

This food and health information is from Meals on Wheel MC dietitian: Holly, our dietitian, monitors our compliance with state guidelines for key nutrients such as vitamin C, sodium, calcium, fiber, and more.



Nutrition Challenges as We Age

As we age, eating well can become difficult for a variety of reasons. Sometimes a decline in memory or increased health concerns can cause your appetite to fall. It may be helpful to have set meals times each day. Set a timer. Eating more often or making smaller portions may also help if you are not as hungry as you once were. Eat with others if you can. Socializing increases appetite. If you have challenges with vision, use solid color placemats or eat one item at a time. If you have dental issues, such as poor fitting dentures, you may have difficulty chewing and swallowing. Seek dental advice when necessary. Medications may also cause your appetite to change. Make sure to talk to your doctor if you have questions. At times, eating may be difficult because of pain or weakness. Try using coffee cups in place of glasses or change the size of your silverware if you are having difficulty holding these items. Increasing physical activity will usually increase your appetite, so try going for short walks throughout the day. Finally, as we age our sense of smell and taste change. Try using extra spices and herbs in foods to improve their tastes and aromas.

-Article provided by Holly Krouse, Registered Dietitian



Weather Closures

Turn on your television. Meals on Wheels MC will announce an emergency closure of our dining sites and home-delivered meals. The decision is made based on the weather forecast, road conditions, and our desire to keep our volunteers safe at all times. Tune into a local TV station – KREX (channel 5), KJCT (channel 8), or KKCO (channel 11) – and watch for our announcement. If we are closed for the day, the morning news teams will communicate the message. **If schools are closed, we will be closed as well.**

This would be an appropriate time for Home Delivery customers to use your emergency food box.



Visit our website: mealsonwheelmesacounty.org

Follow us on Facebook for the latest Meals on Wheels MC news

February



The Scoop

970-298-9844

LEAP!

The Colorado Low-income Energy Assistance Program (LEAP) is a federally funded program that helps eligible hard-working Colorado families, **seniors** and individuals pay a portion of their winter home heating costs. Our goal is to help bring warmth, comfort and safety to your home and family by assisting with heating costs.

The LEAP program works to keep our communities warm during the winter (November through April) by providing assistance with heating costs, equipment repair and/or replacement of inoperable heating tools. While the program is not intended to pay the entire cost of home heating, we aim to help alleviate some of the burdens that come with Colorado's colder months.





In most cases, the energy assistance benefit is paid directly to the household energy supplier. In most cases, if you are approved for LEAP, payments are made directly to your primary heating fuel vendor and a notice will be sent to you informing you of the benefit amount. Other benefits provided by LEAP include repair or replacement of a home's primary heating system, such as a furnace or wood-burning stove. The program does not provide financial assistance for any type of temporary or portable heating.

Program Eligibility

If your income is up to 60% of the state median income level, you may qualify for heating assistance through LEAP. The state median income level used for the 2021-22 LEAP season was released by the U.S. Department of Health and Human Services in July 2021. The amount of the energy assistance benefit varies depending on a variety of factors, including the primary heating fuel costs and income.

