



JUNE NEWS

910 Longs Peak Ave., Longmont CO 80501
303-772-0540

Find us online at longmontmeals.org



Updates from the Longmont Senior Center...

The Senior Center is currently open **Monday through Friday from 8:00 am to 1:00 pm.**

From 1:00 to 5:00 pm, staff are still available to assist you over the phone at 303-651-8411.

Masks are required and they will be maintaining a 6 foot distance. All activities and programs will require advanced registration. Please call them with any questions at 303-651-8411. If you would like to see activity listings or sign up for Senior Center newsletters, go to Longmontcolorado.gov, and look under "Departments" for Senior Services.

The Park View Café, the dining room at the Longmont Senior Center, serviced by Longmont Meals on Wheels, is not yet open. We miss our dining clients, but we do not have an anticipated opening date at this time.

Elder Abuse Services Survey

Boulder County Elder Justice Coalition is working on a collaborative effort to prevent and respond to the growing issue of elder abuse in our community. The first step in understanding the problem is to hear from older adults across the county, whether they have experience with elder abuse or not. If you are willing to help with this effort, contact Brandy Queen at brandy.queen@longmontcolorado.gov and she will send you a link to the survey. Please pass this to anyone who you think could provide valuable, confidential information as the coalition plans how best to support older adults in our community. Your input is very much appreciated!

A Billing Note... If you are all set up for auto pay on a credit card, disregard the form included with your bill. We still send an invoice to auto pay clients so you know what you will be charged.

Important Dates:

Longmont Meals on Wheels will not be delivering on **Monday, July 5th**. If you need extra meals delivered to cover that day, please contact us by **Monday, June 28th**.



Diabetes Support and Education Group

Ongoing diabetes support and education group meets Mondays from 11 a.m. to noon for monthly topics such as, "High Blood Pressure and Heart Disease Prevention and Management." This program is conducted by a Registered Dietitian Nutritionist who is also a Certified Diabetes Educator. Email infohealthyaging@bouldercounty.org or call 303-678-6115 to register.



Are you still looking for a vaccine?

Please call the office if you are looking for a COVID-19 vaccine and have not been able to locate one. We have locations and phone numbers we can share with you.

Would you like the monthly menu and newsletter by email?

If so, you, a family member or caregiver can send us a note at office@lmow.org. If you are also interested in being on our general email list, let us know that as well.

IMPORTANT INFORMATION ABOUT CLIENT FALLS:

Sometimes Longmont Meals on Wheels drivers come across a client who has fallen in their home. For your safety and the safety of our volunteers, **volunteers are NEVER allowed to lift a client**. Moving someone who has fallen without assessing injuries first could cause more injuries. The driver will stay by the person's side until office staff and emergency responders arrive. There is no charge if the fire department comes out for a lift assist. The decision to be medically assessed, treated or transported is up to the client unless they have an altered mental status. If their mental state is determined to be altered, the Fire Department and medical staff are required to treat and/or transport to a hospital. Emergency personnel are not allowed to abandon someone who cannot make appropriate decisions for themselves. Our goal is to help provide assistance in order for clients to get the help they need. Call us about our free lockbox program for quick assistance from emergency personnel day or night!