

Elevated Newsletter

Winter 2025

Happy Holidays and thank you all for another wonderful year! We have lots of fun and important information in this edition, including information about our annual holiday party and resources to keep you healthy and safe this winter.

This year, we welcomed many new staff, the newest of which are Ian Walsh and Kourtney Presti! Look for their bios on page 4-5.

Our Elevated Supports Care Coordinator of the Quarter for winter 2025 is...
ANGIE CLEMENTS! ✨

Upcoming Events

Agency Christmas Party- December 17th

Caregiver Therapy Group, info on pages 11-12

Reflect & Connect: December 9th

Donation Info

Elevated Communities' is now connected to Wal-Mart's Spark Good initiative, in addition to King Soopers Community Rewards. We are also participating in Colorado Gives Day if you'd like to donate that way. More information on pages 13-16.

Winter Wellness Resources

We have lots of wellness information and resources in this edition, including how to access resources for food insecurities, healthy living classes, and a caregiver therapy group offered by the Colorado Healing Collective. Please use this as a starting place and reach out to your DSP if you need support to access any of these resources. More information on pages 8-10.

Elevated Newsletter

Winter
2025

EVENT INFORMATION

- Join us for the Elevated Supports Agency Christmas Party on December 17th from 4-7 PM at the Moose Lodge in Longmont. We will have food, festivities, and a gift exchange! For information about how to participate in the gift exchange, please check out page 8. Reach out to your DSP, or Jhordan at scc@elevatedsupports.com or 303-709-7391 if you'd like to attend!
- Healthy Living Sessions are now taking place at the Elevated Supports office on Mondays and Fridays! The class is centered around learning how to make and maintain healthy lifestyle choices. Reach out to your DSP if you're interested in attending!
- We have lots of fun and exciting ways to get involved in your community this winter, please reach out to your DSP or Jhordan at scc@elevatedsupports.com or 303-709-7391 if you'd like more information or to attend an SCC event!
- DSP Reflect & Connect will take place on Tuesday, December 9th from 11 AM to 2 PM. This quarter's session is for Elevated staff & will focus on behavior management with an emphasis on client dignity and will include a presentation from Wild Sun Behavioral Services.
- Elevated Supports offices will be closed on Wednesday, December 24th and Thursday, December 25th for Christmas Eve and Christmas Day. Please use your emergency resources if you are unable to contact your Elevated Supports staff during this time.

Elevated Newsletter

Care Coordinator of the Quarter

Winter
2025



Angie Clements! ✨

Angie was voted Care Coordinator of the Quarter for her hard work, dedication, and genuine care for her team, the participants, and the store. This past quarter brought significant staffing challenges, and Angie

stepped up with creativity and determination. She ensured operations continued smoothly—keeping racks and shelves stocked, maintaining coaching support for participants, and preserving a welcoming, organized store environment

for customers. Through it all, she supported her team as best she could, so they didn't feel overwhelmed by the changes. Remarkably, Angie managed all of this while working through her own injury, demonstrating commitment and resilience that truly set her apart. Read more about

Angie on the next page!

Elevated Newsletter

Care Coordinator of the Quarter

Winter
2025

Angie Clements is the Store Manager and Job Skills Coordinator at Elevated Communities Gently Used Clothing Boutique, where she has been proudly serving since October 2021. She enjoys maintaining the daily operations of the boutique and working closely with staff and clients to create a warm, inviting space. Angie finds great joy in watching participants develop new skills that help them step confidently into the working world and move toward independence.

Outside of work, Angie loves spending time with her family; and keeping up with her 11 grandchildren certainly keeps her young. She and her husband share a passion for music and have enjoyed DJ'ing and running karaoke shows since 1998. Though now retired from DJ'ing, they still host karaoke events from time to time. Angie is excited to watch the boutique—Nicole's dreamchild—continue to grow, gain loyal customers, and make a difference in the community, while she maintains a healthy work-life balance and cherishes family time.



Elevated Newsletter

Winter
2025

NEW STAFF

Ian Walsh

Ian was recently hired as a DSP with Elevated Supports! We are very excited to have him as part of the team. Here is a little bit about Ian...

"Hi, I'm Ian, one of the newest members of the team. I come from an employment services background, where I've helped individuals work toward their career goals. I enjoy getting to know the people I support and approach my work with patience and enthusiasm.

Outside of work, I'm a proud cat owner and spend a lot of time with my furry companions. I'm also a gamer, and when I get the chance, I like to treat myself to a good steak from The Black Steer.

I'm looking forward to working with everyone!"



Elevated Newsletter

Winter
2025

NEW STAFF

Kourtney Presti

Kourtney was recently hired as an HCA & SLS DSP with Elevated Supports! We are very excited to have her as part of the team. Here is a little bit about Kourtney...

