



SEPTEMBER 2023 NEWS

Longmont Meals on Wheels

910 Longs Peak Avenue, Longmont CO 80501

longmontmeals.org 303-772-0540

SCHEDULE REMINDERS

Longmont Meals on Wheels be closed on Monday, Sept. 4th to observe Labor Day. If you need extra meals delivered to cover that day, please contact us by Monday, August 28th.

NATIONAL DESSERT DAYS

September 14:

National Cream-Filled Donut Day

September 19:

National Butterscotch Pudding Day

LONGMONT SENIOR TO SENIOR PEER SUPPORT

Senior Services has experienced, trained peer counseling volunteers who can offer support and understanding from one senior to another. The senior-to-senior program offers confidential individual and group support to adults age 55+.



Senior Services

They are also here for family and caregivers of any age who are seeking help. They bring compassion, empathy and similar life experiences for a variety of things including:

- Moving or changing living arrangements
- Loss of a loved one
- Medical or health changes
- Conflicts with family, neighbors, or friends
- Struggle with loneliness
- Limited friend or family support
- Feeling discouraged, overwhelmed, or sad
- Worry or losing sleep over recent events
- Avoiding making a decision
- Angry or irritable for no apparent reason
- Tired of adjusting to all the changes of aging
- Wondering about the future
- Unsure where to go for help
- Family caregiving

Call Brandy, 303-651-8414, to schedule your intake today.

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

The Supplemental Nutrition Assistance Program (SNAP) helps low-income households. The Supplemental Nutrition Assistance Program (SNAP) helps low-income households in Colorado purchase food. It provides a monthly benefit that helps families and individuals buy the food they need for good health.



The benefit is provided based on income, resources and the number of individuals in the household. Electronic Benefit Transfer (EBT) cards are used to receive the benefit and can be used similar to debit cards at participating food stores. The benefit can be doubled in value by shopping at participating markets and food stores that support the Double Up Food Bucks program.

To fill out an application online, go to coloradopeak.secure.force.com. For assistance or to get started over the phone, call Hunger Free Colorado at 855.855.4626

AUTUMNAL EQUINOX

The first day of fall is September 23, 2023. This means cooler weather is ahead and the amount of daylight will become less and less.