as well as reviews online, which tend to be more reliable. When you do agree to work with a contractor, never pay a portion up front. Paying them in full when the work is done provides you with leverage if you're not satisfied with the final product.



**Are you taking multiple prescription medicines?**

Seniors represent 13% of the population yet use more than one-third of all prescription medications. And if you're like most seniors, you not only use more than one, but you also use supplements. Supplements are vitamins and "medicine" which are often touted to help cure everything from

inflammation to digestive problems. Unlike prescription medicine, however, they are considered a special food and are not certified by the government as safe and effective.

The more medications and supplements you take, the more you are at risk for having a serious drug interaction. As a senior, you metabolize drugs differently than when you were younger and vision problems and difficulty remembering things may result in taking the wrong dose.

Here are some steps you can take to help avoid a drug-interaction:

- Know why you are taking a medication. You may have needed a medicine long ago but not now.
- Bring all of your medications and supplements with you when you visit your doctor, even if you think she knows what medicines you are on.
- Know the side effects of your medication, and call your doctor if you are having a bad reaction. However, it is important to never stop taking a medication without checking first with your doctor.

