

March 17, 2026

Anschutz
School of Medicine

Department of Family Medicine **C3E Program**
Community Centered Clinical Excellence
University of Colorado **Anschutz Medical Campus**

Agenda Format

- Welcome:
  - Introductions and ice breaker: in the chat 3min
- DFM-CEP-MM purpose, group norms and updates
  - Heather, Sheryl, Gil and Taryn: 10 min
- Presentation: ~25-30min
- Q & A: 10-15min
- Group share and check in *(if time allows)*
- Survey link and adjourn

Introductions and Ice Breaker

Introductions

In the chat, please share:

Your name, pronouns, title, organization, and email.

Ice Breaker questions

In the chat, please share:

What was your most memorable volunteer experience?

and/or

What organization did you first volunteer with and how old were you?

Announcement : We have a new name!

Department of Family Medicine
C3E Program

Community Centered Clinical Excellence

Saying Thanks, Congrats and Welcome!

Fair Winds!

Vanessa Owen—our teammate since 2023, has accepted a new role in the Department of Physical Medicine & Rehabilitation.
We appreciate all she has done for our team and we wish her the very best!





A Big Welcome!

Taryn Bogdewiecz, they/them or xe/xem/xyrs pronouns, a DFM Research Services Clinical Sciences Senior Professional, who is also involved in a multitude of other projects, is now supporting our team!
We are grateful to have them aboard!

DFM Community Centered Clinical Excellence Program Monthly Meetings (DFM-C3E-MM)

Meeting Purpose:

- To increase awareness of programs and activities being done in community spaces across the state by DFM faculty, physicians, clinicians, staff, researchers, medical residents, and students as well as fellow colleagues across the Campus working in areas of community engagement and activities that promote health access and healthy outcomes.
- To learn and hear from nonprofits, state agencies, community-based organizations *(such as community groups, potential partners, and community residents)* about the resources and support they provide to our Colorado communities.
- To provide opportunities for our family medicine clinics to broaden their awareness of Campus and community-based resources available.
- To create an opportunity to make connections with each other.

DFM-C3E-MM Suggested Group Norms

- Please add your pronouns to your name in zoom meetings.
- Make sure that your microphone is on mute during presentations.
- During the presentation portion of the meeting, put questions into the chat or use the raise hand button.
- Cameras on, whenever possible, especially if we are hosting guests from an outside organization.

Schedule of upcoming C3E Monthly Meetings:

Date	Presenter	Topic
April 21	• **Lilia Chavez**, MHA, RDN, CLC (she/her), Director of Client Care • **Kate Johnston** (she/her) Chief Program Strategy Officer	**Project Angel Heart**'s medically tailored meals for people with severe illness. Project Angel Heart provides nutritious, medically tailored meals, for people experiencing illness.
May 19	• TBD	
June 16	• **Javari McGill,** Customer Assistance Strategy and Performance Consultant	**Xcel Energy Medical Assistance** Programs

Additional Notes

- **New to this group?** Please add your name, email, and organization to the chat.
- Join our Listserv. Email DFM.CommunityEngagement@CUanschutz.edu
- View our upcoming calendar and our past **C3E Monthly Meeting recordings:** https://medschool.cuanschutz.edu/family-medicine/our-communities/colorado-community
- Do you have a suggestion for a future presenter or topic? Add it to our **suggestion box**: https://forms.office.com/r/V4KD58XD4m

Community Events, Opportunities and Resources

- Thurs, 3/19, **17th Annual Women's Health Research Day** hosted by the Ludeman Family Center for Women's Health Research. Sessions available in-person and virtual and are free to attend and are open to students, staff, faculty and community members. Lunch will be available for in-person registrants. Registration, Agenda and Speakers.

- Sat, 3/28 Center for African American Health (CAA) will host their **25th Annual Health Expo** at the DoubleTree Hotel, 3203 Quebec St., Denver, CO 80207. caahealth.org

- Thurs, 4/16 UCHealth Community Benefit Public meeting at the Bruce Schroffel Conference Center Auditorium – Anschutz Inpatient Pavilion. Learn more.

- Register: **April** 2026 **Be Well Block Captain Training.** Tues & Thurs evenings April 7th- 30th. This free education helps to prepare you to be a resource for your community. Must be 18 to participate. Dinner provided. Questions? SHudnall@FSUCommunities.org

- Weds in April: One Colorado will offer a **free training series**: "*Building Affirming Homes: Empowering Parents of LGBTQ+ Youth"* designed to support caregivers, families and allies of LGBTQ+ youth. Register for in person or virtual participation.

