



# SEPTEMBER 2024 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. 2nd to observe Labor Day.

## NEW STAFF MEMBERS

Longmont Meals on Wheels has two new staff members in the office. Please be patient with them as they learn how to best assist you. Thank you!

### 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 FREE 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

Contact the Senior Services Counselors, 303-774-4497, to schedule your intake today.

### SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

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 [co.gov/peak](http://co.gov/peak). 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 22, 2024. This means cooler weather is ahead and the amount of daylight will become less and less.

