

City promotes health in community

Like most municipalities, the City of Loveland government doesn't operate a health department. However, even without a separate department, the City participates both directly and indirectly in the health care of Loveland citizens.

Some City departments are involved in providing services that directly impact residents' health. Other City offices are involved indirectly through interaction with or financial support of private-sector health-care firms and not-for-profit agencies.



Obvious and not

Some of the City's direct health care efforts are fairly obvious; others are less obvious. Perhaps most obvious are the Emergency Medical Technician life-saving skills of City firefighters. Maintaining healthy, quality water to home, business and industrial water taps throughout Loveland is also quite apparent.

In addition to water treatment, the City's Water and Power Department identifies and provides redundant power sources to hospitals, clinics, assisted living facilities, nursing homes and similar locations where electricity is most critical. They are top-priority customers.

Health care education and fitness opportunities are provided by the Parks and Recreation Department, most directly through the Chilson Recreation Center and Senior Center. In addition to

workout classes and equipment, a variety of health care classes is offered, as are wellness and flu vaccine clinics.

On the job

Internally, the City Human Resources Department offers wellness clinics and lunchtime health classes to the City's 650+ employees. Keeping employees healthy and on the job keeps City services operating smoothly.

The City's long-standing mosquito control efforts help prevent disease, and the City's Building Division enforces

regulations that help prevent mold and other unhealthy conditions from developing in structures throughout Loveland.

The City encourages the presence of quality hospitals here in Loveland. Recent examples are financial incentives and fee reductions for the construction of the new Medical Center of the Rockies and expansion of McKee Medical Center.

Multiple benefits

The result? "State-of-the-art medical facilities, enabling health services never before available in northern Colorado," explained Loveland City Manager Don Williams.

"New and enlarged hospital facilities create hundreds of quality jobs and expand Loveland's health care sector. The outcome is more local medical staff, more local medical facilities and more local medical choices," Williams said.

More Loveland health care services: Page 2

Taft widening Phase II in progress

Although construction won't begin for at least three years, work is actively under way for Phase II of the Taft Avenue Widening Project. The preliminary design has been completed and the final design work has begun.

Phase II of the project picks up where Phase I left off; at Gard Place north of 8th Street, then continues for about a half-mile to three blocks north of Eisenhower Blvd. Eisenhower Blvd. will also receive

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Phase II Taft Ave. Widening

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Celebrate Cinco De Mayo Sat-Sun, May 6-7

Commemorating a Mexican victory against the French in the city of Pueblo in 1862 and celebrating the rich diversity of Loveland's cultures.

8 pm Saturday

Grand Dance with
Las Florecitas and Grupo Vida
at White Buffalo
5400 N. Garfield Ave.

\$10

Noon-5 pm Sunday

(Rain or Shine)

Family celebration with music,
dancers, artisans, food, car and
bike show at Foote Lagoon
500 E. 3rd St.

Free

Details: 613-5775

Yard Waste Pickup Service has begun

Don't trash your clippings.

Sign up for Yard Waste Pickup Service and place your clippings in a cart for weekly pickup. Grass clippings, leaves, garden trimmings and smaller branches are acceptable for pickup

\$6/month thru November.

Call 962-2529

Quality lifestyle includes quality health care facilities and services

Loveland's quality of life includes—if needed—quality hospital care.

McKee Medical Center in the center of town has been serving the community for 30 years. On the east side of town, the regional Medical Center of the Rockies is expected to open next year. Nearby care is also available at long-established hospitals in Fort Collins and Greeley.

McKee is an acute-care, 132-bed hospital that takes pride in providing excellent patient care, the latest in technological advances, private rooms and caring attention to patient and family needs. Areas of specialization include cancer care, women's services and surgery services.

McKee is continuing to grow. Last year the hospital opened a new three-story wing, part of its Legacy Project expansion. The new wing features a family birthing center, a state-of-the-art intensive care unit and new surgical center. The second phase of the Legacy Project, scheduled to open in 2007, will include a new emergency department, pharmacy and laboratory. Medical Imaging and the McKee Cancer Center will undergo expansion.

