

## The Story of The Aspen by Gina Coufal

With their breathtaking beauty and many amazing characteristics, the Aspen Tree tells an essential story for us and our communities. There are many comparisons to be made between the Aspen tree and individuals with developmental disabilities. I invite you to ponder the same and join me in celebrating its symbolism.

"Aspis" is the Greek name for Aspen. It is seen as a tree of HEROES. It means "shield." The Greeks thought it had magical powers and protective qualities. Its leaves were used in the crowns of heroes. Ironically, Aspens are weak in spots and prone to disease. Their trunks are soft and bend with the wind. Their bark is not strong enough to be used in building. However, due to its light weight it made a shield easy to carry and its silent strength protected the bearer from harm. While possibly the weakest tree in the forest, the Aspen is the last to burn and the first to repopulate and replenish. They are virtually immortal. I believe that those we support are HEROES. Though sometimes perceived as weak, they must continually adapt. Their strength and resilience is simply undeniable.

Aspens also have a life giving PURPOSE. They provide an important source of food and shelter for over 500 species. The bark has a medicinal value, producing an aspirin-like ingredient used in soothing ointments. Some remedies use extracts from of the Aspen to treat fear and apprehension. Working with people with developmental disabilities gives us the opportunity to learn, to grow, to be challenged, to appreciate things differently – and to live with a PURPOSE.

Aspens are a significant symbol for COMMUNITY. You never see just one. They stand in cohesive groves. Their sophisticated root system allows them to be CONNECTED to and support each other. After a forest fire, it's the Aspen that shoots up new sprouts first and colonizes the burned area, allowing the mighty conifer to grow and one day, overshadow them. People with developmental disabilities stand with their own unique qualities and strengths, although often overshadowed. Ironically it's through THEIR need and existence, that we have opportunity to give, and grow, and become mighty.

Aspens are healthiest when their own groves are DIVERSE. If all the trees are the same, they are more vulnerable to disease and natural disasters. If a "community" includes people who differ, the Aspen would symbolize the strength of those uniting for a particular cause or purpose. Just like the Aspen, those with developmental disabilities enrich our community and make

Those of us lucky enough to live in Colorado can appreciate the beauty of the Aspen tree. Their brilliantly colored leaves are also unique in that their shape allows them to twist from side to side, remaining stable in a strong wind. The most amazing quality is the way they flutter. In their fluttering they make a calm whispering sound, almost difficult to hear. Some say it's their spirit, or a voice from beyond. Those with developmental disabilities may not always have a voice, figuratively or literally, but they most certainly have something profound to say. And like with the Aspen, if you listen carefully and patiently, the answers to life's mysteries will be revealed, and you will be changed forever.

## You

were responsible for laughter, first-time adventures, accomplishment of life long goals, and heartwarming friendships.

# FRIENDS

was responsible for giving adults with intellectual and developmental disabilities the opportunity to live a meaningful and fulfilling life through our Residential, Supported Employment, Social & Travel, and Day Programs.

# Together

we are responsible for the lives of our Friends that are forever changed.

## Dear Friends and Supporters

We are pleased to share with our community, the FRIENDS 2021 Annual Report. Since our humble beginnings, twenty-four years ago, we have traveled on an amazing journey filled with some of the most heartwarming success stories you can imagine. This past year was no exception.

Our dedicated and caring staff have worked diligently to develop activities that promote learning and self-sufficiency, improve mental and physical health, cultivate social networks and establish natural supports. We celebrated the accomplishment of learning new skills like navigating a computer or cooking a meal; getting a great paying job and spending your earnings to buy a new outfit; taking a vacation for the first time to dip in the ocean; or finally moving into your very own apartment. Through person centered programs our participants have had opportunities to direct their own lives, accomplish their own goals and fulfill their own dreams.

