

## HOW CAN I HELP?

Your donations directly support the Estes Valley Meals on Wheels program.

NAME

ADDRESS

PHONE

EMAIL

AMOUNT ENCLOSED \$

Please make checks payable to

**Crossroads Ministry of Estes Park, PO Box 3616, Estes Park, Colorado 80517**



**ESTES VALLEY MEALS ON WHEELS**  
A Service of Crossroads Ministry of Estes Park, Inc.

### VOLUNTEERS

For almost 40 years, volunteers have been critical to the success of Meals on Wheels. Volunteer drivers find this program a rewarding experience, and detailed training is provided so volunteers may serve with confidence.

To join the team, Estes Valley Meals on Wheels Coordinator: (970) 480-1082  
EVMealsOnWheels@gmail.com

### FUNDING

Participant fees cover only a portion of the costs to operate Estes Valley Meals on Wheels. The continuation of this vital service depends on the generosity of individual and family donors, partner organizations and agencies, area businesses, local churches, foundations, faithful volunteers, and others who have a heart for helping persons in need in our community.

To donate, or for more information, contact the Crossroads Executive Director at (970) 577-0610.

### Crossroads Ministry of Estes Park

PO Box 3616  
Estes Park, Colorado 80517  
(970) 480-1082  
EVMealsOnWheels@gmail.com  
crossroadsep.org

# ESTES VALLEY MEALS ON WHEELS

A Service of Crossroads Ministry  
of Estes Park



**Crossroads**  
**MINISTRY**  
of Estes Park

## MEALS ON WHEELS PROGRAM

Estes Valley Meals on Wheels is a service of Crossroads Ministry of Estes Park in partnership with Morrison Community Living and Good Samaritan Society - Estes Park Village. Beginning January 2018, these organizations and a host of volunteers committed to ensuring this service, which has been in existence since 1978, continues. Delicious, balanced, home-delivered meals encourage independent living, help maintain and restore health, provide a check on homebound individuals, and offer families peace of mind.

### ELIGIBILITY AND REFERRALS

- 🚚 The Estes Valley Meals on Wheels program is available to people who are unable to prepare nutritious meals for themselves.
- 🚚 Anyone in need, whether by virtue of age, illness, injury, accident, or other circumstances, may apply for temporary or ongoing services.
- 🚚 Individuals and families can request services, or referrals can be made by medical providers, homecare providers, discharge planners, friends, or a designated representative, with the participant's permission.

### WEEKENDS AND HOLIDAYS

Upon request, one or more frozen meals may be ordered and delivered in advance to cover weekends and the following holidays:

New Year's Day	Memorial Day	Independence Day	Labor Day
Thanksgiving Day	Day after Thanksgiving	Christmas Eve	Christmas Day

### MEAL INFORMATION

- 🚚 Estes Valley Meals on Wheels supplies a single-serving, well-balanced nutritious meal.
- 🚚 Meals provided by Good Samaritan will be reviewed by registered dietitians from Morrison Community Living and meet the Recommended Dietary Allowance nutritional guidelines for older adults.
- 🚚 These meals include protein, starch, vegetables, salad, and dessert. Limited dietary needs may be accommodated in some cases.
- 🚚 Meals arrive ready to eat. Food trays can be reheated in a microwave or conventional oven.

### SERVICE AREA

The Estes Valley Meals on Wheels service area includes the Town of Estes Park and surrounding areas.

### MEAL SCHEDULE AND MENUS

- 🚚 Ready-to-eat meals are offered Monday through Friday.
- 🚚 Volunteers usually deliver meals between 11:00 a.m. and 12:30 p.m.
- 🚚 In cases of inclement weather, staff or volunteers will notify participants by phone of changes in delivery schedule.
- 🚚 Weekday menus are usually provided one month in advance.

### DELIVERY SERVICE

- 🚚 **Participants must be home to receive meals.** Undeliverable meals will be returned to Crossroads.
- 🚚 Drivers are not allowed to perform additional tasks such as cleaning, errands, or shopping.
- 🚚 No tips are allowed for drivers, but words of thanks are always appreciated.

### NEW PARTICIPANTS

- 🚚 New Meals on Wheels participants should contact (970) 480-1082 no later than 2:00 p.m. on Tuesday the week before they wish to begin receiving meals. Limited exceptions may be processed with shorter notice in some cases.
- 🚚 Basic applications may be completed over the phone.

### MEAL PRICES AND BILLING

- 🚚 The fee for each meal is \$5. Low-income participants may be eligible for reduced rates. Households receiving food stamps automatically qualify for our minimum rate of \$1 per meal.
- 🚚 Participants interested in reduced-cost meals should contact the Crossroads Case Manager at (970) 577-0610, ext. 205.
- 🚚 Estes Valley Meals on Wheels sends out billing statements at the end of each month.

### CHANGES AND CANCELLATIONS

- 🚚 **Cancellations, resumptions in service, additional meals, or changes to service must be made by 11:00 a.m. on Friday before the week of scheduled service.** Exceptions may be made in case of emergency.
- 🚚 Messages should be left at (970) 480-1082 [EVMealsOnWheels@gmail.com](mailto:EVMealsOnWheels@gmail.com)