

Northwest Colorado Council of Governments eNews September 2017



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From the Director's desk...

Twenty eighteen is coming into view at NWCCOG as two key priorities were confirmed by the Council in August.

First, better All-Hazards preparedness. Before this summer's wildfires smoked over the West, with slurry tankers buzzing like flies over Summit County, and before hurricanes Harvey, then Irma made landfall, the NWCCOG council decided that NWCCOG should have a role in better informed officials when it comes to disaster preparations. NWCCOG is making plans for a workshop in 2018 with that end in mind.

Second, NWCCOG has spent a lot of time thinking about resources to help newly elected officials get off to high-performing beginnings, and what benefit that might have to effective governance across the region. Most of us have known the agony of a dysfunctional board, and the value of a highly functioning board. We think that better prepared officials would be a quantum leap toward more effective boards, and successful communities.



To that challenge, NWCCOG Council heard from Debbie Brinkman, Mayor Pro-Tem of Littleton, and consultant with CPS HR who pitched a plan for intensive training for newly local elected officials. CPS has a round of trainings on the front range in January. The NWCCOG Council prioritized working with CPS to bring intensive 2-day trainings to accessible mountain locations and make it affordable in 2018.

For perspective, in April of 2018, 18 of 29 local jurisdictions have elections, with majorities at stake in 13! Minturn, Hot Sulphur Springs, Kremmling and Blue Rive each have 5 of 7 seats open, while Dillon has 6 of 7 seats open. Ouch. The system was constructed for that to not happen, but it is more and more. While change management could be scary in those places, what an opportunity.

It may just be acknowledging that things have changed. Before term limits, before the blistering pace of technology, when cows outnumbered people across the region, elected officials could be mentored on the job a couple days each month over a few years of working alongside their more seasoned citizen colleagues, and learn from long-time respected staff (whom they once were less focused on managing). It was a model that often set the tone for a decade of success in leadership in mountain communities. That model seems to have run a course. Today, things just move faster. There are more appointments than ever. So this is how NWCCOG is preparing for 2018, helping new-electeds rise to the challenge quickly, so their parachute jump into new leadership might just lead to a variety of better outcomes across the region.

Jon Stavney

To contact Jon directly email jstavney@nwccog.org

Adaptive Equipment for Vision Impaired Older Adults



Vision-impaired client receives adaptive reading equipment

The Alpine Area Agency on Aging (Alpine AAA) believes that a visual impairment should not stifle the talents of older adults in our community. Alpine AAA receives State Funding for older adults with visual impairments. This funding is for adaptive equipment to improve the lives of adults 60 and older with a visual impairment such as diabetic retinopathy, macular degeneration, cataracts, or glaucoma. A diagnosis with a visual impairment can feel like one's life is shrinking as fast as his/her eyesight. Hobbies and volunteerism can be put aside and can lead one to feel more isolated. With ongoing advancements in technology, this need not be the case.

Over recent months, the Alpine AAA, partnered with low-vision experts across the region to provide in-depth home assessments and personalized, adaptive technology for older adults with visual impairments. Home assessments focused on

identifying technology to enhance safety and well-being, as well as enhance the gifts of volunteerism and art that these older adults were already providing to their community.

In Eagle and Pitkin Counties, Alpine AAA collaborated with Joanne Stamp, from the Center for Independence to provide home assessments and personalized technology recommendations to five individuals.

In Grand and Summit Counties, Micheal Bertram from the Northwest Colorado Center for Independence provided four of these assessments and technology recommendations. Finally, Terran Watson and Karen Norton from Vision Matters after 55, provided technology recommendations for three Jackson County individuals.

While some recommended technology included the standard specialized lighting, cooking/baking equipment, and clothing labelers, the low-vision experts' person-centered approach found unique and innovative answers to some individual's challenges. One individual received specialized navigation equipment, so he could continue walking for his health, as well as volunteering in the community. Another individual received a very loud alarm to scare away bears on her hikes. Another received an Apple Pencil for her iPad, so she could continue her work as an artist. Many individuals received Amazon Echo Dots, to allow them to turn on lights and equipment with the sound of their voice, instead of tripping in the doorway looking for a light switch. This relatively inexpensive equipment will help these older adults remain safe in their homes, and contributing to their community of choice.

