



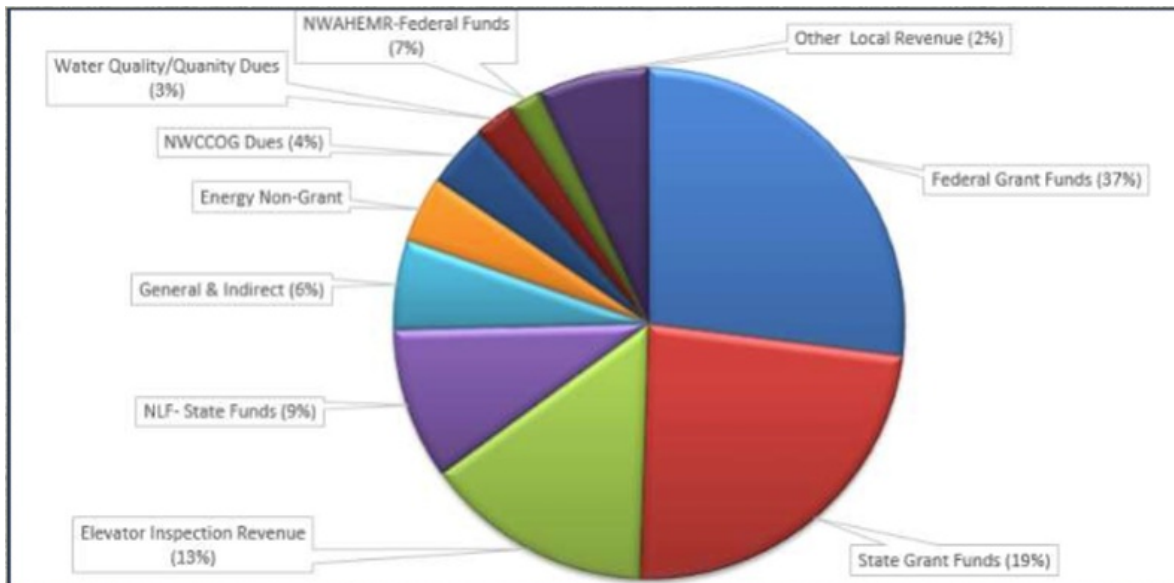
## From the Director's Desk: NWCCOG - The art of adding value

At NWCCOG, our strength is our challenge: we host a baker's dozen of diverse programs meeting needs that include a portfolio of vital services for aging adults, elevator safety inspections, critical loans to small businesses, broadband consulting, and energy-saving weatherization programs across a broad region. We represent jurisdictions that have often-changing leadership. When surveyed, we find that we are valued for diverse reasons, yet few know what we do. Our people, programs and our important good works are respected and highly valued, yet by doing so much across such a broad region it seems like we are constantly having to remind people who we are and how we impact their communities.



That is why we never stop sharing our stories. In this effort, we ask your help. This is a good time to share with your local elected officials specifically why you value NWCCOG. At the July NWCCOG meeting, Council approved freezing 2021 dues at 2020 levels.

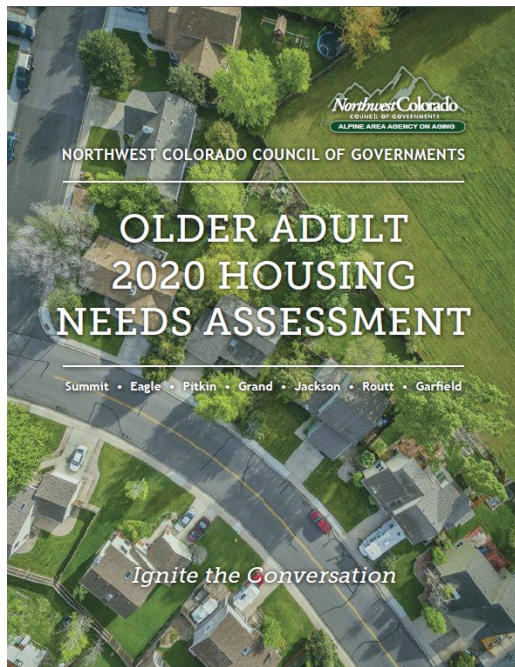
Crib notes: Approximately \$300,000 in total dues help us qualify for grants of \$5 - \$7M in funds from state and federal programs on behalf of the region - there is power in membership. We then use the grant funds to provide our communities with the services described above.



