



REQUEST FOR APPEARANCE ON CITY COUNCIL AGENDA

City Clerk
300 West 4th Street, Craig, CO 81625
970-826-2008/970-826-2036 (fax)

The City Council of the City of Craig, Colorado, meets on the 2nd and 4th Tuesdays of each month at 6:30 p.m. A formal agenda is prepared for these meetings.

Anyone wishing to appear and be heard at a Council meeting must fill out the following information and return to City Hall **no later than 4:00 p.m.** on the **WEDNESDAY PRIOR TO** the meeting. After reviewing this Request for Appearance, the person requesting appearance will be notified of the time of their appearance before Council and the time allotted for their presentation.

DATE OF APPEARANCE:

NAME: _____

COMPANY NAME: _____

EMAIL ADDRESS: _____

TELEPHONE NUMBER:

CELL PHONE NUMBER:

REASON FOR APPEARANCE (BE SPECIFIC):



Senior Citizen Action Group DBA Senior Social Center (SSC)

Our mission is to provide a permanent, accessible gathering place to enhance the quality of life for senior citizens through socialization, exercise, creativity, and education.

Where People Connect

- The Senior Social Center (SSC) is all about making connections for life, community and volunteerism. Our goal is to instill a sense of purpose, happiness, dignity and friendship.

We provide...

A gathering place, enhancing the quality of life for senior citizens through socialization, exercise, creativity and education. There are opportunities for all demographics and interests to stay active, engaged, find help, have fun and belong.

Join us and play games, have coffee, go swimming, or work out in the gym. Take a class or program on art, cooking, sewing, music, tax prep, dancing, yoga, rock hounding and more.

We have a committed and talented board of directors and Senior Center staff.

BOARD OF DIRECTORS

Title	Name
President/Chair	Arin Daigneau
Vice Chair	Lois Wymore
Secretary	Jnl Linsacum
Treasurer	Bill Booker
Board Member	Kathy Shea
Board Member	Stephanie Whitman
Board Member	Dale Peterson
Board Member	Stephanie Etzler
Board Member	Karen Burley

SSC & Medicare SHIP Staff

Title	Name
Executive Director	Rebekah Greenwood
Medicare SHIP Coordinator	"
Office Assistant	Jackie Camp
Medicare Navigator	Lynne Malizia / Rashella Huber
Custodian	Gabriel Holloway
Senior Outreach Coordinator	Hiring
Resource Navigator/Program Assistant	Kristin Skowronski
Resource Navigator/Spanish Speaking	Patricia Maradiegue/ Wagner

SSC was founded 11 years ago this June in 2014.
Since this time the SSC has grown exponentially and has become the
Hub for Aging Services in Moffat County.

We served a recorded number of 776 unique clients in 2024 and had
8,278 recorded participants sign in. Not everyone signs in, so we don't
capture the total number of participants.

In 2020 our budget was \$67,206.
We ended the year at \$83,770.39
brought in as income.

Our current budget for our fiscal year
July 1, 2025- June 30, 2026 is \$256,894.21.

SSC Funding

The Senior Social Center receives its primary funding from the Area Agency on Aging of Northwest Colorado grant. About 40% of that funding goes to operate the Medicare SHIP program.

We receive some additional grants from:

Yampa Valley Community Foundation

Yampa Valley Electric Association

The City & County HRC grant

CHFA- Colorado Housing and Finance Authority

Other grant funders when opportunities arise

New grant funders for 2025- 2026 – Anschutz, Next50 and the Simmons Foundation

Moffat County contributed \$14,400 towards our rent this year, which is much appreciated.

We also receive some donations from participants in programming.

Our annual Wine Tasting/Art Show event goes to pay for things our grants don't cover, like food for events and meetings.

Keep Your Mind & Body Active!

The Senior Social Center believes that adults over 50 deserve an opportunity to achieve their greatest potential with physical, social, and emotional health.

Join us!

EXPERIENCE MORE:

JOIN US!

WHERE

SENIORS

CONNECT



A 501(C)(3) Organization

Exercise

Geri Fit • CT
Combo • Qigong
Yoga • Swimming
Exercise Equipment

Creativity
Art • Music
Cooking

Education
Classes • Presentations
Resources • Training
Medicare Counseling

Socialization
Conversation
Coffee • Cards
Parties • Activities

Senior Outreach Services:

We strive to improve participants' quality of life through consistent, appropriate personal contact. SOS reaches isolated seniors in need of connection with phone calls, cards, visits & gifts.

