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Spotlight Molly Tompkins Mountain Ride Transportation Specialist

Molly's been with the NWCCOG since April 2015, when she was hired part-time to work in the Call Center for the Mountain Ride Transportation Resource Center. In that role, she answers calls from people who are seeking help to get transportation to medical appointments. The program serves veterans, older adults, people with disabilities, and/or Medicaid travelers. In January of this year, she was also asked to help the Alpine Area Agency on Aging (AAAA) with data entry, filing, and editing. Her dual role has allowed Molly to be a full-time employee.

Originally from New Jersey, Molly graduated from Rutgers, and worked at the Princeton University Plasma Physics Laboratory in the Telecommunications division for 18 years. In 2000, in an effort to "escape the rat race", she and her husband moved to Summit County where they'd vacationed for many years and fell in love with the community.

When asked what she likes best about working at the COG, she immediately responded, "The people. They are the best - dedicated, hardworking and smart."

She's especially impressed with the Weatherization program saying, "The care that they provide blows me away. Talk about unsung heroes! Those guys rock!"

When she's not at work her favorite activities are mediation, reading, hiking, biking, yoga, cross country skiing, snowshoeing, and listening to music.



Looking for a way to be involved with Mountain Ride Transportation Resource Center?

Your donation can help keep the rides going....

Again this year, Mountain Ride is participating in the Colorado Gives Campaign on December 6, 2016. Your deductible donation will be made to the Northwest Colorado Council of Governments Foundation on behalf of Mountain Ride. Taking advantage of this program is a great way to show your support and help your neighbors get to those critical appointments. Watch for more information in the coming weeks.



Spotlight

Amanda Rens-Moon

Program Specialist



A Colorado native, Amanda was born and raised in Rangely. She left home in 1999, to attend the University of Colorado where she graduated with a degree in English Literature. After graduation she worked at a credit union in Denver for a few years, followed by assignments with the Departments of Social Services and Public Health in Grand County.

In 2014, she moved to Summit County with her husband and daughter, where she was a professional résumé writer until she was hired in June 2015, as the Office Administrator for the NWCCOG. Once there, her experience in Social Services and Public Health made her a natural for the Program Specialist position that became available with the Alpine Area Agency on Aging (AAAA) in December of 2015. In that assignment she says she has the best of all worlds.

On one hand she gets to into the communities to help get the word out about the many aging programs AAAA offers. She gets to talk to the people and understand their issues and needs, and she meets with service providers. She especially enjoys meeting the people who benefit from the programs offered by the AAAA.

On the other hand, she gets to work on budgeting and tracking numbers and assessing opportunities the data uncovers. She is a self-admitted spreadsheet geek. Amanda also works with the Dental and Vision programs, and the Homemaker voucher program.

She remarks, "I love this job because every day I am out of my comfort zone. I am constantly learning and growing and it gives me such a variety of tasks. I am truly blessed."

When asked what impresses her most about the NWCCOG she answers, "This is such a quiet, unassuming organization doing so many varied things across such a large area that is so diverse in demographics, and geography. Somehow, they just seem to bring it all together."

Some of Amanda's favorite activities besides just hanging out with her family, are reading (she always has at least three books going at once) and just soaking up the sun. Summer or winter, you can find her seeking sunshine. She lives for the moment and finds the most important philosophy in her life is to always be kind.

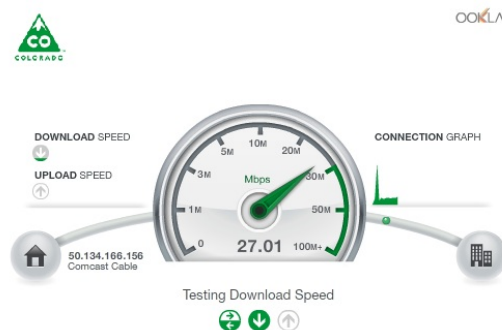
Broadband Update

The challenge of bringing broadband to residents and businesses throughout NWCCOG continues.

While everyone knows they need and want the internet for their business and personal use, sometimes the language is enough to make your eyes glaze over. We want to provide enough information so you have a basic understanding of our progress, without making you "nod off".

So let's start with some basic definitions and go from there.

First let's define broadband and internet access. The Federal Communications Commission in January 2015 redefined "broadband" as being a service that delivers download speeds of 25 megabits per second (Mbps) and an upload speed of 3 megabits per second (Mbps). We sometimes shorten this to 25Mbps/3Mbps or 25/3.



Try this speed test on your broadband- see link

Putting this in perspective, a study by one telephone company determined that residential users need 40 Mbps to support a 21st century lifestyle.

Let's see how this might work: A 4K Ultra High Definition (UHD) TV or computer streaming live TV,

below.

educational content or movies optimally need a download speed of 25Mbps. HDTV or HD video

content requires at least 5 Mbps. This is for each device. Trying to get email attachments, files, photos or videos uploaded for storage, printing or sharing, you will need the highest upload speeds available to get these tasks accomplished in a reasonable amount of time. If you're trying to do ALL of those things at the same time, you are now approaching the need for at least 40Mbps.

The same study showed businesses need at least 100 Mbps speeds because of the file size and quantity, video conferencing, and the extensive use of online applications. This generally applies to businesses on main street, in commercial settings, selected home based businesses, and some telecommuters.