Along the journey we have faced many challenges but have grown and become stronger. Our participants are back together and there is more demand for our programs than we can manage. The last two years have forced all of us to be creative in the way we operate and has emphasized the value of community connectedness. Without support from our families, friends, and neighbors, we could not have weathered the storm. Your generosity has and continues to make it possible for us to carry out our mission work; ensuring our participants are able to live, work, socialize and contribute to the greater community. Your partnership with FRIENDS changes lives, and ultimately enhances the community. The impact of your generosity is unmeasurable!

As we look forward to the next three to five years, our committed staff and passionate Board of Directors will work together on strategic initiatives such as Board and Staff Development, Program Enhancement and Expansion, Supported Affordable Housing, and building a more Inclusive Community. By creating unique and inclusive opportunities for individuals with intellectual and developmental disabilities, they become an integral part of the community where all can recognize their brilliance and embrace their beauty. When we do, we are all better for it.

"We cannot seek achievement for ourselves and forget about progress and prosperity for our community... Our ambitions must be broad enough to include the aspirations and needs of others, for their sakes and for our own." Cesar Chavez

We invite you to join us in celebrating our accomplishments of the past year, and in preparing for the exciting journey ahead.

Respectfully,

Gina Coufal Founder, CEO, Josh's Mom



Flizaboth Anderson





## Our Mission

Dedicated to enhancing communities by creating opportunities

for individuals with intellectual and developmental

disabilities through an innovative and

person centered approach.

## Our Vision

For individuals with intellectual and developmental disabilities, we will ensure they have a voice in the community, and access to person centered supports that promote independence and choice..

For our families, we will serve as a support and informational network, and work cooperatively to ensure life long supports for their loved ones.

For our community, we will promote acceptance and understanding through education, and enhance our community through opportunities for inclusive living.

## Program

FRIENDS Day Program is guided by a person-centered philosophy and is designed to promote community inclusion and independence. We believe that when adults with intellectual and developmental disabilities are given the opportunity and support to participate and contribute to the community, all of our lives are enriched.

Since success will look different to each individual we serve, FRIENDS staff takes the time to learn about a person's needs, interests, and goals. This approach allows our team to provide services that will align with what the person wants for their life.

In 2021 we served 56 participants who received 18,648 hours of Specialized Habilitation and 7235 hours of Supported Community Connections. Weekly calendars offered 30-40 unique activities fostering social, mental and physical health. 85% of participants maintained or improved skills in areas of communication, exercise, and self care.





participates and has increased her social skills. She learns something new each day. Grace was losing skills before she joined Friends.

She made friends and started learning Spanish with other participants with FRIENDS. She even took a healthy cooking class through FRIENDS on Zoom. She had something to look forward to each day."

- Jeanine, mother of Grace, a participant in FRIENDS' Day and Social Program

"Grace would not be who she is today without Friends. She is engaged and



Marvin celebrated his one year anniversary at Walmart. He mainly works the front doors greeting customers and sanitizing carts, but has worked in other departments as well. Marvin excels in providing customer service, greeting each customer that comes in with a warm welcome.

"I Love my job and I have so many friends there. I can clock in on my own."

"Marvin loves meeting new people and being a greeter is the perfect job for him. He always has a smile on his face. He has earned enough money to travel to Disney World twice!"
- Marvin's Host Home Provider



## Supported Employment

Work is an important part of life. The benefits from work include financial independence and security, increased self-confidence, personal growth, skill development, and a more fulfilling social life.

FRIENDS uses a person-centered career planning model that takes into account personal preferences, strengths, goals and dreams. Participants do not have to tackle job exploration all on their own. FRIENDS staff will assist in the employment search and the development of their desired career.

In 2021 we served 45 individuals. Six were in the job prep and development stage and 39 were actively employed. FRIENDS partnered with over 25 businesses in the community who paid higher than minimum wage. About 23% of Friends employees have been on the job more than two years and some as long as 13 years.