Expect to see the dues notice along with a memo further outlining the local

benefits of NWCCOG Membership next month. Our intent is to provide talking points for internal NWCCOG advocates during the inevitable budget wrangling. You may know our "soft" benefits like bringing people together for the Economic Summit, and Disaster Prep for Elected Officials (both COVID casualties this year) as well as all the information sharing we do across jurisdictions, our regional policy work, the relationship building. Not that we can take credit for all of it, but it is clear in this situation that regional collaboration is as strong as ever. As important as all that is, at a time like this, some just want "value" translated into dollars. The memo addresses that.

This year we celebrate finally having all jurisdictions in our 5-County region (plus three others) as members. We also celebrate delivery of Project THOR, a middle-mile broadband resource that more than 13 jurisdictions are directly leveraging to support local broadband projects. Vintage (formerly AAAA) has pumped hundreds of thousands of additional dollars into critical services such as meals for seniors



during this time. Our Economic Development District is poised to draw an additional \$500,000 in federal funding to provide direct assistance to our members. We are looking to expand our Business Loan Fund and have hired additional staff to do so. Though it seems forever ago, in March we issued our Older Adult 2020 Housing Needs Assessment report. Today we are beginning a research project on how local law enforcement agencies are adapting to SB 217 and what that entails.

We know it is a challenging time for our members who rely on sales tax dollars from many retailers who in turn rely primarily on visitors, and confident local consumers. The pandemic does not have an expiration date.

Already, many jurisdictions are planning for 10 - 15% mid-year budget revisions. Some, more than that. Though each county in our region has a clear roadmap, there is no clear indication yet of when the pandemic and our public health response may be safely relaxed to a point where the economy can operate on enough cylinders to flatten the economic curve. Health officials are concerned about a resurgence next winter. It is an unsure time. It is also a fascinating and vital time to be involved in public policy. To those on the front lines, we salute you. We will get through this together.

We at NWCCOG appreciate your support. We've been serving the region since the early 1970s, through many downturns, through battles with front-range entities over water, wrangling over funding priorities, bark beetle infestations, figuring out what it means to live in a rural resort region all the while developing and delivering programs as we adapt them to meet evolving needs. In the same year that we lit Project THOR, we closed down a call center because the state is taking over that service. With feedback from members, we adapt and learn as an organization. We look forward to finding innovative ways to serve you so we can emerge from COVID stronger together.

## NWCCOG Economic Development District awarded \$71,000 in USDA Rural Development Grants to Assist Small and Emerging Businesses in the Region

### Revolving Loan Fund Established

The USDA Rural Development has awarded the NWCCOG EDD \$47,000 to establish a revolving loan fund to support the development of small and emerging businesses in the NWCCOG Region and will serve to build the capacity of the already-established Northwest Loan Fund. Loan funds from this program can be used for expansion, acquisition, startups, equipment, inventory, and working capital, and will offer very favorable rates. Businesses must have gross revenues under \$1 million, fewer than 50 employees, and can show they have been unable to secure conventional financing (i.e. show proof of "no credit elsewhere"). NWCCOG EDD will use policies and procedures set forth by the already-existing Northwest Loan Fund as the [application and approval process](#). The funds are available now.

Please contact Rachel Lunney, [rachel@nwccog.org](mailto:rachel@nwccog.org) or 970.485.0513 if your business is interested in applying for a loan through this program, or if you have any other information about this new tool for accessing capital for your business or businesses in your community.

