

Northwest Colorado Council of Governments eNews June 2014

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Weatherization Training and Appreciation Day

Steve Getz

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Hard-working Weatherization Team

The NWCCOG Energy Management Program, also known as Weatherization, provides services to low and moderate income homes to reduce their fuel consumption and heating costs. Last year alone this group of energetic folks "weatherized" 165 homes in and around our Region 12. In order for this team to stay in compliance with certain regulations, they come together each year for a full day of training -- and eating! In fact, they host a BBQ for the entire NWCCOG team.

This year, the "Chef" for the BBQ was Joe Pereira, Director of Weatherization from the Governor's Colorado Energy Office. Not only does he cook a mean hamburger, he had a lot of good things to say about this crew. "While the NWCCOG Weatherization group is not the largest in the state, they have the greatest impact -- the climate in which they work is the most extreme, the geographic area they serve is most spread out, and the client base they serve has a high need for their services," said Joe in his remarks to the group. "They have a long history of success in delivering on their goals and exceeding their objectives. They are our "Go-To Team" when ever we need something done."



Cleaned up work bay as classroom and dining hall.

Steve Getz, the Director of the Weatherization team praised the group for their tireless efforts. The theme for this year's training was "Weatherization Works". If you're not familiar with what we do -- this is how it works in a nutshell:

Weatherization Works:

- for our clients because we're a permanent solution to the high cost of heating and because it fixes the problem once and for all.
- for the environment because a weatherized home produces less pollution and requires less fossil fuels, which helps keep Colorado a beautiful place both for our residents and for those visitors who come here to experience our awesome environment.
- for the economy because once their home is weatherized our clients ship less money out of their communities to far-off utility companies, and have more money to spend in their own local economy.
- for all of America because our program has pioneered new measures and techniques that are now imitated in the private sector by home performance contractors. And finally...
- for America's national security because reducing our dependence on imported fuels makes our nation safer and more secure.

Truly, weatherization works! Before and after the BBQ, the team learned new techniques and reviewed regulations for continued compliance. If you'd like to know more information about this important program [click here](#).

Alpine Area Agency on Aging

Jean Hammes

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Caregiver Conference

The 6th Annual Caregiver Conference was held at the Glenwood Springs High School on June 12th. Keynote speaker Sara Qualls, Ph.D., Professor and Director of Gerontology Center at UCCS, presented how family histories and dynamics alter family caregiving. Topics from the multiple break-out sessions topics ranged from Depression, Diabetes, Alzheimer's, Medicare & Medicaid, Assistive Technology, Incontinence Management, Communication & Memory Loss, and Chronic Disease Self-Management. Twenty-six vendors provided information and resources to the over 160 registered attendees. Breakfast by Haute Plate

was provided to attendees, as well as free massages, Reiki, exercise activities, paraffin hand dips, and facials.

We would like to thank the speakers, vendors, and volunteers who made this year's conference such a success!

AIRS Conference

Alpine Area Agency on Aging Program Specialist Erin Fisher attended the 36th Annual AIRS Conference in Atlanta this month. AIRS is the Alliance of Information and Referral Systems and is the professional organization for all I&R providers. Highlights include attending the National Aging and Disability I&R Summit with leaders from the National Association of Area Agencies on Aging (n4a), the National Council on Independent Living (NCIL), and the Administration for Community Living (ACL). Attending the AIRS conference is a great opportunity to form relationships and collaborate with other aging and disability organizations, learn national best practices, and gain insight on developments at the federal level that impact state and local activities.

Northwest Loan Fund Update - Three closings and an early payout!

Anita Cameron, Director of Business Lending

Anita@NorthwestLoanFund.org

Andy Gold, CEO of Aircraft Technical Book Company in Tabernash, Colorado had a dream to expand the international reach of ATB's training manuals he publishes for the aviation industry. His company publishes technical and practical manuals for pilots and mechanics of fixed wing private and commercial aircraft and helicopters. To expand his business and add new jobs, he needed capital - and thus began a process that would prove both frustrating and rewarding.



His team researched myriad possible ways to acquire funding and hit roadblock after roadblock. What he found was that intellectual property, copyrights, and strategic partnerships did not always translate into "bankable" collateral. Loan applications were repeatedly rejected.

Andy Gold from ATBC receives Check!

One of the funding sources his team found was the Northwest Loan Fund and Anita Cameron. After some months of discussion and back and forth between banks, the NLF and ATB - an agreement was made whereby ATB received partial funding through a bank approved loan, and the balance through the Northwest Loan Fund.

"Anita was there from the start, and it is largely through her continued efforts that we were able to close these loans," said Gold. "She sat down with us, learned the essence of the business and really listened to what we needed, and she was able to recommend the ultimate solution."

