



# MOUNTAIN RESOURCE CENTER

## Newsletter Winter 2025

### Staying Warm

Happy Winter, MRC Community! We hope everyone is staying warm. Please remember that if you or someone you know is struggling with heating their home, Mountain Resource Center can help with LEAP applications, emergency heating system repair applications, and emergency funding. Contact us at 303-838-7552 or [mrcco.org](http://mrcco.org) for more information. •

### Featured Donor



Marilyn Saltzman has been a donor to MRC for nearly 10 years and shares that, “I am dedicated to the mission, vision and work of MRC.”

She specifically recognizes that the organization provides invaluable services to our mountain community in an efficient, effective and respectful manner.

Marilyn has been a teacher, journalist and public relations professional. She retired after 20 years in Jeffco Schools and formed her own communications consulting firm, specializing in crisis management. She and her husband, Irv, have lived in Conifer for almost 45 years and raised their two children here. She is grateful that her two grandchildren live in the area.

Marilyn served nine years on the MRC board, three of those as president.

Make your donation at [mrcco.networkforgood.com](http://mrcco.networkforgood.com). •

“[MRC] made it possible for our son to go to preschool & have daily social interaction with kids his age.”

-Anonymous



# MRC Now Offers the Everyday Eats Program

Mountain Resource Center is excited to announce the addition of the Everyday Eats program to our growing list of community support services. This program provides monthly food assistance to low-income older adults 60+, ensuring they have access to nutritious, shelf-stable groceries to support their health and well-being.

Everyday Eats, a state-administered food program, provides enrolled older adults 60+ with a monthly package of nutritious, non-perishable food items at no cost. These food boxes typically include canned fruits and vegetables, canned meats, pasta, rice, cereal, shelf-stable milk, cheese, peanut butter, and other essential pantry staples. By enrolling through Mountain Resource Center, older adults 60+ in our community can receive the nutrition they need while reducing their grocery expenses.

“Many older adults in our community struggle to afford enough nutritious food, especially with rising costs,” said Shellie Logan, Community Health Manager at Mountain Resource Center. “The Everyday Eats program helps ensure that older adults have reliable access to shelf-stable food to support their health and independence.”




## How Mountain Resource Center Can Help:

- Enrollment Assistance: We will guide older adults through the application process to ensure they receive benefits as quickly as possible.
- Monthly Food Distribution: Once enrolled, older adults will receive a consistent, reliable supply of nutritious groceries each month.
- Holistic Support: Participants in Everyday Eats will also have access to Mountain Resource Center’s other food assistance programs, including SNAP enrollment support and our Food Share Market and Mobile Food Share programs.

With rising food costs and lingering effects of the COVID-19 pandemic, food security remains a critical issue for many older adults. Mountain Resource Center is committed to expanding access to essential resources and ensuring that no older adult in our community goes hungry.

Set up an appointment today to find out if you qualify at 303-838-7225. •

## MRC Can Also Help With

-  Food Assistance
-  Heating & Utility Assistance
-  Preschool
-  Veteran Support
-  Health & Wellness Programs
-  + More



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## Save the Date!

- Every Monday** - Women's Support Group
- February 19th** - Parent Engagement Night for Preschool
- February 22** - Rotary Mindfest at Our Lady of the Pines
- March 5th** - Pet Pantry in Lower Parking Lot
- March 12th** - Foot Clinic
- March 13th** - Thrive in Wellness Class
- March 17th-20th** - Spring Break, no preschool
- April 2nd** - Pet Pantry in Lower Parking Lot
- April 10th** - Thrive in Wellness Class
- April 15th and 17th** - Culinary Adventures Cooking Classes
- April 20th-26th** - Volunteer Appreciation Week
- April 23rd** - Volunteer Appreciation Party
- May 7th** - Pet Pantry in Lower Parking Lot
- May 8th** - Thrive in Wellness Class
- May 8th** - Parent Engagement Night for Preschool
- May 22nd** - Summer Begins for Preschoolers
- September 11th** - MRC Annual Gala

## Supporting Wellness at MRC

At Mountain Resource Center, we believe community is health. Through programs like Thrive in Wellness, Women's Group, and Culinary Adventures, we provide opportunities for people to connect, learn, and grow together. These classes go beyond education — they help build supportive communities where individuals feel seen, heard, and empowered.

Our Thrive in Wellness classes focus on practical tools to improve overall well-being, while our Women's Group offers a safe, welcoming space for connection and mutual support. Culinary Adventures classes bring people together to learn healthy and affordable cooking skills and share meals, fostering friendships along the way.

When people come together, they thrive — and we're proud to offer a place where healing, learning, and connection happen every day. •



# Our Grants

## Nourishing Neighbors

Mountain Resource Center is proud to be awarded a \$15,000 Nourishing Neighbors Nutrition Security Program Grant! This funding will help 200+ households — including children, families, seniors, and veterans — access SNAP benefits. We're breaking down barriers to food security in our community and ensuring everyone can thrive. •

## CDPHE-HDG

MRC has been the grateful recipient of this Colorado Department of Health and Environment (CDPHE) grant for three years now. It helps us to get people up-to-date information on vaccines from trusted sources. It's also crucial to provide wraparound services that help people recover from COVID-19, both the lingering effects of the pandemic and any personal illness they might experience. For example, our Culinary Adventures classes provide, in addition to instruction in cooking and shopping for a healthy diet, a chance for social connection, fighting the isolation many people still feel from COVID-19. •



## Why I Volunteer

-Barbara Harrison

For me, volunteering at MRC has become much more than a vehicle to meet friends. Though it has fulfilled that purpose several times over, there have been many more unintended and positive consequences.



During my time as a volunteer at the food bank, I have had the opportunity to interact weekly with community members of all kinds – young, old, healthy, ailing, positive, struggling, upbeat, and people with different languages and ethnic backgrounds. It is interesting to get to

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## Why I Volunteer

(... Cont. from page 3) know them and learn about their unique life experiences. It gives me an appreciation and admiration for their individuality, their struggles, and their successes.

Though differences exist between us, what has stood out to me is the commonalities we share and the connections we foster as human beings. The basic need for food has brought us together and has highlighted the similarities and common experiences we have. We all have frustrations, challenges, and setbacks, yet there is joy in preparing food, nourishing family relationships, and having success in work and daily living. I enjoy listening to peoples' stories and empathizing with them, offering encouragement when I can, and sharing in their happiness.

To offer someone ice cream and see the delight in their face is a treat for me

as well as for them. To give a family with lots of children a bigger package of meat satisfies us both. To provide items that families could not normally afford fills all of us with gratitude. To witness peoples' appreciation, their concern for others in taking only what they need, their gratitude, their excitement in our offerings – these are the things that fulfill me and provide me with a sense of connection to my neighbors.

Volunteering at the pantry gives me a sense of purpose, connection, and fulfillment.

I am grateful for the opportunity to serve and meet so many wonderful people. •

