

SUMMER-FALL, 2022

Aspen Mine Center, Cripple Creek, Colorado

Vol. 11, No. 2

Aspen Mine Centers Celebrate 20 Years Of Making Teller County A Better Place To Live In

I think it was a calling. I think the needs were there, they were acute, and we had the opportunity to make a difference. Twenty years? I can't believe it! I just see how it's grown and how many people who have come and have dedicated their lives to our initial vision and it's just...it's mind-boggling!

— Mary Bielz, founder and Board Chair, Community of Caring

What this community desperately needed and cried out for was a

place where those who were struggling, those who were destitute, those who were homeless, those who were old and alone and suffering, those who were hungry and cold, those who were emotionally troubled, all those from the youngest to the eldest could go to find help, comfort and support, given



Mine Centers have grown to become an iconic landmark in Teller County. A "one-stop-shop" offering an incredible array of services and assistance, now comprising two multi-story buildings filled with Help and Hope.

Due to all of you, we have achieved much and will achieve much more. Twenty years of hard work and great good fortune have blessed our efforts. From humble beginnings, here is just a small sample of where we are now. The work continues.

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freely by caring just as dedicated emergency needs easing hopelessness and creating fuller, more productive and it most.

...for everyone.

Some of what we accomplished in 2021

- 463 clients comprehensively served, rebuilding troubled lives
- 263 Seniors comprehensively served, including 4,000 stay-in-touch phone calls to assure safety, wellness and providing for any needs
- people who were 304 individuals & families received \$147,461 for
- as Mary was to Commodities Program distributed 1,068 food boxes serving 1,902 adults & children, plus 396 extra-large boxes to Seniors
 - Food Pantry fed 823 individuals in 374 households
- enjoyable lives for Clothes Closet gave thousands of lightly-used, clean those who needed clothing, coats, blankets & shoes to anyone with emergency needs
- The goal was 235 struggling families with 468 children were proclear and simple: vided with Christmas gifts
- build better lives Over 8.939 hours of volunteer time
- and you build a Uncountable thousands of staff hours for client manbetter community agement, services rendered, emotional support and special needs
- From humble be- Thousands of dollars in scholarships and special ginnings, the Aspen programs support to local students

Support for Seniors: Medicare Signing Up or Changing Plans Deadline December 7th

If you're wondering whether you've reached an age that makes you eligible for Medicare but haven't a clue how to go about it, we can help you navigate it successfully. Call us at (719) 689-3584. Our receptionist will guide you to an appointment with our Medicare Specialists who have answers you're looking for. Enrolling in a private insurer's Health Care Plan may well be a better decision. We've got you covered there too.

If you're looking to change the private Health Plan you already have, there may be a better one out there with more valuable options that will cost the same or even less than the one you have now. Call us to make an appointment and find out.

Seniors! Improve your health, stay active, make new friends and enjoy increased social contact FREE!

Many private Health Plans offer a Silver Sneakers fitness program as a no-cost bonus. Medicare doesn't. Cripple Creek Parks and Recreation participates in this program, offering adults 65 and older a fun way to improve physical health and function in daily life, while strengthening social connections and peer support.

Get in shape and stay in shape among folks in your own age group! Classes are currently offered Monday, Wednesday and Friday from 10-11am. Call us for assistance in finding a Health Plan or signing up.

AMC Success Story The Way Back from Way Down

Have you ever been caught in a difficult situation where it seemed like the harder you tried the worse things got? Who hasn't? Setback after setback after setback. And knowing you have only two choices—to overcome, or to fail and sink into even deeper depths of desperation and depression—can make it all become overwhelming.

Until you finally realize and firmly come to believe that failing is not an option. Because there's too much at stake. And when you have young children depending on you to come through, there's absolutely no choice at all but to persevere.

This is a story filled with guts and grit and never say die. A tale of nasty surprises and deceit, enduring hardships for long periods while surviving under primitive conditions and at the same time constantly having to hold a family together without financial security or the promise of a better future.

It sounds like something that early pioneers heading into the Old West faced as they battled hunger and adversities along the road to opportunity. And in a way, it was. Those who made it all the way to journey's end did it through inventiveness, creativity and an unstoppable will to win. Just like Alex did.

