

Northwest Colorado Council of Governments eNews October 2014



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Weatherization Day October 30th!

With winter fast approaching, it's a good time to think about weatherizing your home to be more energy efficient. In fact, October 30 has been designated by Governor Hickenlooper as Weatherization Day.

The designation is intended to raise the awareness about the Weatherization Assistance Program (WAP), instituted in 1976, to provide assistance to low-income families for making energy efficient improvements to their homes. Created by the US Department of Energy, the mission of the WAP is geared to reduce costs and reduce energy usage for low income families, particularly seniors, people with disabilities, and families with young children.

In our area, the Weatherization program is administered by the Northwest Colorado Council of Governments (NWCCOG), under contract to the Colorado Energy Office (CEO). Steve Getz, Weatherization Director at the NWCCOG puts it this way, "Our job is to help people save energy, save money, and save the environment, all while ensuring their health and safety."



It's an important task and one the NWCCOG Weatherization Team takes seriously. With offices in Silverthorne and New Castle, the team completed energy efficiency improvements to 165 homes in 13 counties in northwestern Colorado in 2013.



The program begins with qualified weatherization professionals testing for gas leaks and carbon monoxide levels, followed by a comprehensive energy audit to find out what energy conservation services would be most beneficial to the home. Services may include installing insulation to bring levels up to current standards, sealing major air leaks, caulking windows and doors, adding weatherstripping, installing storm windows, and perhaps even installing new high-efficiency furnaces and refrigerators. Once the work is complete, the team then retests for gas leaks and carbon monoxide. The

result is a home that is much more energy efficient and also safe for its inhabitants.

Beyond the efficiencies in energy consumption, weatherization also contributes to the economy. By reducing a household's energy use and heating costs, these families have more income available to spend within their local communities. Additionally, the weatherization process has helped to preserve precious affordable housing units in our



area.

The best part about this program is that there is no cost to the recipients. Funding for weatherization services is provided by the Colorado Energy Office, the U.S. Department of Energy, the US Dept of Health and Human Services Low-income Energy Assistance Program (LEAP), and local utility companies.

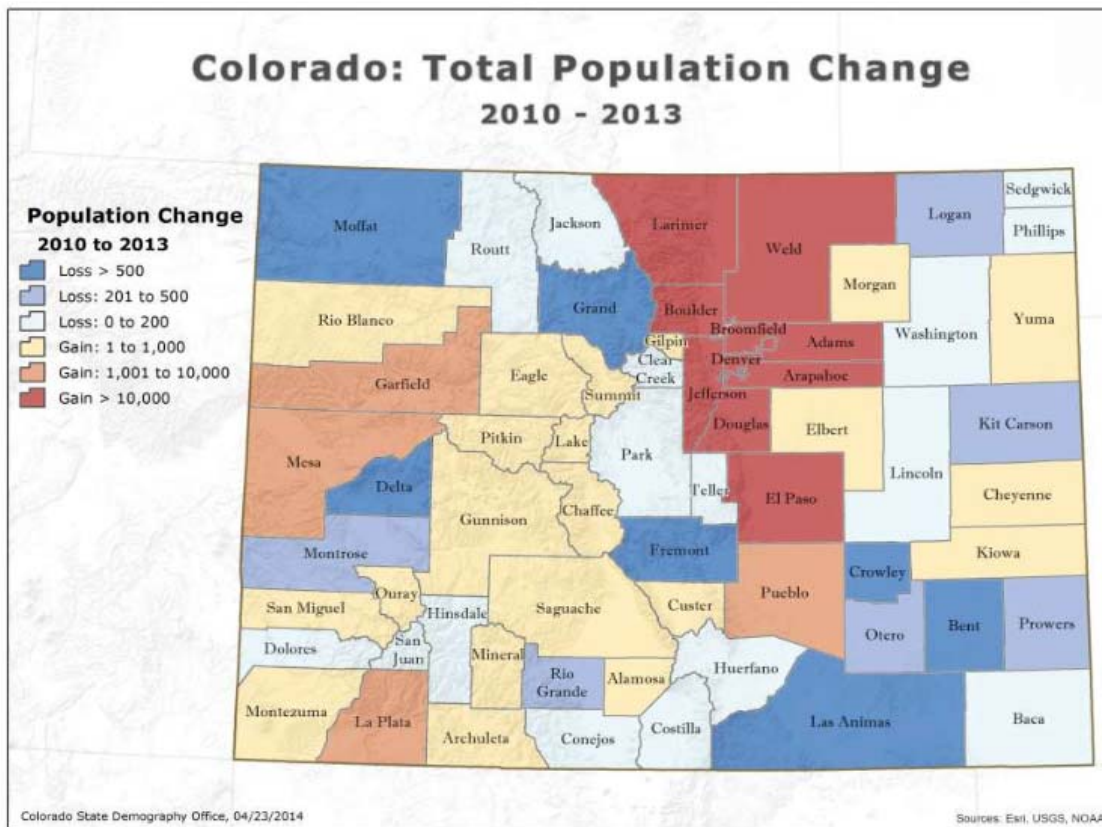
Eligibility for the program is based on income levels. If you think you, or someone you know, might qualify for Weatherization services, please call 1-800-332-3669 or check out our website: nwccog.org - Weatherization.



