

# NOURISH TO FLOURISH



**nour-ish:** verb; provide with the food or other substances necessary for growth, health, and good condition.

**flour-ish:** verb; (of a person, animal, or other living organism) grow or develop in a healthy or vigorous way, especially as the result of a particularly favorable environment.



2019 IMPACT REPORT

# WHO WE ARE

Dear Donor,

Thanks to your support, 2018 was an excellent year for Coal Creek Meals on Wheels and the neighbors we serve. Because your compassion and generosity were so vital to the impact we're having in our communities, we're excited to share with you some outcomes from 2018 and plans for 2019.

**COMMUNITIES** — this is the word that our Board has been focusing on this past year. The plural word "communities" plays a key role in our vision for the organization. We view communities in the geographic sense, but also in many other ways. In a truly inclusive context, 'community' is a term that also refers to a series of individual characteristics that may be shared such as age, abilities, illness, gender, sexual orientation and identification, religion, spirituality, health beliefs and practices, language, education, profession, and income level. We strive to develop an organization that is inclusive to ALL communities.

Our commitment to being an inclusive organization led to our most significant development in 2018: the launch of CCMOW's Latino community outreach and cultural competence initiative. Thanks to a generous grant from the NextFifty Initiative, we were able to bring Ana Arias on board as Latino Community Outreach Coordinator for a 12-month project to help eliminate language and cultural barriers to our services. We're excited to say that we've invited Ana to join the team as a permanent employee in 2019, under the new title "Director of Community & Latino Engagement."

In 2019, we'll be continuing this work to become an inclusive, culturally competent organization that provides the highest quality of service to EVERY community member who needs a hot meal and daily visit.

We cannot thank you enough for being a part of the CCMOW community. With your support, we know that 2019 is going to be a fantastic year for those we serve.

Gratefully,



Sheena Sullivan  
Executive Director



Mo Kanwischer  
Board President



Mo Kanwischer, Board President  
Sheena Sullivan, Executive Director

## CCMOW BOARD OF DIRECTORS

Executive Director  
**Sheena Sullivan**

### OFFICERS:

President

**Mo Kanwischer**

*Founder & President – Momentum Business Consulting*

Vice President

**John Risi:**

*Founder and Principal – Iris Technologies*

Treasurer

**Marc Sisler**

*Owner – State Farm Agency*

Secretary

**Gudrun Emrich**

*Attorney – Gudrun Emrich Law Office*

### BOARD MEMBERS:

**Steve Kinz**

*Retired from Emerson Automation Solutions*

**Dan Skeeters**

*Real Estate Investor – Cape Investments*

**Candie Fisher**

*Owner – Candie Fisher Recruiting*

**Kelsey Van De Liefvoort** (Service ended in 2018)

*Financial Reporting Manager – TVH Parts Co.*

**Ken Zimmerman** (Former Secretary, term-limited in 2018)

*Retired from Federal Civil Service*

**Lew Miller** (Service ended in 2018)

*Lew Miller BBQ*

**Christine Labozan:** Board Member (Service ended in 2018)

*Advertising Director – Prairie Mountain Media*



## EVALUATION RESULTS

87% of delivery clients surveyed said the program helps them live independently.

87% would find it difficult to get a noontime meal elsewhere.

96% eat more healthfully.



