

***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.***

Cozy Up to Hot Beverages

Drinking hot beverages in the cold weather offers benefits beyond keeping you warm and toasty. Coffee is known for improving alertness, but it can also boost your mental and physical performance. Coffee has been shown to improve mood. Coffee contains antioxidants that regulate blood sugar and prevent blood clots. If you suffer from insomnia, high blood pressure or heart-rhythm disorders drink coffee sparingly. Hot tea protects against cancer, heart disease, osteoporosis and memory deficits. Let tea steep for at least three minutes to get the most out of that delicious cup. Herbal tea is really not tea at all, rather an infusion of flowers, roots, barks and berries. However, herbal teas can assist with sore throats, inflammation and stomach disorders. And yes, even cocoa offers some great benefits! Cocoa contains antioxidants that help control blood pressure and reduce stroke risk. Be careful, cocoa is also high in sugar so limit yourself to just a cup or two. This winter pour yourself a cup of something warm and enjoy a relaxing and healthy beverage.

-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. We will also send out a recorded message letting you know about the closure.

If schools are closed due to weather, 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



970-298-9844



The Scoop

Let's Say 'Thank You'!

If you'd like to say 'Thank You' to the local Churches for the Thanksgiving Meals and Hilltop for the Christmas Meals, please send in your 'Thank You' cards to Meals on Wheels with your driver and we will make sure they get delivered.

We are all so thankful that we are able to partner with the local Churches and Hilltop every year so that staff can spend those holidays with their families and our clients are still able to receive delicious, homemade hot meals!

Mesa County RSVP's First Annual New Year's Resolution Volunteer Expo!

Wednesday, January 22

2:00p.m. - 6:00p.m.

HopeWest Bacon Center for Living Your Best

2754 Compass Drive, Grand Junction

Join us to learn how you can make a difference in our community while becoming inspired, connected and fulfilled! Invite your family and friends to join you—all ages are welcome. More than 400 different volunteer opportunities at 23 local organizations will be featured.

Dining Site Game Days!

Diners, come join us for some pre-lunch fun!

Ratekin Towers: Every 2nd Thursday, 11:30 a.m. - 12:00 p.m.

Clifton Community Campus: Every 2nd Friday, 11:30 a.m. - 12:00 p.m.

Fruita Community Center: Every 3rd Wednesday, 11:30 a.m. - 12:00 p.m.