For more information about this program contact Amanda Rens-Moon at noc12@nwccog.org

NWCCOG invites Colorado Broadband Executive Director to review progress



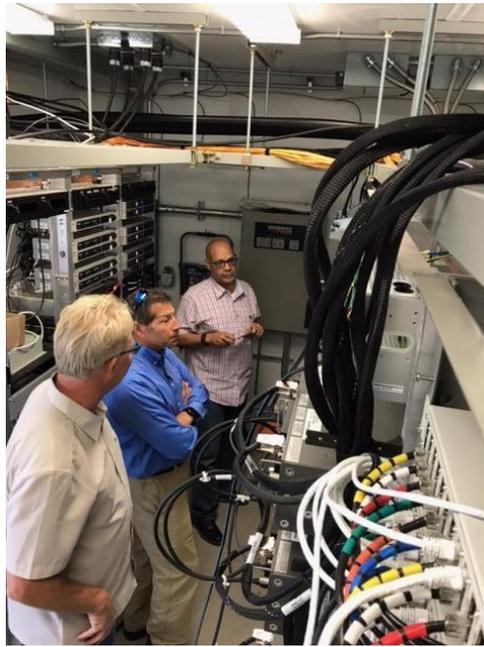
Town of Vail Network Center l. to r. Nate Walowitz, Tony Neal-Graves, and Ron Braden (Town of Vail IT Director)

Nate Walowitz, NWCCOG Broadband Coordinator, invited Tony Neal-Graves on a grand tour of the communities in which we are making significant progress on Broadband. We wanted Neal-Graves, the Executive Director of the Colorado Broadband Office, to hear directly from those communities about their successes and challenges. Thanks to Jackson County, Summit County, Vail, Red Cliff, Glenwood Springs, Pitkin County, Garfield County and Rio Blanco County for helping us to host a successful tour.

When Neal-Graves was named to his position in March of this year, Governor Hickenlooper reiterated the need to focus on broadband throughout Colorado. "We are working tirelessly to make sure every county throughout the state has the tools needed for economic development--especially in rural areas," said Governor Hickenlooper. "Tony's leadership will help move the needle so that all Coloradans have improved access to broadband services sooner rather than later."

With that as the backdrop, it seemed an appropriate time to invite Tony to take a first-hand look at the progress being made in our Region. He was impressed by the collaboration and the strong public-private partnerships that have developed across our communities and looks forward to continued accomplishments.

The photos below were taken at the Williams Peak radio site. This site supports broadband, TV and FM translator, statewide public safety radio system and broadband



Jeff Krueger, Nate Walowitz,
Tony Neal-Graves



Nate Walowitz, Tony Neal-Graves, Greg Winkler -
Regional Manager - DOLA, Phylis Mattice - Asst.
County Manager Pitkin County, Jeff Krueger - Pitkin
County Director Broadband Engineering, and Kara
Silbernagel - Pitkin County Administration.

For more information contact Nate at
nwalowitz@nwccog.org

Northwest Loan Fund client, Windy Gap Logging, awarded 2017 Colorado Outstanding Logger of the Year



Each year the Colorado Timber Industry Association (CTIA), an association of small, family-owned businesses committed to logging, selects a logger who embodies their values of being exceptional partners to the public and private stewards of our valuable and beautiful forests. The winners must embrace Best Management Practices (BMPs) and sustainable forestry. This year, the coveted award went to Mike Jolovich with Windy Gap Logging, who was chosen as the 2017 Colorado Outstanding Logger of the Year.

