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Board Member Spotlight Kristen Manguso Grand County Commissioner



After serving as the Director of Planning for several years, it seemed a natural fit for Kris Manguso to become a County Commissioner. She knew many of the issues facing the county and she was passionate about serving her community.

As Director of Planning, she was peripherally aware of the Northwest Colorado Council of Governments, but it's only been recently that she has begun to learn the entire scope of what the NWCCOG does, and she's impressed. "There is so much diversity in the services they offer their members - and the community beyond membership. With the Water Quality and Quantity committee, to Broadband leadership, to the Elevator Inspection Program to the Northwest Loan Fund - it's really quite amazing." She's also impressed with the way the

NWCCOG is able to leverage the money they get in memberships to supply funds for millions of dollars-worth of projects that support the community.

When asked what surprises people the most as she talks to folks in the community about the NWCCOG, she says, "Many people outside government have never heard of the NWCCOG - but they are quite interested by how much the organization does."

A Colorado native, Kris grew up in Littleton and spent many weekends in the mountains learning to ski and loving the mountain culture. When she got married, she and her husband moved closer to his family in Kremmling. Since 1999, she's added a love of snow-mobiling and a passion for horses to her love of living in the high-country.

As a new member of the Board of Trustees of the NWCCOG, Kris is looking forward to becoming more involved and being an advocate of the organization.

Staff Member Spotlight

Jessica Diaz

Office Administrator

Originally from Puerto Rico, Jess Diaz has accepted the position of Office Administrator for the NWCCOG. With her previous background working for Advocates for Victims of Assault, her medical assistant training, and her bi-lingual skills, she is sure to be a huge contributor to the entire office.

She's looking forward to learning all about what the NWCCOG has to offer the people in the communities they serve. She's been surprised to learn about everything they do - especially with the relatively small staff. She's a constant learner and she looks for ways she can bring added value to each department.

After her husband's 8 years with the US Coast Guard, they chose to move to Colorado and Summit County in part based upon her husband's desire to complete his Master's degree in counseling, and in part by throwing darts at a map on the wall. Her husband now works for the Summit Community Care Clinic, and their family is thriving in the high county. They have two children who love to participate in outdoor sports, Mountain Mentors and SOS Volunteers.

When asked about what she likes to do of outside work, she said she loves family road trips in a very full vehicle (including her husband - Christian, two children - Jezerel and Abner, two dogs - Woody and Snoopy, and two cats - Duchess and Ton-Ton), bike rides, and exploring the restaurant scene around the community. Even though she's a surfer and paddle boarder, she says snow-boarding, "is nothing like surfing and it's way too cold for me."



Know someone in Eagle County who needs a helping hand?

Helping Hands for Seniors can help out those in need. If you know someone who might need "handy man" help, have them call our Volunteer Coordinator at 970-468-0295 x 122 to get additional information.

Once pre-qualified, an intake form will be completed. A volunteer will then schedule a time to analyze the project and determine the materials needed. In most cases, the senior needing the work completed will be responsible for supplying the materials. If purchasing the materials creates a hardship, our team will look for alternatives which may increase the time it takes to get the job done. Once the materials have been purchased the project will be scheduled for completion.

Helping Hands for Seniors

Need a hand around the house?

Available services:

- Help prepare your house for winter
- Do minor yard work
- Install handrails and grab bars
- Change light bulbs, batteries in smoke detectors and CO2 detectors
- Arrange for snow removal with partner agency
- Complete minor interior repairs such as replacing filters, setting up televisions, clean out dryer duct, hang pictures
- and much more!

CALL US TO SEE HOW WE CAN HELP YOU

Place this business card and contact us when you need assistance

Helping Hands for Seniors
Alpine Area
Rt. 7

Phone: 970-468-0295 ext. 122
Fax: 970-468-1208
E-mail: volunteers@haccog.org

One Team. One Mission. One Goal.
BE THE DIFFERENCE

You must complete an intake form. This can be done over the phone. If your project fits the parameters of our program a supervisor will contact you to set up an appointment to review work and determine materials. Once this has been completed we will schedule a time for the work to be done.

How is the 'Helping Hands for Seniors Program' different from our normal 'Weatherization Program'?

- **"Helping Hands for Seniors"** program is only available for Seniors in Eagle County and is typically for smaller jobs that can be completed by volunteer "handy men/women."
- **Our Weatherization Team** works on much bigger jobs throughout the Region 12 area, as well as, in Chaffee, Clear Creek, Garfield, Lake, Moffat, Park, Rio Blanco, and Routt Counties.

- **Our team weatherizes** low and moderate income homes to reduce their fuel consumption and heating costs. Services include insulation, caulking, weather-stripping, installation of storm windows, new or repaired energy-efficient furnaces, and refrigerators.
- **If you receive LEAP, TANF, OAP, SSI, SSDI, SNAP, or AND** you automatically qualify for NWCCOG's Weatherization services. The improvements will be made by NWCCOG Weatherization Specialists through federal and state grant monies.
- **We are still looking for Weatherization projects in Summit and Pitkin Counties -- if you know someone who may qualify for energy efficiency upgrades, please have them call Sherry at 1-800-332-3669.**

Grand County Council on Aging Collaboration



This month we are celebrating the newest collaboration with the NWCCOG Mountain Ride Transportation Resource Call Center. The Grand County Council on Aging (GCCA) has recently contracted with RouteMatch software in order to coordinate with the Mountain Ride Call Center. RouteMatch is the same software used by Mountain Ride which makes sharing information easy.