Alex, who prefers to use the short form of her name, is the heroine of this narrative. Along with her then-husband and 3 children, they came to Colorado from the Midwest about a half-dozen years ago, seeking a higher standard of living and a more enjoyable way of life. After short-term stays in several towns, they discovered the rural beauty of Teller County and moved to Cripple Creek, renting a home in town. A fourth child was born shortly thereafter.

And then the real problems began. They discovered they were the victims of a housing rental scam. The woman who had handled their home rental represented herself as the homeowner's rental agent but was not authorized to do so, and had been pocketing their rental payments. One day the home owner showed up and asked them what the heck they were doing living in his house. He was planning on selling it, and had no idea they were tenants. After the situation was explained, he kindly allowed them to stay for a short period while they sought a new location.

The family had no luck in finding another rental. In desperation, they purchased a 10-foot camper and lived in it for a number of months in the Florissant area. A family of six, a very young baby, in a ten foot camper. They then attempted to upgrade to a 30-foot camper. It looked promising, until issues with the title arose and that deal went down the drain.

Then the marriage failed. Alex recalls that moment with a memory of her sitting down and thinking, "What the heck am I gonna do now? I just threw out my family's only means of survival." What she did was buckle down, reinventing herself.

Alex purchased an old school bus to serve as their upgraded home. She tore out seats, built beds and installed a tiny kitchen area with a small refrigerator and toaster oven. Permanently parking the bus in a local campground with bathroom and shower facilities, the family called it home for several years.

With no prior employment or skills training, she wrestled with how to earn money. Then she realized she had been a homemaker for 8 years and could turn those skills into supporting her family. She managed to purchase

Continued on page 6

Director's Corner

by Ted Borden

Twenty-one years ago this December, I embarked on a journey in southern Teller County that changed my life forever. Entering Mrs. Bielz's classroom in the Cripple Creek-Victor High School that cold December morning, I began my new job with Community of Caring, never imagining or predicting the unique situations, characters, and partners I would come to know. Miracles, unanticipated blessings and mind-boggling divine experiences would become the norm along this path I had chosen.

Community of Caring Foundation was a fledgling nonprofit started by a group of concerned teachers in the Gold Camp District led by Mary Bielz—a fiery and passionate nun-turned-art-teacher from Spokane, Washington—who sported red Converse All-Star canvas high-tops. On the last day of 2001, only 4 weeks after I started this adventure, the Aspen Mine

Casino was donated to the Foundation to be used as a one-stop community resource center. This 2.8 Million Dollar gift—The Aspen Mine Center—started a chain reaction of blessings that left me scratching my head most evenings when heading home from work and asking myself, "Did that really just happen?"

Like the time the beloved dog of a family of six was hit by a car in Victor the week before Christmas. The family had to decide whether to pay for a surgery needed to save their cherished companion by using the money for the kids' Christmas gifts or to put the treasured pet down and still have something for Christmas. The kids voted unanimously to save the dog. Two hours later, a complete stranger walked into Mary's classroom and handed us a check for \$1,000. The dog was saved and the kids still had presents under the tree!

Or the time when a young family's car had broken down and was beyond affordable repair. Both parents worked out of town but times were tough, and they were living paycheck to paycheck. Without

a vehicle, they could not get to work, and without work they could not afford to pay rent or provide for their two young children. As I was working with the family in my office to come up with some kind of plan and give them hope, I could hear a voice in the lobby telling one of our volunteers they wanted to see me. When I excused myself to see how I could assist, the elderly gentleman I greeted handed me a set of keys and said, "Don't suppose you have anyone 'round here in need of a decent vehicle, do ya?"

In twenty years of service to the community, I still get goose bumps when things like this happen. The amazing thing is they happen a lot! Now we have almost two dozen amazing, dedicated staff and committed volunteers who create trusting relationships with seniors and families, provide hope to the broken and disengaged, teach budgeting skills, model positive behaviors, expect excellence and show everyone that the best way to a better, happier and more inspired life is by doing the right thing, taking the high road and by giving back to the community through helping our neighbors. Wow! We get to do this every day!!

I never get tired of hearing staff tell me about the miracles that happen each day. This community is amazing. The folks that we get to see and work alongside to make life better and richer for others are some of the finest people I have known or will ever know.

