

**Tri-County Health Network** is a nonprofit entity committed to improving the quality and coordination of health and healthcare services by increasing healthcare access and integrative health services at lower costs.

## Welcome from the Editor

Welcome to Tri-County Health Network's "Health Matters." This month's edition focuses on heart disease, community health, and free classes offered in the region to manage chronic conditions. I hope you enjoy this month's recipe and aren't buried under too much snow!

Valentine's Day is just around the corner! Show your love to your sweetheart with heart-healthy gifts. Flowers, cards, and home-made gifts are easy ways to avoid excessive sugar. If Valentine's Day doesn't feel the same without chocolate, try dark chocolate or sugar free treats. Celebrate your heart in every way possible!

If you have received this newsletter from a friend, or if you saw it somewhere in your community, and would like to sign up; please feel free to email [CHW-Delta@TCHNetwork.org](mailto:CHW-Delta@TCHNetwork.org) to be added to our mailing list. If you would like to unsubscribe, please reply to this email with "unsubscribe" in the message and you will be taken off of the list.





## A Campaign to Raise Awareness of Heart Disease in Women

February 6<sup>th</sup> 2016 was National Wear Red Day! This is a day to help raise awareness about the importance of preventing heart disease and stroke. 1 in every 3 women dies from heart disease and stroke each year. This number can be lowered by getting screened for heart health, losing weight and eating healthy. Let's go further with the campaign for raising awareness this year. Instead of just a day, let us make all of February a "Have a Heart" Month and care for yours! There are reminders everywhere this month with all the heart shaped items out for Valentine's Day. There are some simple lifestyle changes that can help prevent heart disease:

- ♥ Get screened for heart health regularly. Check with your local Community Health Worker for free screenings in your area.
- ♥ Be healthy. Exercise and get to a healthy weight for your height and body type. Check with your doctor for more information.
- ♥ Be active. Increase the amount you exercise and try to be more active. But never push yourself more than you can handle. Talk to your doctor if you are not sure you are healthy enough for exercise.
- ♥ Eat a healthy, low fat diet. Eat a diet high in fruits, vegetables and whole grains with low sodium and sugar.

Here are some ways to help your friends, family and loved ones to live a healthier lifestyle:

- ♥ Start a club – Get out and walk, join a gym, or cook some heart healthy meals and freeze them for easy preparation later in the week. Having others around helps to motivate and make it seem easier.
- ♥ Set up an appointment with your local community health worker (or doctor) to get screened and bring a friend.
- ♥ Raise awareness in your area about how important it is to check your heart health and have the right diet and exercise.
- ♥ Donate to the American Heart Association to fund their research on scientific knowledge on cardiovascular health.

## Program Spotlight: Chronic Disease Self-Management Program

Do you have a chronic condition or disease like Asthma, Diabetes, Depression, or Parkinson's? Are you a caretaker of someone that does? There is a free Chronic Disease Self-Management Program (CDSMP) class being offered by Tri-County Health Network throughout the Delta, Montrose, Ouray and Miguel counties.

This class consists of two and a half hour classes, once a week, for six weeks. People with different chronic conditions or caretakers of someone with a chronic condition are all welcome to attend together. These workshops are led by two trained peer leaders, both of which either have a chronic condition or care for someone that does. These classes cover the following subjects:

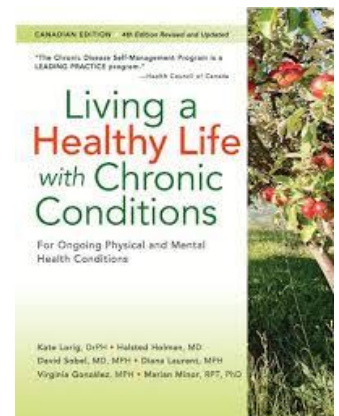
- How to deal with frustration, fatigue, pain and isolation
- Forms of exercise for maintaining and improving strength, flexibility and endurance with physical limitations in mind
- How to use medications
- How to communicate your concerns and thoughts effectively with family, friends and health care professionals
- Nutrition
- Decision making and brainstorming
- How to evaluate new treatments

Each participant receives a copy of *Living a Healthy Life With Chronic Conditions, 4<sup>th</sup> Edition*

and an audio relaxation CD, *Relaxation for Mind and Body*. The feedback we have received about this class has been so positive. One participants wrote a sweet thank you note saying:

*"Just a note to thank you for your help in presenting "Living a Healthy Life with Chronic Conditions" in our community. It was obvious you'd been well-trained and were eager to share your knowledge on this subject. I feel I gained a lot of useful information and some friends as well! I will definitely recommend this class to others. Thanks again!"*

If you are interested in attending these classes, please feel free to contact one of the leaders in your area to find out more information on when and where these classes will be held and to be added to the list. The next class will begin in Ridgway on February 19, 2016.



