

Northwest Colorado Council of Governments eNews July 2014



Join Our Mailing List!



The Northwest Colorado Small Business Development Center has two Upcoming Business Conferences!

Health & Wellness Business Symposium

Thursday, August 14, 2014
Colorado Mountain College -
Breckenridge Campus

[More information and get tickets Here](#)

This conference brings together wellness leaders and resources to provide information and tools that support and cultivate the wellness industry as a major economic driver for the state. This event provides a platform for health and wellness professionals throughout Colorado to integrate unique business resources. Get ready for a day packed full of workshops and prominent industry speakers to help grow your wellness business.



5th Annual Women's Small Business Conference

Friday, October 10, 2014
Copper Mountain Resort
Save the Date!
More information coming soon!

Alpine Area Agency on Aging

Jean Hammes

aaa12@nwccog.org

Caregiver Conference

The Community Living Services department was accepted to attend the multi-day 2014 CMS National Training Program Workshop in Denver in August. The Centers for Medicaid and Medicare Services (CMS) training explores key aspects of the Medicare program, explains updates on the new Health Insurance Marketplace, presents Medicare training modules and provides networking opportunities with CMS staff and regional partners.

This important workshop helps us to better serve our clients throughout the regions with the most current information.



Northwest Loan Fund Update - Another Early Payout!

Anita Cameron, Director of Business Lending

Anita@NorthwestLoanFund.org

Congratulations to Liberty Skis -



Five years ago, Liberty Skis was a fledgling company that specialized in designing, manufacturing, and sales of bamboo ski's. Dan Chalfant wanted to take the company to the next level. After having been turned down by traditional funding sources, he found that the Northwest Loan Fund would lend him the money he needed to increase his business.

Since that time he has more than doubled the size of his staff, expanded his product line, and opened new territories. "The NLF really

helped us to grow to the next level," said Chalfant. "It allowed us to hire more sales people, build more skis, and expand internationally. The Northwest Loan Fund made it all possible."

Congratulations to Chalfant and his team for success an early loan payoff.

If you think your business could benefit from additional capital and have questions if this program might be right for you -

[Check out our website for additional information.](#)



NWCCOG - Strength In Numbers!

As much as we've got going on in our communities, it's sometimes surprising how many people don't really understand our organization. So here's a quick, but amazing story:

The Northwest Colorado Council of Governments (NWCCOG) is a voluntary association of county and municipal governments that believes in the benefits of working together on a regional basis. NWCCOG serves 27 member jurisdictions in a 5-county region. It is located in the northwest portion Colorado just west of the Front Range, and includes the counties of Eagle, Grand, Jackson, Pitkin and Summit. NWCCOG is the region designated by the State of Colorado as State Planning and Management Region 12.

Because of our combined size and scope, we can qualify for funding from the Federal and State Governments that no individual municipality can qualify for. In fact, we turn a little over \$210,000 per year in dues into almost \$3.9 million -- money we use to better support our communities. For every \$2 our members spend in dues, they get back \$39 in services! That's quite a bargain!

Here's a list of our major programs - if you want more information, just click the program name for access on our website:

PROGRAM**BENEFITS TO OUR COMMUNITIES****[Alpine Area Agency on Aging](#)**

Services offered by the AAAA are intended to assist older Americans to live independently and with dignity, in their own communities, by removing barriers and providing continual care for more vulnerable older adults.

[Broadband Coordination throughout the region](#)

Recognizing that access to broadband services to connect to the Internet and other online services is vital to economic development and quality of life in the region, NWCCOG embarked on a strategic planning effort focused on improving access to broadband for an eight county area. The plan is now being implemented.

[Connect For Health Colorado Regional Assistance Hub](#)

The hub is a liaison between the Assistance Sites and Connect for Health Colorado and is key in developing strategies to improve efficiency and effectiveness of implementation at the statewide level. In our Region there were over 7,000 people who signed up for insurance thru the Affordable Care Act!

[Elevator Inspections Programs](#)

This program is responsible for inspecting all conveyances like elevators, dumbwaiters, lifts and escalators each year to make sure they are safe to ride and meets the codes. We inspect nearly 1800 each year!

[Economic Development District](#)

The EDD promotes and coordinates economic development efforts throughout the 5-county region. Our mission is to be a regional leader, working cooperatively with the private and public sectors to enhance the economic conditions, and improve the region's economic prosperity.

[Northwest Loan Fund](#)

The Northwest Loan Fund (NLF) offers business loans for start-up and expanding businesses that may not qualify for traditional financing. Loans can be used for such things as purchasing equipment, inventory, raw materials, existing businesses, buildings, or renovation of current business.

[NW All Hazards Emergency Management Region](#)

The NWAHEMR is a ten-county region located in the northwest corner of the state. An Executive Board/Steering Committee, develops strategies to improve the emergency preparedness of the region through the use of homeland security grant funds.

[Regional Transportation Coordinating Council](#)

The RTCC is improving transportation coordination for the veteran, senior, disabled, and low-income adult populations. The RTCC's efforts are focused on coordinating the existing public and private transit providers to make transportation easily available to customers from anywhere in the region.

**Energy Management -
Weatherization**

This program helps low and moderate income homes to reduce their fuel consumption and heating costs. Weatherization has helped preserve affordable housing units in the region. By reducing a household's energy consumption and heating costs, these families have more income available to spend within their local communities.

**Water Quality and Quantity - QQ
Committee**

The purpose of this committee is to help members protect and enhance the quality of the region's waters, while facilitating the responsible use of those resources for the good of Colorado's citizens and environment.

Watershed Services

NWCCOG has been the designated regional water quality management agency for the region since 1976. In that capacity, this team completes and implements a water quality management plan for the NWCCOG Region, in compliance with Section 208 of the Clean Water Act.

Whew! You can see from this list, the NWCCOG is a vital part of all of our communities. We look forward to your continued support. If you would like additional information, please call the director listed on our website for each program.

Three Simple Tips For Better Workplace Wellness

Many businesses are beginning to focus more on workplace wellness -- but the best tip? Don't wait for someone to tell you how to be "well" at work! Take charge yourself with these quick tips:

1. Bring your lunch AND your snacks -



Whether you find yourself getting a hunger attack in the morning or in the early afternoon, whatever you do, don't check out the break area for leftover cookies, brownies or yes, even granola bars. Sugar is not your friend. Think about bringing an extra piece of fruit, some nuts (raw is best), and maybe a piece of string cheese. The idea is to get some protein in your snack. Protein helps curb your hunger longer and keeps you from experiencing a sugar high that will eventually leave you flat.

Bringing healthy lunches and healthy snacks are a great way to keep your energy up all day!

2. Get some fresh air -

We all live in the most beautiful part of the state -- and therefore the country -- and can always take a couple of minutes out of our day for a quick walk. Even in the winter, it's good for your body,



mind and soul to take some deep breaths of our clean, fresh air. It clears your mind, and feeds your body with much needed oxygen. Take a break -- you deserve it -- even more, you need it.



While you're at it, be grateful that you have clean, fresh air to breathe! It's a true gift!

3. Stretch -- yes, again!



Even if you've got an all day desk job -- making time to get up, move around, do some stretches will keep your body from tensing up and creating problems caused by overuse. Moving can help reduce stress and can keep you alert. So at least once each hour take a quick stretch break.

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

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!

STAY CONNECTED



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