Grand View Apartments: Every 4th Thursday, 11:30 a.m. - 12:00 p.m.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																												
		1 CLOSED FOR NEW YEARS DAY 	2 PULLED PORK SANDWICH RANCH STYLE BEANS STEAMED CARROTS COTTAGE CHEESE & PINEAPPLE <table border="1"><tr><td>Cal:</td><td>757</td><td>Carb:</td><td>100 g</td><td>Sod:</td><td>1026 mg</td></tr><tr><td>Fat:</td><td>22 g</td><td>Fiber:</td><td>22 g</td><td>Pro:</td><td>46 g</td></tr></table>	Cal:	757	Carb:	100 g	Sod:	1026 mg	Fat:	22 g	Fiber:	22 g	Pro:	46 g	3 TOMATO RICE SOUP PIMENTO CHEESE SANDWICH BRUSSELS SPROUTS MANDARIN ORANGES <table border="1"><tr><td>Cal:</td><td>782</td><td>Carb:</td><td>99 g</td><td>Sod:</td><td>1036 mg</td></tr><tr><td>Fat:</td><td>30 g</td><td>Fiber:</td><td>17 g</td><td>Pro:</td><td>35 g</td></tr></table>	Cal:	782	Carb:	99 g	Sod:	1036 mg	Fat:	30 g	Fiber:	17 g	Pro:	35 g																																				
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6 TUNA NOODLE CASSEROLE CALIFORNIA VEGETABLES TROPICAL FRUIT MULTIGRAIN BREAD <table border="1"><tr><td>Cal:</td><td>775</td><td>Carb:</td><td>83 g</td><td>Sod:</td><td>724 mg</td></tr><tr><td>Fat:</td><td>30 g</td><td>Fiber:</td><td>12 g</td><td>Pro:</td><td>45 g</td></tr></table>	Cal:	775	Carb:	83 g	Sod:	724 mg	Fat:	30 g	Fiber:	12 g	Pro:	45 g	7 MEATLOAF & GRAVY BAKED POTATO BROCCOLI FRUIT COCKTAIL WHOLE WHEAT BREAD <table border="1"><tr><td>Cal:</td><td>1000</td><td>Carb:</td><td>112 g</td><td>Sod:</td><td>786 mg</td></tr><tr><td>Fat:</td><td>38 g</td><td>Fiber:</td><td>13 g</td><td>Pro:</td><td>58 g</td></tr></table>	Cal:	1000	Carb:	112 g	Sod:	786 mg	Fat:	38 g	Fiber:	13 g	Pro:	58 g	8 HAM SPAGHETTI SALAD BROCCOLI FRESH BANANA TROPICAL FRUIT WHOLE WHEAT BREAD <table border="1"><tr><td>Cal:</td><td>824</td><td>Carb:</td><td>126 g</td><td>Sod:</td><td>1037 mg</td></tr><tr><td>Fat:</td><td>24 g</td><td>Fiber:</td><td>17 g</td><td>Pro:</td><td>30 g</td></tr></table>	Cal:	824	Carb:	126 g	Sod:	1037 mg	Fat:	24 g	Fiber:	17 g	Pro:	30 g	9 CHICKEN POT PIE SCANDINAVIAN VEGETABLES UNDER THE SEA GELATIN MANDARIN ORANGES BISCUIT <table border="1"><tr><td>Cal:</td><td>814</td><td>Carb:</td><td>113 g</td><td>Sod:</td><td>866 mg</td></tr><tr><td>Fat:</td><td>23 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>43 g</td></tr></table>	Cal:	814	Carb:	113 g	Sod:	866 mg	Fat:	23 g	Fiber:	11 g	Pro:	43 g	10 SLOPPY JOE MIXED VEGETABLES PICKLE SPEAR MANDARIN ORANGES <table border="1"><tr><td>Cal:</td><td>593</td><td>Carb:</td><td>72 g</td><td>Sod:</td><td>716 mg</td></tr><tr><td>Fat:</td><td>19 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>35 g</td></tr></table>	Cal:	593	Carb:	72 g	Sod:	716 mg	Fat:	19 g	Fiber:	10 g	Pro:	35 g
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13 HAMBURGER ON A BUN LETTUCE/TOMATO BAKED BEANS CHATEAU VEGETABLES APPLE SAUCE <table border="1"><tr><td>Cal:</td><td>777</td><td>Carb:</td><td>117 g</td><td>Sod:</td><td>856 mg</td></tr><tr><td>Fat:</td><td>19 g</td><td>Fiber:</td><td>18 g</td><td>Pro:</td><td>41 g</td></tr></table>	Cal:	777	Carb:	117 g	Sod:	856 mg	Fat:	19 g	Fiber:	18 g	Pro:	41 g	14 SWISS STEAK W/ SAUCE BAKED SWEET POTATO LIMA BEANS ORANGE MULTIGRAIN BREAD <table border="1"><tr><td>Cal:</td><td>681</td><td>Carb:</td><td>89 g</td><td>Sod:</td><td>694 mg</td></tr><tr><td>Fat:</td><td>24 g</td><td>Fiber:</td><td>17 g</td><td>Pro:</td><td>33 g</td></tr></table>	Cal:	681	Carb:	89 g	Sod:	694 mg	Fat:	24 g	Fiber:	17 g	Pro:	33 g	15 PORK FRIED RICE ORIENTAL VEGETABLES ASIAN BROCCOLI SALAD FRUIT COCKTAIL FORTUNE COOKIE MULTIGRAIN BREAD <table border="1"><tr><td>Cal:</td><td>622</td><td>Carb:</td><td>97 g</td><td>Sod:</td><td>938 mg</td></tr><tr><td>Fat:</td><td>14 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>28 g</td></tr></table>	Cal:	622	Carb:	97 g	Sod:	938 mg	Fat:	14 g	Fiber:	11 g	Pro:	28 g	16 OVEN BAKED CHICKEN GARBANZO BEAN PASTA SALAD BRUSSELS SPROUTS MANDARIN ORANGES WHOLE WHEAT PITA BREAD <table