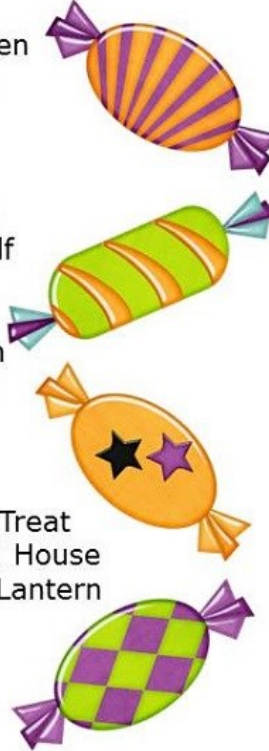


HALLOWEEN WORD SEARCH

- Halloween
- October
- Spooky
- Scary
- Ghost
- Vampire
- Werewolf
- Witch
- Zombie
- Skeleton
- Monster
- Black
- Orange
- Candy
- Trick or Treat
- Haunted House
- Jack O' Lantern
- Boo
- Spider
- Bats



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



Fall 2018



You and a guest are invited to our

50th Birthday Open House

Wednesday October 17th or Thursday October 18th

1:00-2:30 pm

Ames Elementary - 7300 S. Clermont Dr. Centennial—80122



Join us for birthday cake, coffee, and punch.

Meet our staff and see where
your meals are made.

Call 303-798-8642 to R.S.V.P.



Remember.....

Winter will be here before we know it! 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 Channels, 4, 7, 9, & 31 or on their websites.

If you are not planning to be home when your meal is delivered, Please set out a cooler by your door otherwise we will hang your meal on the doorknob.

If you are planning to be out of town or do not need lunch for a day; please call the office at 303-798-7642 the day before or no later than 8:30 am.

A Message from Our Executive Director

Happy Birthday to TLC Meals on Wheels! For 50 years we have delivered meals to seniors and others in need of assistance in south metro Denver. We have grown a lot over the years, now providing over 120,000 meals annually, and delivering much more than just a meal.

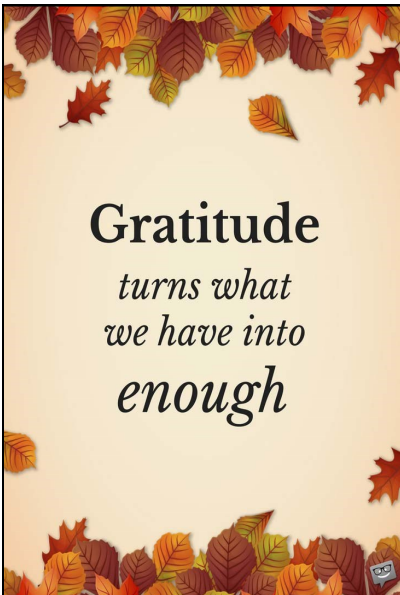
We are pleased that you are part of our program and would love to have you come visit and enjoy a piece of birthday cake with us, if you are able. Bring a friend or family member if you like. Know that we celebrate YOU even if you are unable to make it.

Diane

Medicare Users: 7 Tips to Ensure Safe Receipt of Your New Medicare Cards

Attention Colorado Medicare recipients: The Social Security Administration (SSA) is in the process of issuing new Medicare cards to all Colorado recipients, as part of a staggered nationwide rollout. The new cards will no longer display your Social Security Number (SSN), thereby making the bearer less susceptible to identity theft. According to Medicare's website, the new cards will take at least a month to make their way across the state. Here are 4 quick tips to ensure you safely receive your new card:

1. Visit your online SSA account (<https://www.ssa.gov/myaccount/>) NOW to verify your correct mailing address.
2. For more information about the new cards, visit <https://www.medicare.gov/newcard>. You can also sign up to receive an email when your new card is in the mail.
3. Finally, sign up for Informed Delivery from USPS here: <https://www.usps.com/informeddelivery>. With this free service from USPS, you can get a daily email with images of mail coming to your mailbox soon, including your new Medicare cards.
4. Watch out for possible scams surrounding the new Medicare cards. You do NOT need to do anything to receive your new card. BEWARE of any attempts by scammers to tell you otherwise. You don't have to pay anyone to receive your new card, nor should you have to provide any personal information to a caller claiming to be from SSA or Medicare. 4227). 6. Once you get your new card, SHRED your old card—remember, it has your Social Security Number, so you don't want to leave it laying around!




Tip for Better Sleep

Sleep better at night by exposing yourself to sunlight first thing in the morning and multiple times throughout the day. Sunlight turns off the melatonin faucet in your brain, so you don't feel tired through the day.

Try opening your curtains when you first wake up in the morning and head outdoors to get some sunshine during the day.

Then sleep tight at night!

COLD SYMPTOMS		FLU SYMPTOMS
<ul style="list-style-type: none"> Low or no fever Stuffy, runny nose Mild Cough Occasional Headache Sneezing Sore Throat Normal energy level Mild Fatigue 		<ul style="list-style-type: none"> High fever Clear Nose Severe Cough Constant Headache Occasional Sneezing Occasional sore throat Extreme Exhaustion Several weeks of fatigue

Flu strikes suddenly! One day, you're feeling fine—the next day you have a high temperature, aches, pains and nausea that you can't explain. You may also experience a cough or loss of appetite. Bed rest and fluids may provide some cold and flu symptom relief by providing hydration and clearing nasal and throat passages. Call your doctor immediately when you are not feeling well and let a family member or friend know so they can check on you. We all care about you.



Keep your interior home pipes from freezing!

Open the tap on cold days without power.

If you lose electric power, let the water run no faster than a slow constant drip. This is cheaper than repairing a burst pipe.

Black Bean Soup

This 3 ingredient black bean soup recipe is easy to make. It's healthy, full of protein and flavor, and can be thrown together quickly! Plus, you can make it vegan by using vegetable broth instead of chicken

- 2 15.5 ounce can black beans
- 1 Cup Chicken Broth
- 15 ounce can diced tomatoes



Combine all ingredients in a medium pot. Bring to a boil and simmer for 10 minutes. Remove from stove and blend using a blender (or eat as is). *To lower the sodium level, use low-sodium black beans and/or chicken broth.