The Grand County Council on Aging (GCCA) is thrilled to be aligned with the NWCCOG's Mountain Ride Program. Susan Hamilton, office assistant at GCCA, has worked

diligently under the guidance of Laurie Patterson and the RouteMatch support team to put in place software that will greatly improve efficiencies of scheduling, streamline client information, eliminate duplication of efforts and improve reporting data. "We're excited to move into an automated and much more efficient transportation management system over our current, very manual process" said Lisa Jonas, Executive Director at GCCA. Using the same software Mountain Ride uses enhances the ability to provide improved services.

Since 2014 the NWCCOG Mountain Ride Call Center has used RouteMatch Software to coordinate trips to medical appointments for veterans, senior citizens, low income, and people with disabilities in Summit, Grand, Routt, Jackson, Garfield, Pitkin and Eagle Counties. This project is funded in part by Veterans Transportation and Community Living Initiative grant from the Colorado Department of Transportation.

**Still looking for ways to incorporate Wellness
into your workplace?**



Consider this: The staff at NWCCOG has established a **Wellness Challenge for 2016**.

Here is how it works: Employees who wish to participate (most of them!) set a health/wellness goal for 2016. Wellness goals can focus on any aspect of health and wellness: physical, social, emotional, environmental, spiritual, intellectual, or occupational.

The employee then writes their goal down on a wellness challenge form (you can develop your own - the goals need to be specific, measurable, achievable, realistic, and time-bound.) The employee fills out 2 copies. He or she puts each in an envelope with their own mailing address on it and SEALS up both envelopes. The envelopes are then placed in the "wellness challenge" box -- again, you can make up your own box.

Our wellness administrator then sends the 1st SEALED envelope one month into 2016 (by January 31st), and the second envelope 3 months into 2016 (by March 31st) as reminders to each employee to motivate them to work toward meeting their wellness goal.

Each employee who achieves his/her goal by end of June, receives a special prize... in the case of NWCCOG, they get an extra day off with pay! The challenge is completely optional, confidential, voluntary, and completely on the honor system. By setting the goal 6 months out, with two reminders, it's a great way to keep people motivated to succeed.

A little creativity can have your team motivated to incorporate wellness into their work and personal lives.

December 2015 Regional Economic Update

Some of you have already seen the results of the [December 2015 Regional Economic Update](#), but if not, take a moment to review the stats for the region. It is a good news picture!

The December 2015 Regional Economic Update is now available on the EDD website [here](#). This update is provided quarterly, and is based on the most recently released data from the Quarterly Census of Employment and Wages (QCEW), available through the Colorado Department of Labor and Employment (based on data released for 2nd quarter of 2015).

Here are some highlights:

- Job Growth Overall: +2.8%
- 3-Year Job Growth: +7.1%
- Job Growth in Key Industries:
Construction +10.8%; Accommodations &
Food Service +2.3%; Agriculture
+13.32%; Healthcare +3.0%
- Labor Force: +6.0%
- Unemployment: -0.3%
- Annual Earnings: +2.3%
- Real Estate Transactions: +17.8%
- New Unit Sales: +190.9%



2016 NWCCOG COUNCIL MEETING SCHEDULE

Thursday, January 28, 2016

Full Council, NLF Board & EDD Board Meetings

Location: Garden Level Classroom, Eagle County Administration Building, 500 Broadway, Eagle
Time: 9:30 a.m. - 2:00 p.m.

Primary Agenda Items: Introduction of new members/representatives; elect executive committee & officers; annual NLF Board meeting; EDD Board meeting & election of officers.

Thursday, March 24, 2016

Full Council Meeting

Location: NWCCOG Office/Conference Call

Time: 10:00 a.m. - 12:00 p.m.

Primary Agenda Items: Approval of final 2015 financials; program updates.

Thursday, May 26, 2016

Full Council & EDD Board Meeting

Location: Glenwood Springs Community Center, 100 Wulfsohn Road, Glenwood Springs

Time: 10:00 a.m. - 3:00 p.m.

Primary Agenda Items: Review/acceptance of 2014 audit; program updates.

Thursday, July 28, 2016

Full Council Meeting

Location: Walden, Meeting Room TBD

Time: 10:00 a.m. - 12:00 p.m.

Primary Agenda Items: Approval of 2017 dues; discussion re: Annual Planning Meeting Agenda

Thursday, August 25, 2016

Full Council & EDD Board Annual Planning Meeting

Location: Buffalo Mountain Room, Summit County Commons, Frisco

Time: 10:00 a.m. - 3:00 p.m.

Agenda Items: Strategic Planning for 2017

Thursday, October 27, 2016

Full Council Meeting

Location: NWCCOG Office/Conference Call

Time: 10:00 a.m. - 12:00 p.m.

Primary Agenda Items: Review of draft 2017 budget

Thursday, December 8, 2016

Full Council & Foundation Board Meeting

Location: NWCCOG Office/Conference Call

Time: 10:00 a.m. - 12:00 p.m.

Primary Agenda Items: 2016 budget revisions; approve 2017 budget; adopt 2017 meeting schedule; annual NWCCOG Foundation Board meeting.

Northwest Colorado Council of Governments

www.nwccog.org

970.468.0295

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