"My name is Kourtney and I'm a new DSP for Elevated Supports. I'm originally from New York, but 4 years ago, I started my new journey here in Colorado. I was working with pre-school and grade-school children as a teacher. I felt it was time for a change after 20 years and now I'm very happy in my new role with Elevated Supports. In my spare time, I love to read, listen to music, and do crafts. I enjoy going on walks/hikes with my dog named Kiva. Thank you for the opportunity to work with all of you. I look forward to learning and growing alongside this wonderful company!"



Elevated Newsletter

Winter
2025

EVENT PLANNING COMMITTEE

If you enjoy attending Elevated Supports' events, holiday parties, or outings, you may enjoy helping to plan them! Our event planning committee chooses and plans events for Elevated Supports' participants throughout the year and is made up of participants and is facilitated by two residential coordinators, Krystin and Lorra. If you think you'd enjoy being part of the committee and helping to choose and plan events, please check out the flyer on the next page, or reach out for support if you're interested! Applications are due on December 15th, and new members will be announced after the new year. You can reach out to your DSP and tell them you'd like to apply for the event planning committee or reach out to Krystin or Lorra directly. More information, including contact information, is on the next page!



DO YOU LIKE TO PARTY?

Join our Event Planning Committee for the opportunity to plan some of the most talked about parties and events of the year!

Applications are available upon request. We will be selecting 6 new members once a year to participate in this committee. Please reach out to your support staff for more information!

For questions or concerns, reach out to
Krystin at (720) 363-2834 or
Lorra at (720) 701-9051

Elevated Newsletter

Winter
2025

HOLIDAY PARTY GIFT EXCHANGE

Elevated Supports' Agency Christmas Party will be taking place on December 17th, and those attending will have the opportunity to participate in a gift exchange! This means if you bring a small gift, you'll be entered into the gift exchange, and you'll receive a small gift as well! We would like to make this easy for everyone to participate in, so we're limiting the amount you can spend on a gift to \$5. You can also bring something you made, something neat you have at home, or maybe something you were gifted but

don't want!

Here are some ideas for the gift exchange:

- Candle, trinket, beauty item, cozy socks, coffee mug, ornament, lottery ticket, picture frame, action figure, or another small item from a store like Wal-Mart or Target
- Baked goods, candies, hot chocolate mix, etc. made at home with ingredients you already have or a small amount of purchased ingredients
- Neat, unique items from a thrift store that you can personalize with a gift bag or wrapping paper
- \$5 gift card for a cup of coffee, baked good, etc. to a popular restaurant/coffee shop
- Something handmade like a painted picture frame, knitted item, drawing/painting, or any other crafty thing you'd like to make

Reach out to your DSP for more ideas, or if you'd like support in making, finding, or purchasing a gift to participate in the gift exchange!

Winter
2025

Elevated Newsletter

WINTER WELLNESS RESOURCES

Winter can be a difficult time for many people. If you find yourself struggling during this time, please reach out to your DSP or someone on your team.

Our DSPs can support with accessing resources to help ensure you have food, heat, winter clothing, and a plan for inclement weather. We can also support with access to mental health services and/or community activities if you experience depression or isolation during the winter. Or, if you like staying home and being cozy, we can help come up with fun, at-home winter activities to help get you through the colder months! Please don't hesitate to reach out to your DSP or a member of your team if you experience any difficulties this winter. You are important!



Elevated Newsletter

Winter
2025

WINTER WELLNESS RESOURCES

FOOD INSECURITIES

If you are experiencing food insecurities, please reach out to your DSP for support. Elevated Supports can support you to access these and other resources to address food shortages and insecurities.

Here are some outside resources we have found that are easily accessible:

- The Round Pantry at Westview Presbyterian Church at 640 Alpine Street in Longmont.

The Round Pantry is open on the 2nd and 4th Tuesday of each month, except for December, when it is only open the 2nd Tuesday of the month. No ID is required to access food at the Round Pantry.

Website: <https://coslongmont.org/the-round-pantry/>

- Produce in the Park/ing Lot via the Longmont Food Rescue. The food distribution takes place every Sunday in either the YMCA parking lot (2nd & 4th Sundays) or at Collyer Park (1st, 3rd, & 5th Sundays). If you're interested in accessing this resource, feel free to contact your DSP for support. For more information, visit their website:

<https://www.longmontfoodrescue.org/produce-in-the-park/>

- Friendly Nick's Butcher Shoppe in Fort Collins. The owner was previously donating free meat and eggs to SNAP recipients when they bring their SNAP card into the shop. This was paused for Thanksgiving but is expected to resume after the holiday. If you'd like support to access this resource, please contact your DSP for help.

