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From the Director

Wow! What an amazing year we have had.

This past fall, we opened the Community Table Health Clinic for adults who are not covered by health insurance. The clinic offers free onsite basic medical care in partnership with the Red Rocks Community College Physician Assistant Program. Several dozen patients have visited the clinic so far for health issues ranging from immunizations and diabetes monitoring to HPV testing, suturing, asthma care and general physicals. Patients report they have been treated with compassion and kindness and they are extremely grateful for the health care provided by these dedicated medical students.

Our Bridges to Opportunity program is working with the Arvada Municipal Court to help reconnect people experiencing homelessness to the community and the resources available to them.

We've added new walk-in refrigerators and freezers to our Client Choice Pantry. These new units are more energy and cost-efficient and have added 100 square feet to our storage capacity allowing us to take more donations of perishable food.

Our board of directors has been working hard all year to transition from an operating board to a governance board and has developed and adopted new bylaws, policies and committees including a new community outreach committee. The board said goodbye to three long-term outstanding officers—Chair Jill Fellman, Treasurer Carl Kantner and

Secretary Alan Albrandt and welcomed new officers: Harry Fuller, chair; Judith Denham, secretary; and Jerelyn Marinelli, treasurer. Please visit our website at cotable.org to learn more about our dedicated board members.

It goes without saying that we could not do what we do without the generous contributions of time, talent and treasure provided to us by our dedicated volunteers, donors, partner agencies, and local businesses and governments—Arvada, Wheat Ridge and Westminster. The outpouring of community support shown to us through the annual Stamp Out Hunger food drive which brought in 80,000 pounds of food in a single day to the ongoing food drives conducted by local businesses, churches, schools and service clubs makes it possible for us to provide nutritious and substantial amounts of food for neighbors in need throughout Northern Jefferson County.

Thank you for making our community one of kindness, compassion and love!

With gratitude,

Sandy Martin
Chief Executive Officer

P.S. Throughout this newsletter, you can read more about the programs mentioned above and all you've helped us accomplish over the past year.

The Power of Community

Here's what you've helped us accomplish over the last year (2018–2019 Fiscal Year Statistics)

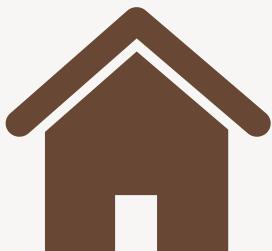
10,159

People served (unique/unduplicated)



3,610

Households served



317

Veterans assisted



1,322

People with disabilities helped



2,190

Households headed by women helped

(6,790 household members)



25,000

Sacks of food distributed to schoolchildren and homeless teens (110,073 pounds of food)

People enrolled in GED Classes and tutoring

87



568

Homeless persons assisted (21% increase over previous year)



Clients who found employment

23



Families enrolled in Housing Choice Voucher Program

1,262,533



Pounds of food distributed

29,064

Volunteer hours provided



\$739,098

Value of volunteerism to the community



You can help us have an even bigger impact on fighting hunger and poverty in the coming year by donating today!

Program News and Updates

One Small Step in Ending Homelessness

In response to the growing number of people experiencing homelessness in Arvada, Community Table is partnering with the Arvada Municipal Court and their One Small Step program. This innovative new approach is designed to give people experiencing homelessness the opportunity to reconnect with the community and the resources available to them. Once a month the Arvada Municipal Court holds special hearings for homeless individuals who have received citations for nonviolent offenses. Instead of handing out traditional sentences for community service or jail time, the Court gives homeless individuals the option of working with Community Table and other nonprofit organizations.

Staff from Community Table's Bridges to Opportunity program, along with mental health providers from the Jefferson Center meet with the individuals in the One Small Step program who have chosen to seek help for their chronic homelessness. During the initial meeting, the defendants are made aware of the services and resources available to them that could be 'one small step' to eventually finding housing such as seeking medical and mental health care, obtaining an ID or driver license, connecting with public and veteran benefits and more. Since the beginning of the One Small Step hearings in May 2019, 48% of program defendants have chosen to meet with the resource navigators instead of doing jail time or community service and of these only five have ended up being repeat offenders.



