



Upcoming Events

- **Healthier Living Colorado**
Uncompahgre Medical Center.
March 29th, from 1:30-3:30pm
Call Shelley Fourney at (970) 327-4233 for more information or to sign up
- **March-April Skippy Dental Clinics**
3/30-31 Ridgway Elementary
4/10 Ouray Elementary
4/12 Ridgway Middle School
4/18 Norwood Elementary
4/19 Paradox
4/20-21 Pomona Elementary
4/24-25 Olathe Elementary
- **Heart Health Screenings**
Wilkinson Public Library
March 15 & 20, from 10:30am-5pm
Call Hannah Wilson (970) 708-4458
- **Heart Health Screenings**
Ridgway Public Library
March 27, from 10:30am-5pm
Call Hannah Wilson (970) 708-4458
- **9News Health Fair**
Uncompahgre Medical Center
April 29, from 7am-12pm
More information to come!
- **Health=Equity Learning Series #3**
Telluride's Wilkinson Public Library
April 17th, 8:30-10:30am
Watch for more information in our April HealthMatters

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Welcome

MARCH spotlights our farewell to a TCHNetwork original and keeps you current on happenings in the Westend including Bridging Generations and UMC's 9News health fair. Plus, a bit of discussion regarding Staying in Network: Get the most out of your health insurance and keep the cost down.

Coming up in the Westend

Students at Naturita Elementary and Middle School are throwing on their aprons and chef hats for our **Cooking Matters** class. Cooking Matters is a 6-week class. For 2 hours each week, students immerse themselves in both the kitchen and the nutritional information behind the meals they create. The students learn how to shop for healthy meals on a limited budget. Students are looking forward to creating the following delicious and nutritious meals:

- Hearty Egg Burritos
- Chinese Veggies and Rice
- Yogurt Parfaits
- Pizza
- Turkey Burgers with Sweet Potato Fries

Bridging Generations: Nucla High School students are building wheelchair ramps in their community with the guidance of Len Spina, a wood worker and retired Engineering Department Manager in the Aerospace industry, who is generously donating his time to this meaningful project.

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TCHNetwork Spotlight

Saying Farewell to Deon Tempfer



TCHNetwork bids a fond farewell to Deon Tempfer, our first Westend Community Health Worker and Senior Services Representative. It is no secret that Deon has been a tremendous advocate for Westend services. No tears! Deon leaves us to continue serving her community. Thank you, Deon!

Insurance Corner

Staying in Network

Know before you go! Or pay the price. Before heading to the doctor, make sure they are in your health plan's network. Your health insurance only works at doctors and medical facilities in your plan's network. Avoid a costly surprise and stay in your network. Call your insurance company or check their website to find doctors and facilities near you.

Westend cont from pg. 1

Deon Tempfer originally brought the idea to TCHNetwork after Monica Odom informed her of multiple community members, who, because of their mobility restrictions and housing, are in critical need of a wheelchair ramps. They have exhausted all resources available to them and are still on a minimum of 6 month waiting list to receive a wheelchair ramp.

Construction will begin soon. Contact Katie Mackay at (970) 708-7096 for more information on how you can contribute time, funds or materials to this important project. Let's bridge the generations in the Westend!

Know Your Numbers: Community Health Worker, Gina Boyce, provides biometric screenings to

determine your risk of developing diabetes and/or heart disease. Gina offers 1-to-1 peer-support in managing lifestyle change to encourage you to improve your overall health. You can call Gina to make an appointment!

Walking Group: Keep an eye out for more information about Gina's **Walking Group**.

Healthier Living Colorado, a partnership class with Uncompahgre Medical Center: If you or someone you love suffers from a chronic condition, this workshop offers tools to help you take control of your life. Caregivers are encouraged to attend.

Certified leaders, CHW, Gina Boyce, and Shelley Fourney of UMC are offering the class on Wednesdays from 1:30 to 3:30pm,

beginning March 29th at UMC. The 6-week workshop is a Stanford-based curriculum.

