

## ♥ Happy Valentine's Day ♥

The staff and volunteers at the Teller Senior Coalition would like to wish everyone a Happy Valentine's Day.

We would like to remind seniors in Teller County that the Teller Senior Coalition is here for you! We care about you and your ability to remain independent at home.

The Teller Senior Coalition is celebrating our 25-year anniversary providing services to over 1000 seniors in Teller County. We remain committed to ensuring seniors live healthy and independent lives.

If you or someone you know needs assistance, please call (719) 687-3330.



February is American Heart Month. Find tips to protect your heart at <https://www.heart.org/>

## COVID-19 VACCINE

Teller Senior Coalition is encouraging all seniors to register for the COVID vaccine by going to [tellercovid.com](https://tellercovid.com). If a senior needs help registering, please call the Teller Senior Coalition at (719) 687-3330.

You may also call Peak Vista in Divide at (719) 344-7714 to check if they have any vaccine appointments available. Please call (719) 687-0256 if you need a ride for any vaccine clinics.

Seniors age 65 or older are now eligible for the vaccine. As we receive updates about the vaccine schedule or vaccine clinics in Teller County, we make every effort to inform our clients as soon as possible.

### Homemade Soup Month-Send in Your Recipes

Teller Senior Coalition is seeking your favorite soup recipes to share. Knowing that many seniors are still isolated, we thought it would be fun to share recipes with other seniors.

If you have a favorite soup recipe, please share it with us by email or mail and let us know if you would like a copy of the recipes we receive. Email your recipe to [cwhitman-gruber@tellerseniorcoalition.org](mailto:cwhitman-gruber@tellerseniorcoalition.org) or mail to TSC P.O. Box 6956 Woodland Park, CO 80866.

Even if you do not have a favorite recipe to share, we will send you a copy of the recipes. Winter is a perfect time to try new soup recipes so you can stay healthy as you remain indoors.

Please visit our Facebook Page at <https://www.facebook.com/tellercountyseniorcoalition>

Website at <https://tellerseniorcoalition.org/>

