



TOWN OF CARBONDALE
511 COLORADO AVENUE
CARBONDALE, CO 81623

**Town of Carbondale Parks & Recreation Department Corona Virus
Information and Community Resources**

Date: March 19, 2020

TITLE: COVID-19 Carbondale Recreation & Community Center Status and Town of Carbondale Parks & Recreation Community Resources. Call - **970-510-1292**

SUBMITTING: Parks & Recreation Department

A message from the mayor...

Each day seems to bring new discovery and new changes in lifestyles. The uncertainty is unnerving, but one thing remains constant - the Carbondale community is as strong as ever. Social distancing may prevent us from gathering, but it won't prevent us from supporting each other. And there are many in our community who need the support.

First, please don't panic, be prudent about your actions and prepared for the situation. Please, take the social distancing order very seriously. Local, regional and federal agencies all agree that aggressive, pro-active actions right now, as painful as they are, will minimize the impact in the long run. But this strategy requires everyone's cooperation, regardless of your age, health condition or any other circumstances.

The Town of Carbondale and many other community organizations continue to assemble resources for the community to help support those who need it. During this time of uncertainty, the major focus for the Town is ensuring that critical public services are continued. Systems are in place and are regularly being updated to make sure that public safety, drinking water treatment, sewage treatment and public infrastructure continue to be operated and maintained at high levels. The Town is also working diligently to follow all Garfield County Public Health orders. Our webpage, carbondailegov.org is updated regularly to reflect current Town operations and Public Health orders. These are changing frequently, so please check our webpage regularly.

At risk populations such as seniors and those with special needs are likely hunkering down and could use food & supplies delivery and someone to check-in on them. Parents who aren't home with their kids could use help with childcare. Restaurants and other businesses could use our creativity to continue to support them while we keep our distance. And of course those who are sick need healthcare.

It has been heartwarming to hear so many offers of support recently and please know that community leaders are working diligently to coordinate efforts of support. I encourage you to reference KDNK.org and soprissun.com to connect to Carbondale community-specific resources. Various groups are attempting to consolidate and disseminate information and resources but that will continue to evolve, so please keep checking the websites listed above for up-to-date information.

Below you'll find a summary of updates and support offerings from the Town of Carbondale Parks and Recreation Department. Please pass this information along as you see fit. But in the meantime, please respect the orders of social distancing so that we can return to the lively and connected community we are, as quickly as possible.

Thank you for your efforts,
Dan Richardson
Carbondale Mayor

Background:

This is an emerging, rapidly evolving situation and CDC will provide updated information as it becomes available, in addition to updated guidance. Backed by the Colorado Department of Public Health and Environment and the CDC information and guidelines the CRCC and the Parks and Recreation Department is moving to an implementation phase to limit exposure to the virus.

Recommendation:

- Since the Carbondale Recreation and Community Center is not capable of meeting the social distancing recommendations, the facility is closed to the Public, with a reassessment taking place on May 1st, 2020.
- Existing memberships will be honored for any days missed upon re-opening. Refunds for memberships will be evaluated on a case-by-case basis.
- All Carbondale Rec programs and events are cancelled or postponed through April. Parks and park amenities are still open but will be subject to state health department guidelines for social distancing and group size limits.
- The following Group Fitness Classes that are included in membership will continue to have lesson plans and prepared programs available to our patrons. These will be available for home workouts via e-mail. *Circuits and Conditioning, Yin Yoga, Body Pump, Interval Training, Hard-core, Summit Conditioning, Core Cardio, Alpine Training, Hatha Yoga, Foam Rolling, Chair Yoga, Tai Chi, Cycling, SilverSneakers.* Workout will be something you can do on your own at home. Please contact Margaret: mdonnelly@carbondaleco.net to sign up for the workouts.
- We are currently working on a plan to help with any home bound seniors or Carbondale citizens. The following page is a resource page. If you or anyone you know qualifies for this, or if you know anyone in need of a helping hand or support, please reach out to Jessi Rochel, jrochel@carbondaleco.net.
- We will offer the following services to residents of Carbondale by calling this number **970-510-1292** **and leaving a voice mail.** These calls will be forwarded to the recreation center staff e-mails so leave a detailed message.
 - Links and contact information for other community health organizations and volunteer opportunities.
 - Facilitate delivery of / or assistance in obtaining necessary medications.
 - Meal delivery to isolated and quarantined citizens from take-out or other senior meal services that are offering pick up locations.
 - Dog walking.
 - Strategies to combat Social Isolation and Loneliness and local resources for help in this area.
 - Creation of a database for those that have reached out to us for assistance and wellness calls to check on these community members.

Community Resources

Federal Level:

Medicare: Link [telehealth services](#) 1-800-MEDICARE (1-800-633-4227)

State Level:

CO-HELP, the Colorado Health Emergency Line for the Public, is a toll-free hotline set up to provide information about COVID-19. Call 1-877-462-2911 with questions.

County Level: Aspen to Parachute COVID-19 Community Hotline (970) 429-6186 (English or Espanol). If you are ill or have concerns about exposure to COVID-19 symptoms-Hotline Hours are 8 am to 8 pm, seven days a week.

For businesses, faith-based organizations, schools and other organizations seeking information on how to clean, manage events, or other issues related to the outbreak, the county has set up a hotline at **970-945-1377, extension 8120**, or email publichealthinfo@garfield-county.com. This hotline is also available to Spanish speakers.

To sign up to receive COVID-19 alerts from the State and our region Go to www.garfieldcounty.net - Updates will be posted to the Garfield County website: www.garfield-county.com
Garfield County Public Health: www.garfield-county.com/public-health/novel-coronavirus/Register for Garfield County Emergency Notification System: www.garco911.com

For people seeking opportunities to help others in their community, Garfield County has set up a clearinghouse to connect volunteers to those in need at **970-945-1377, extension 2020**. Spanish speakers may also call this hotline.

Food Insecurity: Garfield County Senior Services Food Line (970) 665-0041

Valley Meals and More / Care Calls. (970) 274-2632 Mary Kenyon

Lift -UP: <https://www.liftup.org/7-food-pantries>

When: Mondays and Thursdays • 2pm

Where: Third Street Center Parking Lot, 520 South 3rd Street #35,

Carbondale, CO 81623 Contact: 970-963-1778 carbondale@liftup.org

Social Isolation and Quarantined Information:

Carbondale Police Department 970-963-2662, Emergency 911
Wellness Checks / Welfare Visits

Hope Center (970) 925-5858

Mind Springs Health & West Springs Hospital

24/7/365 Confidential & Immediate Support from trained professionals

Call [844.493.TALK \(8255\)](tel:844.493.TALK), [Text TALK to 38255](text:TALK to 38255)

or visit ColoradoCrisisServices.org to chat

Home Care & Hospice of the Valley Hotline 970-930-6008