### Summit Prosperity Initiative CO.STARTERS Training Program for Small Businesses

The Summit Prosperity Initiative, comprised of partners NWCCOG EDD, Summit Chamber of Commerce, Summit County Government, Summit Foundation, and Freeport-McMoRan, has partnered with national organization CO.STARTERS, to create a 9-week program providing business training and technical assistance to existing business owners in Summit County. Business owners from 20 Summit County businesses have completed a 2.5 hour per week, virtual, facilitator-led, collaborative learning process. Over the 9 evening sessions, they focused on adapting and pivoting their business plans using the CO.STARTERS Canvas business model. The process allowed them to critically exam every part of their business and determine immediate next steps through real-time feedback, tools, and resources. Members of this first cohort were excited to use this collaborative process to enhance their business models. This \$24,000 USDA Grant will allow SPI to offer two more cohorts over the next 6-9 months, for businesses to attend at low or no cost. For more information about the CO.STARTERS Rebuild Program, [click here](#).

Alpine Area Agency on Aging Reveals New Name, New Brand

Vintage reflects the company's mission to bring aging expertise and services to clients and partners; solidifying leadership position in Northwest Colorado moving forward



**SILVERTHORNE, Colo. - July 1, 2020** - The Alpine Area Agency on Aging, Colorado's alpine region aging expert, is formally changing its name to Vintage.

Partners, providers, clients, and interested parties will begin to see communications that look different, but the agency's commitment to service and excellence remains the same. Their service offerings are also not changing.

"Our brand at its core is still the same," Vintage Director Erin Fisher states. "We are excited to continue to serve older adults throughout this time and be able to share a brand that reflects our commitment to older adults in mountain communities. This is a time of rebirth for the world, and this is our time of rebirth as well."

Vintage is not only the alpine region aging expert, but Fisher and her team also provide deep content expertise to ensure older adults and service providers are informed, cared for, and not forgotten.

Vintage services include transportation, dental and vision assistance, options counseling, nutrition programs, caregiver support, respite services, evidence-based health programs, volunteerism, and educational programs. Vintage serves Eagle, Grand, Jackson, Pitkin, and Summit counties in Northwest Colorado.

Learn more about Vintage and its services for older adults at [yourvintage.org](https://www.yourvintage.org).

Check out the quarterly news [magazine MOMENTUM](#) for tips and resources to enhance safe and healthy living.

# THE MOMENTUM



July - September 2020

Original content in this edition provided by Leah Rybak, LMR Consulting LLC  
Magazine edited and content curated by Ceci Peterson, Vintage

## In This Edition

|  |    |
|--|----|
| Vintage Services.....                            | 4  |
| UV Safety Month.....                             | 6  |
| Need a Ride.....                                 | 7  |
| Herbal and Prescription Drug Interactions.....   | 8  |
| In-Home Services Vouchers.....                   | 11 |
| Alzheimer's Association e-Services.....          | 12 |
| Dementia a Public Health Priority.....           | 14 |
| Sandwich Generation.....                         | 16 |
| Caregiving in the US.....                        | 18 |
| Vintage Caregiver Program.....                   | 19 |
| LTC Ombudsman Program.....                       | 20 |
| Boomers Making a Difference.....                 | 22 |
| Manage COVID Symptoms at Home.....               | 23 |
| Fall Prevention Month.....                       | 24 |
| Lifelong Legacy Month.....                       | 27 |
| 10 Tips for Family Caregivers.....               | 28 |
| Vintage Vouchers.....                            | 29 |
| Emergency Preparedness Month.....                | 30 |
| Fire Prevention at Home.....                     | 33 |
| Momentum Sign-Up.....                            | 34 |
| EVENT-What to Do When Someone Dies.....          | 35 |
| Dementia Support Groups.....                     | 36 |
| Recorded Vintage Events.....                     | 37 |
| All About Masks.....                             | 38 |
| Vintage Mask Competition.....                    | 43 |
| Eagle County Safer At Home for Older Adults..... | 44 |
| Stress During Outbreaks.....                     | 52 |
| Learn to Relax.....                              | 55 |
| Volunteer Drivers.....                           | 57 |
| Grief Support.....                               | 58 |
| Census.....                                      | 60 |
| Caregiver Connections.....                       | 61 |
| Eagle Veterans.....                              | 62 |
| Smiles for Seniors.....                          | 63 |
| Regional Resources.....                          | 64 |