Presented by:

TRI-COUNTY HEALTH NETWORK



Consortium for Older Adult Wellness

**Free  
Class**

**Healthier  
Living  
Colorado™**

**Living Well  
with Chronic Conditions**

**Are you tired of *enduring* life with a chronic condition?**

**Get ready to start *enjoying* life!**

If you or someone you love has health problems such as chronic pain, diabetes, arthritis, cancer, asthma, high blood pressure or other chronic conditions, the Healthier Living Colorado™ workshop can help you take control of your life. Caregivers encouraged to attend!

**Fridays from 1:00-3:30 pm**

**February 19, 2016 through March 25, 2016**

**Ridgway Town Hall Meeting Room**

**201 N. Railroad St., Ridgway**

- Held once a week for six weeks

- Set Goals

- Learn from Certified Leaders

- Stanford-based Program



**To sign up contact 970-708-7096  
For more information see [tchnetwork.org](http://tchnetwork.org)**



## Is There a Link Between Heart Disease and Depression?

Depression and heart disease are connected in surprising ways. Finding out that you are living with heart disease can be stressful, overwhelming, and confusing. For some people it may trigger depression. Conversely, depression is a risk factor for developing heart disease. According to Dr. Ziegelstein of the Heart and Vascular Institute at The John Hopkins Hospital:

*"A percentage of people with no history of depression become depressed after a heart attack or after developing heart failure. And people with depression but no previously detected heart disease, seem to develop heart disease at a higher rate than the general population."*

There is some reasoning behind developing depression, when being diagnosed with heart disease. This can come from a change in attitude and mood, or a sense of uncertainty of the future. It could even be guilt about previous habits that may have contributed to disease. Blaming yourself for choices in the past can make things harder. Instead pat yourself on the back for having the strength to work on improving your health.

People who have suffered a heart attack or other serious heart disease complications and have depression have a lower chance of recovering and a higher chance of death as a result. Depression and stress can wear on the heart while it's trying to heal. Depression can lead to decreased motivation to exercise, eat healthy, take medications and sometimes lead



to smoking and drinking. Depression can lead to physical changes in the nervous system and chemical imbalances in the body as well, which can lead to heart arrhythmia (a heart rhythm disturbance.) Another symptom of depression that most people aren't aware of is the effect it has on people's platelets. Platelets are small pieces of blood cells that heal wounds and prevent bleeding by creating clots. When a person is depressed, these platelets can become "sticky" and can cause more serious clotting. This can lead to a hardening of the arteries and can directly lead to heart attack or other heart problems.

Try to keep a positive perspective on heart disease treatments. This will not only assist and speed up the healing process but also helps to motivate the person to take their medications and follow their treatment plan. It is easier to exercise and lose weight as well if you try to keep a positive outlook. Instead of focusing on the tough times, imagine how good life is going to be when you become a healthier person. Keep in mind you are as strong as you believe you are. Positive thoughts, laughter and happy memories are good for your heart and help in the healing process.

It is very important to talk to your doctor if you are worried that you might have depression. This is especially important if you have been diagnosed with, or are at risk of developing heart disease of any kind. The conversation can be as simple as telling your doctor, I am feeling very sad and I'm worried it might be depression. Your doctor may prescribe

medication or refer you to a counselor. It is also important to make sure you have a support group of friends or family. Make sure you have people you can talk to and that



can help you. Avoid habits like over eating, smoking and drinking. Reach out and talk to someone when you are in need. Depression and heart disease can be managed. It takes hard work and determination, and you are worth it. Recovery is possible!

# FREE COMMUNITY PROGRAMS



## Community Health Worker & Preventive Care Outreach

Providing biometric testing to determine risk of developing diabetes &/or heart disease. CHWs offer 1-to-1 peer support in managing lifestyle change to improve overall health.

