



# Summer Search

D R P S U N T A N I C E C R E A M  
 Z F C H U S U N B U R N F N J E N  
 Y I A H G H B O A T C O U S U G B  
 W R U E F F I S H I N G O I N L E  
 M K G U T I B I K I N I C W E O A  
 N Q U B E E W A T E R M E L O N C  
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 O N J R N I M U F F H L K G L R W  
 N Z R T G T X J Z K L H A T X Z T  
 B K N S V O Q W J V X X R D W E B

August  
 beach  
 bikini  
 boat  
 camping  
 fan  
 fishing



hat  
 hot  
 ice cream  
 July  
 June  
 lotion  
 mosquito

shorts  
 sunburn  
 sunglasses  
 suntan  
 swimming  
 tent  
 vacation



www.bogglesworldesl.com

## Do you live in Arapahoe County and Need help with Cooling Bills?

The Arapahoe County Weatherization Division installs free energy conservation measures and energy-efficient appliances in low-income households in Adams County and Arapahoe County. The program helps eligible residents to conserve energy and save money on heating and cooling bills, while improving the comfort of their homes year-round. Call 303-636-1982, Monday through Friday 8am –4:30 pm.

# Bon Appetit

Summer 2018



## Happy 4th of July!

TLC Meals on Wheels will be Closed Wednesday July 4th. Please call 303-798-7642 no later than Friday June 29th to schedule a frozen meal to be delivered Tuesday July 2nd.



TLC Meals on Wheels Staff: Back Row: Chef Jason Jones, Brian Harvey Cook, Diane McClymonds Exec. Director, Dana Gaston, Dir. of Operations, Tara McManus Kitchen Asst., Front Row: Patti Kallery Program Coordinator, Debbie Peters Cook, Korri Stainbrook Community Relations.

## A Message from Our Executive Director

*"A family is a group of people who eat the same thing for dinner."* Nora Ephron

So that makes all of you part of the TLC Meals on Wheels family! We feel that and hope you do, too. The volunteers and staff who organize the routes, prepare and pack the meals in the kitchen and those who deliver them to you all appreciate the opportunity to be sure you have nutritious meals to enjoy.

Your feedback on the menu helps us determine which items you like most. Although it's hard to please all 420 of you at once, we do try! So thanks for taking the time to vote for your favorite meals.

From your TLC MoW family, we wish you a great summer and wonderful 4<sup>th</sup> of July!

Diane

## Meet our New Staff:

**Jason Jones** is our new Chef and Kitchen Manager. He is a Cordon Bleu-trained chef and has worked in Los Angeles, Seattle, New York City, Austin and Houston, where he's from. He's cooked for bigwigs like George Bush, Dick Cheney and the guy Cheney accidentally shot, Harry Whittington and now loves cooking for you.

**Patti Kallery** recently joined our team as our Program Coordinator. She has volunteered in the TLC MoW office and kitchen for approximately 7 years, during which time she was completing her second bachelor's degree in Human Nutrition and Metabolism from Metro State. She will often be answering the phones when you call in with questions or concerns.

**Korri Stainbrook** joined the TLC Meals on Wheels staff as the Community Engagement Specialist in March of 2018. She is a native Littleton resident and has been involved with TLC MoW over the past 40 years. She has more than twenty-three years' experience in marketing, event management, community and public relations.

## Sugar vs Fat in Your Foods

### Remember when we thought fat was the No. 1 dietary villain?

Not anymore, research has linked an excessive intake of sugar with an increased risk of developing high blood pressure, type 2 diabetes, cardiovascular disease, chronic inflammation, nonalcoholic fatty liver disease and an increased risk of certain forms of cancer.

### Easy Ways to reduce your sugar intake:

**Eat regularly.** Sometimes hunger can make you crave sugar, so it's important to nourish your body with whole foods every four hours.

**Curb your intake gradually.** If you like sugar in your tea or coffee, slowly cut back the amount you use until you get

accustomed to the less sweet taste. If you drink soda, cut back to one a day and replace others with sparkling water.

**Exercise.** All physical activity can help reduce sugar-withdrawal symptoms promoting the release of endorphins, our bodies "happy" hormones.

**Stare down your sweet tooth.** When a craving kicks in, distract yourself with another activity like calling a friend reading a book or listening to music. If you still crave something sweet, try a piece of fruit, some berries, or frozen grapes; or opt for a small piece of dark chocolate.

\*Information taken from AARP.

## It's HOT!

The heat can make you sick. You may be more susceptible to heat stroke as your body takes longer to return to normal temperatures as you age. Having poor circulation, chronic medical conditions, high blood pressure or taking certain medications can also increase your risk for heat stroke. Very high body temperatures may damage your brain and vital organs.

Stay cool by wearing loose clothing and stay hydrated by drinking plenty of fluids, consuming fruits and vegetables, and avoiding caffeinated and/or alcoholic beverages that can act as a diuretic. Don't wait to drink until you are thirsty as that can be a sign of dehydration!

Symptoms of heat-related illness may include leg cramps, nausea, and pale moist skin. Stay in a cool place, drink fluids, and put cool cloths on the skin. If you are not getting better or if you have more serious symptoms such as high fever, fast heart rate, warm and dry skin, confusion, change in behavior, or convulsions, call 911.



*Thank you for  
completing the Client  
Survey and sharing  
with us your favorite  
menu items;  
We always want to know  
how we can best meet  
your needs!*

### Cool Salad for a Hot Day (no cooking involved)

#### "Good" Cole Slaw

- 1 pkg. shredded cabbage
- 1 8 oz can pineapple chucks drained (save the liquid)
- 1 medium apple chopped
- 1 cup chopped celery
- ½ cup dried cranberries

#### Dressing

- 1 cup mayonnaise
  - 1 tablespoon vinegar
  - 3 tablespoons pineapple juice
- Mix and add dressing.

**Felice Cottle—Stirring the Pot Cookbook**