

Bon Appetit



Winter, 2015

Welcome to our quarterly client newsletter, *Bon Appetit*, written especially with *you*, our client, in mind. We hope to present a variety of content, including an update on news here at TLC Meals on Wheels, important reminders, senior resources in the community, and a *did you know?* column with information we think you'll enjoy.

What's New at TLC MoW

Holiday Gifts: We hoped you enjoyed your holiday gifts last month, as our volunteer Santas and their elves relished the opportunity to deliver them to you in the 12 days prior to Christmas. In addition to our drivers and staff, we had help from volunteers who donated, collected, wrapped, and decorated gift bags and cards. As many of you requested, we have thanked them for you!

Arapahoe High School Basketball Team
Arapahoe County Judicial Community Service Program
Carrie's Cause
Cindy Klick & Friends
City of Englewood
City of Littleton
DTC Sertoma
Joyce Howell

Karen Michie
Kathy Kreidler Family
Kim Dietrich & Friends
Littleton Adventist Hospital
Littleton United Methodist Church
Liz Spurr & Friends
Michelle Milash
Our Father Lutheran Sunday School
Powell Middle School National Junior Honors Society
St. Gregory, TLC Meals on Wheels Board Members
St. Thomas More Catholic Parish Stitches
Subaru of America
Sunrise Senior Living at Pinehurst
Windcrest Women's Club



A very special thank you to the members of Lydia's Circle from Holy Trinity Lutheran Church, who knitted the hand towels and wash cloths that we delivered to all of our clients for their birthdays in 2015.

Remember ...

During inclement weather, we follow the Littleton Public Schools closure schedule. If Littleton schools remain open or are on a delayed schedule, we deliver. If they close, we close. So be sure to check your local news. If we close we will also announce it on our phone message.

Please call our office at 303.798.7642 if you have not received your meal by 1:00 o'clock. This way we have time to track down the problem.

Senior Resources in the Community



Handyman Services are Available! Do you have a leaky faucet or a porch light that needs replacing? If so, the *Safety of Seniors Handyman Program* can help. This program is available for limited income seniors over the age of 60. They will also make your home safer by providing a free safety assessment in your home, install non-slip surfaces in your tub or shower, install grab bars in the bathroom, install a raised toilet seat adapter, and regulate your hot water heater. Cost of labor is free; cost of material varies depending on your eligibility.

Please call Volunteers of America at 303.297.0408 and ask for the *Safety of Seniors Handyman Program*.

Nutrition Counseling

Do you have questions on how best to lose weight ~ or gain it? Do you wonder how to manage your vitamin K intake? As a senior, you are eligible for FREE nutrition counseling through the Area Agency on Aging. Call us for a referral. 303-798-7642.

Did You Know?

Sometimes it is tempting to throw out that canned food if it is past the *best if used by date*. But according to federal standards, that isn't necessary. Food which goes beyond its *best if used date*, the date the product's highest quality is guaranteed, does not have to be discarded. Frozen items can last indefinitely, canned goods can last an additional 9 to 36 month. The best rule of thumb is to throw food out if it smells funny or has discoloration.

Dairy products usually have a *sell by date* and are good for a week past that date. An *expiration date* is used only on baby food and infant formula and indicates that the food must be discarded by that date.

We Value Your Input!

We want to hear from you! It is our goal to create nutritious, delicious meals that provide you the good nutrition you need to age well while remaining in your own home. We appreciate and respect your feedback. Please call us at 303.798.7642 or email us at info@TLCMealsonWheels.org with your thoughts.