



## Upcoming Events

- Health=Equity Series, Part 2  
January 25, 9-11am  
Telluride Wilkinson Library  
See our front page article for more information or call Katie (970) 708-7096
- Ridgway Health Fair  
January 28, Saturday  
4-H Center Ouray County Fair Grounds
  - Blood tests offered for a small cost. Make an appointment online at MontroseMemorial.com between 1/15-1/26 or call 888-592-6255 between 1/16-1/17, 8am-4pm.
  - Other consults and screenings available for free call Carol Schutter at (970) 708-7967 to learn more
- Healthier Living Colorado will be offered in Ridgway beginning February 16th, from 12:30 to 3pm at the Ridgway Library. If you or someone you love needs assistance in managing a chronic condition, call Leah Cerise at (970) 626-5123 ext. 14 for more information or to sign up
- Healthier Living Colorado will be offered in Delta beginning mid-February. Call your local Community Health Worker, Justine Forster at (970) 812-6026 for information

## In This Issue

- Front: Welcome, Upcoming Events, Health=Equity Learning Series, TCHNetwork Spotlight, Health Insurance Enrollment
- pg. 2: Health=Equity cont., Diabetic Retinopathy Screenings at TCHNetwork Partner Clinics
- pg. 3: Recipe of the month
- pg. 4: Sticking to Your Diet Resolutions, Blood Donor Month

## Welcome

January 2017 and it's time for New Years' resolutions. If you are looking to eat healthier, this issue has an affordable, healthy recipe for a southern classic. Or, would you like assistance with managing the challenges of living with an ongoing health condition? Find some tips for sticking to your diet and upcoming classes to keep you on track!

## Health=Equity 2nd in a 4 part series

Tri-County Health Network is hosting the second 2016/2017 Health Equity Learning Series (HELS) event sponsored by the Colorado Trust. HELS is a four-part series that aims to increase knowledge and awareness of health equity through presentations from experts discussing factors that increase disparities and solutions that advance health equity. Following the presentation, a professional facilitator will lead a discussion about how the topic impacts our local community.

The second event will occur on Wednesday, January 25th from 9-11am at the Wilkinson



continued on page 2

## TCHNetwork Spotlight

2016 Employee of the Year



*Meet Claudia Gamez*  
TCHNetwork's bilingual Enrollment Navigator in Montrose County who assists her community in applying for Medicaid/CHP+ and other state programs. Congratulations Claudia! You are an asset to our team!

## Health Insurance Enrollment

You have until January 31, 2017 to get your 2017 health insurance in place for March 1 coverage

- Ouray/Ridgway residents call Carol Schutter at (970) 708-7967
- San Miguel County and Westend residents call TCHNetwork at (970) 708-7096

This is our 4th year offering this free community service

Public Library Program Room in Telluride. TCHNetwork will kick off the event with a viewing of a video-recorded presentation by Rachel Hardeman, PhD, MPH. As an assistant professor in the Division of Health Policy and Management at the University of Minnesota School of Public Health and a consultant with Partners in Equity and Inclusion, Dr. Hardeman's work focuses on the healthcare provider contribution to equity and quality of healthcare delivery and the ways in which race impacts healthcare and the clinician-patient encounter.

In her presentation, "Racism and Health Inequities," Har-

deman speaks of the need to explore the historical context of racism, the importance of language in cultivating a deeper understanding of the racial inequities in America, and the impact of structural racism on health equity and inequity.

Hardeman especially emphasizes the effects of structural racism on patient health, providing the Flint Michigan Water Crisis as an example. She says, "Flint residents, who are majority black or African-American and among the most impoverished of any metropolitan area in the United States, did not enjoy the same degree of protection from environmental and health hazards as is provided to other communities." Her compelling presen-

tation challenges viewers to come together and confront race, racism, and white supremacy head-on.

The facilitated conversation held after the presentation viewing will be led by Nicole Hurt of Transformative Alliances, LLC. Hurt has over 20 years of social justice and community organizing experience.

