

Ewa Garza

Brain Health Generalist

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STRENGTHS

- 👥 **Collaborative facilitation**
Advisory members often left meetings with clearer roles and next steps, after open discussion of competing needs.
- ♥️ **Contract stewardship**
A recurring review habit caught missing deliverables early, giving partners room to correct course without strained relationships.
- 💬 **Community listening**
Caregiver feedback changed outreach plans in practical ways, making education and referrals feel more useful locally.
- 📅 **Independent planning**
When several deadlines converged, clear work maps and early barrier checks kept priorities moving without constant direction.
- 🔧 **Conflict management**
Structured issue reviews helped partners voice concerns, reach documented decisions, and preserve trust during difficult choices.

SKILLS

ADRD programs Brain health

Healthy aging Caregiver support

Respite services

Program management

Project management

Contract management

Grant management

Stakeholder engagement

Coalition facilitation

Technical assistance

Clinician education

SUMMARY

Public health program professional with eight years of experience advancing **Alzheimer's disease** and related dementias initiatives, **chronic disease prevention**, healthy aging, caregiver support, respite access, and community health programs. Manages concurrent projects, contracts, grants, **statements of work**, implementation schedules, partner deliverables, and technical assistance across health systems, community organizations, aging services, and public agencies. Facilitates advisory groups and coalitions, translating caregiver, clinician, grantee, and community feedback into practical implementation steps. Uses data informed planning, **evidence based practices**, conflict management, and clear documentation to anticipate barriers and keep work moving. Experience includes clinician education, referral coordination, capacity building, stakeholder engagement, and statewide partnership development. Brings steady judgment and empathy to programs that help older adults, caregivers, and communities access trusted support.

EXPERIENCE

Senior Program Manager, Brain Health and Caregiver Services

Front Range Healthy Aging Alliance 📅 July 2023 - Present 📍 Aurora, CO

Directs a portfolio of ADRD, brain health, caregiver education, and **respite access** initiatives across multiple service regions. Leads agreements, advisory engagement, clinician education, technical assistance, and issue resolution with health systems, aging organizations, and community partners.

- Directed concurrent **ADRD** initiatives across **health systems** and community partners, improving coordinated brain health services.
- Administered six service agreements and grant work plans, aligning scopes, milestones, documentation, and corrective actions.
- Coordinated **clinician education** on dementia recognition, referrals, caregiver communication, and community resource guidance.
- Facilitated a 20 member **brain health** advisory group, turning caregiver input into annual implementation priorities.
- Provided **technical assistance** on respite coordination, referral workflows, outreach planning, and sustainable local service delivery.
- Resolved competing partner priorities through issue review, documented decisions, and follow up plans.

Program Manager, Chronic Disease Partnerships

Mountain Plains Community Health Network 📅 March 2021 - June 2023 📍 Lakewood, CO

Managed concurrent chronic disease prevention and healthy aging projects with clinical, nonprofit, public health, and human services partners. Oversaw statements of work, contractor performance, coalition coordination, data use, technical assistance, and leadership reporting.

- Managed cardiovascular health, diabetes, **healthy aging**, and social connectedness projects with community partners.
- Developed **statements of work** and monitored contractors through milestone reviews that surfaced risks before deadlines.
- Built referral partnerships among health centers, nonprofits, **public health** teams, and **human services** organizations.
- Organized coalition sessions that clarified roles, surfaced constraints, and produced actionable prevention plans.
- Delivered **technical assistance** on evidence based design, data use, implementation planning, and partner engagement.
- Maintained dashboards, narrative reports, and decision logs for **deliverables**, risks, and cross program dependencies.

Project Coordinator, Aging and Community Health

Chronic disease prevention

Conflict management

LANGUAGES

English Native

Spanish Proficient

MY CAREER



● Senior Program Manager, Brain Health and Caregiver Services at Front Range Healthy Aging Alliance (3.2 Years)

● Program Manager, Chronic Disease Partnerships at Mountain Plains Community Health Network (2.2 Years)

● Project Coordinator, Aging and Community Health at Community Wellness Partners (2.5 Years)

● Community Health Program Specialist at High Plains Health Foundation (2.1 Years)

Community Wellness Partners 📅 August 2018 - February 2021 📍 Colorado Springs, CO

Coordinated aging and community health initiatives serving older adults and family **caregivers**. Managed calendars, referrals, partner communications, grant records, vendor deliverables, education sessions, stakeholder meetings, and program feedback.

