



**PITKIN COUNTY
SENIOR SERVICES**

ATTENTION OLDER ADULTS: FEELING HEALTHY?

We want you to keep it that way.
Stay home & let volunteers help!

We are grateful that the older adult population in Pitkin County is healthier than average. This could help our community in managing the burden of COVID-19. And this is our #1 priority – to keep as many people as healthy as possible, and ease the load on the health care system. Please do your part.

We know that older adults tend to be more intensely impacted by COVID-19. Minimize your interaction with the outside world.
Volunteers are ready and willing to help.

The Senior Center has lunches available 4 days per week for pick up or delivery.

**To be matched with a volunteer for grocery shopping, errands & other unmet needs, or to order lunches, contact us at:
(970) 920-5432 • seniors@pitkincounty.com**

For Additional Assistance: [PitkinCounty.com/GetHelp](https://www.pitkincounty.com/GetHelp)
or call the regional COVID-19 hotline (970) 429-6186