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.

## **Managing Diabetes on Meals on Wheels**

Meals on Wheels is often asked if clients with Diabetes can utilize our program. Unfortunately, with our limited resources, we are not able to offer a diabetic menu at this time. However, there are some basic suggestions that may help make Meals on Wheels a viable option for you. First, it is important to know what your carbohydrate limit is for each day. Your doctor can help you decide what is best for you. Typically, Diabetic clients eat between 30-65 grams of carbohydrates at each meal with a 15-30 gram snack between meals. Once you know what your carbohydrate goal is, look at the menu. Each box lists the carbohydrate content for that day. Determine how many carbohydrates need to be removed from the meal to stay within your restriction. You may consider cutting the starch in half or saving the bread, milk or fruit for an afternoon snack. You might consider omitting the dessert. By making some minor adjustments, the Meals on Wheels program can still be used by clients with Diabetes.

-Article provided by Holly Krouse, Registered Dietitian



## Where Do I Find Extra Assistance?

<u>Community Food Box</u> - Meals on Wheels has partnered with Community Food Bank to deliver grocery boxes once a month to Meals on Wheels clients. Call 970-298-9844 to get signed up.

<u>ADRC - Aging and Disability Resources for Colorado: 970-248-2746 - provides access to long term care services and support for adults age 60+, or age 18+ living with a disability.</u>

**2-1-1** - Helpline Center – just dial 211 - gives information about and referrals to social services for everyday needs and in times of crisis.

<u>Community Connections</u> - 970-298-9092 - for adults 60+ who no longer drive and need help with grocery shopping, getting to doctor appointments, simple companionship, and more. (Does not provide cooking or cleaning services.)

<u>PACE Program - 970-255-7223 - A comprehensive health care program designed to enhance the quality of people's lives and keep them living in their homes for as long as possible.</u>



Visit our website: mealsonwheelsmesacounty.org

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





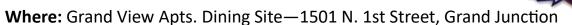
970-298-9844

## The Scoop



## **Meals on Wheels Diners!**

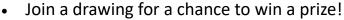
## Come Celebrate 4th of July with Us!



**When:** July 3, 2024; 11:40 - 12:00

What: Join us for a fun 4th of July Celebration!

• Wear your **RED**, **WHITE**, & **BLUE**!



Enjoy a Popsicle!

• Play some games!





We will be visiting the Dining Sites July 15 - 19 to talk about the Text2LiveHealthy
Program. We will also be available to help you figure out how to get signed up on your
cell phone. Come join us and learn how you can Live Healthy!

Fun Tips to keep you active and healthy

## **Text2LiveHealthy**

**Text Fruit to 97699** 

Are you looking for easy low-cost ideas to eat healthy?

