



*Quarterly Client Newsletter, Winter, 2017*

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### What's New at TLC MOW?

**Holiday Gifts:** We hope you enjoyed your holiday gifts last month. Our volunteers relished the opportunity to deliver them over the 12 days prior to Christmas.

In addition to our donors listed below, we also had help from many individuals who knitted or crocheted hats, decorated bags, cards, tray favors and wrappers. As many of you requested, we have thanked them for you!

Annie Berger  
Aurora Public Library  
Bow Mar Monday Club Knitters  
Buck Community Recreation Center  
Carrie's Cause  
Cheryl Sartain  
Cindy Klick & Friends  
City of Englewood  
City of Littleton  
Clement Park Dental  
First Presbyterian of Littleton  
Girl Scouts  
Grout Family Dentistry  
Joan Johnson  
Kathy Kreidler family  
Light of the World Knitters  
Littleton Adventist Hospital  
Littleton United Methodist Church

Liz Spurr & Friends  
Michelle Milash  
Mission Viejo Library  
Our Father Lutheran Sunday School  
Peabody Elementary  
Powell Middle School National Junior  
Honors Society  
St. Francis Cabrini Knitters  
Subaru Western Marketing Region  
Windcrest Women's Club



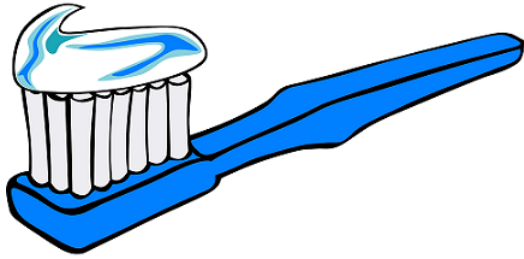
A special thank you to Makery Bakery, who donates our delicious birthday cakes. Do you enjoy the extra bread and cinnamon rolls our drivers bring throughout the week? They are graciously donated by Panera Bread on Hampden, Fresh Harvest Food Bank and Duffyroll Café.

### Remember ...

**During inclement weather,** we follow the Littleton Public Schools closure schedule. If they close, we close, so be sure to check your local news or call our office, as our message will be updated. If Littleton schools

remain open or are on a delayed schedule, we deliver.

### Senior Dental Services



Good oral health is important to your overall health. The Tri-County Health Department offers sliding fee dental services to low-income seniors age 55 and older who reside in Arapahoe County. Services include fillings, extractions, crowns, dentures, cleaning, dental health education and referral for specialty services. Please call 303.783.7106 for more information.

**Did You Know?** *Food Stamps*, which are federally known as SNAP, are used by 1 in 10 Coloradans, including seniors and individuals with disabilities. Like Social Security and Medicaid, it is available to anybody who meets eligibility requirements. This means if you receive benefits, it will not take resources away from others in need.

The thought of calling a government agency can often feel daunting and intimidating, but now there is an easier way! Simply call the Hunger Free Colorado Hotline at 720.382.2920 and confidentially speak to a food assistance navigator, who can determine your eligibility, assist you with the food stamp application process and answer any questions you may have.

*Property Tax Exemption for Seniors:* Have you owned your home for the last 10 years? Are you 65 or older? If so, you might qualify for a property tax reduction. You

may also qualify if you don't meet these requirements but your deceased spouse did. For more information, call the Arapahoe County Assessor's office at 303.795.4600 or the Jefferson County Assessor's office at 303.271.8600.

**Is Laughter the Best Medicine?** Although there is no hard evidence, some people believe the effects of laughter is similar to a mild workout. According to WebMD, when we laugh we stretch muscles in our face and body, our pulse and blood pressure increases, and we send more oxygen to our brain. So watch on old *Marx Brother's* film, *Candid Camera* or your favorite *I Love Lucy* Episode.



### We Value Your Input!

Are we meeting our goal of creating nutritious, delicious meals that provide you with the nutrition you need to age well while remaining in your own home? We appreciate your feedback on what we are doing well and how we can improve. Please call us at 303.798.7642 or email us [info@TLCMealsonWheels.org](mailto:info@TLCMealsonWheels.org) with your thoughts.