## FUNDING SOURCES

- Donations from Individuals
- Sale of Meals
- Grants
- Corporate Sponsorships

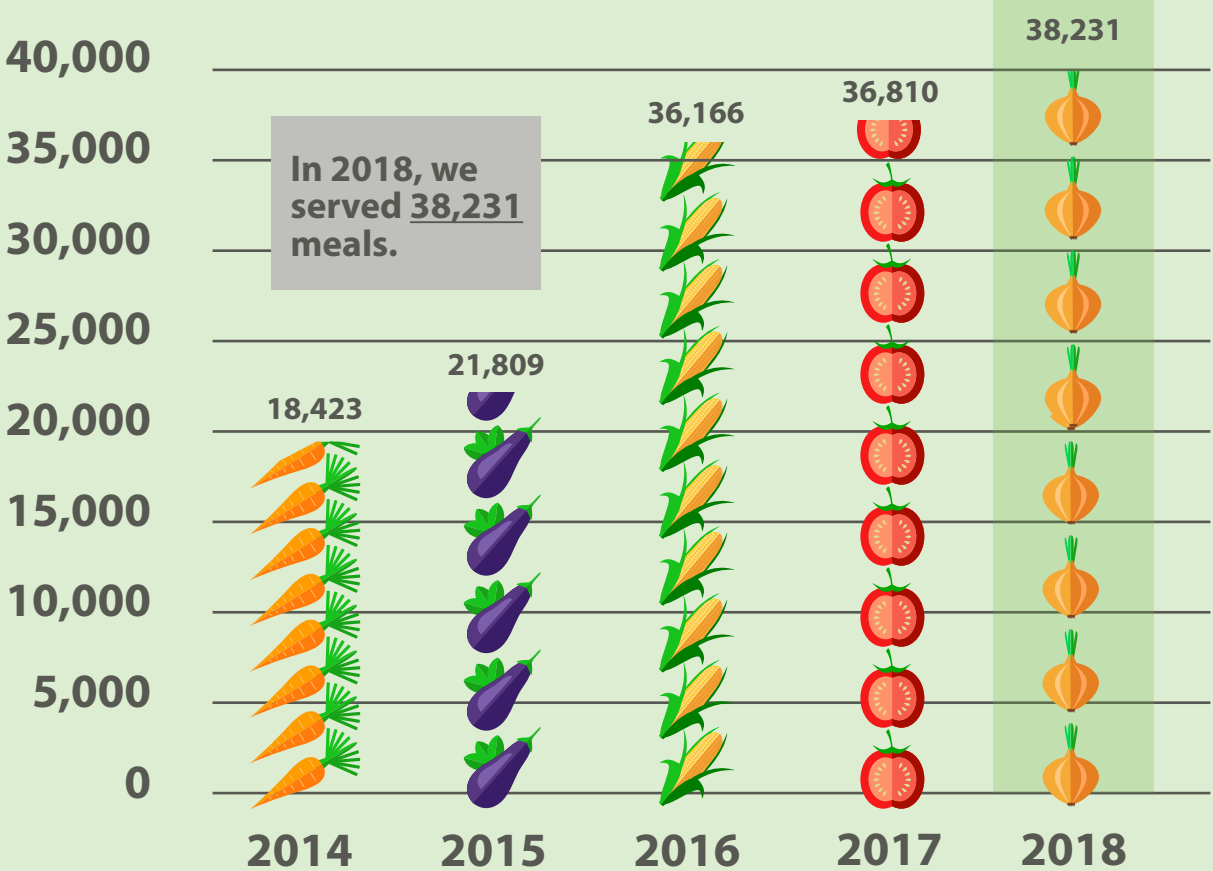
## OPERATING EXPENSES

- Programs: 84%
- Administration: 9%
- Fundraising: 7%

“The meals are delicious and your delivery people couldn’t be nicer. I feel very grateful and blessed. Thank you!”  
*CCMOW Delivery Client*

# MEALS SERVED

25,736 meals delivered to homes  
12,495 meals served at Josephine Commons



# WHO WE SERVE

When you ask **Jean Lefort** how he is, he always responds, "I'm great, kid! How about you?"

Jean became a CCMOW delivery client after a recent surgery. And, he said he was great—even when we knew he probably didn't feel so hot.

He lives at Josephine Commons, in the same building as our offices, with his little Boston Terrier, Penny. Penny is a sweet, gentle dog and a marvelous companion. But, she also has a very important job—she is a registered therapy dog. Together, the two make a winsome team.

Jean and Penny visit TRU Hospice Care Center and Denver International Airport, where Penny is a member of the CAT (Canine Airport Therapy)



Squad. But, for Jean, working at the VA Hospital in Denver, is his passion. He and Penny travel there regularly to visit fellow veterans. Jean was a Marine in the early 60s and says "we are a tight knit group."

They serve on the "Eleventh Hour Team," providing respite care for families whose loved ones are close to death. Team members ease family members' minds with the promise that, if their loved one dies when family must step out, the patient won't die alone.

Jean says when he is alone with a patient, he salutes that individual. He says once he saluted a man who was unconscious, paralyzed from a stroke and near death. When Jean saluted, the patient moved his shoulder forward—faintly, but clearly, returning the salute.

Jean, it is a pleasure to serve you, as you have served and continue to serve our country. Thank you.

**90% of delivery clients report less stress as a result of the service.**

*Ask about our*

## **PROJECT HOMECOMING:**

**5 free meals for anyone returning home from the hospital. No age/ income restrictions.**



# VOLUNTEERS

## Do you know Connie Rouley?

The kitchen crew often remarks that, if they suddenly weren't able to come in, Connie Rouley could run the whole show.

