



## A Welcomed New Year!

As we continue to power through the last of our cold winter months together in Northern Colorado, we thought it would be a great time to reflect on all that we were able to accomplish in 2021 and look forward into this promising New Year!

Last year we served close to 60,000 meals and, as of this pressing, have 306 current and active clients! We were able to raise \$211,375 in donations alone (not including grants and other revenue) and stand with a whopping 263 volunteers! It's absolutely amazing and we are so thrilled to be able to keep serving you and continue growing.

### 2021 By the Numbers

306 Active Clients

263 Volunteers

\$211,375 Raised in Donations

59,731 Meals Served

2021 was definitely a year for change and adaptation at Meals on Wheels for Fort Collins. Our office staff and volunteers continue to work and ensure your meal delivery amid any challenges thrown their way. From staying on top of current CDC guidelines to navigating snowy frozen roads, they have handled it all with grace and precision!

### **Keeping Our Wheels Turning!**

While we are grateful for all that our volunteers do, we wouldn't be here if it wasn't for you. Yes, You! Our clients. We know that many of you had and continue to have such an amazing impact on our community. From raising families, running small businesses, acting as local leaders, educating us as teachers in local schools and professors at CSU, maybe even volunteering for Meals on Wheels yourself (we know there's a few of you out there!). For that and so many other reasons, we are standing strong with Changing the Narrative, a Colorado based organization dedicated to ending ageism in the U.S., by reframing how people view "aging." They've also partnered up with the NextFifty Initiative, "A Colorado-based private foundation dedicated to funding mission-driven initiatives that improve the lives of the older adult population and their caregivers" ([next50initiative.org](http://next50initiative.org)). We believe you should never stop celebrating yourself, your age, or how far you've come in life so keep on reading, and find out where to get more information on these amazing organizations!

*Be well, stay safe, and stay tuned,*

*Your Staff and Volunteers at Meals on Wheels for Fort Collins*

# Volunteer Spotlight

Now that we have our Client Newsletter officially back on track, we thought, what better way to start introducing you all to our amazing volunteers than by showcasing them right here! We'll be highlighting a couple of volunteers in each newsletter so you can learn a little bit more about your favorite delivery drivers and get to know some of volunteers that you maybe haven't seen before! This issue we are featuring Chandra Klein and John Hunter, both regular drivers and proud members of Meals on Wheels for Fort Collins Core Team!



## **Chandra Klein**

### **Tell us a little bit about your journey with MOWFC.**

I first started volunteering with Meals on Wheels

in 2016. I wanted to volunteer as a way to help my community while bringing my youngest daughter with me. I continue volunteering because I enjoy meeting new people and feeling like I'm helping my community a little bit. It's fun to get to know other volunteers but it's also great meeting the clients and getting to chat with them a little bit at meal drop off.

### **What motivates you to stay involved?**

I just want to use my time in a way that is helpful to others and improves my community in some small way.

### **Do you have a favorite MOW moment or memory that you'd like to share?**

My favorite memories are of delivering meals with my preschooler. She got to know the routine and would ring doorbells and hand over meals on her own. It seemed like all the clients were way more excited to see her at the door than me. Many of them had little treats for her, like candy canes or Halloween candy.

### **What is your ideal vacation?**

My ideal vacation is visiting my grandparents cabin in Red Feather. It's a rustic cabin with no electricity and a wood burning stove. I love going up there to relax, read, hike, and get away from all electronics for a little while.

## **John Hunter**

### **When did you first get involved with Meals on Wheels for Fort Collins?**

I started in June, 2011 because I wanted to give back to the community and enjoy seeing the clients.

### **Do you have a favorite MOW moment or memory that you'd like to share?**

Before we had name tags, one of my clients nicknamed me "Mr. Tuesday". She always had a smile and warm greeting for me. If her family were visiting, they also called me Mr. Tuesday!

### **What are some of your favorite hobbies?**

Skiing, Bridge, Genealogy and Travel.

### **Tell us a fun fact about yourself!**

I've been to 49 of the 50 states and have taken my picture at all the "Welcome to" signs. I intend to visit my 50th state (Minnesota) this fall.





## Additional Resources

We have heard from many that they are in need of additional services so a list was compiled that may help with additional food as well as other resources that you may find helpful.

### **Changing the Narrative**

Ending ageism is important, especially as people around the US and the world are living longer healthier lives. Changing the Narrative is setting the foundation for policies and practices that leverage the strengths and talents of older people, and systems that support well-being for all of us as we age. To learn more and join the movement for yourself, visit their web page at [changingthenarrativeco.org](http://changingthenarrativeco.org)!

