



Summer, 2016

## What's New at TLC MoW? Meals for the Weekend!

Are you in need of weekend meals to ensure you get good nutrition all week long? We now deliver two frozen meals for the weekend along with your regular Friday meal!

The meals will be prepared in our kitchen and then frozen. We will not be accommodating food preferences as we do with our weekday meals. However, we will not send fish, spicy food, pork, or foods high in vitamin K. At least one of the meals will include fruit in the tray, but a separate dessert will not be provided.

Because the meals are frozen, please plan to be home to receive your meals. As a reminder, meals are delivered between 11:00 a.m. and 1:00 p.m.

Interested? All you need to do is call our office at 303.798.7642 between 8:30 and 2:30 any weekday.

### Did you know ...

Ever wonder what a healthy plate looks like for older adults? Similar to what we've always been advised to eat; lots of colorful fruits and vegetables, protein and grains.



Remember these important tips:

*Drink plenty of fluids.* As we age, we don't always get thirsty when we need fluid. So be sure to drink plenty of liquids, as well as eat soups and fruits and vegetables, to insure you are getting the liquids you need.

*Eliminate salt.* Salt is problematic for older adults and is linked to chronic disease. Herbs and spices are a good alternatives for added flavor.

*Frozen and canned foods are fine.* Canned and frozen foods can be convenient alternatives for seniors: they last longer and simplify food portion control. Choose canned foods packed in their own juices and low in sodium.

## Remember ...

Please answer the door if you are home when we bring your meal. We like to visit with you, if only to say hello, and see how you are doing.

## Senior Community Resources

Want information in your area about food, housing, rent/utility aid, emergency shelter, clothing, transportation assistance, medical & dental care, prescriptions, mental health, home repairs, and other senior issues? Just dial Mile High United Way at 2-1-1, and they will connect you with the services you need. It's that simple!

*Do you have trouble reading a book?*

Whether it's because of poor vision, difficulty holding a book or sitting up for long periods of time, Talking Books may be right for you! Signing up for this *free* service is easy! You can find the application online at [www.myctbl.org](http://www.myctbl.org) or call Colorado Talking Book Library at 1.800.685.2136. You must have the application signed by a professional, such as a doctor, nurse, librarian or social worker, to certify you have a vision problem or physical limitation. They will send you an audio player and a couple of books to get you started. You can also receive magazines.

## Fall Prevention Tips

One in 3 seniors fall, often resulting in serious injury. Here are 4 important steps that you can take *now* to prevent falls:

- If possible, engage in physical activity, which helps improve balance and coordination.

- Remove clutter and throw rugs from the floor, as they can cause you to slip and fall.
- Review your medications with your doctor, as some can make you dizzy or sleepy.
- Have your vision checked annually. Good vision is essential in preventing falls.



Would you like additional resources? You can call the Fall Prevention Network at 303.922.5555, or find them online at [www.fallpreventionnetwork.org](http://www.fallpreventionnetwork.org), or contact Arapahoe Libraries at 303.542.7279, or Seniors' Resource Center at 303.904.2258.

## Thought for the Day

*It's not who you are that holds you back; it's who you think you're not*

## We Value Your Input!

Our goal is to provide you with the best service we can. Please help us reach that goal by calling us at 303.798.7642 if you have questions, need information about other services in the community, or simply want to let us know how we are doing!