If you are eligible, and would like to apply, contact Meals on Wheels Mesa County at **970-298-9844**, and we can send you the application.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																														
		1 SPINACH LASAGNA TOSSED SALAD/RANCH ITALIAN BLEND VEGETABLES BANANA STRAWBERRY GELATIN ITALIAN BREAD <table border="1"> <tr> <td>Cal: 812</td> <td>Carb: 120 g</td> <td>Sod: 850 mg</td> </tr> <tr> <td>Fat: 25 g</td> <td>Fiber: 13 g</td> <td>Pro: 33 g</td> </tr> </table>	Cal: 812	Carb: 120 g	Sod: 850 mg	Fat: 25 g	Fiber: 13 g	Pro: 33 g	2 SLOPPY JOE ON A BUN CHATEAU VEGETABLES COLESLAW FRESH APPLE VANILLA PUDDING <table border="1"> <tr> <td>Cal: 742</td> <td>Carb: 106 g</td> <td>Sod: 860 mg</td> </tr> <tr> <td>Fat: 22 g</td> <td>Fiber: 13 g</td> <td>Pro: 36 g</td> </tr> </table>	Cal: 742	Carb: 106 g	Sod: 860 mg	Fat: 22 g	Fiber: 13 g	Pro: 36 g	3 CLAM CHOWDER 4 WAY VEGETAVLES PEACH ROYALE WHOLE WHEAT CRACKERS CHOCOLATE CHIP COOKIE <table border="1"> <tr> <td>Cal: 812</td> <td>Carb: 139 g</td> <td>Sod: 869 mg</td> </tr> <tr> <td>Fat: 21 g</td> <td>Fiber: 12 g</td> <td>Pro: 24 g</td> </tr> </table>	Cal: 812	Carb: 139 g	Sod: 869 mg	Fat: 21 g	Fiber: 12 g	Pro: 24 g												
Cal: 812	Carb: 120 g	Sod: 850 mg																																
Fat: 25 g	Fiber: 13 g	Pro: 33 g																																
Cal: 742	Carb: 106 g	Sod: 860 mg																																
Fat: 22 g	Fiber: 13 g	Pro: 36 g																																
Cal: 812	Carb: 139 g	Sod: 869 mg																																
Fat: 21 g	Fiber: 12 g	Pro: 24 g																																
6 BBQ CHICKEN BAKED POTATO/SOUR CREAM CAULIFLOWER FRUIT COCKTAIL MULTIGRAIN BREAD <table border="1"> <tr> <td>Cal: 752</td> <td>Carb: 99 g</td> <td>Sod: 603 mg</td> </tr> <tr> <td>Fat: 20 g</td> <td>Fiber: 9.5 g</td> <td>Pro: 47 g</td> </tr> </table>	Cal: 752	Carb: 99 g	Sod: 603 mg	Fat: 20 g	Fiber: 9.5 g	Pro: 47 g	7 TURKEY POSOLE CORN SALAD CUCUMBERS W/ SOUR CREAM TROPICAL FRUIT WHOLE WHEAT TORTILLA <table border="1"> <tr> <td>Cal: 757</td> <td>Carb: 95 g</td> <td>Sod: 646 mg</td> </tr> <tr> <td>Fat: 29 g</td> <td>Fiber: 10 g</td> <td>Pro: 34 g</td> </tr> </table>	Cal: 757	Carb: 95 g	Sod: 646 mg	Fat: 29 g	Fiber: 10 g	Pro: 34 g	8 DENVER OMELET HASHBROWNS BUTTERED SPINACH BANANA COFFEE CAKE ORANGE JUICE <table border="1"> <tr> <td>Cal: 686</td> <td>Carb: 106 g</td> <td>Sod: 937 mg</td> </tr> <tr> <td>Fat: 22 g</td> <td>Fiber: 10 g</td> <td>Pro: 23 g</td> </tr> </table>	Cal: 686	Carb: 106 g	Sod: 937 mg	Fat: 22 g	Fiber: 10 g	Pro: 23 g	9 ROAST PORK & GRAVY MASHED POTATOES CHATEAU VEGETABLES PEA & CHEESE SALAD PEACHES <table border="1"> <tr> <td>Cal: 715</td> <td>Carb: 78 g</td> <td>Sod: 798 mg</td> </tr> <tr> <td>Fat: 27 g</td> <td>Fiber: 10 g</td> <td>Pro: 41 g</td> </tr> </table>	Cal: 715	Carb: 78 g	Sod: 798 mg	Fat: 27 g	Fiber: 10 g	Pro: 41 g	10 BEEF TACO SALAD SALSA & SOUR CREAM CHUCKWAGON CORN CITRUS FRUIT <table border="1"> <tr> <td>Cal: 702</td> <td>Carb: 84 g</td> <td>Sod: 616 mg</td> </tr> <tr> <td>Fat: 27 g</td> <td>Fiber: 10 g</td> <td>Pro: 35 g</td> </tr> </table>	Cal: 702	Carb: 84 g	Sod: 616 mg	Fat: 27 g	Fiber: 10 g	Pro: 35 g