## SERVICES FOR AGING WELL IN COLORADO

Your Connection to Information, Resources, and Advocacy  
in Eagle, Grand, Jackson, Pitkin, and Summit.

### Volunteer Opportunities

We have a variety of volunteer opportunities, such as Respite Companions, Medicare Counselors, Regional Advisory Council Board members, Long Term Care Ombudsmen, and our RSVP program.

### Caregiver Support

At Vintage, we support you in whatever stage of the aging journey you are on! For caregivers, we offer training and education, financial assistance, and have a volunteer respite program in Summit County to assist where you need it most.

### Medicare & State Health Insurance Assistance Program (SHIP)

We are here to answer your questions or concerns about Medicare, Medicare benefits, or to see if you're eligible for the Medicare Savings Program.

### LTC Ombudsman

The Long Term Care Ombudsman protects and promotes the Resident Rights of the residents of nursing homes and assisted living facilities in our region.

### Dental & Vision Assistance Programs

We have funding for adults 60 and older for dental and vision needs that will keep you healthy and receiving the care you need.

### Transportation

We have trusted transportation options to get you where you need to go when you need to go there. Options include transportation vouchers and other transportation services depending on the area.

### Health: Nutrition & Balance

Vintage offers the following nutrition-related programs such as Home Delivered Meals, Community Based Meals, and Nutrition Education and Counseling. We also provide Evidence-Based Health and Wellness Programs and fall prevention classes.

### Legal Assistance

We contract with partners who provide legal services to older adults 60+ free of charge to those with the most significant economic or social needs.

---

## Aging Services Focused on YOU

Call our Resource Center at (970) 468-0295 if you have any questions or are interested in learning more.

## Prepare Now: Energize Colorado Gap Fund

The [Energize Colorado Gap Fund](#) will provide more than \$25 million in small business loans and grants to boost small businesses impacted by COVID-19. Sole proprietors, businesses and nonprofits with less than 25 full-time employees can apply for up to a \$15,000 grant and a \$20,000 loan for a possible combined total of \$35,000 in financial assistance.

The application is scheduled for an August 1, 2020 launch. Sign up to [Energize Colorado's email list](#) to be alerted when the application opens.

## Eligibility

You must be either a:

- small business or enterprise - Colorado sole proprietors and registered small businesses including LLCs, S-Corps and other business types.
- nonprofit - Colorado nonprofits whose mission and/or programs directly support economic development, small businesses, or tourism.

You must also:

- have fewer than 25 employees - Applicants must have fewer than 25 full-time equivalent (FTE) employees. An employer may use its off-season employee count.
- be impacted by COVID-19 - Applicants must be able to show the economic hardship their business is facing due to the COVID-19 pandemic. The business's story of hardship plus documents such as bank records, point of sale receipts, profit and loss statements, or other documents can be used to show economic harm.

Any eligible Colorado small enterprise is welcome to apply. Priority will be given to the following applicants:

- majority-owned by black, indigenous, people of color, veterans, or women
- in rural areas with population of less than 50,000 people
- in the tourism sector
- with limited or no access to capital financing or other federal, state or local grants/loans

## How to Apply

In the coming weeks, the application will open on [Energize Colorado's website](#). **APPLICATIONS WITHIN THE NORTHWEST LOAN FUND REGION WILL BE MANAGED BY THE NORTHWEST LOAN FUND. Please request the NLF when you apply.**

We recommend you gather these documents to show how you have been impacted by COVID-19:

- bank records
- profit and loss statements
- tax filings
- expense receipts

Energize Colorado will provide a mentoring program to assist in filing this application including translation.

