



January 2021 News

Longmont Meals on Wheels

303-772-0540 www.longmontmeals.org

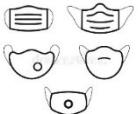


Are you finding what you need? We have been amazed by the resilience of our clients and their families, but sometimes we all need a little advice or helping hand. If you are experiencing any mental health issues, or your anxiety is getting the best of you, we have folks you can talk to. If you or your family are needing resources, we will be glad to try to help you find what you are looking for. Call our office at 303-772-0540

SCHEDULE REMINDERS

CHRISTMAS DAY – CLOSED Friday, December 25th

NEW YEARS DAY -CLOSED Friday, January 1st - New Year's Day Closure - Frozen meals normally scheduled for Friday delivery will be sent earlier in the week. If you need any additional meals for the New Year's closure, call us to discuss your needs, or leave a message, by Monday, December 28th.



We are aiming for no contact delivery. We have asked our meal delivery drivers to wear a mask and use hand sanitizer between each delivery. When possible, they will hang your meal on your doorknob and step back before saying hello from a distance. Give them a moment to do this before you answer. Please wear a mask to greet our drivers, if you are able! If you are not comfortable engaging with them at the door, please leave a cooler with ice. Let's keep each other as safe and healthy as we can!



A note from the Longmont Senior Center... The Longmont Community Memorial Project

Longmont Senior Services staff recognizes that the pandemic has impacted people's ability to memorialize lost loved ones in many ways. Also, the pandemic has disproportionately affected older adults in our community. We would like to offer the community a variety of ways to both digitally and in-person to memorialize loved ones lost during the pandemic. We have a variety of digital and print opportunities available for memorialization. Our hope is that this project creates ways for the community to join together in socially-distant public space to honor all those who have died during this time, be it to COVID-19 or from any cause. Submissions may include photographs, poetry, art, and/or other writings. Submissions will not be returned, so please keep your originals and only submit copies. To obtain a submission form and information about how to drop off your submission, please contact Brandy Queen at brandy.queen@longmontcolorado.gov or 303-651-8414.



Diabetes Program with BCAA

Living with diabetes presents several daily and ongoing concerns. Our Healthier Living Diabetes program was developed by Stanford University to address these challenges and improve your ability to cope with pain, fatigue, stress and frustration. Topics include goal setting, making healthy food choices, meal planning, working with your healthcare team, foot care and guidelines for exercise. Classes are offered at no charge for adults 60+ and meet weekly for 6 weeks. Each session is two-and-a-half hours long. Thursdays, January 21 - March 4 (Meeting virtually), 1 p.m. - 3:30 p.m.
To register call Nina Christensen 303-441-3774

Snow Closures If we do not feel it is safe for our drivers to be out, you can look on Channel 9News for any closings, as well as their web site 9news.com. Also look on our Longmont Meals on Wheels Facebook page and website. If you do not reach us by phone, we will have the closure on our answering service.

Surveys are coming soon!

Please watch for your survey and client update in the mail. We want to be sure we have your most current information to serve you well and keep you safe.

Wishing you a Happy New Year with hopes anew that you will have many blessings in the year to come! Hello 2021!

Please remember, we are more than just a meal! If you are not home, do not have a cooler with ice out and have not called us to communicate, we will worry about you! If you are not sure that you'll return home from an appointment on time for delivery, put out your cooler with ice just in case. Please call us with any changes in your contact information and keep us informed of absences.