Cal: 752	Carb: 99 g	Sod: 603 mg																																
Fat: 20 g	Fiber: 9.5 g	Pro: 47 g																																
Cal: 757	Carb: 95 g	Sod: 646 mg																																
Fat: 29 g	Fiber: 10 g	Pro: 34 g																																
Cal: 686	Carb: 106 g	Sod: 937 mg																																
Fat: 22 g	Fiber: 10 g	Pro: 23 g																																
Cal: 715	Carb: 78 g	Sod: 798 mg																																
Fat: 27 g	Fiber: 10 g	Pro: 41 g																																
Cal: 702	Carb: 84 g	Sod: 616 mg																																
Fat: 27 g	Fiber: 10 g	Pro: 35 g																																
13 SHEPHERD'S PIE CHOPPED SPINACH TOSSED SALAD/RANCH FRESH ORANGE MULTIGRAIN BREAD <table border="1"> <tr> <td>Cal: 772</td> <td>Carb: 66 g</td> <td>Sod: 1139 mg</td> </tr> <tr> <td>Fat: 43 g</td> <td>Fiber: 11 g</td> <td>Pro: 34 g</td> </tr> </table>	Cal: 772	Carb: 66 g	Sod: 1139 mg	Fat: 43 g	Fiber: 11 g	Pro: 34 g	14 CHICKEN MARSALA MASHED POTATOES CAPRESE SALAD BREADSTICK CHERRY CHEESECAKE  <table border="1"> <tr> <td>Cal: 1006</td> <td>Carb: 108 g</td> <td>Sod: 1664 mg</td> </tr> <tr> <td>Fat: 35 g</td> <td>Fiber: 3 g</td> <td>Pro: 58 g</td> </tr> </table>	Cal: 1006	Carb: 108 g	Sod: 1664 mg	Fat: 35 g	Fiber: 3 g	Pro: 58 g	15 TURKEY PROVOLONE SANDWICH TOMATO SOUP BRUSSELS SPROUTS CRANBERRY SAUCE FRESH APPLE <table border="1"> <tr> <td>Cal: 690</td> <td>Carb: 109 g</td> <td>Sod: 865 mg</td> </tr> <tr> <td>Fat: 17 g</td> <td>Fiber: 17 g</td> <td>Pro: 36 g</td> </tr> </table>	Cal: 690	Carb: 109 g	Sod: 865 mg	Fat: 17 g	Fiber: 17 g	Pro: 36 g	16 TERIYAK BEEF STEAMED BROWN RICE ORIENTAL VEGETABLES WALDORF SALAD MULTIGRAIN BREAD FORTUNE COOKIE <table border="1"> <tr> <td>Cal: 863</td> <td>Carb: 104 g</td> <td>Sod: 706 mg</td> </tr> <tr> <td>Fat: 31 g</td> <td>Fiber: 11 g</td> <td>Pro: 46 g</td> </tr> </table>	Cal: 863	Carb: 104 g	Sod: 706 mg	Fat: 31 g	Fiber: 11 g	Pro: 46 g	17 SOUTHWEST COBB SALAD SPICED APPLES WHOLE WHEAT TORTILLA CUSTARD CHOCOLATE MILK <table border="1"> <tr> <td>Cal: 733</td> <td>Carb: 97 g</td> <td>Sod: 558 mg</td> </tr> <tr> <td>Fat: 20 g</td> <td>Fiber: 12 g</td> <td>Pro: 46 g</td> </tr> </table>	Cal: 733	Carb: 97 g	Sod: 558 mg	Fat: 20 g	Fiber: 12 g	Pro: 46 g
Cal: 772	Carb: 66 g	Sod: 1139 mg																																
Fat: 43 g	Fiber: 11 g	Pro: 34 g																																
Cal: 1006	Carb: 108 g	Sod: 1664 mg																																
Fat: 35 g	Fiber: 3 g	Pro: 58 g																																
Cal: 690	Carb: 109 g	Sod: 865 mg																																
Fat: 17 g	Fiber: 17 g	Pro: 36 g																																
Cal: 863	Carb: 104 g	Sod: 706 mg																																
Fat: 31 g	Fiber: 11 g	Pro: 46 g																																
Cal: 733	Carb: 97 g	Sod: 558 mg																																
Fat: 20 g	Fiber: 12 g	Pro: 46 g																																