The hospital offers a full range of inpatient and outpatient services including medical, oncology, obstetric,



Medical Center of the Rockies

orthopedic, surgical, critical care and rehabilitation. More than 200 board-certified physicians in a full complement of medical specialties provide comprehensive clinical care.

New hospital rising

Tall construction cranes and rising concrete walls grab the eye of I-25 motorists as the new Medical Center of the Rockies (MCR) moves closer toward opening day next year. The 5-story, \$200 million hospital adds a regional focus to health care in Loveland.

As a regional hospital, MCR will offer specialized services in cardiology and trauma care, drawing patients not only from northern Colorado, but southern Wyoming and southwestern Nebraska as well.

MCR cardiology services will provide heart surgery, angioplasty and other

interventional and non-invasive cardiology services in a facility dedicated specifically to cardiac care. Emergency treatment for heart attacks and chest pain concerns will also be provided.

The MCR trauma center, planned for a Level II rating, will provide care for seriously injured or ill individuals. (Level I trauma centers are generally found only in major metropolitan areas.) In addition to more customary trauma services, MCR's trauma center will treat patients needing brain or spine surgery.

Health centers downtown

Another Loveland health asset is the Loveland Community Health Center, a joint effort of McKee Medical Center and the Sunrise Community Health Center, Inc. The downtown Loveland center focuses on providing quality family medical and dental care for community members who are uninsured or underinsured. The clinic has had more than 100,000 medical and dental visits since opening in 1997.

The Larimer County health department operates a walk-in clinic staffed by nurses, also in downtown Loveland. Health care services are offered in the areas of maternal and child health, reproductive health, adult health, and nutrition. Services emphasize prevention, education, health risk reduction, and early detection of diseases or potentially handicapping conditions.



McKee Medical Center

Children's Day

Loveland celebrated its biggest and best-ever Children's Day March 1 with more than 1,100 folks of all ages visiting the downtown events.

New this year were a 4-H exhibit, Humane Society exhibit, inflatable slide and 10-foot tall fireman. The event, originated and attended by Loveland's 92-year-old Annie Hall, became an official Colorado holiday in 2001.



Strength training for younger teens

A new program at the Chilson Rec Center enables younger teens to learn to use the gym's strength training equipment. Lift Strong Weight Training for Teens places teens age 12-15 and an adult under the supervision of a Chilson Personal Trainer to learn proper use of the equipment. After completing the class, 12-13 year olds and an adult can train together without the presence of a trainer. The presence of an adult is not required for persons age 14 and older. Details at 962-2383.



City assists health care agencies

The City interacts with numerous not-for-profit local agencies including several that directly assist residents with health-related needs. Through the City's Human Services office, these agencies will receive City staff participation and more than \$100,000 in grants this year:

House of Neighborly Services provides financial assistance with prescriptions and medical needs.

Companion Connections is a home care service agency that provides companions to seniors for assistance in personal care, meal planning and preparation, medication reminders, light housekeeping, transportation, as well as companionship during what can be a socially isolating time of life.

Disabled Resource Services provides advocacy, awareness and access for persons with disabilities via case management, education and equipment loans.

Healthier Communities Coalition is a coalition of nonprofit, business, government and citizen leaders focused on improving the health and well-being of Larimer County residents. The coalition serves as a researcher, convener and facilitator, capacity builder, resource developer and advocate on any given wellness-related issue.

Larimer Center for Mental Health provides financial assistance with prescriptions and medical needs.

Rehabilitative and Visiting Nurses Association professionals provide individualized care to seniors and their families in their homes as well as in various alternative housing settings such as assisted living and independent living facilities.

SAINT (*Senior Alternatives IN Transportation*) volunteers provide transportation within Fort Collins and Loveland to seniors and people with

disabilities, often to health-related appointments.