## Social and Travel

FRIENDS offered a menu of fun community activities
several times a month through Women's, Men's and
FRIENDS Nights Out. Participants also enjoyed Fun With
FRIENDS Day Trips. In 2021 FRIENDS offered 14 trips across
Colorado and the United States. Friends visited places like
Nashville, Memphis, Disney World, Las Vegas, Glenwood
Springs and Breckenridge to name a few. Travel included transportation, lodging, activities, food and trained, vetted
chaperones. For many participants, this is the first time taking a vacation without their families. They are experiencing exciting destinations with their peers, and doing activities they never thought possible, like skiing, camping, boating, and horseback riding.



PROVIDING OPPORTUNITIES



"Christmas came early for me this year! I finally got to put my feet in the ocean!"

An 80 year old FRIENDS Travel Program participant was excited to go on a vacation to Hawaii for the first time. It had been a life long dream of hers to go to the coast and put her feet in the ocean. With the help of her chaperones, she was able to enjoy the sunshine, feel the sand on her feet and dip her toes

in the water. She can now check that off her bucket list!



"FRIENDS has really great people on staff, great friends who also participate, and great activities. FRIENDS makes my life more interesting and fun. I have learned a lot from my helpers." - John, a participant in FRIENDS' Supported Employment, Residential, and Social Programs

John's family has reported that with the help of FRIENDS he "functions nicely in his own apartment with the support of caring, respectful, and fun staff who help him cook, shop, clean, take walks, play board games, and hang out.



Independent Living

We believe that every person, regardless of their abilities, has the right to be fully included in their community and to live the life they choose.

Through our residential models we served 32 individuals who received support while living with family caregivers, living with host home providers, or living on their own.

FRIENDS staff provided services such as mentorship, personal care, household maintenance, transportation and support making community connections.

We are proud to say we worked with community partners to obtain truly affordable apartments for three of our participants who's desire it was to move out on their own.

The IDD Housing Task Force, formed in 2021, will continue to explore and develop options for affordable, independent living in the community.



## Board of Directors



**Gina Coufal** 



**Elizabeth Anderson** 



**Lori Schult** 



John Bertagnoll



Melinda Brewe



**Kristine Cohrs** Director



**Heather Kijanka** Director



**Nina Taylor** 

Young Professionals Advisory Board



**Mark Teska** 



**Rabin Walters** 

////////



**Tom Hynek** 



**Garret Wassom** 







Ian Corella





Julia Sava **Kristie Gamboa** 

**Kristine Cohrs** 

**Nina Taylor Ilene Dubey** 

**Sandy Desantiago** 

## Volunteers



Volunteer of the Year Keely Burnside "Some say that there is no such thing as a selfless good deed. I don't know if that is

true or not, but helping out at FRIENDS for me is definitely a selfish act. I absolutely LOVE volunteering at FRIENDS and I absolutely get more out of it than I give. I get to hang out with the best, most fun people around, and for some reason. they seem to like hanging out with me too! I always leave with a full heart and an eagerness to

#### 2021 Superlative Awards

**Annie Green - The Mastermind** Organizer, problem solver, process builder, enforcer, the glue

#### **Isaac Martin - Outstanding Contribution**

Dependability, takes initiative, goes the extra mile, excellence on the job

Josiah Keenan - Extraordinary Act Did something out of the ordinary, went above and beyond for participants or staff.

#### Jamie Howard - Excellence in Leadership

Exemplifies professionalism, knowledge, ethics, respect and honesty

#### Patricia Stidoms - Heart of the Team

A team player, willingness to do whatever is needed, inspires others and improves morale

#### Rabin Walters - Heart of FRIENDS

Passionate about the participants, wants to see them succeed, promotes the mission of FRIENDS, wants to have an impact on others and change the world

















jhoward@friendsofbroomfield.org



jholt@friendsofbroomfield.org

#### Thanks To The Rest Of Our Amazing Staff!



On National Girlfriends Day, twelve of our own powerful, beautiful women got to strut their stuff for over one hundre guests at the Flatirons Mall. As the audience enjoyed an exquisite brunch, they were captivated by our fantastic models. We raised over \$15,500 with style and elegance.