20 MONTEREY CHICKEN W/ SAUCE BAKED SWEET POTATO SNAP PEAS CRANBERRY APPLE SLAW BLUSHING PEARS RYE BREAD <table border="1"> <tr> <td>Cal: 995</td> <td>Carb: 148 g</td> <td>Sod: 1158 mg</td> </tr> <tr> <td>Fat: 25 g</td> <td>Fiber: 15 g</td> <td>Pro: 47 g</td> </tr> </table>	Cal: 995	Carb: 148 g	Sod: 1158 mg	Fat: 25 g	Fiber: 15 g	Pro: 47 g	21 SALMON W/ DILL SAUCE RICE PILAF CHOPPED SPINACH PINEAPPLE MANDARIN COMPOTE OAT BRAN MUFFIN <table border="1"> <tr> <td>Cal: 776</td> <td>Carb: 97 g</td> <td>Sod: 1112 mg</td> </tr> <tr> <td>Fat: 31 g</td> <td>Fiber: 9.5 g</td> <td>Pro: 35 g</td> </tr> </table>	Cal: 776	Carb: 97 g	Sod: 1112 mg	Fat: 31 g	Fiber: 9.5 g	Pro: 35 g	22 MACARONI & CHEESE SPINACH SALAD W/ EGG BROCCOLI BANANA UNDER THE SEA SALAD MULTIGRAIN BREAD <table border="1"> <tr> <td>Cal: 824</td> <td>Carb: 110 g</td> <td>Sod: 951 mg</td> </tr> <tr> <td>Fat: 31 g</td> <td>Fiber: 12 g</td> <td>Pro: 34 g</td> </tr> </table>	Cal: 824	Carb: 110 g	Sod: 951 mg	Fat: 31 g	Fiber: 12 g	Pro: 34 g	23 CHICKEN FAJITAS W/ SALSA TOSSED SALAD PINTO BEANS AMBROSIA SALAD <table border="1"> <tr> <td>Cal: 717</td> <td>Carb: 83 g</td> <td>Sod: 982 mg</td> </tr> <tr> <td>Fat: 19 g</td> <td>Fiber: 9.5 g</td> <td>Pro: 52 g</td> </tr> </table>	Cal: 717	Carb: 83 g	Sod: 982 mg	Fat: 19 g	Fiber: 9.5 g	Pro: 52 g	24 SWEDISH BEEF OVER RICE BRUSSELS SPROUTS APPLESAUCE W/ RAISINS LEMON CHERRY CUSTARD CAKE WHEAT BREAD <table border="1"> <tr> <td>Cal: 1028</td> <td>Carb: 142 g</td> <td>Sod: 536 mg</td> </tr> <tr> <td>Fat: 34 g</td> <td>Fiber: 11 g</td> <td>Pro: 43 g</td> </tr> </table>	Cal: 1028	Carb: 142 g	Sod: 536 mg	Fat: 34 g	Fiber: 11 g	Pro: 43 g
Cal: 995	Carb: 148 g	Sod: 1158 mg																																
Fat: 25 g	Fiber: 15 g	Pro: 47 g																																
Cal: 776	Carb: 97 g	Sod: 1112 mg																																
Fat: 31 g	Fiber: 9.5 g	Pro: 35 g																																
Cal: 824	Carb: 110 g	Sod: 951 mg																																
Fat: 31 g	Fiber: 12 g	Pro: 34 g																																
Cal: 717	Carb: 83 g	Sod: 982 mg																																
Fat: 19 g	Fiber: 9.5 g	Pro: 52 g																																
Cal: 1028	Carb: 142 g	Sod: 536 mg																																
Fat: 34 g	Fiber: 11 g	Pro: 43 g																																
27 PORK PATTY W/ GRAVY CUBED SWEET POTATOES WINTER VEGETABLES CUCUMBER SALAD FRESH APPLE WHOLE WHEAT BREAD <table border="1"> <tr> <td>Cal: 736</td> <td>Carb: 92 g</td> <td>Sod: 1112 mg</td> </tr> <tr> <td>Fat: 30 g</td> <td>Fiber: 13 g</td> <td>Pro: 30 g</td> </tr> </table>	Cal: 736	Carb: 92 g	Sod: 1112 mg	Fat: 30 g	Fiber: 13 g	Pro: 30 g	28 FISH TACO W/ CABBAGE SLAW MEXICALI CORN KIWI APPLESAUCE W/ RAISINS <table border="1"> <tr> <td>Cal: 560</td> <td>Carb: 107 g</td> <td>Sod: 409 mg</td> </tr> <tr> <td>Fat: 8.5 g</td> <td>Fiber: 11.5 g</td> <td>Pro: 40 g</td> </tr> </table>	Cal: 560	Carb: 107 g	Sod: 409 mg	Fat: 8.5 g	Fiber: 11.5 g	Pro: 40 g																					
Cal: 736	Carb: 92 g	Sod: 1112 mg																																
Fat: 30 g	Fiber: 13 g	Pro: 30 g																																
Cal: 560	Carb: 107 g	Sod: 409 mg																																
Fat: 8.5 g	Fiber: 11.5 g	Pro: 40 g																																