### **NextFifty Initiative**

A private foundation based in Colorado, the NextFifty Initiative is dedicated to funding mission-driven initiatives that improve the lives of the older adult population and their caregivers. Learn more about how the NextFifty Initiative is working to enhance the lives of older adults at [www.next50initiative.org](http://www.next50initiative.org).

### **Colorado Connections**

Offered by the Health District of Larimer County, Connections is an Emotional Support Line available to anyone, 24/7 at no cost. They not only offer a supportive voice on other end of a phone line but make referrals to other resources to help with mental health

issues or just a friendly voice. They can be reached at 970-221-5551. Services are free and confidential.

Not everyone has access to the internet or a computer, tablet or smart phone which makes it difficult to not only stay busy but to find available resources should you need them. However, if you do have access to the internet you can go to [www.211colorado.org](http://www.211colorado.org) for more information on a variety of different areas. You can call also speak to someone by dialing 2-1-1 who's primary job is to make referrals to other options for assistance.

### **Additional Sources of Food**

For those that may need additional food there are several food pantries available to you if you have transportation. There are also options for food delivery in some cases. Some pantries will even allow someone you designate to pick up food for you. While we are not affiliated with any of these opportunities for food, they are available to you and totally separate from the services we offer and provided to you as a courtesy.

**Fort Collins Fresh Food Share Pantry**  
**1301 Blue Spruce Drive • Fort Collins, CO**  
Hours • Tuesday-Saturday • 10:00 am – 3:00 pm  
CSFP Distribution (senior boxes)  
Tuesday-Saturday • 10:00 am – 3:00 pm

**Did you know we can email your invoice if you prefer? This saves us time and money, so let us know if you'd like to make the switch!**

## Pop-Up Pantries

New! During the COVID-19 crisis, the Food Bank is hosting Pop-Up mobile food pantries. Anyone in need of food is welcome to attend. The pantries are “drive-through” where clients can receive a variety of pre-bagged food items. Spanish translation will be available.

*Front Range Community College – 4616 S. Shields St., Fort Collins*

### **Foothills Unitarian Church Mobile Food Pantry**

2nd & 4th Sunday of every month, between 1:00-2:30pm (3/13 & 3/27)

Foothills Unitarian Church • 1815 Yorktown Avenue • Fort Collins,

Food distribution may include: Fresh Fruits & Vegetables, Eggs, Milk, Cheese, Please bring a photo ID to register.

### **Weekly (Wednesday) Curbside Meals**

Offered at Sanctuary Place Apartments, 3732 Kunz Court, Call 970-472-9630 x16 to sign up. Ages 60+

## COVID Resources

If you haven't already heard, the federal government is offering 4 free at home COVID-19 test kits to every house in the U.S. If you're interested in them for you or your loved ones they can be ordered at [www.COVIDtests.gov](http://www.COVIDtests.gov).

The State of Colorado is also offering free KN95 masks that are being distributed at

public libraries and other community sites, including the Poudre River Public Library District. There is a limit of 5 masks per person per month. Find a location near you or your family at [covid19.colorado.gov/freemasks](http://covid19.colorado.gov/freemasks).

## Community Resources

**Need a little help around the house that you are unable to do on your own? grocery delivery, yard work, (no indoor projects yet)** Call "A Little Help" to hear how they may be able to help you. 970-412-9396

**Aging Clinic of the Rockies** (caregiver and older adult counseling) 970-491-6795

**Senior Access of Larimer County** has some great resources listed on their website for seniors and can be reached at <https://seniorsaccesslarimer.colostate.edu>

**UCHealth Senior Services/Aspen Club** is able to help provide a number services that are free. You can learn more at 970-495-8560

**Seniors Helping Seniors-** 970-631-8251 offers in home supportive services.

**Help with Utilities/Rent-** Many local utility companies are offering relief, payment assistance, waive late fees and not disconnecting services depending on the individual companies. You can contact the following to apply for assistance:

Discover Goodwill 1-888-775-5327

Catholic Charities Larimer County  
970-484-5010

La Familia/The Family Center  
970-221-1615

**Can't find what you're looking for? We've compiled a list of other Community Resources including extra Food Resources, Home Services, Transportation, Health Care, Housing, Bill Assistance, Case Management, and more. Call the office today for more information!**