

Bon Appetit



Fall, 2016

Did you know ...?

TLC Meals on Wheels started in 1968, when our founder, Virginia Baker, prepared meals in her home for seniors in need. Outgrowing her kitchen in 1971, she moved to Littleton's First Presbyterian Church.



Virginia Baker, leading lady, 1973. In the kitchen of the First Presbyterian Church. *Littleton Independent photo. Courtesy Littleton Museum.*

In 1972, Virginia incorporated her meal delivery service, giving it the name Town of Littleton Cares Meals on Wheels. By 1974, it was the second largest meal delivery program in the state, serving 100 seniors in the Littleton area: 40 received delivered meals each weekday and 60 participated in our once weekly congregate lunch.



Mrs. Robert Heiss delivers meals, Meals on Wheels, April 1973. *Littleton Independent photo. Courtesy Littleton Museum.*

Stay tuned for another chapter of TLC MoW history in our next newsletter!

Remember ...

Winter is right around the corner. A reminder that we do not deliver when Littleton Public Schools is cancelled due to inclement weather. Call the office for a recorded message indicating closures or check the morning news on Channel 4, 7, 9 & 31.

Also, set out a small cooler by your door if you are not planning to be home. Otherwise we will hang your meal on your doorknob. Not needing a scheduled meal? Please notify us the day before or no later than 8:30 in the morning.

Holiday Delivery Schedule

Thanksgiving: There will be *no* meals delivered on: *Thursday, November 24th* or *Friday, November 25th*. We will provide an extra meal on Wednesday.

Christmas: There will be *no* meals delivered on: *Monday, December 26th* and *Monday, January 2nd*.

Senior Community Resources



Save the Dates

Interested in hearing a presentation over the phone without leaving the comfort of your own home? The Library2 You Dial Program presents topics of interest to seniors and homebound individuals throughout the Denver metro area simply by picking up the phone. Check out these upcoming programs:

Colorado Ballot Issues 2016

Thursday, Oct 13, 6:30 p.m.

The fall Colorado ballot promises to stir up strong emotions in the state. With a variety of complex issues coming to a vote, it is important to understand what is at stake. Join *Active Minds* on the phone for an objective review of the ballot issues and

hear arguments on each side of the proposals. Call 303.275.6173 to preregister, or dial in at 303.502.5189.

Healthy Living for Your Brain and Body

10:30 a.m. Monday, Nov. 7

Join a presentation about the latest research on the relationship between health and the body. Learn how to make lifestyle choices that may help you keep your brain and body healthy as you age. Topics include research and tips in diet and nutrition, exercise, cognitive activity and social engagement. This program is held on the phone with experts from the Alzheimer's Association. Call 303.275.6173 to preregister, or dial in at 303.502.5189.

Do you have a short-term need for durable medical equipment?

The South Metro Medical Equipment Loan Closet loans medical equipment, free of charge, to all those in need. Items include wheelchairs, crutches, walkers, scooters, walking boots, canes, hospital beds, oxygen generators, extended grabbers, toilet seat risers, shower chairs, chairs to move into and out of a bathtub, and more. Call 720.443.2013 for more information.

Thought for the Day



Autumn shows us how beautiful it is to let go!