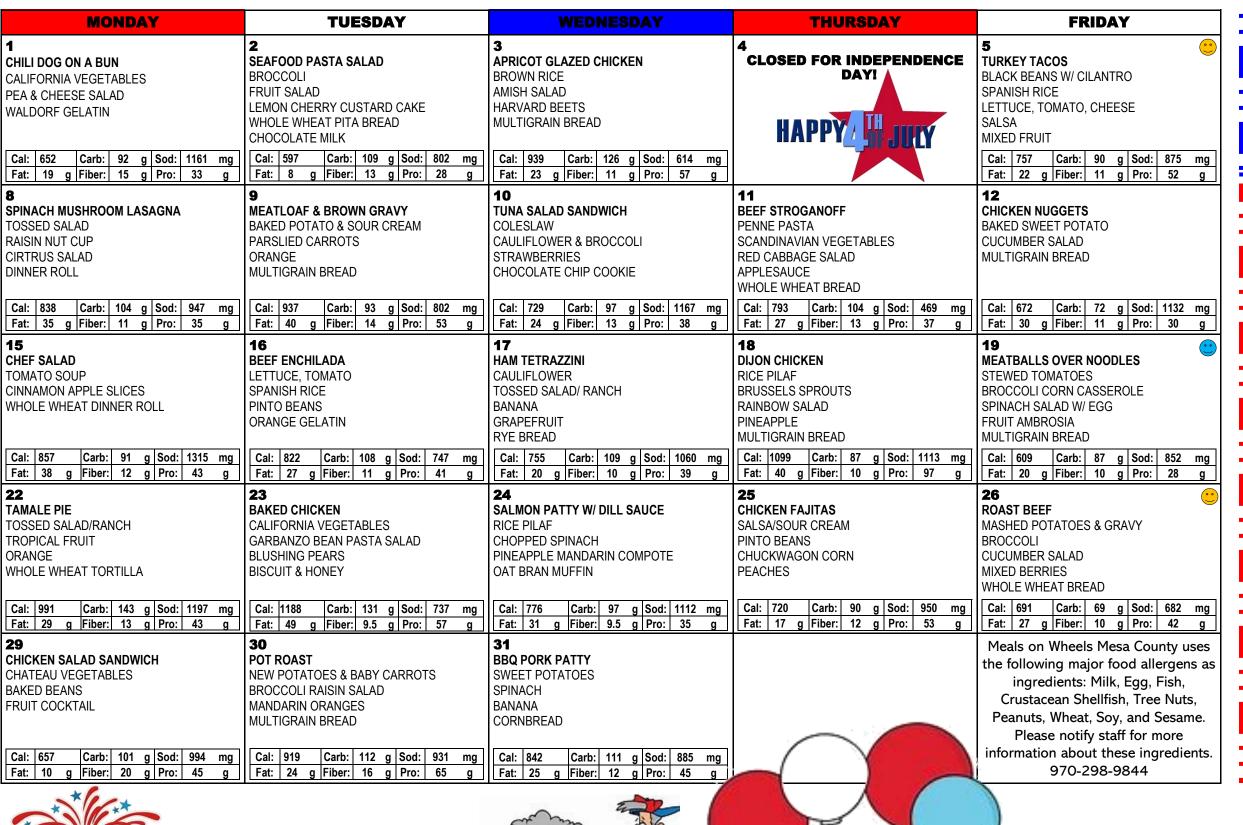
Get connected with local community wellness events.

Connecting with Others in person or Virtually is valuable

Looking for new ideas to stay active & independent?

## Join the FREE Text2LiveHealthy (T2LH) Program!

Message & Data Rates May Apply. Text HELP to 97699 for information. Text STOP to 97699 to opt out. No purchase necessary. For Privacy Policy and Terms and Conditions, visit <a href="https://coloradosph.cuanshutz.edu/txt2livehealthy">https://coloradosph.cuanshutz.edu/txt2livehealthy</a>.



## **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 3:30pm if you need to make a change in your service for the next day.

## **Dining Sites**

All reservations must be in by 3:30pm the day before. 970-298-9844

#### **Clifton Christian Church:**

M T TH F 12:00-12:30

3241 F 1/4 Rd, Clifton

#### **Palisade Community Center**

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

120 W 8th St., Palisade

#### **Fruita Community Center**

MTWF12:00-12:30

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** 

M-F 12:00-12:30

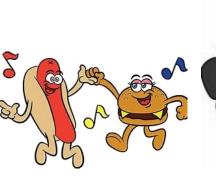
#### **AVAILABLE UPON REQUEST:**

Colbran Congregational Church Mesa Community Center



\$3.50 is the suggested donation for age 60+









# INTERIOR COLOR TRENDS

top picks for 2024

Calm and Cozy Neutrals: Shades like warm beige, soft taupe, and muted grays are making a comeback, creating serene and inviting spaces.

Nature-Inspired Greens: Olive, sage, and forest green bring a touch of nature indoors, promoting relaxation and tranquility.

Bold Blues: Deep navy and rich teal are popular choices for creating striking, sophisticated interiors.

Earthy Tones: Terracotta, burnt orange, and warm browns add a sense of warmth and comfort, ideal for living areas and kitchens.

When you wonder about real estate-Call Me!

# Miki Genten-Przystup VCK GROUP

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