These loans will enable ATB to hire 4 to 5 new positions for full time authors, graphic artists, and subject matter experts who will create and edit new technical manuals that will be exported throughout the world. Without this new funding source, the addition of these skilled technical jobs would not have been possible, and the expansion of services would have stalled. For more information about ATB, [click here](#).

Farmer's Insurance



Doug Berg

Doug Berg had completed all the necessary certifications to become an Insurance Agent and was affiliated with the Farmer's Insurance Agency. When the opportunity to purchase a thriving insurance agency was presented, Doug began the process to come up with the necessary capital. He approached USBank in conjunction with the Small Business Administration Loan Fund and the loan was approved. However, some of the wording in the contract was not agreeable to both parties and the loan did not close. Not to be stopped, Doug began contacting other lending sources and was eventually approved for a loan, but with very high interest rates.

In the mean time, his contact at USBank, introduced Doug to Anita Cameron of the Northwest Loan Fund program.

"When Anita agreed to look at my situation, I knew I was in the right place," Berg remarked. "She was super easy to work with, she accepted the forms I had already filled out, and the turn-around time was very quick. I got a good loan with a reasonable interest rate. She did a great, great job."

All the elements for success fell into place at exactly the right time, enabling the loan to be approved and closed in just under four weeks. Doug is now the owner of Farmer's Insurance Company of Frisco and has two employees.

In Pitkin County, another loan was closed, but the business owner wishes to remain anonymous.

Early Payoff -- Duggan's Deli in Breckenridge

Seven years ago, the dream of a young couple to purchase a sandwich shop in Breckenridge, CO, was slowly beginning to fade. They'd found the perfect business and location, but they were having difficulty getting funding. They were young and had few assets - just some experience in working in restaurants and a willingness to work hard to bring their dream to fruition.

After they'd been turned down by traditional lending sources, they were referred to the Northwest Loan Fund. Within two months, they had the funding to buy the existing business, do some renovations, and open a sandwich shop on Ski-Hill Road. Today, people know it as Duggan's Deli and it has been a favorite spot for exceptional sandwiches for seven years.



"We would not have been able to achieve the dream of ownership without the NLF money," said Megan Duggan. "And we're thrilled we've been able to pay off the loan early!"

If you're in Breckenridge, and hungry for a sandwich, look up Duggan's Deli at 111 Ski Hill Road for the "best sandwich in the high country". They are located down stairs!

NWCCOG Economic Development District core team receives "Reality of Resilience" Award for Sector Partnership work from the Colorado Workforce Development Council at Sectors Summit II



NWCCOG EDD would like to thank the core team that has been working on the health and wellness sector partnership for Region 12 (Eagle, Grand, Jackson, Pitkin, Summit counties) over the last year. The Colorado Workforce Development Council recently recognized the work of our team by giving the "Reality of Resilience" award for continuing to work with each other to brainstorm new and innovative ways to work with our partners regionally. NWCCOG EDD has been working towards the creation of a health and wellness industry sector partnership, whereby public partners including workforce, education, and economic development come together with private sector businesses in an industry-lead effort to strengthen that industry. The CWDC recently held a statewide conference May 19-21 at the Denver Tech Marriott and invited regional teams to attend to help build their capacity.

For more information on this project, contact Rachel Lunney 970.468.0295 x106 or [Click Here!](#)



4th Annual Mountain Connect Rural Broadband Conference

Held at Vail Cascade Resort in Vail, CO

June 8-10, 2014

The Mountain Connect Rural Broadband Conference encouraged networking, learning and new ideas for doing business for 275-300 people attending from Colorado and

away as Washington, DC, Billings, MT and Washington, DC. Twenty exhibitors offered products and services

As the conference was coming to a close the conversations continued. Communities were networking with State Agencies to support the local, community plan for improved broadband, providers were listening and elected officials were considering ideas from presenters to address their infrastructure concerns.

Topics of the conference included:

- How higher education and other anchor institutions can provide leadership for a community addressing their telecom issues.
- Providers offered how they can work with a community and their needs to build a business case.
- Utility infrastructure provided an overview of delivering broadband services with the capability of a rural electric company.
- Legislative issues were discussed to help consumers know the latest legislative mandates.
- Barbara Kelley of Dept of Regulatory Agencies DORA outlined a process for the Broadband Commission which will guide the use of some 'high cost funds' for broadband deployment.
- The Telehealth panel noted the lack of sufficient telecom infrastructure to adequately provide health care at a distance.
- The national network of dark fiber proposed to encircle the United States shows promise for a layer of infrastructure that will support the 21st century broadband needs.

This important conference underscored the need for robust broadband capabilities in our rural regions and we're excited to be moving in the right direction!

