



OCTOBER 2026 NEWS

Longmont Meals on Wheels

910 Longs Peak Avenue, Longmont CO 80501

longmontmeals.org 303-772-0540

UPCOMING CLOSURES

Longmont Meals on Wheels be closed on Friday, October 9th for an inservice day. If you need meals for the closure, please call the office as soon as possible.

MENU REMINDER

The bagged side items are seen as a snack and don't count towards the carbohydrate and sodium amount for the hot meal. Entrée and hot sides are generally under 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. If you have questions about a particular meal, please call us.

KEEP SALADS LONGER

If you struggle to eat all of our salads in one meal, here are some tips to help them last longer

- Don't dress the whole salad. Put the salad that you plan on eating first on a separate plate and put dressing on that portion only. This is important because the moisture in dressing will cause leftover greens to wilt quickly.
- If you don't think you will eat your leftover salad later that day, throw away the higher-moisture ingredients, like cut cucumber, allowing you to save the drier ingredients longer.
- If you see a wilted piece of lettuce, remove it so that it doesn't wilt the greens it is touching.
- Remember to toss all food that is spoiled or has been sitting out!

COMMON SCAMS

Maybe you thought, "That would never happen to me." But even smart, careful people can be caught off guard by scams. Here are seven common scams:

Health insurance fraud:

scammers often pretend to be insurance companies, medical providers or Medicare representatives to charge for services you didn't receive.



nco national council on aging

A **grandparent scam** happens when someone pretends to be a grandchild, family member or another trusted person and claims there is an emergency to get you to send money.

Tech support scams trick people into believing there is a problem with their computer or phone. The "tech support" person may try to access your device or ask for money to fix a problem that doesn't exist.

A **romance scam** happens when someone lures you into a fake relationship to gain your trust and build an emotional connection. After nurturing the relationship for weeks or even months, the scammer then typically asks for money, gift cards or personal information.

Medicare scammers may offer "free" products or ask for personal information in an attempt to steal your benefits or identity.

Contractor fraud is when someone tricks homeowners into paying for unnecessary work, poor-quality repairs or jobs that are never completed.

Telemarketing scams happen when scammers call you and use fake offers, prizes, charities, investments or urgent stories to get your money or personal information.

If you believe you've been scammed, call:

- Longmont Police and file a report 303-651-8501
- Your financial institutions
- The Federal Trade Commission 1-877-382-4357

You can also call the Boulder County District Attorney for help or questions at 303-441-3700.

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. We will also have a closure notice on our answering service when you call us.