Even though Windy Gap Logging is a relatively new logging company established in 2014, Mike Jolovich has been producing forest products in Grand County since 1992 as the founder and General Manager of Ranch Creek Ltd., a local sawmill just outside the town of Granby. Windy Gap Logging has two employees. Windy Gap Logging in conjunction with Ranch Creek Ltd. produces a variety of wood products

including fencing, house railings, paneling, packing material for pipes, dimensional lumber, log cabin packages and firewood. The diversity of wood products produced allows Mike to utilize a very large percentage of timber (and blowdown) from the timber sales he purchases, maximizing

the efficient usage of forest resources.

The reasons why Mike is an outstanding logger/contractor: Mike is one of the friendliest guys in the woods - an absolute pleasure to work with! Administering a timber sale that he is cutting is easy, always enjoyable and educational. He continually seeks, and is responsive to, constructive feedback on how best to meet the project objectives and he is happy to share how the local conditions and contract requirements affect his operations without complaint.

There is seldom any work that needs to be corrected. Mike takes great care of his equipment and employees, which equates to quality work, little down time, and deadlines met. Mike's work ethic is also well demonstrated in his land ethic as he cares for the land through his work on the ground. Whether it is the protection of advanced regeneration, excellent utilization, or adherence to BMP's, Mike's work is top notch!

The Northwest Loan Fund worked with Mike to help with funding for the equipment needed to get Windy Gap Logging up and running. Congratulations Mike!

Here's a look at some of his work:



Before



After

For more information about the Northwest Loan Fund, contact Anita Cameron at anita@northwestloanfund.org

Alpine Area Agency on Aging - Events

Please share this article with others who might benefit from the content - more information is available at <http://alpineaaa.org/>

Upcoming Events



Eagle County is an Age-Friendly Community

Eagle County was recognized as an Age-Friendly Community by the World Health Organization and AARP in August. Eagle County Government Commissioners will accept the Age-Friendly Community designation on Tuesday, September 19th at 10:00am in the Eagle County room at the main county building on Broadway. Eagle County joins Pitkin (designated in May 2017) as the most recent and 6th designated Age Friendly Community in Colorado, including Boulder

County, Colorado Springs, Denver, and Larimer County.

The AARP Network of Age-Friendly Communities is an affiliate of the World Health Organization's Age-Friendly Cities and Communities Program, an international effort launched in 2006 to help cities prepare for rapid population aging and the parallel trend of urbanization. The program has participating communities in more than 20 nations, as well as 10 affiliates representing more than 1,000 communities.

[Learn more here: AARP Age-Friendly Communities](#)

Summit County Senior Law Day - Sept 27th

A graphic for Senior Law Day 2017. It features a circular blue badge with the text "Senior LAW DAY 2017" in white. The background of the badge is a stylized American flag with stars and stripes. The text "Alpine Area Agency on Aging and Colorado Legal Services present" is at the top. The graphic is set against a dark background with a wooden surface at the bottom.

Alpine Area Agency on Aging and Colorado Legal Services present

**Senior
LAW DAY
2017**

**September 27, 2017
9:30 am - 2:45 pm**

Summit County
Community & Senior
Center
Frisco, CO

RSVP requested
970-468-0295 ext. 122
www.2017SeniorLawDay.eventbrite.com

Presentations from experts and Ask-A-Lawyer sessions

Alzheimer's Epidemic: Research, Progress and Hope - Oct 2nd

Reserve your FREE TICKET Today!

- ✓ Monday, October 2nd, 2017
- ✓ Vilar Performing Arts Center
- ✓ 6:30 PM
- ✓ Tickets available: VilarPac.org



Maria Carrillo, PhD
Chief Science Officer
Alzheimer's Association

The Alzheimer's Epidemic: Research, Progress and Hope

Maria Carrillo, Chief Science Officer and consultant for the movie *Still Alice*, will be coming to Vail Valley to give her dynamic presentation about the biggest epidemic in our medical history. Maria is the foremost expert on the latest research and our prognosis as a global community.

alzheimer's  association®

Planned by Eagle Valley Senior Life & Gary Wicklund of Vail Rotary

Roaring Fork Senior Law Day - Oct 9th

ATTENTION VALLEY SENIORS



SENIOR LAW DAY

ALPINE LEGAL SERVICES • AREA AGENCIES ON AGING

Monday, October 9th

Eagle County Building, El Jebel
9 a.m. – 3:30 p.m.