NWCCOG Tidbits

October was a busy month for the NWCCOG -- here is a quick snapshot of some of what's happening:

- **Elizabeth Garner, State Demographer**, presented an overview of demographic and economic data for Region 12. Some interesting statistics:
 - In 2013, Colorado, with a population of 5,268,367, is ranked as the 4th fastest growing state behind North Dakota, Washington DC, and Utah.
 - Between 2010 and 2013, Pitkin, Eagle and Summit County gained in population, while Grand and Jackson counties showed a reduction.
 - The places in our state which are recovering most quickly, are those places which also have a strong broadband capability.
 - The rate of growth in our Region of folks over 65 during the next decade, will present significant opportunities and challenges that need to be addressed now.



- **Broadband:** The addition of Nate Walowicz, as Regional Broadband Coordinator, is paying big dividends. He is hard at work collaborating with towns and Internet Service Providers to make major improvements in connectivity in under-served areas. In the next few months expect to see advancements throughout the region.
- **Northwest Loan Fund:** Anita Cameron, Director of Business Lending, has been touring the region spreading the word about the Northwest Loan Fund program and helping business owners understand all the components of putting together the best possible loan application. Through her efforts, she is now reviewing several applications and last week, she helped one of her clients close on a new loan. Stay tuned for additional information!
- **New Website for "Aging in Place"** The Community Innovations for Aging in Place (CIAIP) was authorized by Congress as part of the Older Americans Act. It provided 14 grantee organizations an opportunity to test strategies to facilitate aging in place for older adults in their communities. The new [CIAIP website](#) contains valuable information for funders and community-based organizations developing initiatives to ensure that older adults in their communities have access to the programs and services they need to successfully age in place.



- **Regional Transportation Focus Groups:** Representatives from the Mountain Ride Transportation Resource Center for the Northwest Colorado Mountain Region are traveling the region seeking assistance from from veterans, seniors, disability and Medicaid communities. Focus groups are being held to gather information on the mobility needs of your community and how to best communicate valuable transportation resources and information. Sessions



have been held in Jackson, Eagle, and Pitkin counties so far. Watch for a focus group coming to your county in the near future.

5th Annual Northwest Colorado Women's Small Business Conference a HUGE success!



Thank you to all who attended the 5th annual Northwest Colorado Women's Small Business Conference presented by the Colorado Small Business Development Center on Friday, Oct. 10th at Copper Mountain. The event was completely sold out with over 320 attendees. Thank you also to all the businesses that sponsored the event. Very special thanks to the team from the Northwest Colorado SBDC office who was instrumental in organizing this successful event. Pictured here (l to r): Trent Owens, Business Development Manager; Lindsey Stapay, Director; Whitney Smith, Office Manager.

[CHECK OUT THE NEW NWCOSBDC WEBSITE!](#)

Colorado Bark Beetle Cooperative "Creating Resilient Communities Within Changing Forests"

The Colorado Bark Beetle Cooperative (CBBC) held a stakeholder meeting in Breckenridge on Friday, October 24, with a focus on its new direction of "CREATING RESILIENT COMMUNITIES WITHIN CHANGING FORESTS".



It was well-attended by a diverse group of participants from many sectors of the community including local, state, and federal government agencies, private sector businesses, Colorado schools, and local grassroots organizations.

Topics included the importance of collaboration, discussion of forest hazards in Colorado, best practices in forest resilience, and the future direction of the CBBC.

The CBBC looks forward to implementing meeting feedback and new ideas for its revised focus of enhancing community resilience in the wake of forest disturbance.

Minutes and handouts from the meeting will be [on our website](#) in the next few days.



Ghouls and goblins will take over the night. But even scary creatures need to be safe and celebrate Halloween right. Halloween's greatest hazards aren't vampires and villains, but falls, costume mishaps and automobile collisions. The NWCCOG wants your family to have a safe Halloween so we're providing these tips - from the [American Red Cross - Central Valley Chapter](#), the Lucky 13:

1. Map out the route that you plan to roam, so adults are assured you will find your way home!
2. From the bravest of superheroes to the noblest of knights, everyone should remember to bring their flashlights!
3. If you visit a house where a stranger resides, accept treats at the door and, please, don't go inside.
4. When you get ready to put on your disguise, use face paint instead of masks, which will cover your eyes.
5. Always remember, before you embark, to wear light-colored clothing to be seen in the dark! (And remember to use reflective tape, even on bikes, and brooms and the edges of your cape!)

6. Whether you walk, slither or sneak, do it on the sidewalks and not in the street.
7. As you roam through the neighborhood collecting your treats, please look both ways before crossing the street! (And speaking of streets, the corners are the place for trick or treaters to cross no matter their pace.)
8. Wigs, capes and costumes are flammable attire, so avoid open flames to prevent a fire!
9. Use a glow stick instead of a candle so your jack-o-lantern isn't a safety gamble!
10. You may fly on a broom or a space ship from Mars, but please be on the lookout for drivers in cars! (Between parked cars is no place to hide, be sure that you're seen whether you're a clown or a bride.)
11. Monsters and zombies should stay off the lawn, and only visit homes with their porch lights turned on!
12. You may be dressed as a werewolf, a cat or a frog, but be cautious around strange animals, especially dogs.
13. Have a grown-up inspect your candy when you're done trick-or-treating to remove open packages and choking hazards before eating.

"Fall Back" 1 hour when you go to bed on Saturday, Nov 1st!



Wellness From Around the Region



After our article about our group hike last month, we heard from Carly Rietmann, Healthy Aging Program Coordinator, from the Eagle County Public Health and Environment Group. She shared this photo of her team taking a "plank break." They all line up and go into plank mode -- it's great for the core!

In addition to plank breaks, they also take stretch breaks and hold "walking meetings."

Thanks to Carly and her group for sharing some of their workplace wellness tips with us.

We'd love to feature your group here!

If you've got wellness 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, 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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