



OCTOBER 2024 NEWS

Longmont Meals on Wheels

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

MENU REMINDER

The bagged side items are seen as a snack and will not count towards the carbohydrate and sodium amount for the hot meal. Entrée and hot sides will be 60 grams or less for carbohydrates and 1200 mg or less for sodium. The snack bags and any extra desserts will **not** count in our daily carbohydrate and sodium lunch count.

KEEP US INFORMED

Please remember, we are more than a meal! If you are not home, don't 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.

REMINDER ABOUT PETS

For the safety of our volunteers and your pets, please remember to keep your pets back from the door when volunteers bring your meal. We have volunteers who have animal sensitivities, and we don't want your pet to get out!

OCTOBER QUOTE

"October is the month of painted leaves. Their rich glow now flashes round the world." - Henry David Thoreau



AUTUMN SAFETY TIPS

Fall is a beautiful time of year, but it brings extra safety risks. Here are some tips for keeping your house safe during this time of year.

- Clean outdoor walkways to be free from leaves, sticks, snow and ice.
- Make sure all lighting works and your house is well lit.
- Dress warmly and wisely, including layers for when it is chilly and warm and shoes that are non-skid.
- Schedule heating maintenance and fire safety check.

If you need assistance with getting tasks done at your home, contact Senior Services at 303-651-8411.

VIA MOBILITY SERVICES FARES

Via Mobility Services charges a small fare for services for anyone who resides in certain areas, including Boulder County. In town fares are \$6 one way (\$12 round trip) and out of town fares are \$12 one way (\$24 round trip).



Should you have any questions or would like to find out if you qualify for a reduced rate, give Via a call at 303-444-3043.

LUNCH BREAK COMMUNITY LUNCH

If you are able to join us for our Lunch Break community lunch at the Longmont Senior Center, please do! It is a wonderful opportunity to make new friends and discover everything going on at the Senior Center.

The community lunch is free on Mondays - Wednesdays, and \$2 on Thursdays and Fridays. On Wednesdays - Fridays there is a soup and salad bar option.

SNOW CLOSURES If it isn't safe for our drivers to be out, you can watch 9News for any closings, as well as their website, 9news.com. Also look on our Longmont Meals on Wheels Facebook page and website. If you don't reach us by phone, we will have the closure on our answering service.