



# EFAA NEWSLETTER

- From Participants For Participants -

EFAA 1575 Yarmouth Avenue, Boulder CO 80304 303.442.3042 www.efaa.org



## Learn to use a Chromebook!

### What will you learn?

- Email, calendar, documents & more
- Protecting against online fraud
- Resource navigation
- Creating presentations



### When? 8 weeks class

**English:** Thursdays 4:45pm- 6:45pm (Sept 19 & 26, Oct 3, 10, 17, 24 & 31 & Nov 7)

**Spanish:** Tuesdays 4:45pm- 6:45pm (Sept 24, Oct 1, 8, 15, 22 & 29, Nov 5 & 12)

**Where?** in person at EFAA - 1575 Yarmouth Ave

**Cost?** \$80 includes a brand-new Chromebook that will be yours to keep at the end of the 8-week course!

### Registration:

720-425-4170 (call or text)

or scan here to register →



## Develop your parenting skills!



**Nurturing Parenting program** offered by our partner Sister Carmen Community Center on Tuesdays 6 to 8PM (Dates: 9/10/24 - 12/10/24) at 655 Aspen Ridge Dr in Lafayette.

**Questions or registration:** Free class but registration is required. Contact Ginny Holien at 303-665-4342 x 145 or [ginny@sistercarmen.org](mailto:ginny@sistercarmen.org)

## Listening to our participants

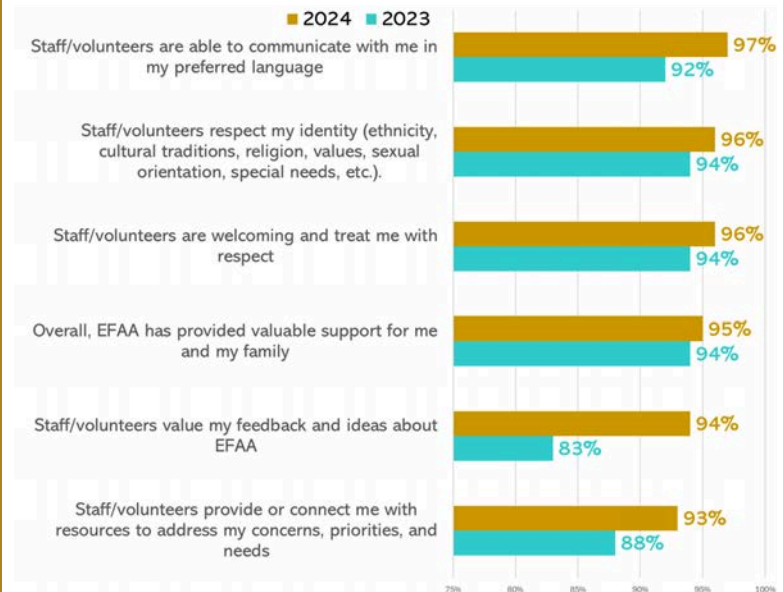
Our latest Participant Survey got a 47% response rate! THANK YOU to everyone who took the time to share their experience! Your feedback helps us improve our programs.

### Key Learnings from Participants

- 41% of surveyed participants, especially Spanish speakers, prefer face-to-face meetings
- 2 in 3 surveyed participants like getting EFAA news through text messages and almost half via email
- 97% of surveyed participants appreciate that some staff & volunteers speak their preferred language, as part of EFAA's efforts to be more inclusive and welcoming



Surveyed respondents were very satisfied with these key aspects of EFAA's work



## EFAA's Calendar Corner: An Evening of Art and Music at EFAA

You are invited to the Food Bank mural unveiling and a FREE concert by Cultural Caravan on **September 11th, 5:30 - 7:30pm** at EFAA

Local artist and former Participant Advisory Committee (PAC) member, Adriana Palacios Luna, painted a mural in EFAA's Food Bank to create a more welcoming environment for our food shoppers, volunteers, and staff.



FREE entry - RSVP to join! [bit.ly/3AM8k1A](https://bit.ly/3AM8k1A)



## Resources for older adults and people living with disabilities

EFAA provides food, financial assistance, housing for families experiencing homelessness and educational classes so that people in the City of Boulder and BVSD mountain communities can move toward financial stability. EFAA's busy team of bilingual Resource Navigators (RN) work to provide direct help or to refer participants to other resource. Crystal, one of EFAA's RNs, gives this advice: *"It is important to stay current on community resourcing and what is available to you. Funding and programs change often within agencies. For this reason, get to know EFAA- call us or even volunteer. Too many people wait until they have an emergency and then don't know who to reach out to."*

Older adults and disabled persons often find it difficult to navigate available resources, so here we put together a [short list of resources](#) beyond what EFAA already offers:

[West & East Age Well Centers of Boulder](#) provide for City of Boulder's older adults. At West Age Well Center, case managers assist City of Boulder residents 60+ and their caregivers with information and referrals to community resources, counseling, short-term case management and financial assistance for eligible clients. Call [303-441-4388](tel:303-441-4388) at West Age Well Center. Both Centers provide community programs in learning and play. <https://bouldercolorado.gov/locations/age-well-centers-for-older-adults>



[Cultivate](#) is a volunteer-based organization that serves Broomfield, Boulder and Weld Counties.



Older adults can apply for assistance with grocery shopping, home/yard maintenance and medical appointment transportation for senior veterans. Phone: [303.443.1933](tel:303.443.1933) or [www.cultivate.ngo](http://www.cultivate.ngo)

[Meals on Wheels of Boulder \(MOW\)](#) provides daily nutritious meals and check-ins to all qualifying Boulder residents who cannot shop for or prepare their own meals - regardless of age or income. Any number of disabilities, medical, social and mental health conditions can qualify for this service. Call MOW of Boulder client services at [720-780-3380](tel:720-780-3380) or email [info@mowboulder.org](mailto:info@mowboulder.org). Contributions for a delivered meal are determined on a sliding scale ranging from \$1.50 to \$8.00 per meal. Special dietary requirements can be customized.



Meals on Wheels' [Project Homecoming](#) is for those who have just been discharged from a hospital or are currently with a rehabilitation facility. You are eligible to receive 5 free meals, delivered to your home at no charge. More info: [mowboulder.org](http://mowboulder.org)

[Area Agency on Aging \(AAA\) Resource Line](#) Boulder County Resource Navigators are able to provide information, answer questions, and make referrals for older adults, adults living with disabilities, family and informal caregivers, veterans, and service providers. All calls are free and confidential. For info call: [303-441-1617](tel:303-441-1617) or [bcaaa@bouldercounty.gov](mailto:bcaaa@bouldercounty.gov). You can also browse the online resource guide at [BoulderCountyHelp.org](http://BoulderCountyHelp.org)



Services include housing and long-term care options, legal support, public assistance, veteran services and caregiver support training.

**VOTE to make your voice heard!**  
Learn more about how to register & vote in Boulder  
[linktr.ee/EFAAvotes](https://linktr.ee/EFAAvotes)

PAC Editorial Team: Susan Bebout and Alicia Silva. Please send ideas or suggestions to [ana@efaa.org](mailto:ana@efaa.org)

