

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 newsletter highlights free programs offered by Tri-County Health Network, great health tips, yummy recipes, health information and healthy resources in your community.

This month's edition focuses on health care coverage, winter sports safety (especially focusing on traumatic brain injuries), and a simple and healthy recipe for heart-y, healthy beef stew, upcoming health fairs and wonderful information on Mental Health First Aid.

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 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.

Thank you and Happy New Year from all of us at Tri-County Health Network. Here is to a happy and healthy new year!



January 2016: National Winter Sports and Traumatic Brain Injury Awareness Month

By Justine Forster

Just because it's cold outside doesn't mean that you shouldn't be active. There are many fun winter activities to do. Just remember to always be safe and use safety gear when you play.

According to the American Physical Therapy Association "Approximately 1.7 million [traumatic brain injuries] occur each year in the US, resulting in 52,000 deaths and 275,000 hospitalizations." Preventing brain injuries and being able to recognize if you have one is important. The symptoms of TBI (Traumatic Brain Injury) can present in a number of different ways impacting your quality of life. Physical symptoms can consist of weakness or difficulty moving the head, arms, legs or body. Cognitive symptoms include difficulties with memory, paying attention or problem solving. The person experiencing these symptoms may not be able to recognize these issues which can lead to other safety hazards. Sensory issues can include problems with vision, hearing, speech, taste and touch. There may also be balance problems if there is inner ear damage. Behavioral and emotional issues might arise. This can include difficulty controlling emotions or changes in personality. The affected person may not be able to understand what is happening to them, and this may result in agitation.



Here are a few tips for playing it safe outside this winter:

- Always Wear A Helmet - When skiing, snowboarding, ice-skating, etc., always wear protective gear to protect your head.
- Dress Warm - When playing out in the cold, be sure to dress warm. If any part of your body begins to feel cold, go inside and warm up. Don't wait! Also, make sure that your clothing does not get wet, as this can lead to hypothermia.
- Rest Often – Remember to rest in between bouts of activity. Being in cold weather makes your body colder, so you may not realize how hard your body is working.

- Don't Over-do It - When doing an activity, make sure you stay within your ability level. Don't try to show off or push yourself beyond your limit.
- Use Proper Safety Equipment – Make sure you have proper equipment and that it fits comfortably - not too loose or too tight. (Especially helmets and sports pads.)
- Stay Hydrated – Make sure that you stay properly hydrated. You may not notice how much you are sweating due to the cold air. Drink plenty of water.
- Know the Rules – Pay attention to posted warning signs and know the rules of the area and the activity of choice.
- Keep Track Of Your Surrounding Conditions – Pay attention to the conditions of your surroundings, such as ice in a parking lot or thin ice when ice skating. A simple slip on the ice could lead to a TBI situation!
- Never Go Alone – If you are going to ice skate, make sure you never go alone. Be sure to carefully check the condition of the ice before assuming it is safe. Never be out in the cold by yourself. Make sure there is someone close by in case of an accident.



Don't be sedentary this winter. Get out and be active, but stay warm, hydrated and safe!



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Heart-y Beef Vegetable Stew

Ingredients

- 2 tbsp. Virgin Olive Oil
- 2 pounds Beef Stew Meat (cut into 1-inch cubes)
- 1 large Onion (diced)
- 5 Carrots (chopped)
- 2 stalks Celery (chopped)
- 2 tablespoon Parsley (chopped)
- 2 cloves Garlic (minced)
- 15 oz can Tomato Sauce
- 15 oz can Diced Tomatoes in Tomato Juice
- 2-15 oz cans Great Northern Beans
- 6 cups Water
- 1 tablespoon Salt
- 1 teaspoon Oregano Leaves
- Ground Pepper (To taste)
- 1 medium Zucchini
- 1 cup Whole Wheat Penne Pasta (or pasta of choice)

Directions

1. In a large soup pot, brown beef in olive oil over medium heat. Once browned, drain and return beef to pot.
2. Add onion, carrots, celery, parsley, garlic, tomato sauce, diced tomatoes, beans, water salt, oregano and pepper. Stir to combine. Bring soup to a boil and then reduce heat to low and simmer, covered, for an hour and a half.
3. Add zucchini and macaroni and simmer for twenty more minutes.

Total Cook Time: 2 hours

Prep Time: 15 Minutes

Nutrition Facts (per serving):

Servings:10

Calories :163

Total Fat: 7grams

Sodium: 246 mg

Cholesterol: 69 mg

Total Carbohydrates: 16g



Guiding Through Enrollment

By Erich Lange

I was not sure what to expect when Open Enrollment began. As the newest Health Coverage Guide (HCG) with Tri-County Health Network (TCHNetwork), all I could think of were the horror stories from last year's enrollment period. Hours on hold with Connect for Health Colorado fixing technical issues, dealing with aggravated clients, lost usernames and passwords, the list goes on. Thinking back to this, I was pretty nervous about how I would navigate all of the issues, while still keeping up with all of the incoming clients before the deadline.

