

# SOUTHWEST MATTERS

## SWIC NEWS—ADULT EDITION

### In This Issue:

- Busy Foreclosure Prevention Program Needs YOUR Help!
- SWIC Neighborhood Council Meeting
- Fall Prevention Program, March 12

### QUESTIONS FOR SWIC?

Main Number

303-934-2181

Fax Number

303-934-0035

**Sunday, March 8, Set Clocks One Hour Earlier**

*Spring Forward!*



Daylight Savings Time is Back.

### Reception Volunteers Needed to Help Home Busy Foreclosure Prevention Program

The Foreclosure Prevention and Housing Counseling Program at SouthWest Improvement Council – SWIC needs volunteers to assist with answering phones, calling clients back, setting appointments, faxing and filing documents. This program is looking for dedicated volunteers who want to be a part of the solution to the housing crisis.

Volunteers are asked to commit to at least one 4-hour shift, one day each week. Shifts are available Monday thru Friday, 9 a.m.-Noon or 1 p.m.-4 p.m. Training and staff support are ongoing. Bi-lingual volunteers are especially needed.

**Make your difference.** Volunteer for this critical program that saves people's homes and assists them with money management.

Volunteers must agree to a criminal background check. Volunteers over age 50 may qualify for mileage reimbursement and other benefits.

For more information, call Janice or Ron  
at 303-934-2181.

### Fall Prevention Program

Thursday, March 12, 10:45 a.m..

Eagle-Bear Hall

presented by

**Vicky Cassabaum R.N.**

Injury Prevention Coordinator,

St. Anthony's Hospital

- In 2005, 15,800 people 65 and older died from injuries related to unintentional falls.
- 1.8 million were treated in hospital emergency departments.

*Learn How to Prevent Falls!  
Discuss Exercises that Improve Balance.*

*Plan for a Fall Prevention Assessment in your home.*

Bring a NEW SWIC participant, age 65 or older and receive a Thank You gift!

### SAVE THE DATE!

**SWIC Neighborhood Council Meeting**

Thursday, March 12, Eagle-Bear Hall

5:45 p.m. SHARP!

FREE Dinner,

Neighborhood Information,

Door Prizes!

*Well-Behaved Youth are Welcome.*