To sign up call Gina at (970) 318-0172 or Shelley at (970) 327-4233.

Uncompahgre Medical Center Health Fair: April 29th UMC will be sponsoring a health fair from 7am to 12:00pm. Watch for more information on their website: umclinic.org; on Facebook: UMCNorwood-CO/ or in your local newspaper.

Follow Us

Stay up to date on TCHNetwork and community partner events!

Facebook:

TriCountyHealthNetworkTelluride

Twitter:

@TCHNetwork_CO

Getting Paid to Shop: Clipping Coupons

Using coupons and looking for the best price are great ways to save money at the grocery store. Knowing how to find them is the first step to cutting costs on food.

Find deals right under your nose

Look for coupons with your receipt, as peel-offs on items, and on signs along aisle shelves.

Search for coupons

Many stores still send ads and coupons for promotion, so don't overlook that so-called "junk mail." You can also do a Web search for "coupons."

Look for savings in the newspaper

Brand name coupons are found as inserts in the paper every Sunday - except on holiday weekends. Some stores will double the value of brand name coupons on certain days.

Join your store's loyalty program

Signup is usually free and you can receive savings and electronic

coupons when you provide your email address.

Buy when foods are on sale

Maximize your savings by using coupons on sale items. You may find huge deals such as "buy one get one free."

Find out if the store will match competitors' coupons

Many stores will accept coupons, as long as they are for the same item. Check with the customer service desk for further details.

Stay organized so coupons are easy to find

Sort your coupons either by item or in alphabetical order. Develop a system that's easiest for you and make finding coupons quick and hassle-free. Ideas for coupon storage include 3-ring binders, accordion-style organizers, or plain envelopes.

Find a coupon buddy

Swap coupons you won't use with

a friend. You can get rid of clutter and discover additional discounts.

Compare brands

Store brands can be less expensive than some of the name brand foods. Compare the items to find better prices.

Stick to the list

Make a shopping list for all the items you need. Keep a running list on your phone, on the refrigerator, or in a wallet. When you're in the store, do your best to buy only the items on your list.





March Recipe Italian Stuffed Peppers

For more health, affordable, delicious and easy recipes, see:
<https://cookingmatters.org/recipes>

Serving Size

Serves 6, 1 stuffed pepper half per serving

Ingredients

- 3 large bell peppers plus
- 1/2 small bell pepper (any color)
- 8 ounces mushrooms
- 1 small onion
- 1 clove garlic
- 3 ounces part-skim mozzarella cheese
- 12 ounces 93% lean ground turkey
- 1 (14-ounce) can diced tomatoes, no salt added
- 1 (8-ounce) can tomato sauce, no salt added
- 1/2 cup instant brown rice
- 1 teaspoon dried parsley leaves or thyme
- 1 teaspoon dried oregano leaves
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon crushed red pepper
- 1/4 cup water
- Nonstick cooking spray

Materials

- Sharp knife
- Measuring spoons
- Cutting board
- Liquid measuring cup
- Cheese grater
- Large skillet
- Colander
- 9x13-inch baking dish
- Can opener
- Foil
- Measuring cups

Chef's Notes

Change up the veggies in this dish depending on what's on hand and what's in season: finely chopped broccoli, cauliflower, zucchini, shredded carrot, or dark leafy greens

