



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 arrive.

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.

EASTER MEAL

If you are able to, join us on Friday, April 18 from 11:30-noon to celebrate Easter. This lovely luncheon will be free for those over age 55. If you choose to join us, please be sure to cancel your home delivery with the office, or put a cooler and ice pack out for your meal.

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.

SPRING CLEANING

Spring cleaning is a chore that helps promote a healthy lifestyle. It should be more than just deep cleaning, it should involve looking into safety factors.

- Reassess the accessibility and safety of entrances, bathrooms and bedrooms.
- Discard expired and unsafe items.
- Reorganize and restock bedside and living areas.
- Sanitize all handles and handheld items.
- Promote healthy memory with daily activities.
- Check the fit and safety of hearing aids, and clean eyeglasses.

When spring cleaning, give yourself extra time, take breaks and stay hydrated. If you need help, remember to ask a friend or neighbor!

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



"If April showers should come your way, they bring the flowers that bloom in May."
- Buddy de Sylva

