

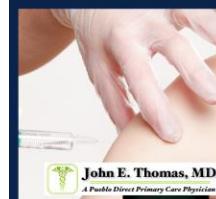
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John E. Thomas, MD
A Pueblo Direct Primary Care Physician

COVID-19 Vaccination concerns

Concerns about taking the COVID-19 vaccination? There are 2 vaccinations available, one by Pfizer-BioNTech and the other by Moderna. Dr. John E. Thomas would like readers to understand the vaccination and do their research on the many myths that surround the COVID-19 Vaccine. Getting the vaccination is an important step to preventing the spread of the virus or limiting its effect on an individual. Visit Pueblo's CDC website <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html>. Listen to Dr. John E. Thomas' full discussion on the Senior Living Today Show live on February 6th on 590KCSJ iHeart Radio at 8:30 am. It will also be posted on Facebook at <https://www.facebook.com/BrianEArant> after the show airs. LISTEN to a great show!



Senior Living Today
A Doctor Speaks about COVID-19 Vaccine



Senior living Today



Cathy R. February 24th
Adrienne February 25th



Saturdays at
8:30 am 590KCSJ on
iHeart Radio

Tune in to the **Senior Living Today** Show every Saturday morning at 8:30 am to listen to shows on a variety of topics. The show is designed for seniors, about seniors, and those that love them. Co-Hosts **Brian Arant** (Visiting Angels) and **Trysten Garcia** (Sangre de Cristo Community Care) highlight community leaders and discuss important topics that affect the senior community in Southern Colorado. Topics range from medical, financial, money savings tips, community events, or fun things to experience. You can visit our facebook page to hear past shows.

<https://www.facebook.com/BrianEArant>



Ingredients



Happy Valentine's Day

For the crust

24 Whole Golden Oreo cookies, crushed 6 tbsp. melted butter pinch of kosher salt

For the filling

1 (3 oz) box of orange Jell-O
1 c. boiling water
2 c. whipped topping
2 (8 oz.) blocks cream cheese, softened $\frac{1}{4}$ c. sour cream
1 c. powdered sugar
1 tsp. pure vanilla
pinch of kosher salt

For the Garnish

1 c. whipped topping
1 clementine, peeled and separated into segments



Directions

1. In a large bowl, whisk together orange Jell-O and boiling water until Jell-O is completely dissolved. Set aside to cool.
2. Make crust: In a medium bowl, mix together Oreo crumbs, butter, and salt. Press into the bottom of an 8" springform pan and up the sides.
3. Make filling: In another large bowl, beat cream cheese and sour cream until smooth, then add powdered sugar, vanilla, and salt. Fold whipped topping into cream cheese mixture, then pour half of mixture into cooled Jell-O. Whisk until smooth.
4. Onto the crust, alternate pouring $\frac{1}{4}$ cup dollops of cream cheese and Jell-O mixtures until both mixtures are used up. With a butter knife, gently swirl layers. Cover and refrigerate for 6 hours, or until firm.
5. To serve: When firm, pipe dollops of whipped topping around the outside of the cheesecake. Top each dollop with a clementine segment, garnish with orange zest, and serve.

(719) 543-4220 Office

