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.

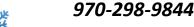


Visit our website: mealsonwheelsmesacounty.org Follow us on Facebook for the latest Meals on Wheels MC news





Me 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.pm.

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

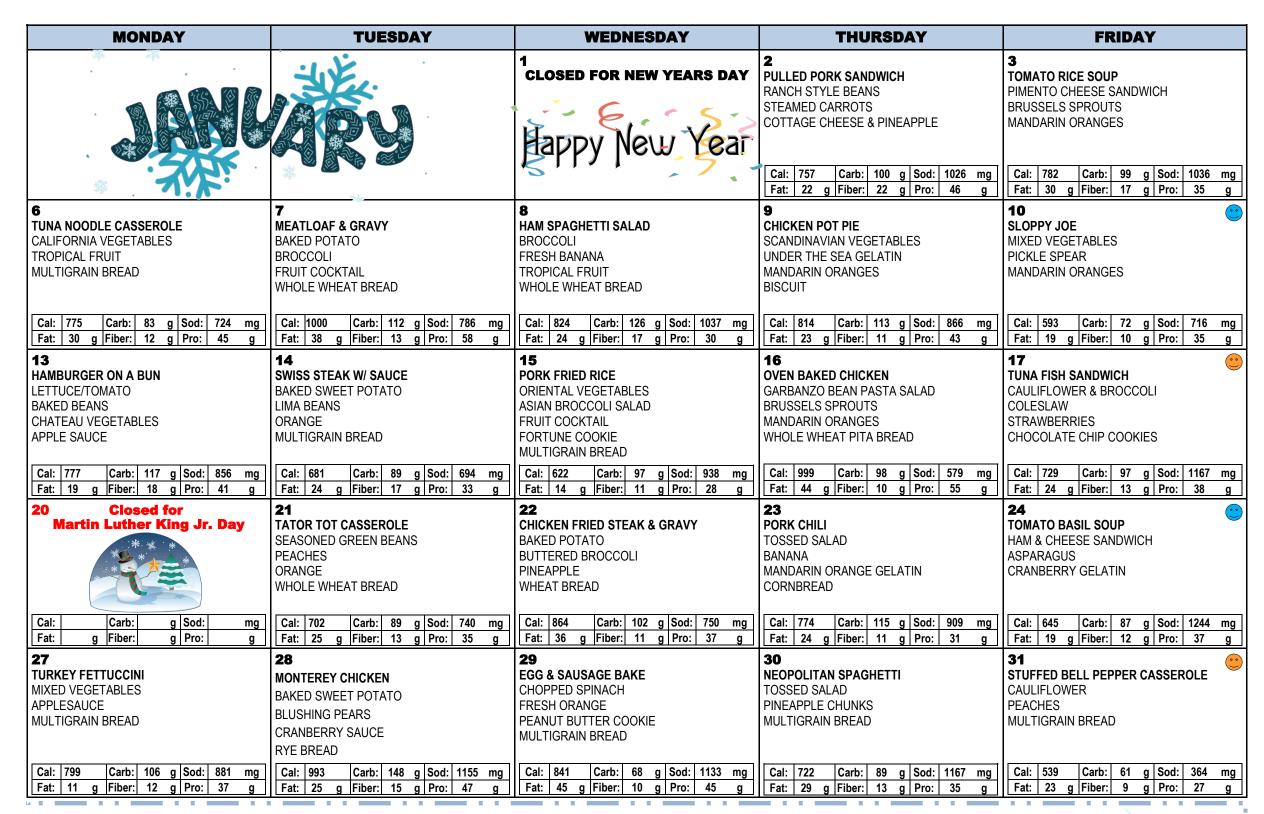
Fruita Community Center: Every 3rd Wednesday, 11:30 a.m. - 12:00 p.m.

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









## **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** 

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

## **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 and owned and occupied the property as their primary residence for ten or more years. There is an appliation.

When the Colorado State budge 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 exeption 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 Yenten-Puzystyp

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







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