GINFFIENDS Luncheon & Fashion Show

August 1st







During the entire month of November we teamed up with the community to run FRIENDSgiving. Fourteen separate campaigns were coordinated by some of our benevolent peers. In addition to that, we were extraordinarily grateful for the \$10,000 match contributed by the Spallone Family Fund which allowed us to raise over \$29,000.





Over one hundred golfers joined us to enjoy a day full of competition, fun, and friends. Players got to put their skills to the test and together, we raised over \$26,000 for FRIENDS Supportive Employment Program. We would like to especially thank A-1 Chipseal Co. and Centerpoint Insurance Group for sponsoring the participation of 8 Friends in the Tournament.





April 18th



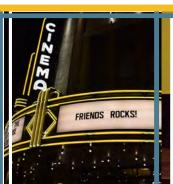
October 17th

November

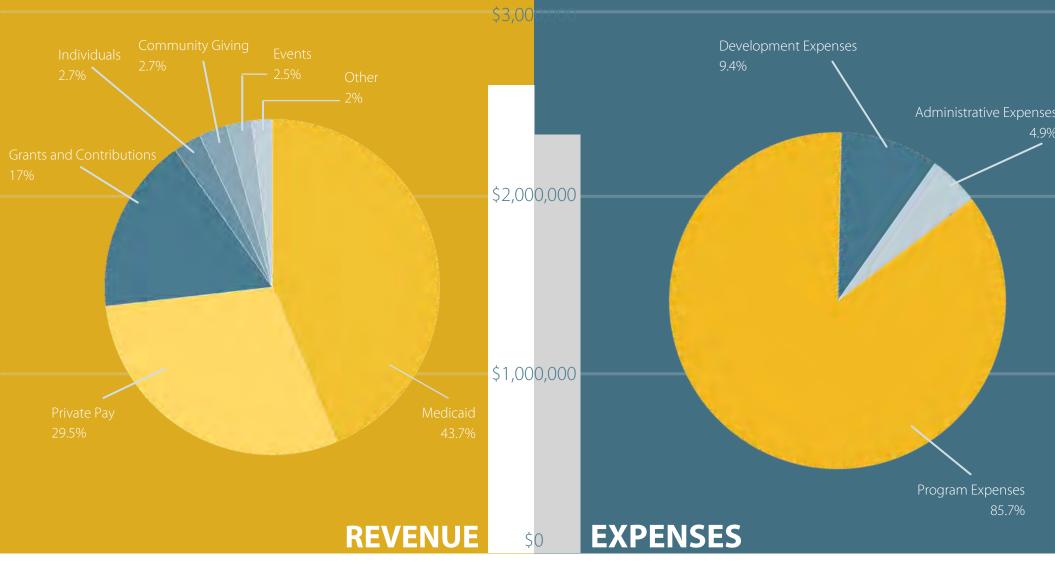
FRIENDS Pocks Variety Show











in 2021... TOTAL REVENUE was \$2,597,457

73 % of our total revenue was generated from our Day, Employment and Residential Program Revenue as a reimbursed 'fees for service' through Medicaid. Social and Travel Programs generate revenue through private pay fees for activities.

