NOURISH TO FLOURISH

nourish: verb; provide with the food or other substances necessary for growth, health, and good condition.

flourish: 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.

Coal Creek
Meals on Wheels
Nourish to Flourish

2019 IMPACT REPORT
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

CCMOW BOARD OF DIRECTORS

Executive Director
Sheena Sullivan

OFFICERS:

President
Mo Kanwischer
Founder & President – Momentum Business Consulting

Vice President
John Risic
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 Liefoort (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%

MEALS SERVED

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

In 2018, we served 38,231 meals.

The meals are delicious and your delivery people couldn't be nicer. I feel very grateful and blessed. Thank you!

CCMOW Delivery Client
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.
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.

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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 S Plumbing
Iris Technologies
Isabelle Farm
A & 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 Thoro & 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.

Coal Creek Meals on Wheels

Nourish to Flourish

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

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Lafayette, CO 80026
303-665-0566
coalcreekmow.org