I have learned over these twenty years of service that if we are open to experiencing the miracles and blessings revealed to us each day, that simply sharing these experiences with others inspires hope, evaporates hatred and unleashes the power to unite us all. Once we realize this simple human truth, this most exhilarating and serene realization—that each of us is part of the same family—to our soul's core, we can transcend the bounds of humanness and are catapulted to a place where we know without doubt that looking out for the welfare of each other is truly the most fulfilling thing we can aspire to do.

Ted Borden Executive Director, Community of Caring

NEW! Donate to COC on mobile devices! GIVE4TELLER to 44321

Make a contribution to Community of Caring today!						
\$25 _	\$50 _	_ \$50 \$100 Other \$ Or donate using PayPal, click her				e PAYPAL
Name			Ac	ldress		
City				State	Zip	



Wednesday, November 23

11:30-3:00 at Aspen Mine Center 166 East Bennett Ave, Cripple Creek

Bring your family, bring your friends, bring your appetite.

An old-fashioned holiday dinner, just the way you like it. Roast turkey with all the trimmings. A celebration of all we're blessed with, shared with loved ones and folks from your own community.

It's on us. Free. No reservations required. Our thanks to you for all you do for us. Seated dining in our Dining Room and expanded dining area on the 2nd floor.

NO DRIVE-BY PICKUP TAKE-OUT AVAILABLE FOR THIS EVENT.

Covid masks not required, but you are welcome to bring them for your comfort.

VOLUNTEER BELL RINGERS NEEDED!



Ring a bell for the Salvation Army this holiday season! Get involved, show your community spirit and join us as we gather funds to help those in need now and in the future. Our 2022 campaign starts on Friday, November 25 and goes every Friday, Saturday and Sunday ending on Saturday, December 24. Hours are noon-6:00pm, shifts are just 2 hours duration and you can do as many as you'd like.

90% of all proceeds stay local to benefit Teller County residents in need. Bell ringer locations include Woodland Park, Divide and Cripple Creek.

It's fun, it's easy, it's incredibly rewarding to you and the many you'll help. You can dress up in your tackiest Christmas sweater, wear crazy Christmas glasses, costume as Santa

or Mrs. Claus, an elf or reindeer—anything to draw attention, cause a friendly laugh, start a conversation! Just click on the kettle image and you will be taken to a signup page to reserve the time slot or slots you desire.

Other signup methods are: go to website signup.com/group/24572227809 and scroll down the page to the SignUps section; or call (719) 689-3584 Michelle ext 128 or Ted ext 132.

Christmas Tea Kicks Off Holiday Events

Midday Saturday, November 12 signaled the start of holiday cheer at the Aspen Mine Center, as friends, families and business associates gathered to celebrate the season at our annual Christmas Tea.

Stylish tables set with fine china and festive decorations greeted the guests, who poured tea from china teapots while enjoying a menu of homemade broccoli cheese soup (cooked by Linda Lyons, our Food and Beverage Manager), tasty hors d'oeuvres, cucumber sandwiches and scrumptious dessert brownies. A sweet surprise brought aaahs and ummms: a miniature Christmas stocking at each place setting, filled with a candy cane and chocolate truffles. Denise Wilson, our Workforce Job Coach, added a special touch with her clever creation of napkins folded as Christmas trees topped with a jingle bell accent.

AMC Staff members brought their personal china for the table settings and entertained guests with stories of the makers of their china pieces, the age of the sets and how they had acquired them, along with family anecdotes that brought smiles to every table. The event closed with a drawing giveaway of Christmas prizes to those holding lucky winning ticket numbers.

This year, we noted many new faces as a welcome addition to those who have supported this party every year for a lengthy period. We deeply appreciate this showing of growing community support and look forward to seeing old and new friends again at this time next year.



Denise's artistic napkins and a mini-stocking stuffed with sweets graced every place setting. Way to go, girl!



A portion of the attendees shown enjoying their tea, a tasty light meal and each other's company in our expanded dining area upstairs at Aspen Mine Center East.



Mary Bielz cracks up the crowd with a family anecdote.

Did I ever tell ya about the time I got stranded out on an ice floe and had to wrassle a polar bear for a hunk o' seal blubber to keep from starvin'? I swear...it were a lot like eatin' old worn out tennis shoes.

That's one Christmas I sure ain't likely to forget.



AMC Success Story (Continued from page 2)

a vehicle which gave her the capacity to become self-employed. She started a housecleaning business. The car enabled her to also find work at a local business and take her children to school in Cripple Creek. But she never gave up the dream of getting back into affordable, stable housing and providing her kids with walls instead of wheels to live in.