Instructions

1. Preheat oven to 350°F.
2. Rinse peppers and mushrooms. Cut large peppers in half lengthwise and remove seeds. Finely chop bell pepper half. Finely chop mushrooms.
3. Peel onion and garlic. Finely chop onion and mince garlic.
4. Grate cheese. Set aside.
5. In a large skillet over medium heat, cook turkey, finely chopped bell pepper, mushrooms, onion and garlic, crumbling turkey with a wooden spoon or spatula, until the turkey is browned, 10 to 15 minutes.
6. In a colander, drain off liquid and return to the pan. Stir in tomatoes, tomato sauce, rice, parsley or thyme, oregano, salt and pepper. Bring to a simmer, cover and cook, stirring occasionally, until rice is tender, about 15 minutes.
7. Put 1/4 cup water in a 9x13-inch baking dish. Place the pepper halves, cut side up, in the baking dish. Divide turkey mixture among the pepper halves. Sprinkle each pepper half with 2 tablespoons cheese.
8. Spray a sheet of foil with nonstick cooking spray and cover baking dish with the foil, sprayed side down. Bake until peppers are tender-crisp, about 30 minutes.

Nutrition Facts

Serving Size 1 stuffed pepper half (327g)
 Servings Per Container 6

Amount Per Serving	
Calories 210	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 250mg	10%
Total Carbohydrate 20g	7%
Dietary Fiber 4g	16%
Sugars 7g	

Protein 19g

Vitamin A 25% • Vitamin C 160%
 Calcium 15% • Iron 10%

*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

Networks are Key to Using Your Coverage and Saving Money



Networks are important to most of us every day. Whether it's career networks, social networks or family networks, they all contribute to our lives.

Understanding and using the health care network provided by your insurance carrier is just as important. Not only will this ensure you get access to the health care you need, it will also help you avoid large and unexpected medical bills. To avoid paying the

full amount for health care services, which can carry a heavy price tag, you must use only doctors and medical facilities within your health plan's network. The only exception is in the case of a true medical emergency, when you should always go to the closest emergency facility for treatment.

Your insurance company can help you find carriers and facilities in the network for your particular plan. Here are a few important steps patients can take to make sure their treatment stays in network.

- Understand your plans cost sharing requirements (ex. deductibles, coinsurance, copayments)
- Know the health care lingo and how it applies to your coverage network. HMO, PPO and EPO all provide different network benefits and out-of-network costs

- Ask your primary care doctor to recommend in network physicians when you need specialty care

- Before having any medical procedure or tests, ask if all doctors and facilities involved are in your network to make sure all charges are covered

As always, TCHNetwork Health Coverage Guides and Enrollment Navigators are here to assist you. Call (970) 708-7096

In the Event of an Emergency

Insurance plans can't make you pay more in copayments or coinsurance if you get emergency care from an out-of-network hospital. They also can't require you to get prior approval before getting emergency room services from a provider or hospital outside your plan's network.

Finding your Local Food Bank

The following Food Banks are operated by community volunteers - Yay Volunteers! Rules can include the number of days worth of meals per individual per month or that you live in a participating county. Expect to read more about your local Food Bank in an upcoming issue of HealthMatters. Until then, this is where you can find them. By the way, the staff is always friendly. They can explain how it all works. And of course, the following information is subject to change.

- Telluride: Corner of W. Colorado Ave. and Aspen St. Thursdays 4-6pm.
- Norwood: 1272 Spruce St., Christ in F.O.C.U.S Church. 2nd and 4th Thursdays 1-6pm.
- Dove Creek/Egnar: VFW Hall, 2nd Friday 10-11am.
- Ouray: 257 Sherman St., Thursdays 12:30 - 3:30pm
- Delta: 1140 Howard Street. No times confirmed.
- Cedaredge: 245 West Main Street. Mondays 9-11am, Thursdays 1-3pm

Thank You

Your contributions make a difference!

Cosmopolitan Restaurant gave a generous contribution to our Multicultural Program.

Asa Van Gelder and Robyn Van Gelder whose generosity, in honor of Stephen Root, supports our Mental Health First Aid training program.

A HEARTFELT THANK YOU

Read more: Daily Planet, 2/21: Bringing Resources to the Hispanic Community. Learn more about Mental Health First Aid at tchnetwork.com/behavioral-health

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 contact info@tchnetwork.org

Improving the health of our communities through innovation & collaboration