border="1"><tr><td>Cal:</td><td>999</td><td>Carb:</td><td>98 g</td><td>Sod:</td><td>579 mg</td></tr><tr><td>Fat:</td><td>44 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>55 g</td></tr></table>	Cal:	999	Carb:	98 g	Sod:	579 mg	Fat:	44 g	Fiber:	10 g	Pro:	55 g	17 TUNA FISH SANDWICH CAULIFLOWER & BROCCOLI COLESLAW STRAWBERRIES CHOCOLATE CHIP COOKIES <table border="1"><tr><td>Cal:</td><td>729</td><td>Carb:</td><td>97 g</td><td>Sod:</td><td>1167 mg</td></tr><tr><td>Fat:</td><td>24 g</td><td>Fiber:</td><td>13 g</td><td>Pro:</td><td>38 g</td></tr></table>	Cal:	729	Carb:	97 g	Sod:	1167 mg	Fat:	24 g	Fiber:	13 g	Pro:	38 g
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20 Closed for Martin Luther King Jr. Day 	21 TATOR TOT CASSEROLE SEASONED GREEN BEANS PEACHES ORANGE WHOLE WHEAT BREAD <table border="1"><tr><td>Cal:</td><td>702</td><td>Carb:</td><td>89 g</td><td>Sod:</td><td>740 mg</td></tr><tr><td>Fat:</td><td>25 g</td><td>Fiber:</td><td>13 g</td><td>Pro:</td><td>35 g</td></tr></table>	Cal:	702	Carb:	89 g	Sod:	740 mg	Fat:	25 g	Fiber:	13 g	Pro:	35 g	22 CHICKEN FRIED STEAK & GRAVY BAKED POTATO BUTTERED BROCCOLI PINEAPPLE WHEAT BREAD <table border="1"><tr><td>Cal:</td><td>864</td><td>Carb:</td><td>102 g</td><td>Sod:</td><td>750 mg</td></tr><tr><td>Fat:</td><td>36 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>37 g</td></tr></table>	Cal:	864	Carb:	102 g	Sod:	750 mg	Fat:	36 g	Fiber:	11 g	Pro:	37 g	23 PORK CHILI TOSSED SALAD BANANA MANDARIN ORANGE GELATIN CORNBREAD <table border="1"><tr><td>Cal:</td><td>774</td><td>Carb:</td><td>115 g</td><td>Sod:</td><td>909 mg</td></tr><tr><td>Fat:</td><td>24 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>31 g</td></tr></table>	Cal:	774	Carb:	115 g	Sod:	909 mg	Fat:	24 g	Fiber:	11 g	Pro:	31 g	24 TOMATO BASIL SOUP HAM & CHEESE SANDWICH ASPARAGUS CRANBERRY GELATIN <table border="1"><tr><td>Cal:</td><td>645</td><td>Carb:</td><td>87 g</td><td>Sod:</td><td>1244 mg</td></tr><tr><td>Fat:</td><td>19 g</td><td>Fiber:</td><td>12 g</td><td>Pro:</td><td>37 g</td></tr></table>	Cal:	645	Carb:	87 g	Sod:	1244 mg	Fat:	19 g	Fiber:	12 g	Pro:	37 g												
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27 TURKEY FETTUCCINI MIXED VEGETABLES APPLESAUCE MULTIGRAIN BREAD <table border="1"><tr><td>Cal:</td><td>799</td><td>Carb:</td><td>106 g</td><td>Sod:</td><td>881 mg</td></tr><tr><td>Fat:</td><td>11 g</td><td>Fiber:</td><td>12 g</td><td>Pro:</td><td>37 g</td></tr></table>	Cal:	799	Carb:	106 g	Sod:	881 mg	Fat:	11 g	Fiber:	12 g	Pro:	37 g	28 MONTEREY CHICKEN BAKED SWEET POTATO BLUSHING PEARS CRANBERRY SAUCE RYE BREAD <table border="1"><tr><td>Cal:</td><td>993</td><td>Carb:</td><td>148 g</td><td>Sod:</td><td>1155 mg</td></tr><tr><td>Fat:</td><td>25 g</td><td>Fiber:</td><td>15 g</td><td>Pro:</td><td>47 g</td></tr></table>	Cal:	993	Carb:	148 g	Sod:	1155 mg	Fat:	25 g	Fiber:	15 g	Pro:	47 g	29 EGG & SAUSAGE BAKE CHOPPED SPINACH FRESH ORANGE PEANUT BUTTER COOKIE MULTIGRAIN BREAD <table border="1"><tr><td>Cal:</td><td>841</td><td>Carb:</td><td>68 g</td><td>Sod:</td><td>1133 mg</td></tr><tr><td>Fat:</td><td>45 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>45 g</td></tr></table>	Cal:	841	Carb:	68 g	Sod:	1133 mg	Fat:	45 g	Fiber:	10 g	Pro:	45 g	30 NEOPOLITAN SPAGHETTI TOSSED SALAD PINEAPPLE CHUNKS MULTIGRAIN BREAD <table border="1"><tr><td>Cal:</td><td>722</td><td>Carb:</td><td>89 g</td><td>Sod:</td><td>1167 mg</td></tr><tr><td>Fat:</td><td>29 g</td><td>Fiber:</td><td>13 g</td><td>Pro:</td><td>35 g</td></tr></table>	Cal:	722	Carb:	89 g	Sod:	1167 mg	Fat:	29 g	Fiber:	13 g	Pro:	35 g	31 STUFFED BELL PEPPER CASSEROLE CAULIFLOWER PEACHES MULTIGRAIN BREAD <table border="1"><tr><td>Cal:</td><td>539</td><td>Carb:</td><td>61 g</td><td>Sod:</td><td>364 mg</td></tr><tr><td>Fat:</td><td>23 g</td><td>Fiber:</td><td>9 g</td><td>Pro:</td><td>27 g</td></tr></table>	Cal:	539	Carb:	61 g	Sod:	364 mg	Fat:	23 g	Fiber:	9 g	Pro:	27 g
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REMINDER TO ALL CUSTOMERS

