

Northwest Colorado Council of Governments eNews May 2014



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Welcome Nate: NWCCOG Regional Broadband Coordinator

Nate Walowitz

NWalowitz@nwccog.org

Please help us welcome Nate Walowitz, the newest member of our team! Originally from the east coast and more recently from Evergreen, Nate has over 20 years of experience designing, and developing communication solutions for government and public safety enterprise clients. He's guided the selection and implementation of new approaches for cost effectively delivering and supporting broadband and wireless communication services for numerous entities throughout his career.



Nate has been able to hit the ground running because of his extensive knowledge of the issues facing broadband delivery in rural areas. He's already begun work with each of the 8 participating counties to establish or support the Local Planning Technology Team, to identify priority projects, and to serve as the liaison between the counties, state, and private service providers.

Nate has been involved as a Volunteer Firefighter and Communication Technician for Evergreen Fire Rescue, as an All Hazards Communication Unit Leader for the Jefferson County Incident Management Team, and as a Liaison Officer for the Jefferson, Clear Creek and Gilpin County Amateur Radio Emergency Service/ Axillary Communication Team.

We're excited to have found such a well-qualified team member and look forward to the advancement of the Regional Broadband Strategic Plan that was completed last year. Nate can be reached at 970.406.0252 or by email at NWalowitz@nwccog.org.



4th Annual Mountain Connect Rural Broadband Conference

With the ever-increasing demand for fast and reliable connected Internet services, the lack of high capacity broadband networks are adversely impacting rural parts of Colorado. In order to keep pace with the continuously changing world, our rural businesses, schools, healthcare, and communities must come together and find collaborative solutions. "Broadband is no longer a luxury, it's an essential" according to Phil Halstead, Executive Director of the Partnership for a

Connected Illinois who is featured as a keynote speaker for the conference.

The conference will cover the most pressing issues surrounding broadband including Software Defined Networks, Municipal Broadband Projects, Health Information Technology, Regional Optical Networks for Higher Education, Gigabit Communities, and the Influence of Broadband on Economic Development. 'It's a quality of life issue, it's an economic development issue, and it's an education issue' for any community notes Virgil Turner, City of Montrose, who is presenting on 'Gigabit City'.

Over 40 speakers, 16 exhibitors, and 27 sponsors will present the latest in collaborative efforts and the latest technology advancements in broadband. Registration is free!

The Conference is being held June 8, 9, and 10 at the Vail Cascade Lodge and Spa.

[Please see mountainconnect.org.](http://mountainconnect.org)

2014 Senior Awards Ceremony - 26th Annual!

Jean Hammes

aaa12@nwccog.org

This much anticipated awards ceremony was held on May 21st at the Summit County Community and Senior Center in Frisco, CO. Each year this event recognizes the outstanding leadership and contributions in our region by seniors and friends of seniors. There were more than 80 members of our Region 12, plus Garfield County community in attendance as these well-deserving folks were honored.



County	Senior of the Year Award Winner	Friend of Senior Award
Garfield	Sharon Pennington	Commissioner John Martin John & Micky Neal
Pitkin	Cheri Oates	Debbi Falender Laura Kornasiewicz Christine Nolen
Eagle	Joe Esmail	Mikey Colley
Jackson	Jim & LaVonne Vandagriff	Clayton Cornwell
Grand	Dale & Velda Pulliam	Jeff & Marty Pexton
Summit	Art & Wilda Kalbach Luisa Stafford	Gavin Larney

Please join us in congratulating all the folks who contribute so much toward keeping our communities vital and thriving.



Get Tapped In to the NWCCOG Economic



Development Committee

Rachel Lunney

Rachel@nwccog.org

Several times each month, the NWCCOG Economic Development committee shares interesting information via their "Resources e-bulletin" with anyone who wants to expand their business, open a new business, or who is simply interested in how our communities are developing.

These newsletters contain all kinds of information you might be interested in. Topics are varied and timely -- here's just a sample in a recent issue:

- Resources for funding opportunities thru grants and other programs.
- Special Training Programs like "How to Pitch to Angel Investors" - [click here for details.](#)
- Workshops, conferences, webinars, events, etc -- [click here to learn more.](#)
- Legislative issues that impact economic development.

If you think you might be interested in receiving this valuable information [sign up here.](#)

Each day the NWCCOG Economic Development contains exciting new information! [So come take a look by clicking here.](#)

SAVE THE DATE: Health and Wellness Sector Partnership Forum -- "Moving Forward"
August 14, 2014 - Colorado Mountain College Breckenridge campus.

For more info contact Rachel at 970-468-0295x106 or rachel@nwccog.org

Be Aware - Mandatory Reporting of Elder Abuse

Jean Hammes

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A new state laws goes into effect July 1, 2014, **requiring** certain professionals (paid or unpaid) to report suspected abuse or exploitation of at-risk elders (age 70 and older) to law enforcement. The list of professionals is quite extensive and if you have questions, please contact your area representative for additional information.

Everyone continues to be urged to report abuse, caretaker neglect, exploitation, and self neglect of anyone age 18 or older to their respective county Adult Protective Services.

The state Adult Protective Services staff want to be sure that county departments of human/social services are communicating with their local law enforcement agencies, District Attorney's offices, professionals, and other community stakeholders about the upcoming changes.