We appreciate your feedback!

The 2026 **DFM-C3E-MM survey** is now available.

Open the link in the chat so it's ready to complete after the meeting.

It just takes 2 minutes. Thanks!



https://forms.office.com/r/0nvdtnmPtb

Today's Presenters



Melissa De Herrera, (she/her), **Associate Director** Aging and Nutrition Services, Volunteers of America Colorado (VOAC)

Jered Ratschkowsky (he/him) **Senior Director** Aging and Nutrition Services, Volunteers of America Colorado (VOAC)

Congregate Dining Program



Volunteers of America®
COLORADO

Total Number of Colorado Older Adults

socialexlporer.com

914,002



What Colorado Older Adults are Facing

Isolation

335,790

Depression

114,660

Food Insecurity

73,710

VOA Programs Overview

https://www.youtube.com/watch?v=nFZns2jDtNE



How Does Congregate Dining Help?



Improve Nutrition

Congregate programs provide healthy, balanced meals that help older adults meet their daily nutritional needs. This is especially important for seniors who may struggle with grocery shopping, cooking, or limited income.



Reduce Social Isolation

Sharing meals with others creates opportunities for social interaction and friendship, helping reduce loneliness and isolation among older adults.

Promote Community Engagement

Congregate sites often offer additional activities such as exercise classes, educational workshops, games, and social events that keep seniors active and connected.

Provide Access to Resources

Staff at congregate sites can connect seniors to community resources, including handyman services, transportation programs.

Support Health and Well -Being

Regular meals, social connection, and supportive services contribute to better physical and mental health for older adults.

Early Identification of Needs

Because staff and volunteers interact regularly with participants, they can identify changes in health or well -being early and help connect seniors with additional support if needed.



Why This Matters

- Older adults who experience social isolation have a 50% higher risk of dementia
- Loneliness can increase risk of heart disease, depression, and early mortality
- Access to nutritious meals improves health outcomes and independence



How do we do it?

- Our Michael Kern kitchen prepares over 9,000 meals weekly.
- We deliver over 470,000 meals each year.
- Supported by 600+ dedicated volunteers.
- Meals are free for eligible clients.
- Clients must be 60+ and live within our service area.





Who We Serve

- Adults 60+
- Seniors living on fixed incomes
- Individuals experiencing food insecurity
- Older adults living alone or socially isolated
- Veterans and individuals with limited mobility

“It saves me so much money and it gives me something to do..” —Sunset Park Client

How many do we serve?



Total meals: 126,226

Active Clients Served: 2886

Sites: 23

Counties: 7

“I love the eating with my friends...” —Aurora Center for Active Adults Client

Where do our clients dine?



Older Adult Centers

City Recreation Centers

Residential Buildings

Community Centers

What are the Benefits at the Dining Locations

- Mental Health Resources
- Community Games and Events
- Arts and Crafts
- Spiritual Fellowship
- Housing Resources
- Volunteer Opportunities
- Communal Eating
- Exercise Classes
- Food Banks





- Community referrals
- Healthcare providers
- Family members
- Community centers
- Senior housing
- Self-referral

How Seniors Access Congregate Dining

We couldn't do it without Volunteers

Total Volunteers: 251

Number of sites with Volunteers: 16

(Castle Rock, our biggest Volunteer site: 48)

Total hours worked by Volunteers: 18,490



Community Partnerships

- Local recreation centers
- Senior housing communities
- Community centers
- Volunteers
- Food banks
- Local government agencies
- Healthcare providers



Looking Ahead



- Expand congregate dining locations
- Increase access for underserved communities
- Build more volunteer engagement

- Strengthen partnerships with community organizations
- Continue reducing isolation and food insecurity among older adults

Together We Are Building Stronger Communities

Congregate dining programs provide more than meals.

They provide connection, health, and dignity for older adults.

Thank you for supporting our mission.

Contact Us

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Q & A

Feel free to:

- come off mute to ask your questions,
- put your questions into the chat,
- or use the raise hand button.

Survey Reminder

https://forms.office.com/r/0nvdtnmPtb

Group Share and Check In

- **Do you have an event or community activity that you want to share with the group?** Raise your hand or come off mute.

- Don’t forget to email event details to DFM.CommunityEngagement@CUanschutz.edu by the end of the day so we can share it in our follow-up email.

Thank you for coming. Our contact info:

DFM's Community Engagement Program: DFM.CommunityEngagement@CUanschutz.edu

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