775 Yampa Ave.
Craig, CO 81625

970-326-3188

info@seniorsocialcenter.org
www.seniorsocialcenter.org



Medicare SHIP (State Health Insurance Assistance Program)

Helping recipients:

- *Understand options
- *Make informed choices
- *Know their rights
- *Save money

970-819-6401

The SSC's SHIP program serves Moffat and Rio Blanco County residents. We provided 687 one-on-one appointments with Medicare recipients during this last year SHIP fiscal year.

We quadrupled the State's target number for client served within the County. We are very proud of our staff and volunteers.

This program makes such a difference in people's lives, helping them make the best choices for their health and finances as they grow older.

Our services are free and confidential. We do not sell or endorse health plans. Colorado SHIP is part of a national network of programs. Counselors go through a rigorous training and are required to continue training as long as they serve as a counselor.

Senior Outreach Services (SOS)

We strive to improve participants' quality of life through consistent, appropriate personal contact. The SOS program reaches out to those who are often homebound, frail, and/or low income, providing encouragement and consistent check-ins with calls, cards, and home visits. Sometimes we are the **only personal contact** they have throughout the week.

SSC staff and three volunteers connect with 76 clients through:

- Weekly phone calls.
- Cards for birthdays, holidays, encouragement and bereavement.
- Providing multiple home visits, visits in groups at Sunset Meadows and periodical visits at either the Haven, Casey's Pond, Sandrock Ridge Care & Rehabilitation and the Walbridge Memorial Wing.

Resource Navigator Program

The Resource Navigator finds ways to provide needed resources and services to help senior live more comfortably in their homes and help improve their quality of life. This position improves the capacity of the SSC to reach more vulnerable underserved clients. Staff sits down face-to-face with clients to help them sign up for programs like LEAP, CARE, free internet, low-cost phone service, etc.

Someone to look at one's overall picture and help go through the process of applying through a website or over the phone.

We have added a new Spanish Speaking navigator to our staff, helping us reach an additional demographics of older adults in need.

Home Modification & Services

We offer more tangible services through this new program, providing things like small home repairs and cleaning services.

We work with area partners like NWCCI and NWCO options for Long Term Care to find additional funding to help the clients get as much of the needed projects done as possible.

Our navigator works to enlist volunteers, donations, in-kind service and products to enable the SSC's capacity to deliver these services.

CircleTalk Program



One of the most critical needs for our community's older population is Mental Health services.

The SSC provides support-group meetings using courses from the "CircleTalk" program, with the goal of forming a healthy group to foster belonging and connection, a place to share personal stories, insights, and feelings.

CircleTalk is a relationship-centered program where people can experience an intimate community and meaningful connections with their peers.

Everyone deserves to belong to something.

Connection. Belonging. Community.

Resource Provider Meeting- Partners

- Memorial Region Health
- Integrated Community
- Health Partnership
- Community Budget Center
- Alzheimer Association
- AARP
- Department of Human Services
- Northwest Colorado Health
- Veteran Association
- Caregiver Support & Senior Equipment
- Options for Long Term Care
- NW Colorado Center of Independence

Large Annual Events



**OLDER ADULT
RESOURCE BOOTHS
VOLUNTEER OPPORTUNITIES**

EXPO

**JUNE 25
2-6 PM**

WEDNESDAY



**Food, Fun
& Prizes**

**775 YAMPA AVE.
CRAIG, CO
@ THE YAMPA BUILDING
970-326-3188**

**HEALTH FAIR
SERVICES &
SCREENINGS**

HEALTH & WELLNESS

**SOCIALIZE
CREATE
EXERCISE**

**MENTAL
HEALTH**

VOLUNTEER

the Senior Social Center presents

Better with Age
ART SHOW & WINE TASTING

**FINE WINE
FINE FOOD
FINE ART**

Bid on local art. Support local seniors.

Sept 27 | 6 - 9 PM | 775 Yampa Ave
Live Music • Live Artist • Live Auction
Tickets \$25 | (970) 326- 3188 for info



SPA DAY
at the Senior Social Center
775 Yampa Avenue
APRIL 10TH
9AM - 2PM
Manicures • Mini-Facials • Haircuts
Chair Massage by Hana Healing

CHAIR YOGA AT 10:30 AM
GERI FIT AT 1 PM

Now Booking Appointments!
Call today (970)-326-3188
to reserve a spot.



More fun: events, cooking classes, games on the grass, lunch on the lawn, a regional picnic and much more.