Information is available with your county's Adult Protective Services department. In some counties the county department of human/social services would consider scheduling a meeting to discuss the particulars of information-sharing on these cases, and the expected additional

referrals that will come from the mandatory report law going into effect.

Here is the contact information for the Adult Protective Services in the following counties:
Grand County - Tania Shipman, MSW, Grand County Adult Protective Services, 970.725.3331
Eagle County - Holly Kasper-Blank, Eagle County Health and Human Services, 970.328.8812
Jackson County - Department of Social Services (Glen Chambers, Director), 970.723.4750
Pitkin County - Kim Hilderbrand DuBois, MSW, Pitkin County Human Services, 970.429.2043
Summit County - Emily Tracy, MPA, Department of Social Services, 970.668.9739

If you know of a professional who might be impacted, please forward this email.

Northwest Loan Fund Update

Anita Cameron, Director of Business Lending
Anita@NorthwestLoanFund.org

We're excited to report the Northwest Loan Fund is attracting the attention of many businesses in the 9 county area in which we serve. Two loans closed just this month providing funds to acquire one business and expand another. We've also got loan applications in the pipeline at various stages.



If you're thinking of applying for a loan, regardless of where you are in the process, our Director of Business Lending, Anita Cameron, can help you decide the best funding strategy for your unique business needs. For more information, please contact Anita at 970.468.0295x119 or <http://northwestloanfund.org>

Connect for Health Colorado- The Results Are In!

TJ DuFresne
tjdufresne@nwccog.org

As reported last month the NWCCOG serves as the Regional Hub for the Colorado Health Benefit Exchange for northwest Colorado, and provides coordination services to 19 assistance sites throughout 9 counties including NWCCOG's 5 counties (Eagle, Grand, Jackson, Pitkin, and Summit) as well as Garfield, Routt, Rio Blanco, and Moffat.



The Connect for Health Colorado Marketplace saw a surge of enrollment in the marketplace in the final few days of open enrollment. The dust has cleared, the issues have been resolved and the tally is in. Our 9 county area had more than 7700 sign-ups for health care! We consider our efforts to have been a great success.

Our focus now turns to strengthening our advertising, community outreach, small business outreach, and training opportunities. We are in the beginning stages of creating a certification

process for Health Coverage Guide trainers, and creating more effective communication systems between the Assistance Sites and the centralized Customer Service Center. We continue to identify areas for improvement on the website as well as inter-departmental communication and training.

Breaking GOOD NEWS!!

The US Department of Health and Human Services approved a Colorado Division of Insurance request to redraw the 11 current geographic rating regions as 9 regions in 2015 -- thus potentially lowering the insurance rates in the resort areas in our Region. More info to follow.

Regional Transportation Coordinating Council- A New Look

Susan Juergensmeier

mobilitymanager@nwccog.org



Moving toward being able to provide regional transportation services throughout the 7 county area of northwest Colorado including Jackson, Routt, Grand, Summit, Eagle, Garfield, and Pitkin Counties, we are putting the pieces in place.

The One Call/One Click call center is being formed to assist in providing transportation for veterans, older adults, and ADA eligible individuals. Working with existing public and

private transit providers our goal is to facilitate seamless access to transportation for trips inside and outside our region. The call center will be able to track and bill for services in addition for arranging for transportation.

Mountain Ride was selected as the name of the program from a long list of suggestions submitted by stakeholders around the region -- here's our new logo. The website mtnride.org is currently under development and we'll let you know when it's open for business.

Safety Tips

Last month we talked about the importance of proper ergonomics associated with working at a desk. This month, our focus is on micro-breaks. In this day of hurry, hurry -- we often don't take the time to get up, stretch, relax our muscles and regenerate our energy with regular breaks. We just don't think we have the time.

But we all can take the time for micro-breaks. These frequent, short breaks can last for as little as 30 seconds to two minutes and can mean the difference between working efficiently and effectively -- or become tired and stressed.



Every once in a while, rest your eyes. Look away from your monitor, gently rub your eyes as shown, and change your view for just a few moments. This will help to prevent eye strain.



Think about standing up when you take a phone call. This gives you an opportunity to stretch your legs and lengthen your spine.



Sitting in one place for extended periods of time can cause the muscles in your neck to tighten -- often resulting in additional tightness in your shoulders and back. Take a few moments each hour to stretch your neck from side to side. You can also rotate your shoulders forward and back for additional muscle relaxation.



The Executive Stretch is one we practice daily -- clasp your hands behind your head and pull your elbows back -- this releases tension in your back and chest.



Frequent, gentle massage of your hands and forearms can relieve the stress of repetitive motion and can help fight the onset of carpal tunnel syndrome. Additionally, stretching your hands backward (shown) and forward can release tense muscles in your forearms.

These and other quick stretching exercises can ensure you work in a healthy and safe way each day. Take the time -- you'll be amazed!

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 ([Photos from DOHS, Ergonomics, Exercises and Stretches.](#))

2014 NWCCOG Meeting Schedule

Thursday, May 22, 2014

Full Council & Economic Development District Board Meeting
 Location: Eagle County Courthouse, Garden Level Classroom
 Time: NWCCOG - 10:00a.m.-12:00 p.m. ; EDD 1:00 p.m. - 3:00 p.m.

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: Minturn Town Center

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

970.468.0295

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