YOUR RSVP BY OCT. 4TH INCLUDES:

- Full day of concurrent sessions on wills/trusts, powers of attorney, living wills, probate, fraud, planning for long-term care, dementia, and more.
- A copy of the 2017 *Colorado Senior Law Handbook* (while supplies last)
- FREE 1:1 attorney consultation (first-come, first-served)*
- Lunch & refreshments

COST: FREE

Keynote Speaker:
Dr. Harry R. Moody, Ph.D.

Renowned author of 100+ published works on aging and former VP and Director of Academic Affairs for AARP.



"Finding and Seeking Resilience in Later Life"

Closing Panel:
"From the Frontline: Courtroom Perspectives"

Honorable Judge John Neiley, Honorable Judge Fred Gannett, and District Attorney Jeff Cheney

Sponsored by:



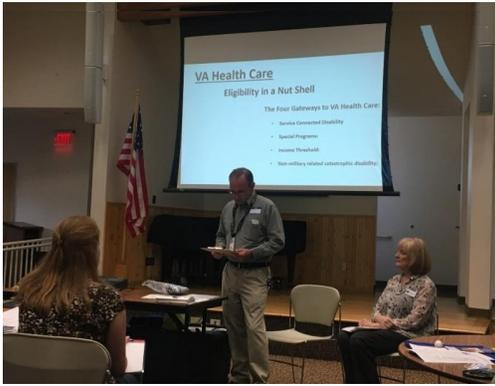
Alpine Bank

REGISTER AT:
RoaringForkSeniorLawDay.eventbrite.com

* Sign-up For 1:1 Lawyer Consultation (space is limited)
kim@alpinelegalservices.org • 970.945.8858

Past Events

Cover to Cover Training



On September 6th, the Alpine AAA partnered with Eagle County Veterans Service Office Pat Hammon and the Grand Junction Veterans Health Care System to bring "Cover to Cover" Training. The training offered in-depth training for service providers and staff who assist military veterans and their families.

Western Slope Legislative Roundup

On August 25th, the Alpine AAA was invited to give an update on aging activities in our region. The meeting also included a Colorado Mesa University Health Care panel discussion, a CLUB 20 health care overview and a presentation about AARP Livable Communities.

Community Resource Extravaganza

On August 16th, the Alpine AAA, Mountain Ride, and the NWCCOG Weatherization department joined a Summit County Community Resource Extravaganza. Managers, supervisors, and front-line staff to learned more about the resources available in Summit County and connected with individuals from multiple organizations.



For additional information about the AAAA activities, contact Erin, email aaa12@nwccog.org

15 Simple And Quick Office Stretches To Boost Work Efficiency

by Louise Dickens

In an effort to keep workplace wellness at the top of mind, the NWCCOG publishes an internal newsletter each month. This month, we're offering these tips to all of our readers because -- they really work! Try them for yourselves:

If you work in an office, the chances are you're spending a minimum of 8 hours sitting down - that's 40 hours a week. I mean, think about it. You might drive to work, sit down at your desk for at least 6 hours at work, drive home, and sit down to watch TV or read a book. Am I right? And if you think that's without it's health risks, you'd be seriously mistaken. So next time you're feeling a bit fidgety or you're on your lunch break, try these 15 office stretching exercises. They're simple, quick AND they'll give you that energetic boost you need to increase your productivity - it's a win-win situation!



1. Neck & Shoulders: Hunching over your desk can strain the cervical spine and stiffen our shoulders. Try reaching your arms behind you, interlocking your fingers and lifting you arms. You should feel this stretch in your chest and shoulders.

2. 'Cow' & 'Cat' Pose: This is a yoga pose which aligns your spine and helps to improve extension and flexion in your back. Start on all fours (if you can find an empty space) and switch between arching your back like a cat and lifting your head and tailbone towards the ceiling.