If you need to cancel your meal, due to an appointment or other reason, **PLEASE** call the office at least one day in advance before 4:00pm.

We can no longer take cancellations for the day of, so you may see that missed meal show up on your donation request. If your errand is not important, please wait until after you have received your meal to run that errand.

While we know there can be last minute emergencies, we have been receiving multiple calls lately, that should have, and could have been made in advance. We appreciate your help in keeping Meals on Wheels moving as efficiently as possible.

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 Community Campus:

M W TH F 12:00-12:30

3270 D 1/2 Rd, 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](#)

M-F 12:00-12:30

AVAILABLE UPON REQUEST:

[Colbran Congregational Church](#)

[Mesa Community Center](#)

MEALS INCLUDE 1% MILK

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

Meals on Wheels Mesa County uses the following major food allergens as ingredients: Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Soy, and Sesame. Please notify staff for more information about these ingredients.

970-298-9844

SMART HOMEOWNERSHIP & TAXES FOR SENIORS

Owning a home is a great asset. Whether you've lived in your home for decades or are considering a move, understanding the tax benefits and financial opportunities for homeowners over 60 can save you money.



Have Questions About Homeownership?
I'm here to help!

Call me for personalized advice on
real estate opportunities for seniors.



Senior Citizen Property Tax Exemption

The senior property tax exemption is available to those age 65 and older and the surviving spouses of senior citizens that previously qualified (and qualifying disabled Veterans).

Applicants must have owned and occupied the property as their primary residence for ten or more years. There is an application.

When the Colorado State budget allows, fifty percent of the first \$200,000 in actual property value is exempt from property taxation.

More information at DPT.COLORADO.GOV

Reverse Mortgages

This option has seen improvements over the years. A reverse mortgage provides homeowners age 62+ with monthly income using home equity while they continue to live in the home.

Some owners also use the tool for home purchases and cover the mortgage payments with the reverse mortgage.

Call me for a list of area lenders that can give you more information.

Capital Gains and Selling a Home

If you decide to sell your home, you may qualify for capital gains tax exclusions.

Individuals may be exempt up to \$250,000 of profits (or \$500,000 for couples) from taxes if the home was your primary residence for 2 of the last 5 years.

Example: If you bought your home for \$100,000 and sell it for \$350,000, you could pay NO taxes on the profit.

If you are over the exemption limit or don't qualify you may benefit from deducting eligible home improvements and the cost of selling the property. Consult your tax advisor for more details.

Downsizing

Downsizing to a more manageable home can lower utility bills, and maintenance costs and free up home equity for other expenses. You may also benefit from improved accessibility and safety with senior-friendly housing options.

Call me for a free consultation.

Niki Zentel-Przytyk
VCK GROUP

970.250.3147

nikisoldmyhome@gmail.com

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