Luckily for her and her children, she also found a way to help cope with their daily problems...the Aspen Mine Center. Alex began visiting the Center occasionally, then more frequently as she discovered all it had to offer in assisting her and her kids through hard times: food and clothing, help with necessities, conversations with staff members who offered ideas and ways she could improve their lives. To boost her income, AMC also gave her referrals to locals they knew who were seeking housekeeping assistance. Her efforts brought in much-needed funds, but there was still plenty left to do. Home ownership was still only a dream.

Alex had tried several times in the past to purchase a home, but existing debts and a mediocre credit score had made it impossible. Community of Caring offers a financial health program in partnership with the Pikes Peak United Way, designed to combat generational poverty. AMC staff specialist Angie Trelstad works with clients for up to two years to create financial awareness. Learning how to budget, spend and save money. Learning financial awareness and all that it entails. Learning methods of debt reduction and the power a strong credit score brings. The ins and outs of utilizing money to best advantage; how to make it work for you instead of against you.

Community of Caring provided Alex with the road map she needed to reach her dream of owning a home. For two years, in addition to juggling work, family and other responsibilities, she faithfully absorbed the program's lessons and worked hard to pay off her debts and build her credit. Her efforts were spurred on by her kids, who wanted their own home as much as she did. Last Christmas, Alex and her children visited a local Santa. The kids could have asked for toys or anything else on their wish list. The only thing all four children asked Santa for was a home.

AMC East and West Holiday Closings Regular business hours are Monday-Friday, 9:00-4:00

Both of our buildings will be closed on the following days during holiday periods. This includes the Thrift & Gift Shoppe, also closed on Saturday Dec 24 & Saturday Dec 31

Christmas: Friday Dec 23 & Monday Dec 26 New Year: Friday Dec 30 and Monday Jan 2

December Commodities will be distributed on Friday, December 16th from 9am-1pm

Early this year, with the further assistance of AMC staff specialist Shanon Conley, who guided her to USDA's Single Family Housing Program and worked with her in applying for a loan, all of Alex's hard work, perseverance and never-say-die attitude was rewarded. Her loan was approved.

The next step involved bringing realtors Reed Grainger, a Community of Caring Board member, and his daughter Ruth Grainger-Starr into the picture. They both have vast experience and expertise in local real estate availabilities and acquisition. They found the perfect house for Alex's family, a home with plenty of outdoor space for the kids, their dog and their cat to play in. Even enough room on a side of the house to park that old school bus they used to live in. Alex has plans to turn it into a playhouse for the kids.

Quickly after moving in, Alex saw positive changes in her family in a number of ways. "Having my kids be able to enjoy the luxuries of a home again is so special. Being able to shower anytime they want to and wash our dishes whenever needed was unimaginable. These are things that most people take for granted, but we don't. It's so quiet and peaceful here. I can let my kids play in the yard, never worrying about their safety."

Four years of living in makeshift housing has now been replaced with a joyful, stable environment for all to grow and revel in. Never give in. Never, ever give up. The rewards are there for the taking. We wish Alex and her family many, many years of happiness, health and sharing beautiful lives together.

COC's VIP Fundraiser A Huge Success, Shrinks Debt

It went way beyond our wildest dreams. None of us could have imagined what happened on the night of September 27th, when over a hundred prominent community members gathered by invitation only to feast on a fine dinner and become engaged with supporting our efforts to erase the debt acquired in our recent expansion to a second Aspen Mine Center facility.

Community of Caring's ongoing Capital Campaign Fundraiser outreach is the brainchild of our founder and COC Chair Mary Bielz, along with the invaluable input of COC's Board of Directors. The campaign's goal is to pay off the remaining mortgage and renovation debt on the former Madame June's Casino and adjoining unimproved land on Bennett Avenue, which became AMC West earlier this year.

As of September, generous grants from state agencies, private foundations and individuals had brought the balance down greatly, but what was left was still considerable. The idea of creating a private VIP Fundraiser turned out to be an inspiration, so much so that it will become an annual event in the future to continue to raise funds for our community service efforts. Each COC Board of Directors member was tasked with recruiting participants to fill a table of eight.