TCHNetwork will serve breakfast at this free event. Child-care and interpretation services are available at no-cost to attendees upon request. Please contact TCHNetwork at [info@tchnetwork.org](mailto:info@tchnetwork.org) or (970) 708-7096 for more information, to reserve your space, and/or request childcare or interpretation.

## Diabetic Retinopathy Tele-Screenings at TCHNetwork Partner Clinics

Diabetic Retinopathy is a condition that affects people with diabetes. It's a condition that, if left untreated, can severely damage your retina and lead to blindness. If your blood sugar remains at high levels for too long, it can lead to macular edema (the buildup of fluid in your eye) or glaucoma (damage to the optic nerve).

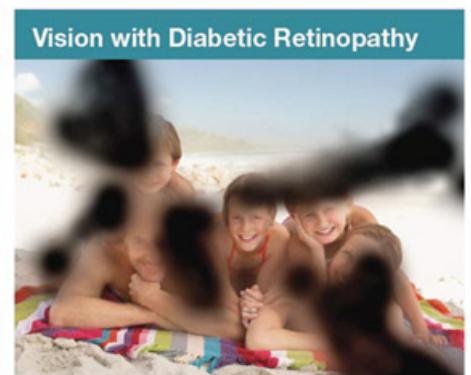
Symptoms are not always present at first but can include: floaters, dark areas of vision, difficulty perceiving colors, and blurriness. If you catch this chronic condition early enough, you can treat it with diabetic management. If you wait, it may require laser treatment or surgery. If ignored for too long, there is no cure and you could end up completely blind.

TCHNetwork works with our partner clinics to offer Diabetic Retinopathy Tele-Screenings (DRT) to their diabetic patients at no cost. A certified photographer asks you to look at different shapes and



takes pictures of your eyes. There is only a bright flash that does not hurt. Your eyes do not get chemically dilated. DRT takes about 15-30 minutes, depending upon factors that include eye movement and blur.

Once taken, the pictures are sent through a secure encrypted internet connection to an ophthalmologist for final approval or a diagnosis for follow-up care. The results will be forwarded to your clinic a few weeks from the screening date. Any necessary follow-up will be indicated on the results and communicated by



your clinic to the patient.

If you make an appointment for DRT, remember to arrive about 5-10 minutes early to fill out paperwork. If you wear contacts please bring a case or wear glasses. You cannot wear glasses or contacts during a screening. DRT is for partner clinic patients that are diagnosed diabetics and have not had their yearly DRT.

Please call Tri-County Health Network at (970) 708-7096 to learn about upcoming opportunities.



### Serving Size

Serves 6, 1 1/3 cups per serving

### Ingredients

- 2 medium celery stalks
  - 1/2 large red bell pepper
  - 1 medium onion
  - 2 cloves garlic
  - 1 (8-ounce) slice smoked, lean, low sodium ham
  - 1 (15-ounce) can black-eyed peas
  - 1 Tablespoon canola oil
  - 1 teaspoon dried thyme
  - 1 1/2 - 3 1/2 cups low-sodium chicken broth\*
  - 2 cups instant brown rice
  - 1/4 teaspoon cayenne pepper, or to taste
  - Pinch salt
  - Pinch ground black pepper, or to taste
- \* Broth amount varies depending on the type of rice you use. Check out the rice package to know how much broth you need. Also, hot sauce is optional and great as a garnish - if you please!

### Materials

- Knife
- Cutting board
- Can opener
- Colander
- Large pot with lid
- Measuring cups
- Measuring spoons
- Mixing spoon

### Chef's Notes

At the deli counter, ask for 1-2 thick slices of lower-sodium ham for this recipe. You can also substitute quick-cook barley for rice. Serve with sauteed greens on the side.

