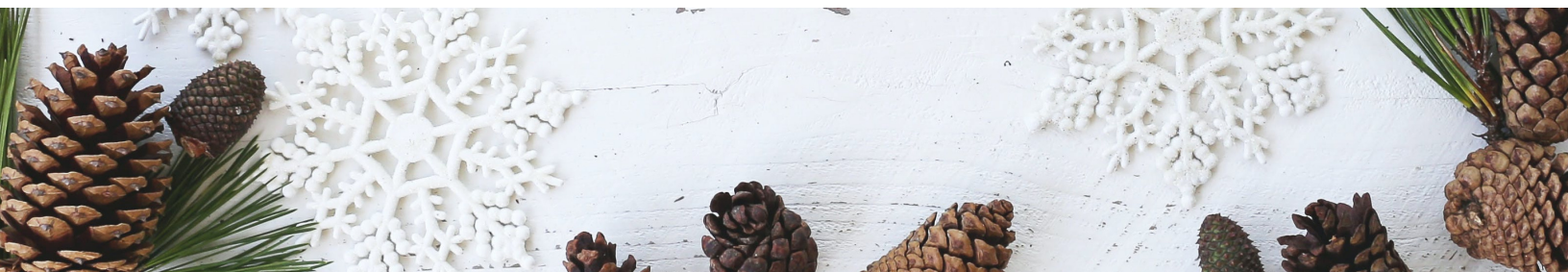


CLIENT NEWSLETTER

December 2023



Seasons Greetings wonderful clients!

The snow is falling, the sun is shining, the streets are (mostly) plowed, Old Town Square is all lit up...it sure is feeling like winter in Fort Collins, CO. I don't know about all of you, but this time of year, between turkey day and the holidays, I always find myself checking in about what I'm grateful for in life. Whether it's just that harmless ooey-goey-melted-marshmallowy holiday spirit, or Hallmark guilt tripping me into an extra phone call or two a week to my family in Chicago, maybe I'll never know; but this year (believe it or not!) I am grateful and thankful for all of you! This December will mark two years for me at MOWFC as your friendly neighborhood Client Coordinator and SIX years for Glenda as our fearless Executive Director! I know I speak for both of us when I say that we love this organization and everything it stands for in our community. However, my gratitude is not simply for this job but also for you - our clients, and everything I've learned from you thus far. Whether it's to cherish family and friends no matter how close or far away they may be; staying adamant about my health and how I effect my own longevity; being mindful of the people I surround myself with and how they support or detract from my own personal mission and life path; that it's always a good time to ask for help and it's always ok to blast The Rolling Stones at max volume, even if I can't hear the wellness check knocking at my door. And that's just scratching the surface!

So, thank you. Thank you for being you and thank you for continuing to teach us all how to live and how to love. Because we all sure need reminders from time to time, and what better way to learn than from one another.

-Matt Petersen, Client Coordinator

Peace and Love to you and yours this holiday season.
From all of us at MOWFC

Left to Right: Matt Petersen, Client Coordinator; Glenda Shayne, Executive Director; Kristy Trippel, Volunteer & Logistics Manager; Brenda Moore, Finance Manager; Erika Orion, Volunteer Coordinator; Nex Henning, Program Services Assistant.



Important Winter Reminders!

WEATHER CLOSURES:

In the event of a closure this winter, we will notify you that we will not be delivering via our automated call system. If you need to update your primary phone number, please contact us. And don't forget about your Emergency Food Boxes! We provide those specifically for winter weather closures and they contain 4 fully prepared shelf stable meals and other shelf stable food items.

HOLIDAY CLOSURES:

**We are CLOSED on Christmas and New Year's Day.
(12/25 & 1/1)**

HOLIDAY GIFT BAGS:

On Saturday December 16 we will be delivering our Holiday Gift Bags! Deliveries will take place between 11am-2pm on 12/16 but you do not need to be home to receive it.

Client Newsletter

Additional Resources



Food Resources

Outside of MOWFC, there are some great options around town if you are looking for other supplemental food sources!

Larimer County Food Bank (970) 493-4477

The Food Bank works with local stores and farmers to distribute fresh foods to people in need of assistance. Call to learn about qualifications or visit 1301 Blue Spruce Dr.

Vindeket Foods (970) 682-4631

Located at 1317 Webster Ave. (tucked behind the Walmart off North Lemay), Vindeket is a community market that operates similarly to the food bank. They are open to anyone at no cost, but donations are always welcome.

Hours: Sun 12-3pm, Tues 2-7pm,
Thurs 9am-1pm

Volunteers of America of Northern Colorado (970) 472-9630

VOA of Northern Colorado does a lot for the area and offers a variety of services that may come in handy! **FOOD RESOURCES:** The VOA has their own home meal delivery program which delivers frozen meals to homebound residents of Larimer County ages 60+ at no cost. Deliveries are made once a week in boxes of 5-7 meals (donations optional). They also host **The Smiling Spoon Community Meals Program** which offers delicious, hot meals served in communities at several locations throughout Larimer County, including the Fort Collins Senior Center on Mon/Tues/Thurs/Fri from 11:45am-12:15pm. **HOME SERVICES:** Their Handyman Program provides simple safety repairs and minor home maintenance. Volunteers provide the labor; clients are responsible for the cost of materials. Give them a call for more information!

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!

Home Resources

Worried about upcoming snow removal needs or last minute fall yard cleanup?

Try these programs

A Little Help (970) 412-9396

This CO nonprofit connects neighbors to help older adults thrive.

Services include yard work, snow removal, transportation, and more for a donation. Apply for services online: alittlehelp.org/ReceiveHelp

Seniors Helping Seniors (970) 631-8251

Pairing seniors with a person who can relate to their challenges and respects them for all they are doing to maintain independence; this organization can help with things like light housework, errand running, transportation, meal preparation.