Island Grove Treatment Center provides substance abuse counseling, intervention and prevention.

Women's Resource Center is dedicated to increasing access to health care for medically underserved women through outreach, education, connection to care and advocacy.

Keen on green: Hospitals care for earth as well as patients

Paying attention to the environment is a significant concern in design and construction of Loveland hospitals.

When the Medical Center of the Rockies opens in 2007 it may become the second hospital in the country to achieve recognition for energy-efficient and environmentally sensitive design.

Poudre Valley Health System officials hope the new 570,000-square-foot structure will qualify for the Leadership in Energy and Environmental Design (LEED) certification offered by the U.S. Green Building Council.

In working toward the LEED certification, the new hospital is using environmentally friendly building and design components and construction materials including:

- Recycling 75 percent of construction debris,
- On-site wetlands that provide natural filtration of storm water,
- Emphasis on natural lighting,
- Use of native plants in landscaping,
- Carpeting made from recycled materials,
- Energy-efficient heating, ventilation and air-conditioning systems.



Earth-friendly McKee

Meanwhile, McKee Medical Center reports that as design of Phase II of its Legacy expansion project proceeds, architects are also considering earth-friendly materials for use in the project. Materials must be chemically safe and durable yet still enable the rigorous use and cleaning typical of hospital facilities.

For example, the hospital is considering linoleum flooring rather than vinyl flooring. Vinyl is more environmentally toxic to produce while linoleum requires less maintenance over its lifetime.

"There are close connections between environmental health and human health that architects and health care providers must consider," said Kristi Ennis, sustainable design director with Boulder Associates Inc., the architectural firm for the Legacy project.

Safe alternative to dangerous lamps

Beautiful but dangerous, halogen torchiere lamps are a popular home-lighting option that pose a serious fire hazard and are energy-greedy as well.

Fortunately, compact fluorescent torchiere lamps offer a safe, reasonable alternative.

Halogen torchieres became popular in the mid-1980s as an inexpensive way to provide high-quality, bright light without glare. Over 40 million of the lamps have been purchased, hundreds of thousands by college students living in campus dormitories, according to the EnergyIdeas Clearinghouse. The tall, slender profile and indirect lighting these lamps feature may be inexpensive to purchase but the potential costs and risks are much higher. Since 1992, according to the Consumer

Product Safety Commission, at least 270 fires, 114 injuries and 19 deaths can be attributed to halogen torchieres.

The bulb in a halogen torchiere burns at between 700 and 1,100 degrees Fahrenheit, hot enough to fry an egg. Should the lamp tip, bedclothes, window treatments and other home fabrics or paper products can ignite. This high heat also indicates high energy use.

Compact fluorescent lights offer a cool-burning, energy-saving alternative.

The compact fluorescent bulb lasts up to five times longer while consuming two-thirds less energy.



CML highlights two Loveland programs

Two ongoing Loveland programs were highlighted in the recent Colorado Municipal League "Transportation Snapshots: Innovations at a Glance" publication. The publication included articles about the City's Relocation Program and its Transportation Maintenance Fee Program.

Relocation Program

The Relocation Program was established by City Council in conjunction with the property acquisitions required for the Taft Avenue widening project. To widen the roadway, it was necessary for the City to purchase several adjacent occupied residential and business properties, thus displacing the occupants.

To make the occupants' transition less emotionally and financially stressful, the Relocation Program provided funds to the occupants over and above the purchase price of the property. The program pays for actual moving expenses whether locally or to another state, pays rental tenants up to \$2,500 for possible rent increases at a new residence, pays residential owners up to \$20,000 if the cost of a replacement home exceeds the City's purchase payment, and up to \$10,000 to assist in re-establishing a business at a new location.

Thanks to excellent communications, good faith negotiations and the Relocation Program, the City was able to acquire the properties without the need for the legal condemnation process. The Relocation Process enabled a smoother and easier process for both the City and people directly affected by the property acquisition.

