

How Can I Help ?

*Here are just a few ways you can support
Estes Park Meals on Wheels
and the Estes Park Senior Center.*

- Memorial Gifts
- Estate Gifts
- Cash Donations
- Annual Memberships

Estes Park Senior Citizens Center Inc.
a 501c3 Organization

\$15 yearly per person

Name: _____

Address: _____

Phone: _____

E-mail: _____

Amount enclosed: \$ _____

Memorial Name: _____

Additional donation: \$ _____

____ Please contact me about how I may
further contribute to the Senior Center.

Detach and return to:

Estes Park Senior Center
220 4th St.

Estes Park, Colorado 80517
or

Contact the Staff or any of the
Board Members at
(970) 586-2996

lmitchell@estes.org

Lori Mitchell-Director
Kelly Claypool-Program Coordinator

History of the program

- Home delivered meals have been provided via Estes Park Meals on Wheels since 1978. The program delivers over 4700 meals yearly to Estes Park citizens.

Benefits of the program

- Fosters continued independent living
- Helps maintain or restore health
- Provides a delicious balanced meal to those who may otherwise be unable to prepare a meal
- Provides a daily check on an individual
- Lends peace of mind to family and friends

Meals on Wheels funding

- The Town of Estes Park—Senior Center operation and meal subsidies
- Estes Park Senior Citizens Center Inc
- United Way of Larimer County
- Community, business and civic club donations and grants
- Personal donations / memorials / gifts
- Senior Center fundraisers

Volunteers

Dedicated volunteers deliver the meals on four routes, Monday through Friday. Volunteer drivers are provided with training and recognition from the Town of Estes Park and Estes Park Senior Citizens Center Inc. Inquire with staff for this rewarding volunteer opportunity. Trainings are held every other month.



Can I tip the delivery volunteers?

- No cash tips are allowed, feel free to thank the drivers with your words of appreciation.

Estes Park Meals on Wheels

A Home Delivery
Meal Program
Serving the Homebound and
Older Adults
in the Estes Valley



*Estes Park Meals on Wheels
is the only meal delivery service
of its kind in the community*

The Town of Estes Park
Estes Park Senior Center
"Cooperatively Serving Estes Park Seniors"

220 4th St.
Estes Park, Colorado 80517
(970) 586-2996
Monday through Friday
9:00 am to 4:00 pm
www.estes.org/seniorcenter



Eligibility

- Meals on Wheels are available to people who are unable to prepare nutritious meals for themselves.
- There are no restrictions as to income or age. Anyone who is physically or mentally handicapped by illness, injury, or accident, be it temporary or permanent may make application.
- Service can be provided short or long term, for partial or full week and intermittent respite. Reassessments are made as needed by Town of Estes Park Senior Center staff.

How to access the program

- New clients must **contact the office by 1:00 p.m. at least one day before** they wish to begin receiving meals.
- Staff will complete an application with you or your designee in person or over the phone.
- Clients who are already registered with the program should call the office to resume meals - **call by 1:00 p.m. one day prior.**

Referrals

- Your doctor's office, discharge planner, homecare provider, family, friends or your designee may call to arrange services with your permission.

Cancellations /Changes 586-2996

- Cancellations/changes in your delivery schedule must be made by **1:00 p.m. at least one day prior.**
- Messages may be left on the answering machine or with front desk staff with your requests or cancellations for subsequent days.

Service area

- Meals are delivered within the Estes Valley. Service does not extend to Glen Haven, Allenspark, Drake or Pinewood Springs at this time.

What does a meal include?

- Meals on Wheels provide a well-balanced nutritious meal. A meat, starch (potato, rice, pasta, bread, etc), vegetable, salad or fruit and dessert is included.
- The meal comes hot and ready to eat. The food trays can be re-heated in the microwave or conventional oven. The trays are recyclable.
- Frozen meals may be ordered in advance.

Are there special diets available?

- No salt is added to meals. Diabetic diets receive an appropriate dessert substitution.
- Mechanical soft diets are available and substitutions are available on a limited basis with advance notice.

Where can I find weekly menus?

- Friday Estes Park News and the Trail Gazette
- Announced daily 1470 AM KEPL at 8:45 am
- Copies of menus available at the Senior Center, on the website or we can mail or email them to you.

Meal Delivery / Days of service

- Volunteers deliver meals to your home between 11:00 am and 12:30 pm .
- Meals are offered Monday through Friday.
- In times of bad weather, listen to radio 1470 AM KEPL for any cancellations of services. Announcements of this nature are usually made by 9:30 am. If at all possible, you will receive a phone call as well.

Food safety

- Drivers cannot leave meals on your doorstep, dining table or outside if you are not home.
- If we don't have advanced permission to enter your home and leave the meal in your refrigerator, we will return the meal to the Senior Center.

Meal prices

- The fee for each meal is based on monthly income with a sliding scale.
- Gift certificates for meals are available.
- If you are unable to pay your bill, please speak with the staff. Salvation Army Funds are occasionally available for emergency situations.

<u>Income per household</u>	
<u>Monthly net</u>	<u>FEE PER MEAL</u>
Above \$1,000	\$4.50
\$900-\$999	\$3.50
\$800-\$899	\$3.25
\$700-\$799	\$3.00
\$600-\$699	\$2.75
\$500-\$599	\$2.50
\$400-\$499	\$2.25
\$300-\$399	\$2.00
\$200-\$299	\$1.75
Under \$200	\$1.00

Billing and payment for services

- Catering for All Occasions (CAO) sends statements out at the end of each month.
- Payments should be made by cash or check and mailed to: **CAO, 220 4th St., Estes Park, CO 80517 970-586-1002**

Holidays and weekends

- Meal service is not available on weekends / or on these holidays.
- One or more extra meals can be ordered in advance for Fridays or for delivery the weekday before the holiday.

January 1

May - Last Monday

July 4

September— 1st Monday

November—4th Thursday

November—4th Friday

December 24

December 25

New Year's Day

Memorial Day

Independence Day

Labor Day

Thanksgiving Day

After Thanksgiving

Christmas Eve

Christmas Day