Please also review the [answers to frequently asked questions](#).



**Molly Tompkins**, Mountain Ride Manager extraordinaire, is leaving the program in August. The stars aligned with the closure of the Mountain Ride program and new opportunities.

Molly started with the NWCCOG in 2015 as a part time Area Agency on Aging employee and Call Center Support for Mountain Ride, the broker for Non-Emergent Medical Transportation (NEMT) to coordinate rides and reimbursements for Health First Colorado (Medicaid) members without transportation to important medical appointments. The Mountain Ride program grew exponentially after its formation, added several employees, and this year surpassed its 40,000 ride. On July 1st, Mountain Ride came full circle when IntelliRide became Colorado's contracted NEMT broker. Historically, the NEMT benefit was administered by transit entities like Mountain Ride throughout the state, but Colorado's Department of Health Care Policy and Financing moved to a state-wide vendor, effectively shuttering the regional brokerage organizations, including Mountain Ride.

Molly's influence on, and dedication to Mountain Ride and her fellow NWCCOG colleagues is evident and she will be missed greatly. Her positivity and resilience in the midst of change is a lasting legacy and we wish her all the good vibes in the universe as she moves on to her next adventure. Thank you Molly!



Welcome **Jason Broadbent** - Energy Program Installer

With a background in the hospitality industry, Jason has always enjoyed helping others, but when the opportunity for trading a desk job staring at a computer screen much of the day, for working outside with his hands, he was all in.

As an Energy Program Installer, Broadbent will be helping to make homes more energy efficient for residents in the region. In addition to caulking, changing out windows, installing more energy efficient appliances and the like, he'll also be helping to make sure there are no unsafe gas leaks that can cause harm. Of the opportunity he says, "I am really looking forward to learning new skills and working with my hands."

When asked where he was from Jason replied, "Originally from Connecticut, but after spending 8-ish years in Vermont I moved to Summit County in May of 2016." He's never looked back - his hobbies include mountain biking, split-boarding camping and fishing

and Colorado is the ideal place for him to play.

### **[See NWCCOG Coronavirus Resource Guide here](#)**

NWCCOG strives to not duplicate resources compiled elsewhere. For municipal actions taken, [CML](#) has the best resource. For current public health orders, those should be sought from your county website. There are numerous resources for businesses or individuals kept up to date regularly. If you would like guidance on what



is the best resource for your needs, contact Jon and I will guide you there.

## [Coronavirus Anxiety Workbook](#)

### THANK YOU

*So many of our Members are doing tremendous front-line public service through this difficult time; if you are one of them, Thank you, you are appreciated more than ever for your public service. I've been privileged to be on daily update calls with both Eagle County and Summit County EOC, and it is assuring to listen in to collaboration going on in real-time.*

NWCCOG offices are closed to the public and most staff are working remotely so please contact them by phone or email. AAAA is in full-tilt mode adapting to meet the needs of Older Americans across the region. Energy Program Employees are working with strict safety protocols for themselves and their clients. The Elevator Inspection Program has suspended mosts field inspections and are catching up on a back-log of remote work. More than half of our programs and nearly 50 employees regularly work remotely. For more detailed and current status, please call your usual contact at NWCCOG.

*If you know someone who would enjoy our newsletter,  
please forward them to this link.*

[Join Our Mailing List!](#)

## Next NWCCOG COUNCIL MEETING

**Thursday, August 20, 2020**

*Full Council & EDD Board Annual Planning Meeting*

Location: Virtual

Time: 10:00 a.m. - TBD

Agenda Items: Strategic Planning for 2021, approve 2021 meeting schedule

**Northwest Colorado Council of Governments**

[www.nwccog.org](http://www.nwccog.org)

970.468.0295

**THANK YOU FOR YOUR MEMBERSHIP IN NWCCOG!**

[Join Our Mailing List!](#)