



Progress Report

COLORADO HEALTH FOUNDATION NEWSLETTER

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Tiwahe Tour de Ute Trail and Fitness Zones: Building Community and Health

A recent collaboration between the Ute Mountain Ute Tribe (UMUT) in Towaoc, Colorado, the Foundation and others, including the Ute Mountain Recreation department, Southwest Conservation Corps and UMUT's local planning and public works departments, supported the development of the ["Tiwahe Tour de Ute Trail & Fitness Zones."](#) The safe, accessible

recreation space is now open to more than 1,000 UMUT community members and has helped increase participation in fun outdoor physical activity. Thanks to all involved for making this project a reality!

Here's what UMUT community members have to say about the fitness zone's impact:

"I quit smoking back in 2014 when I had a panic attack on the Summer Bike Ride Program where I was helping the youth. From that day on, I quit smoking and began a wellness journey. I use the Tour de Ute trails regularly for walks with my sister. The new fitness stations are great for stretching before and after our walks. I see a lot of other people in the community using these stations the same way. The fitness stations are a wonderful health benefit for our community."

-Jacalynn Colorow, age 45.

"I like to use the fitness trails and equipment on my walks at lunch. I use the fitness zones to help with stretching before I start my walk and finish my walks with stretching when I am back at work. The equipment is nice, and I feel healthier when using it. Several ladies I work with also use the trails on our lunch breaks."

-Loretta Nez, age 55.



Colorado Gives Day is Dec. 10!

This annual movement aims to support the important work of nonprofits and increase philanthropy through online giving. Mark your calendar!

[Schedule a donation...](#)

Monique Johnson Named ABFE Connecting Leaders Fellow

The program bolsters the leadership capacity of professionals strengthening Black communities through philanthropy.

[Learn more...](#)



Nonprofit Sabbatical Program Now Open for Applications

The Foundation's new [nonprofit sabbatical program](#), now open for applications through March 31, 2020. The program offers nonprofit executives the opportunity to step away from professional responsibilities and take time to rejuvenate. Ideally, the executive returns to their professional life with new ideas and a fresh sense of commitment to their work, the nonprofit sector and the health of all Coloradans.

The award is made in the form of grant – up to \$95,000 – for charitable support to a Colorado-based nonprofit organization, and includes funds for the grantee executive's hiatus, interim leadership and staff capacity building needs. Recipients are expected to engage in key program activities, including a pre-sabbatical orientation, executive-in-residence at the Foundation and post-sabbatical debrief. Two awards will be made annually.

[Learn more](#) and [watch our informational webinar](#) for in-depth information on the program

and eligibility requirements. Questions? Contact [Brian Kellaway](#), Nonprofit Finance Fund associate director, at 617- 204-9772 ext. 303.



We Oppose Proposed Changes by HUD Impacting People Facing Housing Discrimination

This October, the Foundation [submitted a comment letter](#) to the U.S. Department of Housing and Urban Development (HUD) opposing its proposed rule modifying the department's disparate impact standard, a vital element to achieving the goals and objectives of the [Fair Housing Act](#).

If implemented, it would be far more difficult, if not impossible, for people in protected classes experiencing discrimination to challenge the policies or practices of housing providers, governments and businesses that disproportionately harm people based on their race, national origin, sex, disability, family status or religion in the future. Further, this proposed rule change contradicts HUD's goal of providing affordable housing solutions to those in need and it would place virtually all of the burden of remedying discrimination on

the persons who are harmed by its impacts.

The Foundation believes strongly that a safe, accessible and affordable home is [a basic human right](#) and that we should all have a place to call “home.” The existing disparate impact rule strengthens our communities by allowing people experiencing discrimination to seek recourse and to change policies that limit their housing opportunities and put them in danger. The Foundation strongly believes that we cannot allow discriminatory practices to stand in the way of safe, stable and affordable homes for anyone.



Insights from BUILD Health on Driving Sustainable Community Change

The BUILD Health Challenge® (BUILD) worked with 19 communities across the country, including three in Colorado, over the last two years to uncover solutions to drive systems-level change. Together, BUILD sites achieved nearly 60 new sustainable improvements resulting in policy shifts, new funding streams and stronger community leadership, ultimately advancing the health of the communities served. Learn about the dynamic programs these sites created to tackle a wide variety of issue areas, including food insecurity, mental health, substance abuse, housing and more in a set of [19 Community Stories](#).

Check out insights from three community-driven Colorado collaboratives:

- [Helping the Community Navigate Mental and Physical Wellness for Children and Families \(Aurora, Colorado\)](#)
- [Improving Health for Children Through a Deeper Cultural Understanding \(Lafayette, Colorado\)](#)
- [Interrupting the Addiction and Incarceration Cycle for Vulnerable Women Starting with Safe and Stable Housing \(Colorado Springs, Colorado\)](#)

The newly released "[Community Approaches to System Change: A Compendium of Practices, Reflections, and Findings](#)" offers a more in-depth look at how the changes happened, what was required for the changes to occur and what the lessons learned are that other communities and leaders can use and/or apply themselves.

Mark Your Calendar

[Next Grant Application Deadlines](#)

Feb. 15, 2020

June 15, 2020

The Foundation in the News

[Deal finalized for company opening big facility in Pueblo.](#) *The Pueblo Chieftain.* (11/14)

[A Denver real estate nonprofit secures land for affordable housing and more near Westminster Station.](#) *Denverite.* (11/3)

[Rose Andom and Denver Health open one of the country's first in-house health clinics for victims of domestic violence.](#) *Denverite.* (10/31)

[Education Foundation of Eagle County secures grant for prevention and resiliency programs in schools.](#) *Vail Daily.* (10/30)

[Affordable housing manufacturer opening big facility in Pueblo.](#) *The Pueblo Chieftain.*

(10/28)

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For more information, please visit us at www.coloradohealth.org.

The Colorado Health Foundation is bringing health in reach for all Coloradans by engaging closely with communities across the state through investing, policy advocacy, learning and capacity building.

Our mailing address is:

Colorado Health Foundation
1780 Pennsylvania Street
Denver, CO 80203
303-953-3600