The 2015 Open Enrollment process began on November 1st with the primary deadline for coverage ending December 15th. Taking on clients from the previous year and immediately cold calling them to set up appointments. Luckily, it started slowly, each day adding appointments until my schedule was full. With each passing enrollment, I began truly understanding the nuances of the application and the confusing enrollment process.

Looking back on the last few weeks, it is easy to see how important Health Coverage Guides are to the community. With so much confusion in the health enrollment process, many people unknowingly complete the application incorrectly. Giving them a wrongly determined Premium Tax Credit (if they qualify), ultimately making them pay back the credits they were not qualified to receive at the end of the year. Talk about a shocking and scary bill! In addition to correctly doing the application, I was often asked to explain health insurance definitions and help answer their many questions. What are the differences between HMO and PPO? Is my tax credit given to me monthly or returned to me as a whole at the end of the year? How do I add or remove someone from my plan? My income went up what do I have to do? Almost everyone has questions and sometimes I had to brainstorm with my colleagues as some situations are very unique and not covered in a leaners manual. To say that the enrollment process is a team effort is definitely selling it short.

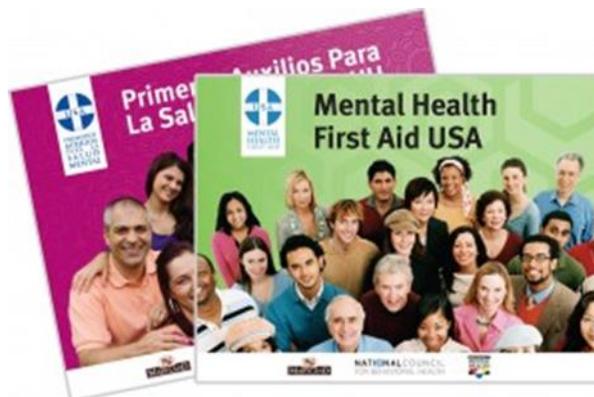
There were many times I had to refer my clients to the local independent healthcare broker, Brett Borup for further assistance. Not only was Brett able to help troubleshoot enrollment glitches and answer questions, his knowledge of the plans helped people receive the best possible plan for themselves or their family. Once the application was complete and they understood their plan options, Brett walked the client through the nuances of each plan, helping them choose the option that would make them the healthiest and (generally) happiest for 2016. Without the patience and guidance from our team of enrollment experts, I certainly would have been as confused and stuck as many of my clients. I am lucky to have been working alongside a great team this year and happy that I started in 2015 opposed to 2014! Just remember, when in doubt call a Health Coverage Guide!

Program Spotlight: Mental Health First Aid

If you saw someone who collapsed while clutching their chest, what would you do? Most likely call 911, and if you were trained in CPR you would begin the steps to save the person's life. What would you do if you saw someone crying or talking to themselves? Many of us would simply not know WHAT to do, or feel like it was too personal or uncomfortable to intervene. Mental Health First Aid (MHFA) is a free training to learn how to respond to someone in emotional crisis. And our goal is to make it as familiar to the public as CPR because you are more likely to encounter a person in an emotional or mental crisis than someone having a heart attack. According to the Centers for Disease Control and Prevention, there were 41,149 suicides in 2013, making suicide the 10th-leading cause of death in the United States. Mental disorders are more common than heart disease and cancer combined.



The Adult Mental Health First Aid course is for anyone who wants to learn how to help a person who may be experiencing a mental health related crisis or problem. Topics covered in the 8 hour training include anxiety, depression, psychosis, and addictions. *Mental Health First Aid USA* is coordinated by the National Council for Behavioral Health.



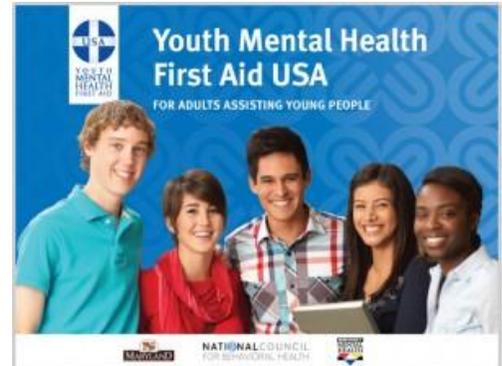
Mental Health First Aid Colorado provides coordinated and strategic leadership, critical infrastructure, and the necessary implementation supports to facilitate the statewide growth of both adult and youth Mental Health First Aid. The backbone of MHFA

Colorado is a growing network of instructors that are trained to inspire public understanding and involvement through teaching the signs and symptoms associated with mental health and substance abuse issues, and