Home Delivery Customers

Meals delivered between 10:30 a.m. and 12:30 p.m. Call **298-9844 ext. 3** if you have not received your meal by 12:45 p.m. Call before 4:00pm if you need to make a change in your service for the next day.

Dining Sites

All reservations must be in before 4:00pm the day before.

970-298-9844



Senior Rec. Center:

M T W F 12:00-12:30

550 Ouray Ave, GJ

Clifton Community Hall:

M W T H F 12:00-12:30

126 2nd St, Clifton

Palisade Community Center

Tues. & Thurs. 12:00-12:30

120 W 8th St., Palisade

Fruita Community Center

M T W F 12:00-12:30

324 N. Coulson St., Fruita

Grand View Apts.

M-Th 12:00-12:30

1501 N. 1st St., GJ

OPEN TO RESIDENTS ONLY:

Ratekin Towers Apartments



TAX SEASON!

Call: **970-589-3789** or **970-210-5705** to make an appointment.

When: Appointments can be made starting January 18th for dates starting January 23, 2023

Where: Wells Fargo Bank—Annex Bldg, 359 Main St., Grand Junction, CO 81501.

Come Prepared with: Social Security Card, Picture ID, All relevant documents needed to complete your return, 2021 1099 Social Security Benefit Statement, Information on Economic Impact (Stimulus) Funds, Proof of bank account and routing information, and Last Year's return.



MEALS INCLUDE 1% MILK

\$3.50 is the suggested donation for age 60+.

Cost for under age of 60 is \$10.25.

Head Over Heels for Real Estate Trends



Happy 2023! The 2022 Mesa County housing market data is in. Let's take a peek at what happened in 2022 and what I predict for 2023.

2022 in Review

The conventional 30-year interest rates moved from about 3.5% in early 2022 to about 6.5% in December 2022.

Both the number of homes for sale and the number of homes that sold decreased from 2021 to 2022.

Too few homes for sale continued to drive an increase in home price.

Average sales price of single-family home as of 12/31/22 \$444,000; 15.4% increase over 2021 according to the Colorado Association of Realtors.

2023 Predictions

New home construction will continue to slow down.

Mortgage interest rates to decrease throughout the year. Conventional 30-year mortgage rates will decrease to about 5 ½ % by end of March.

Home prices will grow slower than previous years, closer to 5%.

Final Thoughts

Have Real Estate questions? Call me.

Need a seasoned Real Estate agent with strong negotiation skills? Call me.

Need professional personal attention to buy and sell Real Estate? Call me.

Know someone considering selling and buying Real Estate? Call me.

I'm here for you!

May you be blessed in 2023!

Niki Zentner-Przytyk
VCK GROUP

970.250.3147
nikisoldmyhome@gmail.com
www.niki.cbdistinctive.com

131 N 6th Street #200, Grand Junction, CO 81501

