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Mark Your Calendar

From our CEO

Dear Friends,

One of the most difficult issues confronting communities today and the people it impacts directly is homelessness.

It is simple to define homelessness as people with no permanent address. But solving the basic issue of poverty and all the contributing factors that impact this complex issue, is not that easy. To name just a few causes, catastrophic events, including acts of Mother Nature, the breakup of relationships, loss of a job or a loved one, illness requiring expensive procedures and medicines and so many more.

Throughout this newsletter, you can read more about homelessness and what we at Community Table are doing to help alleviate some of the issues impacting this problem. Our newest project, scheduled to open this summer is a health clinic with partners Red Rocks Community College and the City of Arvada. Students from Red Rocks Physician Assistant Program under the supervision of a medical doctor will provide basic medical care for our clients who

are uninsured such as screening and monitoring for diabetes and hypertension, diagnosis and treatment of infections, assistance managing medications and other minor health issues. We see this as a win-win, uninsured clients get the medical help they need and physician assistant students get practical hands-on experience working with patients.

It goes without saying, none of this would be possible without community support. Whether through a financial contribution, volunteer support or food donations, we are able to help our friends and neighbors in need because of YOU and your generosity. We are truly grateful. Thank you!

With gratitude,

Sandy Martin
Chief Executive Officer



Helping the Homeless

Jefferson County, home to Community Table, has one of the largest homeless populations in the Denver metro area. According to the annual Point-In-Time survey, in 2018 there were 577 homeless people in Jefferson County and 51% of those were families—a staggering 46% increase from the previous year. The count would be even higher if it included people who do not have permanent housing and are temporarily living with friends and relatives, in hotels, transitional housing, treatment centers, etc.

One unfortunate event can push families out of their homes—a job loss, rent increase, changed family situation, domestic violence or illness. No matter the circumstance, Community Table is ready to help. First, we work to ensure that people have enough to eat. Second, through our Bridges to Opportunity program, we provide the resources, referrals and tools struggling families need to overcome personal and financial stress and become stronger in their own lives.

Community Table launched Bridges to Opportunity in 2014 with the goal of assisting families in registering for food stamps and other public benefits, obtaining GEDs and finding employment through job readiness and coaching. Services quickly expanded to helping families obtain affordable housing and to providing additional

Seniors living on fixed incomes are one of the populations **most at-risk** of becoming homeless due to rising rents and health care costs.

aid for homeless people, including hosting Living Well Showers weekly and partnering with the Severe Shelter Network. Most recently we've added financial assistance to help keep families in their homes by providing emergency funding for utilities, rent, deposits, prescriptions, co-payments and more. And, soon we will be opening an onsite health clinic for uninsured and homeless adults in partnership with the Physician Assistant program at Red Rocks Community College and the City of Arvada.

Until all people have a permanent roof over their heads, Community Table will continue to provide thousands of support services each year for people who are at risk of or who are homeless. **You can help by making a contribution to our Bridges to Opportunity program.**

At the current minimum wage, a person would have to work over **100 hours** a week to afford housing in Jefferson County.
— Colorado Division of Housing



Help Feed the Hungry at our Annual Fundraising Events!



Saturday, August 17, 2019
Arvada Events at the Arvada Center



Monday, August 19, 2019
Fossil Trace Golf Club, Golden

Mark your calendar to attend the ACFB Foundation's annual gala and charity golf classic benefiting Community Table. These very special (and fun) events raise money to feed the hungry and provide emergency assistance and self-sufficiency programs for struggling families in our community.

This year's pirate-themed Top Hats & Ball Caps gala at the Arvada Center from 6pm to 11pm features a sumptuous plated dining experience, signature cocktail, silent auction, jewel in a glass, music, dancing, a treasure hunt and more. The 18-hole scramble at Fossil Trace Golf Club features two shotgun starts, 8am with breakfast and lunch or 2pm with lunch and a cocktail party, prizes for a hole-in-one and men's and women's foursomes, mulligan packages, complimentary beer and water and gift bags.

You can help make these events a success by purchasing tickets, becoming a sponsor or donating silent auction items.

For more information, please visit cotable.org/event/charitygolfclassic or visit cotable.org/event/apirateslifeforme

We must be the
change
we wish to see.

— Mahatma Gandhi

A BIG THANK YOU to our 2019 Sponsors

HOLE-IN-ONE SPONSORS – \$30,000

- Ralph H. Jacobson

DOUBLE EAGLE SPONSORS – \$10,000

EASTER  OWENS

EAGLE SPONSORS – \$5,000

- Alan and Deb Albrandt
- Ken and Jill Fellman
- Harry and Valerie Fuller
- Carl and Marybeth Kanter



BIRDIE SPONSORS – \$2,500

- Apex Park and Recreation District
- City of Arvada
- Citywide Banks
- Consolidated Electrical Distributors
- Pam and Terry Crest
- FirstBank
- Industrial Chemicals Corporation
- Martinson Services
- Pie Consulting & Engineering
- Red Rocks Community College Foundation
- R.H. Jacobson & Company
- Susan and Larry Schwarz
- Sooper Credit Union
- Doris Stipech State Farm Agency
- Swift Charities
- Whitfield Family
- Jamie and John Wilkins

The Arvada Community Food Bank Foundation was founded in December 2014 to provide special fundraising for any needs that are over and above the day-to-day operations of Community Table. Since its establishment, it has provided more than \$250,000 in support of Community Table activities and operations.



Postal Food Drive Tops Last Year!

Thanks to the National Association of Letter Carriers and their annual Stamp Out Hunger Food Drive, our warehouse is now jam-packed with enough food to feed families during the summer months when donations are typically low and families need more food to help feed children who are not receiving free breakfast and lunch at school.

This all-important one-day food drive on May 11 brought in 80,873 pounds of food.

Many thanks as well to the hundreds of volunteers and thousands of generous donors who helped make the postal food drive such a success.



Mark your Calendar for these events that benefit Community Table

2019

Father's Day Classic 5K • 10K • Fun Run

June 16, 2019

Visit 3waces.com to register



5th Annual Top Hats & Ball Caps Gala

Saturday, August 17, 2019

Arvada Events at the Arvada Center
Music-Dancing-Food-Drinks-Fun
Silent Auction and Surprise Boxes
Become a Sponsor!

For more information contact Leanne
at lcadman@cotable.org or 720-437-6394

APEX Summer Concert Series

Thursdays, June 13 - July 18, 2019

Mcllvoy Park, 7-8:30pm

Collecting canned goods for
Community Table at all concerts

Bake Out Hunger Cupcakes for Kids

September 2019

Rheinlander Bakery

Olde Town Arvada

\$1 from every cupcake sold helps
provide weekend food for hungry
schoolchildren.



Arvada Community Food Bank Foundation Charity Golf Classic

Monday, August 19, 2019

Fossil Trace Golf Club, Golden
Become a Sponsor! Come Play!

For more information contact Leanne
at lcadman@cotable.org or 720-437-6394

Feed the Future 5k Run & Walk

September 21, 2019

Crown Hill Park & Wildlife Preserve

To register, visit holycrosswheatridge.org/5K



Your gift to Community Table is in good hands and comes with a wholesome return.

With each \$1 you donate, we can provide enough food for three nutritious meals. Community Table has a "4-Star" rating on Charity Navigator, a "Platinum Seal of Transparency" on GuideStar and we are a Better Business Bureau "Accredited Charity", which means you can trust that your donation will be used to help those in need in your community.



@ArvadaCommunityFoodbank



@ArvadaFoodBank

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