



MAY 2024 NEWS
Longmont Meals on Wheels

910 Longs Peak Avenue, Longmont CO 80501
longmontmeals.org 303-772-0540

SCHEDULE REMINDERS

Memorial Day Closure - Monday, May 27th

If you need meals for the closure, please let us know by Monday, May 20th, so we can add frozen meals in the week before. Please note that the Longmont Senior Center will also be closed on Monday, May 27th. As a result, our lunch program at the Park View Cafe will also be closed.

PAY YOUR BILL ONLINE

You can now pay your monthly bill online through our website by going to longmontmeals.org/payment. Simply follow the prompts from there. As always, you are welcome to put a credit card on file with us for auto pay, call with a credit card number or send us a check in the mail.

AT THE PARK VIEW CAFE

The Park View Cafe at the Longmont Senior Center is open Monday through Friday from 11:30 to 12:00. The same lunch as the home delivery menu is served, as well as a salad bar Wednesday through Friday. Monday through Wednesday the meal is free, Thursday & Friday the meal is \$2. We would love to see you in person if you are able!

DO YOU NEED AN ICE PACK?

As temperatures rise, if you are not home to receive your meal, please remember to leave a cooler outside with ice in it. Drivers have been asked not to leave meals if you are not home and you do not have a cooler with ice. We do not want your food to spoil in the heat. If you need a cooler or ice pack, call us at 303-772-0540.

CAREGIVING SUPPORT & EDUCATION

The Longmont Senior Center provides a variety of assistance for family caregivers:

- Individual or family consultations to discuss care needs
- Caregiver support groups
- Referrals for respite assistance, friendly visitors, home care, personal safety alerts and more
- Lunch Bunch (weekly social group for those with early to mid-stage dementia)
- You Can Become a Savvy Caregiver (6-week training for family caregivers of people living with dementia)
- Dementia Friendly Community Calendar - ask about more events and activities specifically for those with dementia
- Information about a wide variety of classes pertinent to caregiving held at the Longmont Senior Center



Senior Services

To contact the Senior Services Counselor to discuss family caregiving, call 303-651-8414.

24/7 HELPLINE

ALZHEIMER'S ASSOCIATION®

The Alzheimer's Association 24/7 Helpline is a free service offering support for people living with dementia, caregivers, families and the public. Connect with a live person who can provide information, local resources, crisis assistance and emotional support.

Help is available in your preferred language through our bilingual staff or interpreter service, which accommodates more than 200 languages. All conversations are confidential.

24/7 Helpline: 800.272.3900