The evening began with pre-party tours of our sparkling new AMC West facility, guided by COC Board member Reed Grainger—who was also instrumental in its purchase—and Lisa Noble, AMC Client Programs Director. Dinner was coordinated and managed by Annetta Lawson, volunteer chef for the event, who supervised 3 CC-V high school servers participating in CC-V's extraordinary Culinary Arts Program, supported by 4 middle school helpers. AMC strongly supports this career-building program in multiple ways.

Throughout the meal, several COC Board members and AMC staff informed the diners about many aspects of the campaign's worthiness and AMC's community efforts. Tony Perry described the Capital Campaign's details and goals. Dan Williams spoke of the importance of AMC help and its longevity to Teller County.

Angie Trelstad, Lisa Noble, Krys Arrick and Shanon Conley talked about how AMC's team-focused approach to case management creates successful plans for helping clients uplift and enrich their lives. Rich and Barb Ingold reported on the AMC Gift & Thrift Shoppe's growing success, its retail skills training of volunteers, and noted that this September had become the second biggest income month in its history. Those proceeds all go toward client services and financial needs. Ted Borden ended the presentation with a history of how AMC has evolved from providing single-instance help to become case-management based, working with

clients over longer periods of time to increase skills and build confidence toward their road to success.

AMC's public outreach film was then shown, to rousing applause. That was followed by an actual client's gripping, heartfelt description of her experi-



Over a hundred VIPs enjoy their evening.

ences with AMC and how they changed the lives of her and her children from ruin to reconstruction and security. The room listened, spellbound and emotionally involved, then burst into congratulatory applause when she concluded.

A silent auction of valuable unique items donated by community supporters followed. The results? Auction proceeds reached \$32,000. Post-event donations from attendees and invitees unable to attend gathered over another \$8,000, exceeding an amazing \$40,000 total.

Words fail us in trying to express our appreciation to everyone involved. Except for this: We are you, you are us, and we are all together in easing suffering, rebuilding lives, feeding the hungry, clothing the needy, keeping the disadvantaged securely housed and warm in winter, ensuring that children are blessed with holiday gifts and school supplies struggling parents cannot afford, making sure isolated seniors are continually contacted with friendly chats and inquiries on their health and safety and providing needed support when problems arise, distributing Christmas Blessings bags

overflowing with badly needed necessities to the homeless, and much much more.

We are you, and you are us. Together we will continue to build a finer, safer and more fulfilling environment for all of us to live in, to thrive in, to fully enjoy and take pride in. A place where community spirit conquers all, where hope and friendship and common goals create the cornerstones of our lives together. May your holidays be merry and bright.



Mary Bielz thanks the room for their support.

VOLUNTEER!

It'll do absolute wonders for your day...and ours. Call (719) 689-3584 or at reception desks



Thursday, Dec 8, 4:30-7:00 - Winter Wonderland begins! Creative artisans decorate their Christmas trees to become mind-blowing masterpieces! Holiday gift baskets, wreaths and centerpieces too! Enjoy our Reception with hors d'oeuvres and beverages and place a silent auction bid to win your favorite tree. Auction proceeds benefit AMC community help activities.

Friday, Dec 9 - Viewing & bidding continue all day 9am-4pm.

Saturday, Dec 10 - 10:00-1:00 Final viewing and bidding (you can rebid). **11:00-1:30** Kids decorate cookies and ornaments, we supply all materials. **1:30** Silent auction winners announced. "Best Tree" contest winners announced, 2 best trees win \$500 each for their talented creators!

Get entry forms at AMC reception desks or online: a Google search entering cocamc.org takes you to our home page. Hover cursor over NEWS, in dropdown menu click EVENTS. Scroll down to "December 8th-10th Silent Auction", CLICK HERE opens the entry form with complete contest instructions.

Friday, Dec 9, 11:30-1:00 - Soup for the Soul & Greatest Gold Camp

Cookie Contest! Stir 'em, bake 'em and then take 'em to the Aspen Mine Center and strut your stuff! Individuals and businesses welcome, you'll be serving samples of your gourmet soup (savory chili is fine too) and/or yummy cookies to event patrons who will rate the soups and cookies.

Winners will be announced Saturday, Dec 10 at 1:30 pm with hoopla and hollerin' as they receive either the **coveted GOLDEN LADLE** or **GOLDEN GINGERBREAD** TROPHY!

Registration is \$5.00 per contest (includes a judging form). Taster tickets are \$5.00 per person, available at the event.