Potluck is the 2nd Tuesday each month.
Lunch & Learn the 3rd Tuesday each month.



Art Class every Wednesday at 4 PM. Tie Dye and other special classes throughout the year.





Community
Garden
Volunteers
Patio
Cornhole pit



Youth volunteerism & intergenerational connection.



Rocky Mountain Youth Corp (RMYC) In the Community Garden



Boys & Girls Club in the Community Garden



RMYC at Seniors Home

- We help connect you with our community, including youth and Horizon clients.

We have a strong partnership with NWCO Health.



AGING WELL FITNESS CLASSES

Aging Well Fitness Classes are held in Craig and open to adults 50 and older of all abilities.

We appreciate your donation of \$3 per class. We do not turn away anybody due to inability to donate.

Improve strength, balance & flexibility	Help prevent falls	Reduce pain & improve mobility
GERI FIT	MONDAYS Senior Social Center • 9:30-10:30am	
MOVEMENT & EXERCISE	MONDAYS Sunset Meadows • 10:30-11:30am	
GERI FIT & MOVEMENT & EXERCISE	WEDNESDAYS St. Michael's Church • 10:30-11:30am	
GERI FIT	THURSDAYS Sunset Meadows II • 10:30-11:30am	
MOVEMENT & EXERCISE	FRIDAYS Senior Social Center • 10:00-11:00am	

FOR MORE INFORMATION CALL 970-871-7676
northwestcoloradohealth.org/agingwell

NORTHWEST COLORADO HEALTH



SENIOR WELLNESS CLINICS



Held monthly at multiple locations in Moffat County. Drop-ins are welcome.



Services provided by specially trained nurse.



Visits include weight and blood pressure check, medication review & consultation.

CRAIG

St. Michael's Church (Wellness Wednesday) 1 st & 3 rd Wednesdays of the month 9:30am - 12pm	Sunset Meadows II 4 th Thursday of the month 10 - 11am
Sunset Meadows I 4 th Monday of the month 10:30am - 1pm	Senior Social Center 2 nd Tuesday of the month 11:30am - 1pm

FOR MORE INFORMATION, CALL 970-871-7676.

NORTHWEST COLORADO HEALTH
northwestcoloradohealth.org

*Senior Wellness Checks are offered on a donation basis.
No one is turned away due to inability to pay.*



NORTHWEST COLORADO HEALTH
340 Russell Street | Craig, CO 81625
340 Central Park Drive, Suite 101 | Steamboat Springs, CO 80687
northwestcoloradohealth.org

JOIN OUR FREE HEART HEALTHY CLASS

Mondays: 1 - 3 PM
August 28, 2023 - November 14, 2023
Senior Social Center
Led by Shania Duzik, Registered Dietitian.

Topics will include:

- Knowing the Signs of Heart Attacks and Strokes
- Diabetes and Cholesterol Nutrition Education
- Shopping Tips & more!

CALL TO SIGN UP! 970-871-7694

Chair Yoga at 10:30 am on Thursdays



Swimming Transportation Shuttle

The SSC funded shuttle service to the Meeker Recreation Center throughout the winter.

With our Partners:

Northwest Center of
Independence: NWCCI

21 trips

Craig City Parks and Recreation

19 trips

MEEKER REC CENTER
**SWIMMING
SHUTTLE**

TRANSPORTATION FEE
\$4 PER TRIP OR
PURCHASE PUNCH CARD
5 TRIPS FOR \$16
(SCHOLARSHIPS AVAILABLE)



Rec center senior daily fee \$5 for adults 62 and over

TUESDAYS & THURSDAYS
MEETS AT 8:50 AM
at the Yampa Building
775 Yampa Ave
Craig, CO 81625

STAY ACTIVE THIS WINTER!

- Thursday program begins **November 2nd**
- Tuesday program begins **November 14th**
- No swimming November 16th or 23rd
- No swimming December 26th

**RSVP 2 business
days in advance to
save your spot on
the van!**
#970-326-3188

#970-326-3188 **Senior Social Center** **775 Yampa Ave
Craig, CO 81625**

Full Gym

Our gym has great equipment and is used regularly. Physical Therapy offices send clients here for continued options. Other spaces in the building are available for Geri-Fit, Qigong, Movement & Exercise, Tai-Chi and Chair Yoga.



We appreciate your support!

Please spread the word about the great service we offer.

775 Yampa Ave. Suite 101, Craig, CO 81625

www.seniorsocialcenter.org

970-326-3188

Medicare SHIP Program

970-819-6401

