

Food Resources

Many organizations have been busy serving the community's food needs during the COVID crisis. Seniors can call one of these organizations if they are in need of food. The NOW program can even deliver if you are homebound.

If you want to volunteer, please call them. They are always looking for additional help.

Donations are always accepted



now
Nutrition on Wheels

Public Cooperative Care Center
Public Area Agency on Aging

WHAT IS NOW?
Public Cooperative Care Center in alliance with the Public Area Agency on Aging offers the Nutrition on Wheels or NOW program for homebound residents in Pueblo County. The objective is to increase nutritional support for individuals who have no consistent means of accessing sustainable food resources. NOW is intended to help keep homebound individuals healthy and in their own homes if possible. Aside from delivering supplemental nutritional food and a meal of rice, NOW provides clients with a friendly smile and serves as an important welfare and safety check at the time of delivery.

HOW DO I GET NOW?

NOW offers Pueblo County residents monthly homebound services when registered through Public Cooperative Care Center. Access to these services can be requested at Public Cooperative Care Center, or through local participating churches, agencies or businesses. Caring volunteers will pack available nutritional foods, which include items from Public Cooperative Care Center, Care and Share of Southern Colorado, and The Emergency Food Assistance Program (TEFAP) supported by the U.S. Department of Agriculture. Foods are delivered directly to the recipient's door.



Serving the Homebound

DO I QUALIFY FOR NOW?

Homebound adults 60 years of age or older who reside in Pueblo County qualify for NOW services. To receive NOW, an individual must be homebound and unable to access basic need services without transportation and assistance. Receiving NOW can be short or long term in duration or to meet an emergency referral need. It is a requirement for every NOW client to reside in Pueblo County.

*The definition of homebound is: "Inhabitant unable to leave home without considerable difficulty and expense. The individual must leave the home for frequent absences for medical or non-medical reasons, but transportation and support resources are required."

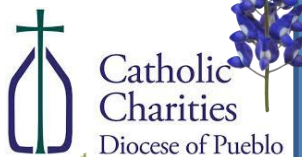
HOW - WHAT IS THE COST?

There is no cost for individuals who are homebound to receive NOW services - but they must qualify. Churches, civic groups and others who know of potential recipients, or those who would like to help with sponsorships for individuals with this program may contact NOW Client Services at Public Cooperative Care Center. Feel free to contact NOW by calling (719) 543-7484 or email now@cooperativcare.org.

HOW + Plus

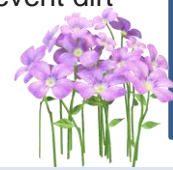
NOW works to meet additional needs of clients by offering ancillary services which include holiday and birthday cards, health and hygiene products, liquid nutritional and protein supplements (as available) for clients needing additional calories or protein due to unintentional weight loss, cancer or more. NOW offers referrals to case management services and provides individualized community resources for individuals to get additional support.

Take a break make a difference now!
304 West 8th Street Pueblo, CO 81003 (719) 543-7484 cooperativcare.org



The Ultimate Summer Home Maintenance Checklist

- *Check detectors.
- *Check your **home's** smoke and
- *Carbon monoxide detectors to make sure they're working properly.
- *Inspect air-conditioners. ...
- *Enjoy a dry spell..dry clothes outdoors
- *Clean your outdoor cooker. ...
- *Polish your porch. ...
- *Analyze your deck. ...
- *Wash your windows. ...
- *Check mulch to prevent weeds
- *Check hoses for leaks
- *Primp your plants
- *Get a doormat to prevent dirt coming inside



Pueblo Cooperative Care NOW program 543-7484
Care and Share Food Bank 296-6995
Catholic Charities of Pueblo 544-4233



Upcoming -Car parade at Bonaventure on Father's Day June 21st at 10:00. Join the fun and see some classic cars.



Have a Happy Father's Day to all the GREAT Fathers



2628 N Elizabeth Street
Pueblo, Co 81003
719.543.4220



Here are some helpful hints on protecting yourself

- 1) Wash Hands
- 2) Cover mouth and Nose
- 3) Avoid sick people
- 4) Avoid touching eyes, nose, mouth
- 5) Have good health habits
- 6) Clean touched objects routinely
- 7) exercise
- 8) Smile more often

Additional Masks and Gloves are available at the office. Call and we will put your care package together



Birthdays for June

- Natasha June 5th
- Alexandra June
- Olivia June 20th
- Lisa June 20th



Visiting Angels Radio Show--"The Senior Living Today Show"--is on Saturdays at 8:30 am on KCSJ