The Relocation Program will continue to be beneficial for future projects that may displace persons from their homes or businesses.

Street Maintenance Fee

Loveland's streets are in good condition throughout the city thanks largely to the Street Maintenance Fee in effect since 2001. The fee supplements the City's normal general fund expenditures, enabling resurfacing of every street on a seven-year rotating schedule. The resurfacing prevents major problems with the roadways that would cost far more to repair.

The fee for homeowners is \$1.25 per month, included in the utility bill. Fees for commercial, industrial or other properties are higher, based on related traffic factors.

In 2005, the fee generated about \$1.1 million, which along with the general fund revenues, was spent on resurfacing a total of 25 miles of Loveland's streets.

Loveland-Fort Collins metro area rated 46th 'best-performing city'

The Loveland-Fort Collins metro area is the 46th best-performing city in the U.S. based on wage and job growth and high-tech employment potential, according to the Milken Institute, a California-based think tank known for its economic analysis.

A total of 379 American cities were rated on economic performance and an ability to create and maintain jobs. Cities named as best-performing showed strong and growing service sectors, robust tourism, growing populations and an increase in the number of retirees.

Florida cities dominated the national rankings, claiming five of the six top positions. Arizona and California metro areas also peppered the rankings' upper tier. In Colorado, Boulder at 99 and Colorado Springs at 87 still made the list's top 100, but both had slipped slightly from their 2004 positions.

The complete report is available at MilkenInstitute.org

Public Works honored in Colorado

A national organization has named individuals and projects of Loveland's Public Works Department award winners for 2005. Among medium-sized communities, the American Public Works (APWA) association - Colorado Chapter:

- has named Traffic Operations Superintendent Gary Dahlgren as outstanding Street Administration Individual. Dahlgren overhauled a record-keeping system that now allows staff to more effectively respond to and track customer

requests, emergency issues, manage utility locates and right-of-way work permits.

- honored the City's Westerdoll Dam Rehabilitation project. The dam near Boise Avenue was overhauled to eliminate existing concerns and cope with new development in the area, while saving the City's Stormwater Utility \$500,000.
- honored the Washington Avenue Outfall Project for alleviating downtown flooding and enhancing water quality in the Big Thompson

Watershed. This project was the largest known stormwater retrofit project of its kind in Colorado.

- recognized Public Works staffer Marcy Abreo for outstanding volunteer service to the Colorado chapter of APWA. Abreo served as web master in overhauling the chapter's web site to make it faster and more functional.

In addition to the awards, Loveland's Public Works Director Keith Reester was re-elected to the Colorado chapter's board of directors.

Taft widening Phase II in progress (continued from page 1)

improvements for about a block east and west of its intersection with Taft Ave.

When completed, the Phase II section of Taft will look similar to the Phase I portion; five lanes wide with some raised medians, bike lanes on both sides and new sidewalks. The project will also add dual left-turn lanes from both northbound and southbound Taft onto Eisenhower.

The two side-by-side left-turn lanes onto Eisenhower will increase traffic

capacity though the intersection and should help reduce or eliminate any backup of cars waiting to turn left. The number of vehicles that can turn during the green left-turn arrow signal will nearly double.

Other enhancements will include new traffic signals and poles at the Taft/Eisenhower intersection, plus widening of the bridge over the Big Barnes Ditch.

About half of the estimated \$9 million cost will go toward acquiring property along the right-of-way adjacent to the roadway to be widened. Some of that cost is expected to be recouped by resale of portions of the acquired property after the project's completion.

Public meetings, mailings, news articles, web site pages and more will all be used to keep the public informed during the process. Completion is expected by 2010.

City Update is a monthly publication of the City of Loveland. Residents receive *City Update* on various dates throughout the month depending on their utility billing cycle. Timeliness of the information may be affected by recipients' bill distribution schedule. Your comments are encouraged and welcomed at 962-2302, hillea@ci.loveland.co.us. Visit the City's website at www.cityofloveland.org.