

CLIENT NEWSLETTER

Spring 2024



Greetings to you, beautiful clients!

A long, cold, winter it has been! But the ice has slowly melted (and hopefully for good), blue skies are smiling, bluebirds are singing; yes, spring sure does seem to be in full swing and we are here for it! With regard to spring and all it brings; I've highlighted what I feel are some fantastic, festive, and functional resources to really make your spring sing! ("Jeez, how many things can he rhyme with -ing?" - For my sake and yours I truly hope that was the last one). Check them out on the flipside, in the additional, and seasonally curated, resources.

And now for a moment of reflection, and meditation, that I would like to share with you...

As an artist that has committed himself to a life of service, I've always been one to burn the candle at both ends. I find inspiration in long sunsets exploding with pallets upon pallets of color; magic in the mysticism of star-studded moonlight; and a burning desire to do more than the last day with each blossoming sunrise - which I think is what really makes me a morning person! And every year, when the sun starts shining a little bit earlier each day and its warmth continues to permeate the air, this shift into spring tends to act as a mode for rejuvenation and a reminder that it's ok to let go. When we allow ourselves to let go the way spring lets go of winter's cold dark days; whether in letting go of the past, of grudges held, disappointments in ourselves, we allow ourselves to be more in tune with the present; and, in turn, give ourselves more of a chance to recognize opportunities that may just be waiting to take us into a warmer, brighter future. It's not always easy. In fact, it rarely is and is almost guaranteed to never get easier. It can be painstaking, we can be doubtful or hesitant, scared - we've all been there in one way or another. But being able to embrace and trust ourselves again, our loved ones, our "something bigger" if you so choose; there's no feeling quite like it. And my hope, is that you all never forget that you hold the power to do so within yourself.

-Matt Petersen, Client Coordinator

April is Volunteer Appreciation Month!

As of this writing, we have about **385 active clients** receiving meals on a weekly basis. We serve anywhere from **315-330 meals a day**. We have **27 regular daily routes**, with 1-2 more add-ons as needed. **In a given week we see anywhere from 135-150 different volunteers at the hospital; and throughout the year, we have around 350 active volunteers serving our mission in one way or another.**



This year, we as an organization are celebrating our own Volunteer Appreciation Week April 15-19. So, especially that week (but really all month long), be sure to send your delivery driver love and gratitude!

SEASONAL RESOURCES



MEALS on WHEELS
FORT COLLINS

Fresh foods around FoCo!

Larimer County Farmers' Market & Market Days for Older Adults

The Larimer County Farmer's Market is starting up again in May and with it, their Market Days program! Due to some recent changes, we will no longer be able to have our own volunteers deliver produce bags. Instead, they are now using voucher-based system. *Income-eligible participants who are 60+ receive vouchers to purchase fresh fruit and vegetables at the Larimer County Farmers' Market. The vouchers are distributed at the market on the first Saturday of the month from June through October.*

Every Saturday from May 18-Oct 26, 9am-1pm.

Located at 200 W. Oak Street.

Fort Collins Farmers Market

The Fort Collins Farmers Market is located at the SE Corner of Harmony & Lemay in the Ace Hardware Parking Lot and is another great option for fresh, local foods spring-fall. All vendors accept SNAP and Double Up coupons for fruits and veggies.

Every Sunday (May 5-Nov 10) and

Wednesday (June 12-Sep 25), 10am-2pm.

Larimer County Office on Aging Voucher Programs

Whether you found us through them or found them through us; it's no secret that the Larimer County Office on Aging (OOA) is one of Fort Collins greatest agencies in town for anyone 60+. They have a plethora of resources available and will even conduct phone or in-home consultations to ensure you get the right help. One way you may be able to receive assistance at home is through their **Individual Voucher & Caregiver Respite Voucher Programs**.

The Individual Voucher Program is broken down to two categories: In-Home Services & Chores. If you have trouble completing homemaker tasks (i.e. sweeping, trash disposal, bathroom cleaning) or personal care tasks (i.e. showering, dressing, personal grooming) you may qualify for the **In-Home Services Voucher** and receive two hours of homemaker services every 1-2 weeks, with an additional hour if you qualify for personal care services as well. The **Chore Voucher** is for individuals that are unable to perform chores due to limited physical ability or endurance, and covers seasonal tasks like lawnmowing, cleaning gutters, washing windows, trimming shrubs/branches, fixing fencing, and more. The

Caregiver Respite Voucher Program is a wonderful way for caregivers to get a much needed and, sometimes, long overdue break from the demands and difficulties of caring for family or a friend, all while having to keep up with household duties. It is a reimbursement style program that helps caregivers pay for activities, classes, and other care providers to watch over their loved one for a period of time.

If any of these voucher programs sound like something you may benefit from, contact the Office on Aging today at (970) 498-7750 or email aging@larimer.org to learn more or apply.

Looking for something specific? If you are in need of any other resources or programs, give us a call or send an email, and we would be happy to assist you!

Spring cleaning is upon us!

A Little Help (970) 412-9396

From in-home cleaning like dusting, vacuuming, and wiping counters; to outside chores like mowing the lawn, cleaning out gutters, and weeding. This local nonprofit relies on neighbors of all ages to give their time and passion to help older adults in our community thrive. A Little Help's services also include things like technology help or troubleshooting, running your quick errands to the post office or grocery store, and round-trip transportation. **To apply for services call (970) 412-9396 or visit alittlehelp.org.**

Who said transportation??

SAINT Volunteer Transportation

SAINT provides door-to-door transportation to eligible people (60+ or 18-59 w/ disability preventing you from driving). Rides are given by volunteers using their own cars to help neighbors. **There is no charge to ride with SAINT.** Drivers are on the road Mon-Fri from 8:15am-4pm. **Call (970) 223-8604 to schedule a ride today!**