Message from Connect for Health Colorado CEO

TJ DuFresne
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Under the Board's leadership, Connect for Health Colorado is one of the most successful and financially secure state-based health insurance marketplaces in the nation. Since opening October 1, 2013, we have helped over 135,000 Coloradans enroll in commercial health insurance, and contributed to the enrollment of over 180,000 Coloradans into Medicaid. Our budget, staff and fees are among the lowest in the nation. Our sustainability model allows us to be financially independent using short-term transitional funds and enrollment-based revenue. The Board has served a crucial role in our success. Monday's meeting was the 67th full Board meeting since the organization was established and Board members were appointed in summer 2011, per Senate Bill 11-200. Some Board members have moved on and new members have been appointed. Most have been serving for nearly three years, also participating in over 50 Committee meetings to discuss policy, finance and operational matters and to set the direction for the Marketplace. We have more work ahead of us and I ask that you join me in thanking the Board for their continued commitment and service.

Patty Fontneau, CEO

Water Quality/Quantity Committee (QQ)

Torie Jarvis



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A Land Use Water Conservation Workshop was held on May 7 which was well attended by planners and commissioners from primarily head-water towns on the western slope. The workshop started with an introduction of the statutory authority and requirements that connect land use planning with water supply availability and planning.

A panel then presented on various communities' approaches to integrating land use decision making with water supply

considerations, water conservation and watershed protection. The workshop then became hands-on, with a session to brainstorm land use planning practices and regulations that work to achieve

water conservation and water quality objectives within participant's communities.

For a complete review of the meeting, [click here!](#)

As for the Colorado Water Plan, the Colorado River Basin is finalizing it's Basin Implementation Plan (BIP), which is a Basin-wide planning document for future water supply

needs, including recreation and tourism, agricultural, municipal and industrial needs. Many NWCCOG/QQ members sit on the Roundtable, the organizational body tasked with developing this plan. NWCCOG/QQ also continues to be involved through commenting on various drafts of the BIP. More information on the BIP is available here: <http://coloradobip.sgm-inc.com/>

Safety Tips - Save your Lower Back!

As has been mentioned in previous articles, stretch breaks are absolutely essential to do in order to keep your body healthy and mind alert while sitting at a desk all day. This stretch will open up the front of the body and create renewed tissue circulation and joint mobility. The Reverse Arch Stretch was specifically developed to quickly counteract negative spinal, shoulder, wrist, finger, and organ system effects from forward hunching computer posture. The stretch only takes a few seconds to do and has an immediate benefit anyone can feel.

As with any stretch, when doing the reverse arch stretch it is important to take your time and listen to your body while doing it. If you feel any pain or discomfort, stop doing the stretch. Always listen to the signals your body sends you. Practice makes perfect, so even if the stretch feels a bit awkward at first it will soon become easier to do and a welcome part of the work day routine.

Reverse Arch Stretch

- Move to the front of the chair and if possible interlace your fingers behind the back and feel the palms touching each other. There will be a stretch feeling in the front of the chest and shoulders when doing this. See Figure 1.
- Once the proper hand position has been established, take a deep breath in and let the shoulders move even further backwards, letting the head fall back as well (this opens up the front of the neck).
- Now exhale all the air, feeling the front of your body open up as you extend backwards. See Figure 2.
- Hold this position for a few deep breaths if it feels comfortable to do so.
- To get out of the stretch SLOWLY bring your head back up to ensure that you do not strain your neck.



Figure 1



Figure 2

Only stretch back as much as you're comfortable with. Over time you'll feel that you are able to get deeper into this stretch, extending back even further with minimal effort. This simple office chair stretch is effective, easy to do, and easily empowers you to take better care of yourself.

In addition to this stretch, it is best to stand and walk around every half hour. A brisk walk helps get the circulation going, bringing oxygen and nourishment throughout the structures of the body.

Article written by: [Michael A. Cohen, DAc, DC](#)

If you've got safety tips in your workplace -- we'd like to hear about them. You can send an email to Judi@NWCCOG.org

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2014 NWCCOG Meeting Schedule

Thursday, July 24, 2014

Full Council Meeting

Location: NWCCOG Office /Conference Call

Time: 10:00 a.m.-noon

Thursday, September 25, 2014

Full Council & EDD Board Annual Planning Meeting

Location: Frisco Adventure Park Day Lodge

Time: 9:00 a.m.-3:00p.m.

Thursday, October 23, 2014

Conference Call to review draft 2015 budget

Thursday, December 4, 2014

Full Council & NWCCOG Foundation Board Meeting

Location: NWCCOG Office / Conference Call

Time: 10:00a.m.-noon

Northwest Colorado Council of Governments

www.nwccog.org

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THANK YOU FOR YOUR MEMBERSHIP IN NWCCOG!

