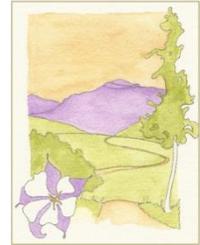


PRESS RELEASE
December 14, 2020
Pagosa Springs, CO



NEWS FROM THE COMMUNITY CAFÉ

Staying Engaged

Those of us on the “60 and better” side of life have a wide range of interests and needs. One of the main ones for the majority of us is to remain engaged and independent. The independent part is easier for some of us. The engaged part is harder for all of us right now.

- To those we serve through the Community Café, our meals – Takeaway Meals, Meals on Wheels, and SIMPLE Nutrition – pay a double dividend – they nourish us and make us healthier and more active. This is reflected in our consumer surveys, where those who participate in our programs report our services increase their independence (86%); and help them stay in their own homes (81%).
- In addition to serving individuals 60 and better, we also provide information that supports individual and community caregivers and family member engagement, and offers new resources for wellness, aging, activities, and education.
- One of the biggest effects from our work is seen among the 95% of our consumers who report that our programs provides them with social opportunities. Our Meals on Wheels drivers may be the only visitors that many of our participants engage with on a regular basis, which is a key part of maintaining connections during this remarkable and challenging time.

We miss our friends – those regulars, as well as those who just stop by once in a while. We are looking forward to welcoming back all of our community members who enjoy the games, meals, lectures, and other activities we usually hold at The Café.

We will continue to work towards re-opening in accordance with health department and state guidelines. In the meantime, our website now regularly provides freely available links to a bevy of virtual – both live and recorded – fun, educational, and social opportunities. You can learn more at:

<http://www.psseniors.org/>.

Press Contact:

Marya Roddis
Resource Development
575 235 8228
marya@psseniors.org

###