And, it is true. Connie, who began volunteering weekly in the kitchen four years ago, is a dynamo. CCMOW's garde manger, Lisa, says Connie can make 150 entrée salads without breaking a sweat. And when Chef Brett is creating the menu, he puts the more complicated dishes on Thursdays because he knows Connie will be here. She is efficient, friendly and optimistic.

Connie is retired from a 32-year career as a bank manager, and with her partner, Sid Copeland, loved fostering puppies and kittens for the Boulder Valley Humane Society.

She and Sid were together for 25 years until he became ill and died five years ago. He worked at the Louisville water plant for many years, and shortly before he died, they renamed it the Sid Copeland Water Plant. He also volunteered with the Lafayette Fire Department. It was a tragic loss, certainly for Connie and her kids, and also for the community.

After Sid's death, Connie knew she needed to do something. She learned of CCMOW, and, since she had just taken a knife skills class, she decided to volunteer in the kitchen. She says CCMOW came along at just the right time. "It was just what I needed."

Connie, you were and are just what we need, too. Thank you for your amazing volunteer service.



**NUMBER OF VOLUNTEERS: 185**

**VOLUNTEER HOURS: 10,135**

**VALUE OF VOLUNTEER LABOR: \$257,733.05**

*Ask about our*

## **PLATES FOR PETS:**

A pet food delivery program for homebound community members in partnership with VCA All Pets Lafayette.

# GRATITUDE FOR OUR SUPPORTERS

## SPONSORS

12 Point Distillery  
Anspach's Jewelry  
Ben-Lee Processing  
Boulder Flatirons Rotary  
Chinook Healthcare & Pharmacy  
Christ the Servant Lutheran Church  
Christian Brothers Automotive  
City of Lafayette  
Cynthia Sheeks DDS  
Edward Jones-Financial Advisor: Tom Stenz  
Encore Data Products, Inc.  
Erie Coffee Roaster  
Escape Uptown Salon & Spa  
Front Range Eye Health Center  
Gudrun Emrich Law  
High 5 Plumbing  
Iris Technologies  
Isabelle Farm  
J&K Roofing  
Jim Sible  
Just Grins Dental Hygiene  
Keenan Albenberg & Family  
Kelmeg Insurance Brokers

Lafayette Florist  
Lallier Construction, Inc  
Legacy Automotive  
Lionsgate Event Center  
Louisville Tire & Auto Care  
Mail Solutions  
Marc Sisler-State Farm Insurance Agent  
Melaleuca  
Midwest Farms  
Mike Thero & Donna Pattee  
Momentum Business Consulting  
Office Evolution - Louisville  
Professional Realty Operations  
Peggy Wood, 8z Realtor  
Randy Kneebone Excavating & Trucking

Rene Vellinga Remax  
Safelite AutoGlass  
Stan's Automotive  
Steve & Arlene Penner  
Tamra Dalle Molle & Family  
The Peaks at Old Laramie Trail  
Thrivent Financial  
Town of Erie  
Trail Ridge Consulting  
TVH Parts Co  
United Power  
VFW Auxiliary Past Presidents Club

## GRANTORS

A.V. Hunter Trust  
The April Fund  
Anschutz Family Foundation  
Boulder County Commissioners  
Boulder Flatirons Rotary  
Bump in the Road Fund  
Callaway Guzzi Charitable Fund  
City of Louisville  
Community Foundation of Boulder County  
Community Foundation Santa Cruz County  
Daniels Fund  
The Denver Foundation  
Lafayette Lions Club  
Marita and Michael Ross Menard  
Next50 Initiative  
One Lafayette  
Rose Community Foundation  
Schlessman Family Foundation  
State Farm Good Neighbor Grant  
Town of Superior  
Walmart Foundation  
Wells Fargo Community Assistance Fund

## MISSION STATEMENT

Our mission is to provide daily nutritious meals and related support services to members of our community in need, helping them to live with dignity in their own homes.

**We served 38,231 meals in 2018.**



CCMOW's delivery program serves the communities of Lafayette, Louisville, Erie, and Superior. Our congregatedining program at Josephine Commons serves seniors in partnership with the City of Lafayette.

coal creek  
**Meals on Wheels**  
*Nourish to Flourish*

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