Norwood/West End:	Ridgway/Ouray/Telluride:	Olathe/Montrose:	Delta County:
Gina Boyce 970-318-0172	Nicole Gans 970-318-6360	*Darlene Mora 970-708-4719	Justine Forster 970-812-6026

## Health Coverage Guides

Guides help individuals navigate Colorado's insurance marketplace - explaining income guidelines for tax credits to possibly lower the cost of health insurance.

Telluride Area/Norwood/West End/Ouray/Ridgway:
TCHNetwork 970-708-7096

## Medicaid/CHP+ Navigation

Helping people enroll in Medicaid & CHP+. Navigators help determine eligibility & offer assistance in filling out & filing applications.

Telluride Area:	Norwood/West End:
*Pedro Maquera 970-901-4335	TCHNetwork 970-708-7096
Ouray County:	Montrose/Olathe:
Carol Schutter 970-708-7967	*Claudia Gamez 970-708-4456

## Skippy



School-based cavity prevention program offers free preventive health services to children ages 1-12, twice per school year. Hygienists provide a screening exam, cleaning, hygiene instruction, fluoride treatment & sealants. Skippy is held at 12 schools in Delta, Montrose, San Miguel & Ouray Counties twice per school year. For more information call 970-708-7096.

## Regional Medical Shuttle

Non-emergency transportation service that can take you to your medical appointment in Montrose or Grand Junction and Westend to Norwood. Call \*970-249-0128 to reserve your seat on scheduled days from pick-up points in Naturita, Nucla, Norwood, Telluride & Ridgway. A \$5 round trip donation is suggested.

For more information please visit [tchnetwork.org](http://tchnetwork.org) or call 970-708-7096.

# TRI-COUNTY HEALTH NETWORK

Improving the health of our communities through innovation & collaboration

\* Bilingual



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## **February is American Heart Health Awareness Month: You Can't Beat A Healthy Heart!**

Heart disease is the leading cause of death for men and women in the United States, but did you know that most of the risk factors that cause heart disease are preventable? By taking charge of your health and scheduling yearly exams, you increase your odds of stopping preventable conditions early. Annual check-ups may seem inconvenient, but they are vital when it comes to detecting problems. High cholesterol and blood pressure can put you at risk for heart disease, but without a screening you may not know you have them!

Tri-County Health Network (TCHNetwork) helps residents learn their risk for heart disease by offering free Heart Health Screenings in convenient community locations. These screenings are funded by Health Resources and Services Administration to help people who don't have insurance or are under-insured. Provided by trained Community Health Workers (CHW), these screenings take 25-45 minutes, depending on the individual. The screening begins with a finger poke to draw a few drops of blood. Height, weight, and blood pressure are also taken. The CHW will ask questions about your family heart health history and lifestyle choices, like diet and exercise. The results from the bloodwork, body mass index, blood pressure, and questions are used to calculate your Global Risk Score for heart disease. The CHW will help you develop a personalized action plan to reduce your risk for heart disease.

The risk factors for heart disease include smoking, high blood pressure, high cholesterol and high triglyceride levels, overweight/obesity, physical inactivity, metabolic syndrome, diabetes and pre-diabetes, a family history of early heart disease, and age. You can take action to protect your heart health and prevent heart disease by taking steps to prevent and control risk factors. Certain improvements to daily routines -- like eating healthy, not smoking, limiting alcohol use, and getting routine health screenings -- can lower several of these risk factors and set the stage for a long and healthy life.





