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Quarterly Client Newsletter, Summer, 2017

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What's New at TLC MoW?

Last month we sent out our new community resource booklet. Please let us know if you didn't receive it, as we would be happy to deliver one to you.

Nearly 100,000 meals served! In our fiscal year ending June 30, 2017, we served a record total of 99,847 meals! 88,620 of those were weekday meals; 10,521 were frozen meals. We hoped you enjoyed each and every one of them.

Best of the Best



We are pleased to announce that TLC Meals on Wheels received the Reader's Choice Best Award for best local non-profit from Littleton's suburban newspaper, the *Littleton Independent*. Thank you to the community of Littleton for your ongoing trust and support of our organization.

Remember ...



We will not be delivering meals on Labor Day, Monday, September 3rd. Please call us if you would like an additional frozen meal delivered on Friday.

Beware ...



Medicare Imposters are calling older beneficiaries threatening to cancel their benefits if they don't pay to renew their health insurance cards. They will ask you for your social security number as well as

information about your financial accounts, and threaten to stop your medical benefits if you don't comply.

This is a **scam**. NEVER give such information out over the phone. Please know that Medicare does not charge to get a new card and will never call you to verify your account number or sell you anything over the phone.

If you receive such a call, record the number on your caller ID and report it to SMP Colorado at 1-800-503-5190.

Did you know ...?



Every Saturday at 4:00 p.m. Radio 1430 AM features *NoCopay Radio*, a local show on health issues and services for seniors in the metro Denver area. Past topics have included legal services for low income seniors, how to prevent dehydration, Colorado Visiting Nurses home services, information on strokes and multiple sclerosis, and many other important topics.

Don't forget to listen in every Saturday for this informative show. And let us know what you think!

Community Resources

The Aging & Disability Resources of Colorado (ADRC) provides information on a variety of programs in the metro area – from health, housing, hearing, financial security, and everything else. They also conduct free home visits to help assess the

services you need to stay independent in your home. Call 303.480.6700 to talk to a care coordinator.

Need help paying for dental services, hearing aids and eyeglasses? Denver metro seniors age 60 or over are eligible for limited financial assistance to help pay for dental, hearing and vision services. Call the Colorado Gerontological Society at 303.333.3482 for more information.



Thinking of moving into Assisted Living or a Nursing Home? Please know that the state or federal government may be able to provide you benefits, including benefits for veterans. If you need more information, please contact ADRC (listed above) at 303.480.6700 or contact Care Patrol at 720.316.1262.

Thought for the Day



