



APRIL 2024 NEWS

Longmont Meals on Wheels

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

IMPORTANT INFORMATION ABOUT CLIENT FALLS

Sometimes Longmont Meals on Wheels delivery drivers come across a client who has fallen in their home. For the safety of you and the safety of our volunteers, **volunteers are NEVER allowed to lift a client!** They would stay by your side until office staff and emergency responders arrived.

There is NOT a charge if the fire department comes out for a lift assist. The decision to be medically assessed, treated or transported would be up to you unless you were to have an altered mental status. If your mental state were determined to be altered, the Fire Department and medical staff would be required to treat and/or transport to a hospital. Emergency personnel are not allowed to abandon someone who cannot make appropriate decisions for themselves.

Moving someone who has fallen without assessing injuries first could cause more injuries. Our goal is to help provide assistance in order for clients to get the help they need.

EMAIL NOTICE OPTIONS

If you would like the monthly menu and newsletter by email, you, a family member or caregiver can send us a note at office@lmow.org. You will receive notice of client-related events and closures as well. Let us know if you are also interested in being on our general email list as well.

ALLERGEN NOTICE

The following major food allergens are used at our facility as ingredients: milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat, soy and sesame. Please notify the office for more information about these ingredients or if you have any concerns, 303-772-0540.

PREVENT VEHICLE BREAK-INS

The most frequently occurring crimes involving cars in Longmont are criminal trespass and motor vehicle theft. City of Longmont Public Safety Services says "Hide it, lock it, or lose it." It takes less than 10 seconds to steal any of the following items from an unlocked vehicle.



The top items stolen from vehicles in Longmont include: phones, wallets, purses, laptops, firearms, tools (personal and work), vehicle registration/insurance papers.

Help law enforcement reduce this crime by:

- Locking your car.
- Removing ALL valuables from your car - EVERY TIME you leave it. Don't make your vehicle a more desirable target for thieves by leaving valuables in plain sight.
- Taking your keys with you. A large number of stolen vehicles had the keys left in them. Never hide a second set of keys in your vehicle.
- Rolling up your windows.
- Parking in a driveway, garage or in a well-lit place.
- By enabling your car security system if you have one.
- Lock your purse and packages out of sight in the car's trunk. Place your valuables in the trunk before you get to your destination, not after.

If you see any suspicious parties, call the police immediately at 9-1-1 or 303-651-8501. Do not contact any suspicious party. Residents and police working together makes Longmont a better place to live, work and play!