Elevated Newsletter

Winter
2025

WINTER WELLNESS RESOURCES

Colorado Healing Collective is offering a Caregiver Therapy Support Group, focused on stress management, overwhelm & burnout, and tools for emotional regulation and self-care. The class will take place on Thursdays from 1:45-3 PM at 229 Terry St. in Longmont. Medicaid is accepted, as well as most major insurances. If you or someone you know is interested in participating, please contact Colorado Healing Collective for more information or to sign up. More information on the flyer on the next page!





Colorado Healing Collective

Caregiver Therapy Group

Coping Skills, Self-Care, and Support for Family Caregivers

Who is this for?

Caregivers of children, adults, or older family members with disabilities, chronic illnesses, or other special needs.

What You'll Learn:

- Strategies for stress, overwhelm, and burnout
- Tools for emotional regulation and self-care

Share your experiences and challenges in a supportive, nonjudgmental environment

**Medicaid &
Most Insurances
Accepted!**
\$40 per session

**Thursdays
1:45pm-3pm
dates TBD**

For more information, call or email:
(303) 578-0527
info@coloradohealingcollective.com

229 Terry St, Longmont, CO
www.coloradohealingcollective.com

Elevated Newsletter

Winter
2025



ELEVATED COMMUNITIES DONATION OPPORTUNITY

You can now round up your Wal-Mart purchases to donate to Elevated Communities!

- Sign into your Wal-Mart shopping account on the Wal-Mart app or at www.walmart.com.
- Search “Spark Good” in the search bar as though searching for an item to purchase and hit enter.
- You can also use the following link to access Spark Good:
<https://www.walmart.com/sparkgood?q=spark+good>
- Under “Find a Local Charity,” type “Elevated Communities” and hit “search.”
- Click on “Elevated Communities” in the search results on the left.
- A sidebar will pop up on the right, and you can choose to round up your purchases to donate to Elevated Communities, donate items to the Elevated Communities’ Cat Café, or both!

Elevated Newsletter

Winter
2025



ELEVATED COMMUNITIES DONATION OPPORTUNITY

You can now donate a portion of your King Soopers or City Market purchase to Elevated Communities! To sign up, simply complete the following steps:

- Log into (or create) your online account at kingsoopers.com or citymarket.com.
- Once logged in, choose “My Account” under your name in the top right corner.
- Scroll to the bottom of the page and choose “Community Rewards.”
- Here, you can search for Elevated Communities by name or use the code AE879, and then click “Enroll.”
- Once you’re done, be sure to enter your loyalty card info when you shop to link your donation!

Elevated Newsletter

Winter
2025

COLORADO GIVES DONATION OPPORTUNITY

We're excited to continue our fundraising efforts through Colorado Gives! Elevated Communities is participating in this year's Colorado Gives Day campaign, which helps connect people with nonprofits making an impact in their communities. Although the official Colorado Gives Day is December 9th, early giving is already open.

Every donation helps increase our visibility and brings more attention to the work we're doing—so the more support we receive, the more exposure Elevated Communities gets.

Please help us spread the word!

More information on the flyer on the next page.

Link to support: <https://www.coloradogives.org/organization/Elevated-Communities>

Elevated Newsletter

Winter
2025

**Elevate the amount of
good we can do together**



It's **easily the best day to give.**

The need is great, and the moment is urgent this Colorado Gives Day. Join us in strengthening our community by supporting our work to connect more individuals with IDD with the services they need.

Donate today at:

<https://www.coloradogives.org/organization/Elevated-Communities>

Elevated Newsletter

Winter
2025

SUPPORTED EMPLOYMENT ANNIVERSARIES

Please join us in congratulating the following individuals on their recent work anniversaries! ✨

- Bobby K. celebrated one year at the Winner's Circle in October!
- Casey M. celebrated one year at Elevated Communities' Gently Used Clothing Boutique in October!
- Shawna R. celebrated six years at St. Vrain Valley School District in November!
- Jacob D. celebrated two years at Raising Cane's in October!
- Tammy S. celebrated one year at the YMCA in October!

Congratulations, everyone!



Elevated Newsletter

Winter
2025

GOODBYE 2025

Thank you for a wonderful year, we can't wait to see what 2026 has in store!



Elevated Newsletter

Winter
2025

Questions & Concerns

If you have questions or concerns regarding events, supports, benefits counseling, or other general questions, please reach out to your team!

Residential: Erika Durant, erika@elevatedsupports.com

SCC: Jhordan Renner, scc@elevatedsupports.com

Training: Daniel Reizenstein, daniel@elevatedsupports.com

Supported Employment: Maria Parker, maria@elevatedsupports.com

Elevated Communities: Nicole Newsom, nicole@elevatedsupports.com

SLS: Abby Wilde, abby@elevatedsupports.com

Benefits Navigation: Wendy Klusack, wendy@elevatedsupports.com

Benefits Counseling: Keith Pozniak, keith@elevatedsupports.com

Home Care Agency: Kathy Swanlund, kathy@elevatedsupports.com

