



# Tasty Tidbits

## June 2019



### Project Homecoming

If you are coming home from a hospital, nursing home, or re-hab facility following surgery, medical treatment, or the birth of a baby, Meals on Wheels of Boulder will send you **5 meals free of charge** through our **Project Homecoming** program. The meals are delivered to you at home, with no strings attached!

50% of patients don't know where their first meal will come from once they return home. Some go home with new and unfamiliar dietary rules, which can cause anxiety and slow healing. We believe good nutrition is a vital part of the recovery process.

Each meal includes an entrée, vegetable, carbohydrate, salad and dessert. We can accommodate most dietary needs.

Just call us before you are scheduled to go home at 303-441-3908 to set-up delivery.

### Steep Rise in Complaints about Social Security Scam Calls!

Calls from anyone claiming to be from the Social Security Administration (SSA) are a scam. Here's what you should do if you get one of these calls:

- Hang up;
- Don't give your Social Security number or any information to any caller claiming to be from Social Security.
- Don't send money, either in cash or by wire transfer, prepaid card or gift card, to anyone claiming to be from Social Security.
- Don't trust caller ID: it may show the call is coming from Social Security, but scammers can fake caller ID. Don't call back that number!
- If you wish to reach Social Security, call the SSA at 1-800-772-1213.

Report the call. Report phony SSA calls to the U.S. Federal Trade Commission at 1-877-FTC-HELP (1-877-382-4357) or at [www.ftc.gov/complaint](http://www.ftc.gov/complaint) and to the Community Protection Division at (303) 441-3700. Tell family and friends about the surge in SSA scam calls.

Meals on Wheels of Boulder  
909 Arapahoe Ave, Suite 121  
Boulder, CO 80302  
[mowboulder.org](http://mowboulder.org)

### Tuesday night dinners at Café Classico

(Dinner buffet served 5:00 pm – 6:00 pm  
~ only \$7/person or 10 meal punch card for \$63)

June 4th  
Baked Ham

or

Crab Alfredo

*From Chef CrazyBear*



June 11th

Chicken Fried Steak

or

Fish & Chips

*From Chef Kirk*



June 18th

Stuffed Pork Chops

or

Thai Chicken & Rice

*From Chef CrazyBear*



June 25th

**Summer Picnic**

Hot Dogs

or

Hamburgers

*From Chef Kirk*



(please make reservations at  
303.441.3148)

If you have questions, please don't  
hesitate to call  
Lehshel or Janean at:  
Meals on Wheels of Boulder.  
303-441-3908

