

Visiting Angels Times Pueblo Colorado

September 2019



Visiting Angels at the Colorado State Fair Parade



Kale and Banana Smoothie

- 1 Banana
- 2 cups chopped Kale
- 1 TBSP Flax Seeds
- 1TSP Maple Syrup
- ½ cup light unsweetened soy milk

Instructions

Place the banana, kale, soy milk, flax seeds, and maple syrup into a blender.

Cover, and puree until smooth. Serve over ice.

Nutritional Information

Serving Size: 1 servings • Calories: 311



Alzheimer's Walk- September 7th, 2019 Where: Swim Beach Rock Canyon Pueblo, CO. You still have time to register and walk with us or donate. Call office for details.

Our office will be hosting **Southern Colorado Senior Resource Group** on September 26th at 3:30 pm at Walter Brewery. Stop by and let everyone know the great things we can do for clients.

A **"Why"** wall will be started in our office, we would like you to write a brief reason to "Why" you decided to become a caregiver. The responses will be posted in the office. You do not have to list your name if you do not want to. Just know your responses could be an inspiration to others.



Visiting Angels participated in a bunch of events.

We participated in the parade (pictures on left), helped **Habitat for Humanity** celebrate their first entire home repair, Lisa and Brian helped a non-profit called **Clasp Life** raise money for people with a huge life event. They climbed the incline in Colorado Springs with a limbless person to gain awareness and raise funds to help others (made it in the Pueblo Chieftan and Fox 21 news). Brian did the **Bonaventure car show** (pictures on back) and helped with the **Jr. Livestock**.

Thank you to all the staff that came out to support **Visiting Angels** in the **Colorado State Fair Parade**. We hope to see all of you next year!



(719) 543-4220

Visiting Angels
418 W. 12th Street
Pueblo, Co 81003