Entry forms are available at AMC East and AMC West reception desks, or here's how to get one online: a Google search entering cocamc.org will take you to our home page. Hover cursor over NEWS, in dropdown menu click EVENTS. Scroll down to "December 9th Soup for the Soul", CLICK HERE opens the entry form with complete contest instructions.

Saturday, Dec 10, noon - FREE. Christmas Parade on Bennett Avenue. Make S'mores, sip hot chocolate and cider at Aspen Mine sidewalk. All ages welcome. **SANTA** is here for the kids too, inside AMC starting at 12:30 right after the parade. Treats for the kids. Bring your camera!

Saturday, Dec 10, 3:00 - Colorado Springs Chorale at CC Baptist Church, 127 North 1st St. FREE, donations gratefully accepted. The power and the glory of Christmas lives in an overwhelming performance not to be missed. Donations go to Aspen Mine Center for charitable good deeds.

Newmont Mining Offers Christmas Feast in December at AMC East

Mark your calendar for Wednesday, December 14th. Thanks to Newmont, our normal Wild Wonderful Wednesday Lunch held in our dining room will become a FREE Community Christmas Dinner celebration from 11:30am-1:30pm, open to all ages in our area.

Newmont sponsored a similar lunch in December of 2019, with intentions of making it an annual happening. Covid prevented that for the past two years, but now Newmont is back in action with a catered extravaganza not to be missed.

Newmont is not only picking up the tab for the feast, they are also providing employee volunteers to staff the serving line and dish out a memorable meal. We can't thank Newmont enough for their community spirit and generosity in creating a terrific warm up to the Christmas holiday.

AMC East Looks To Its Future

Our recently-opened AMC West now houses the complete client services staff, Pikes Peak Workforce Center, partner agencies active on-site, and private rooms for conferences, special needs and other uses. Those changes offer a multitude of new opportunities for our original Aspen Mine Center building (AMC East).

Some renovation has already been accomplished. On the second floor, all office partitions have been removed and executive offices relocated to the basement. Nearly all of the second floor is now a large open expanse directly adjacent to our dining room, which greatly increases table seating for major events like Thanksgiving Dinner and other

major special events the dining room alone could not possibly handle.

And yes, there are exciting changes planned for the first floor in the future. There will be considerable expansion of our already highly successful Gift & Thrift Shoppe. More merchandise, more special offerings, more of everything to shop for and explore.

Down the line a bit, In a move that should thrill locals the currently unused coffee shop will be brought back to life. It was once Cripple Creek's favorite locals hangout for friendly chats, trading rumors and relaxing away from the noisy atmosphere of casinos. It will be again. We'll also be using the facility to train clients in food and beverage preparation and retail skills, preparing them for jobs in the local casino industry offering increased income along with financial and employment stability. Higher pay and ongoing security that will create better, happier lives for them and their families.

The Aspen Mine Centers are here to serve the needs and desires of our community in as many ways as we possibly can. It's a never-ending challenge. It's also one that spurs us into thinking of new ideas and creating new achievements to be enjoyed by all.

VOLUNTEER! If it wasn't a great way to turn a boring day into something memorable, we wouldn't be asking you to do it. Call (719) 689-3584 or at reception desks



ARF! MEOW! Please remember us. We're hungry too!

THE AMC FOOD PANTRY NEEDS DONATIONS IMMEDIATELY FOR PEOPLE AND PETS!

It will be a long, cold winter. A LOT of hungry folks and their pets need emergency assistance to survive. Our reserves are depleted. The hungry are still out there.

Bring canned and packaged goods for people and pets to us for distribution to the needy, "Best if used by" date still fresh. Open Mon-Fri 9-4. We and they thank you for your kindness.



Happy holidays
to all of you
from all of us
at the

Aspen Nine Centers



The Aspen Mine Center Community Clarion newsletter is published by the Community of Caring Foundation, a 501(c)3 organization.

Our Board of Directors:

Mary Bielz

Reed Grainger

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Open Mon-Fri 9-4
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Ted Borden, Executive Director Veldean Myers, Financial Services Director

Lisa Noble, Client Programs Director Angie Trelstad, Family & Adult Advocacy Services Manager Stephanie Egan, Senior Advocacy Program Manager

A complete list of our services, agencies, partners and affiliates Is on our website:

www.cocamc.org

A comprehensive contact list of helpful area resources is also found there. Or call us for assistance.