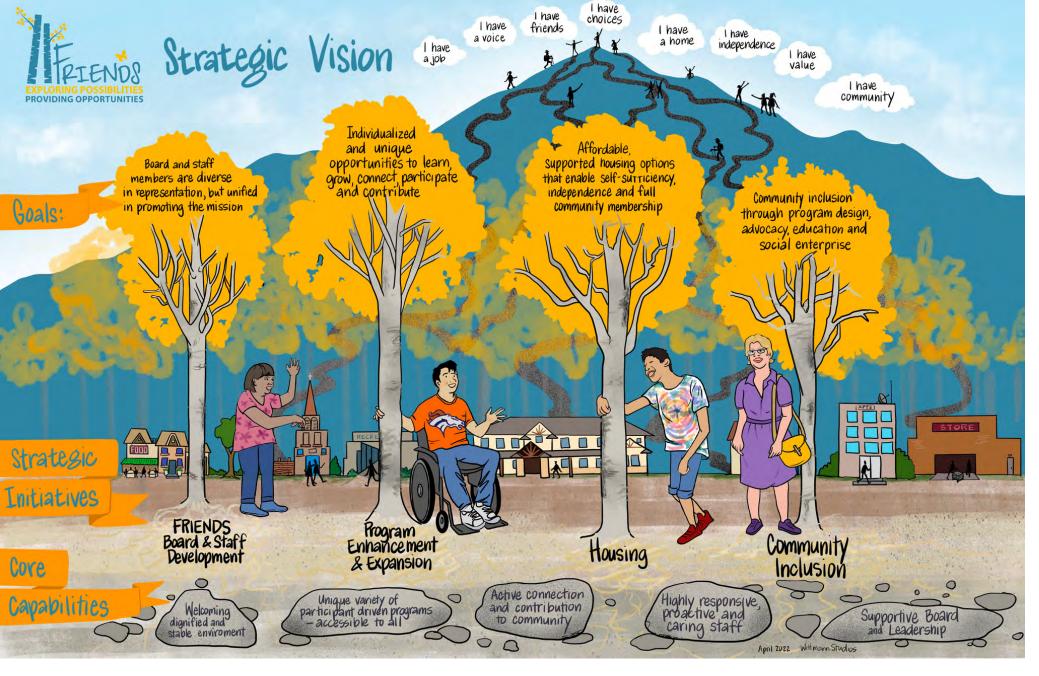
The remaining 27 % of this was produced by our fundraising efforts. Revenue was received through Major Gifts, Events, Grants and Individual Giving.

#### TOTAL EXPENSE was \$2,323,667

86 % of our total expenses went towards all Program expenses. These expenses included equipment, supplies, support, activity fees and transportation.

9 % funded all Fund Development expenses.
The remaining 5% supported our Administrative Expenses.

Assets and Liabilities Total \$4,187,222.



In August 2021, FRIENDS began an organizational planning process to identify its strategic initiatives for the next three to five years. FRIENDS Staff, Board, Participants, Families and Community Stakeholders engaged in discussions identifying our Core Capabilities, Focus Areas, Goals, and Ultimate Outcomes for our participants. Above is an illustration of our VISION, depicting our journey to realizing a community where all individuals are able to achieve their dreams and live their best lives.

#### Become a Monthly Donor

Show your support by enrolling in a monthly recurring donation!



visiting www.friendsofbroomfield.org/give



\$10,000/year

BFF - Best FRIEND Forever

\$5,000/year

Faithful FRIEND

Fabulous FRIEND

\$1,000/year or \$84/month

Best FRIEND

\$500/year

#### **Social Programs**

activities and environments FRIENDS enables adults with developmental disabilities to acquire skills such as: socialization, appropriate behavior, independence and choice. FRIENDS has a number of programs which achieve these goals:

Night Out Schedule Women's Night Out: 2nd Thursday of Every

Men's Night Out: 2nd Thursday of Every

FRIENDS Night Out: 4th Thursday of Every

Fun With FRIENDS Day Trips

# Volunteer Opportunities >

#### **Fundraiser Events**

For additional information about FRIENDS volunteer opportunities, please visit our volunteer webpage

