



JANUARY 2023 NEWS

Longmont Meals on Wheels

910 Longs Peak Avenue, Longmont CO, 80501

longmontmeals.org 303-772-0540

SCHEDULE REMINDERS FOR HOLIDAY CLOSURES

Longmont Meals on Wheels will not be delivering meals on Monday, January 2nd to celebrate New Years Day, 2023.

SURVEYS ARE COMING SOON

Please watch for your survey and client update in the mail. We want to be sure we have your most current information to serve you well and keep you safe.

EMAIL NOTICE OPTIONS

If you would you like the monthly menu and newsletter by email, please send us a note at office@lmow.org. Family members and caregivers are welcome to sign up as well. You will receive the menu and notice of client-related events and closures. Let us know if you are also interested in being on our general email list.

OUR LOCKBOX PROGRAM

Please participate in our free lockbox program. A lockbox with your key in it provides Fire, Police and Emergency Medical Services (EMS) access to your residence in the event of an emergency where you are unable to open the door. Emergency services cannot knock down your door without a significant process. Even if you have family in town, quick access by emergency personnel can be critical. **Be proactive in your safety!** You and your loved ones will have greater peace of mind. Lives have been saved! If you have an application, please send it in. If you need one, call us at 303-772-0540. You are important to us!

WISHING YOU A SAFE & HAPPY HOLIDAY

All of us at Longmont Meals on Wheels want to wish you a Happy New Year. It is our pleasure to serve you all!

Sincerely, Karla, Meghan, Annie, Andrea, Jyl, Charles, Katie, Carly, Zach and Mimi.

BOULDER COUNTY AREA AGENCY ON AGING HEALTHY AGING & NUTRITION PROGRAMS

Medicare Basics Classes

Participants learn about how and when to enroll, how to avoid financial penalties, the different parts of

Medicare, what is covered and what is not, Medicare fraud, and other information related to Medicare. Visit the Medicare Counseling page at BoulderCountyMedicareHelp.org for links to register for the upcoming classes on January 11, 6-7:30 pm and January 19, 10-11:30 pm.

Nutrition Counseling

No-cost nutrition counseling is available from their Registered Dietitian Nutritionists. Counseling in English is available at 303-678-6115 or en español at 720-930-0223.

Text2LiveHealthy

Looking for new ideas to stay active and maintain your independence? Low-cost ideas to eat healthy and stretch your food budget? Or interested in getting connected to local community wellness events? Join the Free Text2LiveHealthy (T2LH) program and receive two to three text messages per week delivered to your phone, brought to you by the Colorado State Unit on Aging. Text "fruit" to 21333 to get started.



AREA AGENCY ON AGING

Community Services Department

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.