## Personal Response-ability

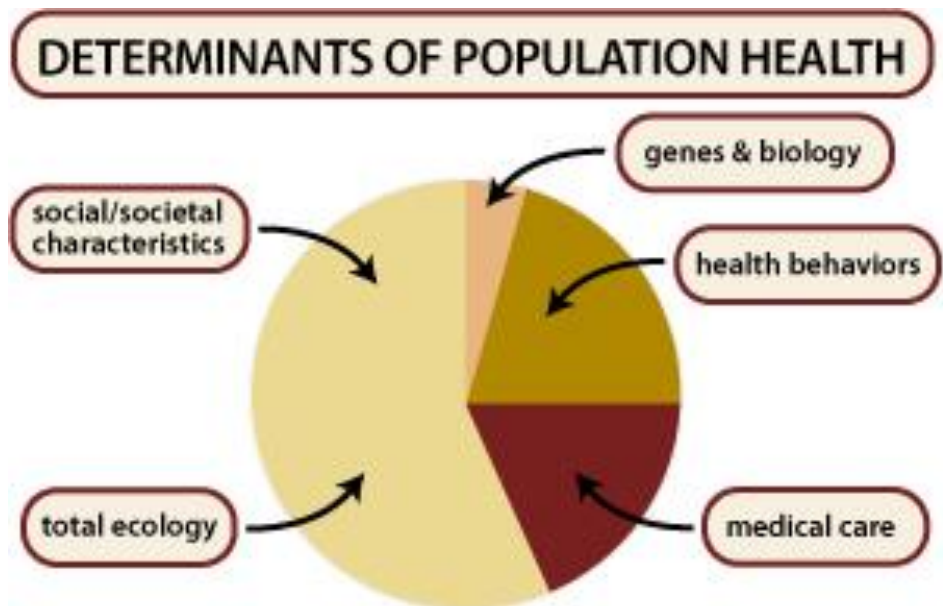
How many times have you been to the doctor and heard the following: eat more fruits and vegetables, exercise, don't smoke, and manage your stress better. While all of these tasks are important, it's easier for some people to act on this advice than others. If health care providers focus too much on personal responsibility, it is easy to forget that not everyone has the same access to healthy food, time and safe places to exercise, and tools for stress management. Simply put, not everyone has the same ability to respond.



There is a shift in the way individuals, organizations, and communities look at health and individuals' ability to respond to their environments. Across Colorado, more and more health care professionals are embracing health equity. [Healthy People 2020](#)

[defines health equity](#) as the "attainment of the highest level of health for all people."

Genes, biology, and health behaviors account for about 25% of population health. The neighborhoods people live in, jobs they work, and access to health care play a larger role in how healthy populations are. Additional factors, like stress from poverty and racism, also reduce people's ability to achieve their best health.





Making healthy choices isn't just about self-discipline. It's about the choices that are available.

Unfortunately, not everyone has the same opportunities to improve their health. But this can change.

When communities prioritize health, everyone benefits. Building

healthy communities isn't easy, but it's worth it. Some ways that we can work together to make it easier to be healthier are:

- **Construct and maintain safe and affordable places to exercise:** gyms, parks, walking paths, bike lanes, and free classes offered at times that fit into working people's schedules.
- **Increase access to healthy, fresh, affordable foods:** grocery stores with affordable prices, co-ops, community gardens, seed-sharing, farmers markets, community supported agriculture, food pantries, and support for programs like the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) and the Supplemental Nutrition Assistance Program (SNAP).



# Every One Matters.

*That's why we're working with communities to create better health for all.*



- **Create opportunities for belonging:** support groups, "welcome wagons," intergenerational-programs, free community events, mentoring programs, and the celebration of the contributions of all community members.

Personal responsibility is important - let's make it easier for all community members to exercise it.

## **Cucumber-Dill Stuffed Tomato Tulips**

- 6 Roma Tomatoes
- 1 package cream cheese
- 2 tablespoons mayonnaise or salad dressing
- ¼ cup finely chopped cucumber
- 1 tablespoon finely chopped green onions
- 2 teaspoons chopped dill

**Preparation:** Slice tomatoes with a deep X pattern. Set on paper towel to drain. In a small bowl, combine mix cream cheese and mayonnaise. Add other ingredients and mix well. Fill tomatoes with mixture and place on serving tray. Cover loosely with cellophane and refrigerate for at least 2 hours. Stems: Uncut green onions (optional) can also use celery stalks.



## **Whole Grain Pesto Penne Pasta:**

- 2 cups uncooked whole grain pasta
- 2 cups lightly packed basil leaves
- ¼ cup water, as needed
- ½ cup pine nuts
- ¼ teaspoon salt (optional)
- 1 clove garlic

**Preparation:** Cook pasta according to package directions. Blend all ingredients (except for water) until you reach desired consistency, adding water in small amounts until consistency is reached. Toss pesto sauce and penne together and serve while warm.



## **Sweet Saying Strawberries:**

Wash fresh strawberries and let dry. Use icing tube or mix candy chocolate and use decoration tube to write sweet sayings on the strawberries.