Community Table Opens Onsite Health Clinic

In addition to providing food and resources for struggling families, Community Table has opened a new onsite health clinic for uninsured adults in partnership with the Red Rocks Community College Physician Assistant Program. The new Community Table Health Clinic offers free basic medical care similar to the services provided by a family doctor. Physician assistant students from Red Rocks see clinic patients under the supervision of practicing physicians providing them with invaluable hands-on experience.

Community Table Chief Executive Officer Sandy Martin brainstormed the idea of opening an onsite clinic that would provide basic health services for uninsured adults and those experiencing homelessness. "I saw the need for the clinic in working with our clients. Many do not have health insurance so they would either go without or they would end up in an emergency room, which is just not financially effective," she said.



In addition to basic medical care, the Community Table Health Clinic provides free vision and dental care with partners, LOMA Eye Care and Martinez Mobile Dental. Community Table is also collaborating with Lutheran Medical Center, who generously donated exam tables for the clinic, and Regis University's Rueckert-Hartman College for Health Professions to expand the services the clinic offers as well as the hands-on training opportunities it provides for medical students. The Clinic would not have been possible without support and assistance from the City of Arvada.

Mark your Calendar

You can help feed the hungry and put struggling families on the path to self-sufficiency when you participate in these upcoming events benefiting Community Table.

2020

Heart Throb Run 5K

Saturday, February 15, 2020



Join us on Valentine's weekend and get your heart pumping! Racers, volunteers and spectators who bring FIVE canned goods to the food drive at the run will be entered into a raffle for prizes from local businesses including race entries, gift certificates apparel and more. Visit 3wraces.com for more information and to register.

Living Well Showers

Spring 2020

Bringing Dignity to Homeless People in our Community.



Living Well Showers returns to Community Table in the spring. The shower truck is open on Fridays from 9 a.m. to 12 p.m. weather permitting when the temperature is 40 degrees or more.

We've partnered with Bethlehem Lutheran Church to host their Living Well Showers trailer weekly. The mobile trailer includes three standard shower bays and one wheelchair friendly bay. Each bay has sinks and mirrors and is supplied with toiletries and towels—everything needed to experience a warm, satisfying shower, including a fresh pair of socks and undergarments.

Spring Fling Prairie Dog Half, 10k and 5K

April 12, 2020



Racers, volunteers and spectators who bring FIVE canned goods to the food drive at the run will be entered into a raffle for prizes from local businesses including race entries, gift certificates apparel and more. Visit 3wraces.com for more information and to register.



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

With each \$1 you donate, we can provide food for 3 nutritious meals.

Community Table has a **4-Star** rating on Charity Navigator, a **Gold Seal of Transparency** on GuideStar, a **5-Star** rating on Impact Matters 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.

Stamp Out Hunger Food Drive

Saturday, May 9, 2020



Coming to your mailbox this spring. This vital food drive by the National Association of Letter Carriers in Arvada and Wheat Ridge provides the food we need to feed the hungry all summer long. Donating is easy. Pick up some extra non-perishable food such as peanut butter, tuna, chicken, fruit and beans. Your postal carrier will leave a blue bag with your mail. Fill the bag with your donations and place it by your mailbox by 9 a.m. on Saturday, May 9. Your donation will be picked up by volunteers or your postal carrier. Help us reach our goal of 85,000 pounds of donated food in one day!

Father's Day Classic

5K • 10K • Fun Run

June 21, 2020



This annual Father's Day tradition includes a FREE car show after the race. Racers, volunteers and spectators who bring FIVE canned goods to the food drive at the run will be entered into a raffle for prizes from local businesses including race entries, gift certificates apparel and more. Visit 3wraces.com for more information and to register.



Arvada Community Food Bank Foundation Annual Charity Golf Classic

Monday, August 17, 2020

Hyland Hills Golf Course, Westminster
Become a Sponsor! Come Play!

Tee off against hunger at the ACFB Foundation's annual Charity Golf Classic benefiting Community Table. 100% of the proceeds help feed the hungry and provide emergency assistance and self-sufficiency programs for families in need. For more information, contact Leanne at 720-437-6394 or lcadman@cotable.org.



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