With that as the background, it's easy to see we've got some work to do - especially if we want our businesses and schools to be competitive and our online lives at home to be more enjoyable.

Here's a snapshot of what we've been doing together as a region:

- Rio Blanco County is finalizing the installation of a fiber network in Meeker and Rangely and a larger fiber link between the towns. Public agencies, schools, businesses and residential customers are now being added to the network by their local Internet Service Providers (ISPs.)
- Pitkin County's consultant has finalized microwave and fiber network designed to link their existing communications towers and to deliver broadband services to more customers in underserved and unserved parts of Pitkin, Eagle, Garfield and Gunnison Counties. This network will also help enhance public safety communications throughout the area.
- Eagle County continues to gain more broadband at very competitive pricing for local governments, ISPs, and businesses to access from a location in Gypsum.
- Summit County is working with a consultant to determine how best to address the broadband and cell phone coverage deficiencies across the county.
- Grand County is working with CenturyLink on build-out plans. The towns of Winter Park and Fraser have hired a consultant to assess broadband availability and potential options for their towns. Mountain Parks Electric will be assessing the viability of building out a fiber to the premise broadband network.
- Jackson County continues to assess the best way for the county to move forward with a broadband plan.
- Routt County is extending their existing fiber network in cooperation with Steamboat Springs and Routt County government, the schools, Yampa Valley Medical Center and Yampa Valley Electric. This network is open and available for broadband providers to expand broadband services to businesses and consumers.

Getting broadband at the 25/3 speeds to most people living in our area will not be easy. It takes a focus on the end goal, funding commitments by communities, local, county, state and federal governments, and industry/entrepreneurs. Above all it takes a commitment from everyone, and a financial investment by government, providers and potential rural electric coops. It also takes the commitment to voice your support for broadband projects, requests for reliable broadband service at Front Range prices from providers and subscription to broadband services of at least 25/3 when they are offered. Rural broadband at our homes and businesses can be in all our futures if we make it a priority.



Please use our speed test and brief online questionnaire to help us document how our providers are doing and where we need to continue to work together to improve broadband in the region. <http://maps.co.gov/BroadbandSurvey/> (select the NWCCOG button at the top of the survey)

Check out NWCCOG's Broadband monthly updates, future plans and resources for government, industry and individuals at NWCCOG.org.

If you have questions, they may be directed to Nate Walowitz, NWCCOG Broadband Coordinator at Nwalowitz@nwccog.org.

The Conversation Project

Several experts led a guided conversation focused on how to talk with loved ones about wishes for end-of-life care for an Alpine AAA sponsored event on September 9th. The Conversation Project was led by Celynn McClarrinon, MSW, a native Coloradoan and Certified Grief Recovery Specialist. Celynn has worked with hospice for the past 10 years in Vail and is a local expert regarding end of life care. David Helmer, with The Law Offices of David A Helmer in Frisco, also discussed several important legal documents to consider as you make plans for your future.

Talking about end-of-life issues is often difficult, so this session was designed to teach people how to talk about their preferences for the end of life. The Colorado Medical Orders for Scope of Treatment (MOST) and The Five Wishes document was available for free to attendees.



Celynn McClarrinon, MSW

Respite Education and Support Tools Training (REST)



The AAAA hosted a R.E.S.T. training in Frisco September 8-9. R.E.S.T., an organization out of Illinois meaning Respite Education and Support Tools, taught a professionally designed "Train-the-Trainer" course of specialized education to those who will then go out and train individuals to be respite care workers, called REST Companions. The Alpine AAA provided scholarships for individuals who agreed to teach two REST classes in two years. This training will be used to train volunteers for their new volunteer respite program.

REGISTER NOW!



Breaking Down Silos: Integrating Water into Land Use Planning

Webinar Series

12:00 pm – 1:00 pm MT

September 13, 2016
Integrating Water into
Land Use Planning:
Setting the Stage

October 4, 2016
Integrating Water
Efficiency into
Comprehensive
Planning

October 25, 2016
Integrating Water
Efficiency into the
Zoning Code

Learn More About...

- How to coordinate multi-departmental efforts in long-range land use and water supply planning
- How to address challenges faced by municipalities that have numerous water providers that aren't municipally operated
- What types of water conservation goals, objectives, strategies, and implementation techniques decision-makers may want to include in their comprehensive plans
- How to integrate water conservation techniques, such as land use patterns, landscape requirements, tap fees, and water conservation incentives into zoning
- How greater land use control does not necessarily mean the dilution of property rights or reduction of the overall density of the community; and
- Case Studies from various Colorado communities

Speakers Include: Kevin Reidy, *State Water Conservation Technical Specialist*; Don Elliott, FAICP, *Clarion Associates*; Drew Beckwith, *Water Policy Manager, Western Resource Advocates*; John Nolon, *Land Use Law Center*; Mac Cummins, *Planning Manager, City of Westminster*

Registration: Register for one or all three webinars. For more information about the webinar or to register, please click [here](#).

This webinar series is targeted to Colorado local government planners and water providers.



2016 NWCCOG COUNCIL MEETING SCHEDULE

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.

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THANK YOU FOR YOUR MEMBERSHIP IN NWCCOG!