



SURVEY THANK YOU!

Thank you for getting your surveys and client-update forms to us quickly! Congratulations to the winners of the King Soopers gift cards: Lee Ashfield; John Porter; Christine Rostafin; Pamela Mills; Mike Kelley.

LONGMONT EMERGENCY NOTIFICATIONS

The Longmont Emergency Notification system sends urgent, targeted messages (text, voice, email) to the public during critical situations like wildfires, floods or security threats.

If you have a **landline telephone**, you are automatically signed up. If your telephone line is blocked or you have a solicitor blocking service, add 303-441-1400 to your contact list to receive these alerts in Boulder County. If you live in Weld County, also add: 866-419-5000; 855-969-4636; and 800-566-9780.

If you have a **mobile device or email**, you must sign up to receive alerts! Go to **BOCOalert.org** to sign up. If you need assistance in Boulder



County, call 303-651-8566. To ensure the alert isn't blocked, make sure you then add 303-441-1400 as a contact in your phone and name the contact "Emergency Alert" in Boulder County. If you are in Weld County, go to **accountportal.onsolve.net/weldcountyc** to sign up to receive emergency alerts. Call 970-304-6540 if you need assistance in Weld County.

You can also tune in to 1670 AM in Longmont during a large-scale emergency. Remember, you are always your first line of defense. Be aware of your environment and trust your intuition; if you see, smell, hear or sense a hazard, get to a safe place and make decisions that will ensure your safety.

SPRING CLEANING

A strong connection exists between having a clean and organized home and good mental health.



- Make a checklist of your top priorities.
- Do a safety sweep. Look for tripping hazards and unnesseccary clutter. Reorganize your rooms so that you can move safely. Discard items past expiration or freshness dates.
- Update your cleaning gear to minimize bending or leaning for long periods. Invest in items that make cleaning easier.
- Perform maintenance, including checking smoke detectors and fire extinguishers. Change filters.
- Enlist help from neighbors and friends.
- Work slowly and take breaks.

ABOUT AFTERSIGHT

Aftersight, formerly Audio Information Network of Colorado, provides audio access to print information and empowers individuals who are blind, low-vision or need an alternative to print. They produce audio recordings of newspapers and other printed materials in English and Spanish. They also offer original podcasts, listening equipment, support groups and empowering events. You can find them online at **aftersight.org**, or listen by phone, streaming



Aftersight

podcast platforms and smart speakers. If you need equipment, you may borrow it. To get started, call them at 303-786-7777.