- Coordinated aging projects through implementation calendars, referral resources, partner communications, and grant records.
- Prepared dementia friendly education materials and facilitator logistics, then gathered feedback for program refinement.
- Verified invoices, activity reports, and completion evidence for small **grants** and vendor agreements.
- Connected senior centers, caregiver groups, clinics, and social services around education and respite resources.
- Prepared stakeholder briefings from program data and partner feedback, highlighting service gaps and access opportunities.
- Documented partner decisions and **next steps**, keeping multi organization initiatives moving across recurring meetings.

Community Health Program Specialist

High Plains Health Foundation 📅 June 2016 - July 2018 📍 Pueblo, CO

Supported community based prevention programs focused on chronic disease risks, healthy aging, nutrition access, physical activity, and social connection. Maintained records, grant files, outreach logistics, partner commitments, participant data, and routine program reporting.

- Supported prevention programs addressing chronic disease risks, **healthy aging**, nutrition, activity, and social connection.
- Coordinated outreach logistics and education resources for workshops serving older adults and caregivers.
- Maintained participant data, grant files, and program records for confidentiality and reporting requirements.
- Gathered resident and partner feedback, shaping more relevant health education materials and outreach activities.
- Tracked commitments, completed activities, and resource requests across several small community initiatives.
- Prepared program summaries combining implementation status, participation data, partner observations, and follow up needs.

PROJECTS

Statewide Respite Access Collaborative 📅 2024

Worked with caregivers, aging organizations, clinics, and community partners to map respite gaps, clarify referral pathways, and shape practical service improvements. Shared decisions openly so partners could act with confidence.

Clinician Brain Health Education Series 📅 2023

Joined clinicians, educators, caregivers, and community organizations around dementia recognition and referral needs. The group refined useful learning materials and connected clinical conversations with local support resources.

LEADERSHIP & AWARDS

- Recognized by program leadership for translating advisory group recommendations into practical brain health priorities.
- Received partner commendation for dependable coordination of caregiver education and respite access initiatives.
- Selected to facilitate cross organization planning sessions focused on healthy aging and chronic disease prevention.

EDUCATION

Master of Public Health

Colorado State University 📅 GPA: 4.0 📅 2016 📍 Fort Collins, CO

Coursework: Epidemiology, Health Policy, Program Evaluation, Community Health

Bachelor of Science in Health and Human Sciences

University of Northern Colorado 🎓 GPA: 4.0 📅 2014 📍 Greeley, CO

Coursework: Health Promotion, Human Services, Public Health, Community Outreach

CERTIFICATIONS

- Certified in Public Health (CPH) 📅 2019
- Mental Health First Aid 📅 2024

TECHNICAL SKILLS

- **Public Health Programs:** ADRD, brain health, healthy aging
- **Caregiver Services:** Caregiver support, respite services, dementia education
- **Project Management:** Work plans, milestones, implementation schedules
- **Contract Administration:** Contracts, statements of work, deliverables
- **Grant Management:** Grant agreements, reporting, compliance tracking
- **Stakeholder Engagement:** Health systems, clinicians, caregivers
- **Coalition Facilitation:** Advisory groups, coalitions, partner meetings
- **Technical Assistance:** Capacity building, referral workflows, program guidance
- **Data and Evaluation:** Program dashboards, participant data, outcome reports
- **Chronic Disease Prevention:** Cardiovascular health, diabetes prevention, social connection
- **Community Outreach:** Education sessions, outreach planning, resource coordination
- **Conflict Management:** Issue review, documented decisions, follow up plans

PROFESSIONAL AFFILIATIONS

- Public health and aging services professional networks, with ongoing focus on ADRD and caregiver support.
- Community health coalitions connecting health systems, human services agencies, and aging organizations.

ADDITIONAL INFORMATION

Work Status : Authorized to work in United States. No sponsorship required.

REFERENCES

AVAILABLE ON REQUEST