

SENIOR NUTRITION QUARTERLY

Fall
2016



Senior Nutrition
2660 Larimer St.
Denver, CO
80205
(303) 294-0111

DIRECTOR'S NOTE

Dear Meals on Wheels Recipients,

As summer quickly disappears and we prepare to enter the fall and winter seasons, I wanted to report that we finished this past fiscal year of July 1, 2015 through June 30, 2016 with good numbers in our program. Last year we served over 577,000 home-delivered Meals on Wheels to just shy of 3,900 seniors in the seven counties we serve through our federal and state funding. We have been able to maintain current funding levels from the state of Colorado and the federal government entering this new fiscal year; and since the Older American's Act was finally re-authorized there is a small possibility of increases during the cycle.

We are very excited as we enter this new season and look forward to the holidays which are quickly approaching. Once again, I pray that you will be blessed by our service as much as we are blessed to serve you through our programs. By the way, emergency boxes should be coming soon, distribution is planned to start the last week of September and continue throughout October and November.

Sincerely,

Dale Elliott

Division Director of Aging & Nutrition Services

Volunteers of America, Colorado Branch

SNOW REMOVAL PROGRAMS

Cold weather and snow is just around the corner! However, winter weather does not have to be the end for productivity. Don't compromise your safety when leaving your home during winter months, but don't let winter weather inhibit your ability to keep important appointments.

The resources below can help by pairing you with a volunteering neighbor to shovel your walkways. This optimizes your safety for when you need to leave home and can help prevent you from getting city fines for sidewalks that require shoveling. With anticipation of the season ahead, it's always good to have a plan and resources within reach.

Give these listed resources a call **early** because many programs are first come, first serve.

Find out more about the snow removal programs in your area:

- ◆ **Volunteers of America Snow Buddies Program** (Denver Metro Area)— 720-264-3379
- ◆ **A Little Help** (selected areas of Denver)— 720-242-9032
- ◆ **Snow Busters** (City of Westminster)— 303-658-2159
- ◆ **Snow Busters** (City of Aurora)— 303-739-7492
- ◆ **Dig Out a Neighbor in Need** (Arapahoe County)— 303-738-7938
- ◆ **Snow Removal - United Way Hotline**—303-561-2111

Volunteers of America®

Colorado Branch

We Feed. We Shelter. We Support. We Care.

This is why we do what we do.





Cell Phones for Seniors

Have you ever found yourself in a situation where a cell phone would have been useful, however you are not able to afford one? Assurance Wireless may be able to help you. It is a Lifeline Assistance program funded through the federal Universal Service Fund designed to ensure that quality telecommunications services are available to low-income consumers at affordable rates.

Customers eligible for Assurance Wireless include those who participate in: Old Age Pension (OAP), Aid to the Blind (AB), Aid to the Needy/Disabled (AND), Low Income Home Energy Assistance Program (LIHEAP), Supplemental Security Income (SSI) and Colorado Works/Temporary Assistance for Needy Families (TANF). *Eligibility varies by state.*

Here's what you would get:

- FREE phone
- 500 FREE voice minutes (in first 4 months, 350 after) and FREE unlimited texts

In addition to a voice mail account and call waiting, Assurance Wireless provides caller ID and access to 911 in case of emergency. Beyond the free voice minutes each month, customers can choose from other options to pay for additional minutes, texting, international calling and more at competitive rates.

Eligible residents can apply for Assurance Wireless by calling (toll-free) 800-395-2171 or visiting www.assurancewireless.com.

Safety Tips for the Home

Don't wait until it's too late to make yourself safe at home! Here are a few safety tips to help you along the way:

- Post all emergency numbers near the phone or on the refrigerator, i.e. emergency contacts, doctors, poison control.
- Program your phone with all emergency numbers and important contacts.
- Place frequently used items within reach and off of high shelves.
- Remove potential tripping hazards: electric cords, low lying furniture, area rugs, loose carpet.
- Install ramps outside and inside the home where necessary for wheelchairs.
- Even out differences in floor heights from room to room by installing beveled thresholds.
- Check that footwear worn in the home has non-skid soles and is in good condition.
- Install or inspect smoke alarms to assure proper functioning regularly.
- Check that small appliances are working properly and are in good condition, toasters, space heaters, blenders, coffee makers, microwaves, etc.
- Dispose of flammable liquids, paint, gasoline, etc.
- Inspect hand rails for proper, secure installation and that they can support appropriate weight.
- Position furniture to allow plenty of space for walking. Remove furniture if needed.
- Don't use chairs with rollers on the legs.
- Replace handles on doors, cabinets, and furniture that makes grasping them easier.
- Check stairways for safety: treads that are secure, carpeting that is not loose or worn, even heights of risers, take care of any protruding nails, get rid of clutter stored on steps, secure handrails, etc.
- Make sure all doors are in good condition and have sturdy locks.
- Check that all windows lock and are not broken.
- Illuminate entryways, pathways, and yards.

Volunteers of America Nutrition Services are funded in part by the Denver Regional Council of Governments' Area Agency on Aging under the Title III of the Comprehensive Older Americans Act. No person shall be excluded from program participation on the basis of race, color, national origin, sex, age, or disability.