www.friendsofbroomfield.org/volunteer

# SAVE THE DATES

FRIENDS 2022 EVENTS



Fashion Show & Luncheon

OCTOBER 15TH

FRIENDS VARIETY SHOW

JULY 31ST



DECEMBER 6TH

## Thank You Community Partners













































































## Best Friends Forever

Gina Coufal

Spallone Family Fund

Tim and Jean Hynek

Dianne Tattitch

Bill and Laura Koch

We Love Our Donors

## Faithful Friends

Michael and Suzan Myers

Karl (Chip) & Terri Roberts

Darren and Michelle Crystal Wanda Harrell

Jeanine and James Koontz Paula and Stephen Reynolds

### Fabulous Friends

Ken and Judith Amidon

Susanne and Randy Eck

Kori Gonzales Jennifer Kristin

Kyle & Kristine Cohrs

Nick & Danielle Coufal

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Terence & Tracy Coufal

Kevin Colbert

Renata Colitt

Michael Coufal

Raymond Coufal

Ian Corella

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Suzzeta Crane

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Desiree Daniels

Heather Daymon

Stacy Dedin

Joan Ditges

Lance Elliot

Jennifer Ellis

Paddy Ellis

Kareń Erickson

Linda & Thomas

Lori Federicksen

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Shari Fikany

Bev & Dan Ferguson

Aimee & Greg Fisher

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Mark & Anna Lipshaw

Molly & Grant Lynch

Roberta Kusk

Kate Lanning

Michael Leone

Janis Lievens

Martha Lyde

Elliot Lynch

Cody Macintyre

Sarah Maletsky

Lori Malone

Tyler Maltbie

Kristen Manning

Jeffrey Martinez

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James McTighe

Ryun Mendoza

Mary Mendoza

Kvle Michel

Cheryl Miller

Steven Myers

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Colleen & Bill McKay

Julie & Mike McNei

Josephine Mendoza

Sherene & Jim Miller

Lloyd & Alma Moir

Shelley Moses-Reed

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Mathew & Kim Maras

The Dab by Silverpeak

Julia Ruger

Lori Schult

Dayna Scott

Staci Seltzer

Karen Simon

Courtney Allen Lori Allington Svnda Amoral Sandra Anderson Curt Anderson Michael Apps Linley Aguino Edward Ariniello Dereck Arriola Jack Atteridg Carol Bailiff Brandon Banks Chloe Barkley Ben Barnett Caroline Beaudo James Beck Tomi Bedan Preston Benjamin Patricia & Raymond Beniamin Daniel Bernstein essica Biedermar Bryan & Tamara Bishop Patty Black Byron & Suzanne Bork Cynthia Boyce Cynthia Brasington Deborah Bredir Dean & Melinda Brewer Jack Brock Kim & Jason Brown Mary Joan Bueb Keely & Michael Burnside Fahrenbruch Linda Caldwell Patricia & Paul Carr Guyleen Castriotta Kristie & Don Cheyne Sunil Chhetri Thomas Clark

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Jill & Jeff Ruehrdanz

Michael Tinker David Tollman Marsha & Jay Rugger Mae Ruppert Holly Tompkins Shannon Sackmann Amabel Sanchez Cyndithia Sater Doris Sauerland Kurt & Julia Sava Maggie Sava Daniel Scheirman Jason Schlosky Adam Schlosser Nancy Schmidt Stacey Schmuck Susan & Morey Schneide Kathleen & Jim Siren Joanne Sisson Karen & Joe Smith Michelle Soldan Roslyn & Benjamin Squ Cheryl St Clair Shelley Stamm Patricia Stidoms Kirsten Sundahl Duncan Swensor Stephanie Swihart Bruce & Shirley Swihar **Eleanor Swihart** Kim & Joe Tate Sam & Sara Taylo Mark & Julia Teska Linda & Martin Thompson Paige Thompson Jeffrey & Nancy Thompson Mary Thompson

Kim & Yen Touysinhthiphonexay Andrew & Kaila Townson Kamala Treppeda Tiffany & Steve Trujilo Susahnn Valente Dave & Kathy VanBuskirk John VanderHamm Lorraine Voiles Patricia & Charles Wagner Keith & Ann Walters Nash Wardy DeAnna Wasson Garrett Wassom Kimberly Weber Doug Wertzbaughe Leslie & Michael Whil Jonathan Williams Dave & Sheri William Thomas Wilson es Rachel Wirt LeeAnn & Todd Wit Sonci Wobermir Kristine Wolfe Greg Wolff Mallory Wolff Breanna Woodhouse Sarah Yakich Caroline & Rich Yonker Beth Zinger



Fun,  $\not$  ecreation,  $\not$  Inclusive  $\not$  Experiences,  $\not$  etworking, and  $\not$  is is sovering the  $\not$  pirit.