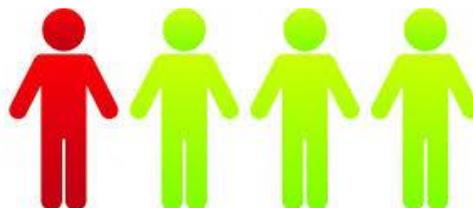
in turn normalize the conversation about mental health while combating stigmas. Local participants in MHFA trainings have let us know how helpful the information is:

- "Everyone should take this course regardless of their profession"
- "Great! Very important for those working with the general public"
- "Very positive, I feel that I learned a lot"
- "I like the consistent action plan that pertains to all scenarios"

There is also a training that is specific to the unique challenges youth face when experiencing a mental health crisis. Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who



is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered in the 8 hour training include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders. While initial signs of mental health conditions may arise during early childhood, and children of all ages may experience trauma, this training is focused on youth ages 12 to 18. If you are interested in participating in this workshop, or if your organization would like to host one for your staff, please contact Nicole Gans at 970—318-6360 or chw-ouray@tchnetwork.org. Let's prepare ourselves and our workplaces to know how to support our friends, neighbors, clients, and coworkers when emotional crises strike.



One in four people has a **mental illness**.
You can be the **one** that helps.

A New Community Health Worker for Delta County!



Justine Forster recently joined Tri-County Health Network to provide free heart health screenings in Delta County. She sat down and answered some questions about what "a day in the life" of a Community Health Worker is like.

What is it like to be a Community Health Worker in Delta County?

I love my job! Being able to help people in my community is a blessing. It's wonderful to give people the good news that they are not currently at risk in the next 10 years of developing heart disease. Sometimes the outcome is I have to tell people they need to see their primary care provider because they have high blood pressure or other concerns. Most times the client that is being screened would not have been able to get this testing done without the help of Tri-County Health Network's Heart Healthy Program.

What are the challenges you face as a Community Health Worker in a new area?

The most difficult challenges I have faced so far are trying to spread the word to let people know about this program and finding free, private places to screen clients that also have easy public access.

What is one of the most rewarding aspects of your job?

I have had quite a few people come in with high blood pressure, also known as the "silent killer." Although it is never fun to tell someone that they have high blood pressure, it is great to be able to catch it early so they can start working on improving it through diet, exercise and if needed, medications.

What is your job as a Community Health Worker like?

I love being able to meet new people every day. No one person has the same story or the same health. I get to hear happy stories about family, sometimes sad stories about health issues. I like being able to learn about different aspects of their lives as I am able to share the joy and the burdens with them. I like being able to educate people on how they can improve their health and encourage them to live healthier.

What was your background before this job and why did you take it?

I was a CNA for three years before I started working for Tri-County Health Network. I was really excited for the opportunity to continue my work in the health field, especially to be able to work with people one on one. I feel like I will be able to make a huge difference to my community.

Saturday, January 30th 7-11am

Health FAIR

4-H CENTER OURAY COUNTY FAIRGROUNDS
22739 HWY 550
RIDGWAY

**BLOOD
TESTS
OFFERED**

Total Chemistry Profile - \$40
PSA for Prostate Health - \$30
CBC Total Blood Count - \$20
Hemoglobin A1c - \$35
Vitamin D Screening - \$40
B12 - \$40 & Male Testosterone \$45

Make an appointment on-line at
www.MontroseHospital.com between 1/17-1/27
or call 888-592-6255 between 1/18 -1/19 8am-4pm
Walk-ins Welcome 9-10am

CONSULTS & SCREENINGS

Glaucoma/Vision
Osteoporosis
Physical Therapy
Dental

Skin Screenings
Insurance Information
Blood Pressure, Weight
& BMI

Blood Draws 7-10am
12-Hour Fasting Required!
Drink Lots of Water!
~ We will not bill your insurance ~
Cash & Check ONLY

MONTROSE 
MEMORIAL HOSPITAL

TRI-COUNTY HEALTH NETWORK
Improving the health of our communities through innovation & collaboration

Montrose Health Fair

2016 Early Blood Draws and Montrose Memorial Hospital Health Fair

Montrose Pavilion
February 3, 4, 5, & 6
6:30-9:30 a.m.

Additional Locations for Early Blood Draws

January 30th
4H Event Center in Ridgway 7:00 - 10:00 a.m.

February 1st
American Legion Hall in Olathe 6:30 - 9:30 a.m.

How to Make an Appointment

Appointments may be made online for all three locations at www.MontroseHospital.com from **January 17 to January 27.**

Phone appointments will be taken **January 18-19** from 8:00 a.m. to 4:00 p.m. at 1-888-592-6255

The Health Fair will be at the Montrose Pavilion on February 27 from 6:30 a.m. to noon.

To learn more visit:

<http://www.montrosehospital.com/medical-services/health-fair>