## January Recipe

Stay tuned for our upcoming Cooking Matters class schedule or call (790) 708-7096 for find out more

## Classic Southern New Year's Dish Hoppin' John

### Instructions

1. Rinse and dice celery and bell pepper. Peel, rinse and dice onion. Peel and mince garlic.
2. Dice ham
3. In a colander, rinse and drain black-eyed peas
4. In large pot over medium heat, heat oil.
5. Add celery, bell pepper, onion, garlic, and thyme. Cook, stirring occasionally, until vegetables are softened, 5-7 minutes
6. Add broth to pot. Bring to a boil. Add rice. Reduce heat to simmer. Cover and cook for 10 minutes.
7. Stir in ham, black-eyed peas, cayenne, salt and pepper. Simmer, uncovered, for 5 minutes. Remove from heat. Cover and let stand for 5 minutes before serving. Serve with hot sauce if desired.

### Nutrition Facts

Serving Size 1 1/3 cup (346g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 270</b>	<b>Calories from Fat 50</b>
% Daily Value*	
<b>Total Fat 6g</b>	<b>9%</b>
<b>Saturated Fat 1g</b>	<b>5%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 15mg</b>	<b>5%</b>
<b>Sodium 430mg</b>	<b>18%</b>
<b>Total Carbohydrate 39g</b>	<b>13%</b>
<b>Dietary Fiber 5g</b>	<b>20%</b>
<b>Sugars 4g</b>	
<b>Protein 15g</b>	
<b>Vitamin A 15%</b>	<b>Vitamin C 50%</b>
<b>Calcium 4%</b>	<b>Iron 15%</b>
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



## Sticking to Your Diet Resolutions

Here are some ideas to keep you on track with your diet and help you stay positive through the process!

1. Start with a small achievable goal. Instead of saying you want to lose 20 pounds, choose to lose two. Once you achieve that goal, lose two more. Celebrate each victory and it will be a positive and much easier change. Make sure to include a plan of how you will accomplish your goal. Also, remember to focus on what made you decide to make this change. This is very personal, and will encourage you through rough times.

2. Decide to make important health changes for your life. Instead of choosing a temporary goal, choose to make better choices for a lifestyle. Eat less salts, sugars and fats and always eat a variety of food groups.

Also, don't completely cut out carbs from your diet as they are important to have in the right amounts. Portion control and eating a variety of healthy foods can be the most important thing when it comes to a proper diet.

3. Realize that relapses happen. Whether you are quitting smoking, starting a new exercise routine or a new dietary plan, a relapse is common and will happen. The important thing is to not beat yourself up over it. Realize that you made a mistake and learn from it. Why did it happen and what can you do prevent it in the future?

4. Eat before you go out. This helps to avoid slip ups. Try to fill up on vegetables before going out. When eating a meal, start with the healthiest parts first, which leaves less room for the not so healthy. Also, let your friends

and family know your goals, then they are less likely to tempt you and are more likely to encourage good behavior!

5. Be proud of you. You made a choice to make these changes in your life. That is a huge first step. This will not be easy but you can do it! Appreciate all the hard work and steps you put into any goal you choose and look back with pride at each accomplishment. You rock!

And remember: TCHNetwork has local Community Health Workers to help you meet your goals. Call (970) 708-7096 for a CHW near you!



## National Blood Donor Month

Every 2 seconds, someone in the US is in desperate need of blood, especially during the winter months when motor accidents are on the rise. In the winter, the amount of people coming in to donate blood tends to drop and the much needed supply of life saving blood dwindles. That is why in January blood donors are encouraged to give blood.

Typically only 3 out of every 100 Americans donate blood which rounds out to be approximately 81 million units of blood a year. Sadly this gives blood centers just over 3 days of blood supply at a time, sometimes not even that much. Most of the population that donates is the aging population, but due to medications, and health problems developing with age, these donors are less likely to be able to donate as time goes on.

Donating blood saves lives. It only takes about 5-10 minutes of your time, your donation can save up to 3 people and your blood has a shelf life of up to 42 days.

Thank you to all donors! If you would like to donate or become a donor, keep an eye on your local newspaper or ask your primary care provider or local hospital about donation opportunities in 2017.



Thank you for reading this month's HealthMatters newsletter. If you have an event or content that you would like for us to share with our TCHNetwork community in an upcoming newsletter, contact [info@tchnetwork.org](mailto:info@tchnetwork.org)

*Improving the health of our communities through innovation & collaboration*