3. Back of the Legs: If you don't sit properly (and let's be honest a lot of us don't) you could be reducing the ability for blood to circulate properly, especially in your legs. Remaining seated, extend your legs and reach down towards your toes.

4. Overhead Stretch: This one should be easy, as it's a natural stretch that we all do when we're feeling a bit stiff and tired. Simply raise your arms above your head, interlock your fingers and push away from yourself. Feeling better yet?



5. Wrist Stretch: This one's for those of you who spend all day typing! Simply stand up and place your wrists on the desk so they face away from you, and apply pressure until you feel the stretch. Hold for a few seconds, and then follow with some wrist circles.

6. Thighs, Flexibility & Balance: When you spend all day sitting down, you lose a lot of your mobility and balance. Using the desk for support, stand up and raise your leg behind you, grabbing hold of the ankle (or your shin if you can't quite reach). Lift the leg as high as you can keeping your knee bent at a right angle. Hold for a few seconds then repeat on the other leg.



7. Single Leg Squat: Start by standing tall on one leg with your other leg extended out in front of you. Slowly lower yourself into a seated squat position. Repeat and remember to swap sides!

8. Low Lunges: You should feel this one in the front of your hip. Start on your knees, then bring one of your legs forward so your knee is at a right angle. Stretch your other leg back with your shin (or knee) on the floor, then lean forwards ever so slightly to feel the stretch (if you don't already!).



9. Stress Ball Squeeze: An oldie, but a good way to improve productivity (and bust stress!). It's also a good way to get movability your hands and forearms.

10. Eagle Arm Twist: Stay seated and extend your arms in front of you at shoulder level. Cross your right arm over your left, raise your forearms and twist your palms inwards. Hold, and then repeat with your left arm over your right.



11. Forward Bend: Stand several feet behind your chair. Raise both arms overhead and 'hinge' forward from your hips, keeping your back straight. Hold on to the back of the chair to keep steady for a few second, then rise back up to stand straight.

12. Standing Leg Raises: Start by holding onto the back of your chair (be careful if it has wheels!).

Lean forward slightly and stick your butt out and hold your tummy in while kicking alternate legs towards the ceiling and lowering back down again with control. This will not only help to strengthen the leg muscles (which waste away when sitting), but also help lengthen the back.



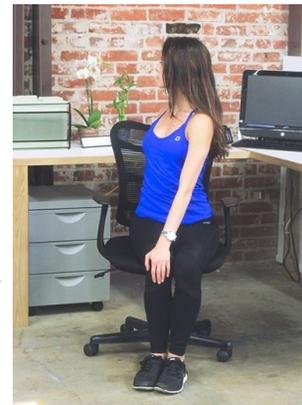
13. Seated Hip Stretch: Sit towards the middle of your chair with your feet flat on the floor. Place one ankle on the opposite knee and sit tall. Maintaining a straight back, tilt forward at the waist until you feel the stretch.

14. Spinal Twist: Keeping seated with your knees in line with one another, place your left hand on your right knee and twist your entire upper body to the right, looking behind your shoulder. Hold, then twist back and repeat on the other side. This keeps your spine flexible.



15. ...Now You're a Pro Do This!: It's okay, you don't really have to do this - and quite frankly I don't even know how that's humanly possible! It does look impressive though...

[For the complete article click here!](#)



2017 NWCCOG COUNCIL MEETING SCHEDULE

Thursday, October 26, 2017

Full Council Meeting

Location: NWCCOG Office/Conference Call

Time: 10:00 a.m. - noon

Primary Agenda Items: Review of draft 2018 budget

Thursday, December 7, 2017

Full Council, EDD Board & Foundation Board Meeting

Location: South Branch Library Hopeful Room, Breckenridge

Time: 10:00 a.m. - noon

Primary Agenda Items: 2017 budget revisions; approve 2018 budget; adopt 2018 meeting schedule; annual NWCCOG Foundation Board meeting.

Northwest Colorado Council of Governments

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