



## Upcoming Events

- Communities That Care Community Board Orientation, Part II**  
 Telluride Fire Dept., 2nd floor  
 June 2nd, 8:30am-1:30pm  
 Call Paul Reich at 970.708.7096 to learn more
- Mark Fetterhoff presents on Elder Abuse**  
 Wilkinson Public Library  
 June 6th, 11am-1pm  
 Call Miguel at 970.708.7096 for more info
- Medicaid Enrollment Fair**  
 Wilkinson Public Library  
 June 10, 11am-4pm  
 Call 970.708.7096 for a smooth enrollment!
- Youth Mental Health First Aid Class - Free Class!**  
 Telluride High School  
 June 20th, from 8am-5pm.  
 To sign up, call Miguel at 970.708.7096
- Ridgway Farmers Market**  
 Hartwell Park, Ridgway  
 Every Friday until October, 10am-3pm

Read about all of TCHNetwork and other community events at [tchnetwork.org/press-events](http://tchnetwork.org/press-events)

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## Welcome

JUNE sheds light on elder abuse, particularly in regards to financial exploitation. In this issue, learn how to manage your health by using your insurance to your advantage, and what steps men can take to get healthy this Men's Health Month. Finally, we welcome the newest members to the TCHNetwork team!

## Elder Financial Abuse

June 15th marks World Elder Abuse Awareness Day (WEAAD)-- a day that recognizes the financial, physical, sexual, and psychological abuse of older adults worldwide. According to the UN, the number of elder abuse cases worldwide are sadly expected to increase in the coming years due to a growing population. Worse yet is the fact that elder abuse is one of the least investigated and least addressed types of violence throughout the world.

Theft, forgery, misuse of property and power of attorney, and denying access to funds are some of the forms that financial abuse can take. According to the UN, financial and material exploitation of the elderly "could lead to poverty, hunger, homelessness, compromised health and well-being, and even premature mortality."

In the case of financial abuse, knowledge is power. Learning the tactics that scammers use and having the ability to recognize the signs of scams can be the most effective weapon against scammers. For this reason, Tri-County Health Network, in partnership with Region 10, is hosting

cont on page 2

## TCHNetwork Spotlight

Help us welcome our new staff!



Katia Bhagatram  
Care Transformation Manager



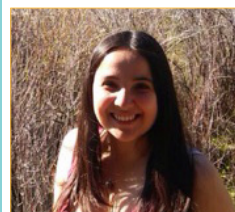
Matt Teague  
Regional Health Coordinator



Ben Marshal  
Palliative Support Services



Alexis Klein  
Health Coverage Guide



Coni Arevalo  
AmeriCorps VISTA



Miguel Herrera  
AmeriCorps VISTA

## Insurance Corner Medicaid Enrollment Fair

If you get laid off seasonally or you meet yearly income guidelines, you might qualify for Medicaid. One person can make up to \$16,040 and receive a dental benefit! Call TCHNetwork or come to our Enrollment Fair to learn more. Saturday, June 10 from 11am-4pm at Wilkinson Library. Take a survey, learn about your benefits, and qualify for a \$15 gift card!

Elder Abuse cont from pg. 1

a presentation on Elder Abuse on Tuesday, June 6th from 11am to 1pm at the Wilkinson Public Library in Telluride.

Mark Fetterhoff, Senior Program Specialist with the AARP Foundation in Denver, will teach attendees about Colorado's top five scams, how to recognize a scam, and where to report scams and frauds.

Fetterhoff manages the AARP Foundation ElderWatch program, a partnership between the Colorado Attorney General's Office and the AARP Foundation, which helps educate older adults in Colorado about frauds and scams.

Fetterhoff's presentation on June 6th is based on information gathered from inquiries and reports

of frauds and scams in Colorado, providing attendees with information on the most prevalent scam and fraud attempts that could affect them and their loved ones, as well as crucial tips for keeping personal and financial information safe. Caregivers, mandatory reporters of elder abuse, older adults, and concerned family members are all encouraged to attend this event in order to learn how to recognize, refuse, and report scams, fraud, and financial exploitation.

TCHNetwork is the Aging and Disability Resource Center (ADRC) satellite office in San Miguel County and the West End of Montrose through a contract with Region 10, the Area Agency on Aging. As the ADRC, TCHNetwork provides a one-stop shop

for adults aged 60 or over or an adult of any age with a disability to access unbiased information, assistance, and referrals on available services and supports in their respective community, empowering those individuals to make decisions on the types of long-term services and supports that they would like to access.

*This interactive presentation is free of charge and includes lunch. Contact TCHNetwork at 970.708.7096 for more information and to preregister.*

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## Follow Us

Stay up to date on TCHNetwork and community partner events!

Facebook:

TriCountyHealthNetworkTelluride

Twitter: @TCHNetwork\_CO

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## Using Your Health Insurance to Manage Chronic Conditions and Improve Overall Health

Often times, people don't think of their health insurance company as a potential partner for managing health. But this partnership is essential for managing health effectively and living a healthier life, especially for those with chronic conditions.

Let your insurance and new primary care doctor know right away if you have an ongoing health condition such as diabetes, high blood pressure, mental health issues, asthma or if you are pregnant. Your insurance likely has a health management program to help with medications, doctor appointments, and support programs. This may even include ongoing support provided by a case manager to ensure that you better manage your care and to help better navigate your ongoing health needs.

You can also use your plan to improve health in all areas of your life, including free or low-cost programs to support healthy

lifestyle changes, including:

- Smoking cessation
- Drug and alcohol abuse treatment
- Weight loss
- Stress reduction
- Healthy cooking/eating
- Exercise classes
- Mental health needs

If you struggle with diabetes or cardiovascular disease and you seek care from one of TCHNetwork's partner clinics, you have access to a Patient Health Navigator (PHN). PHNs offer patients education about their disease and engages them in manageable lifestyle changes based on the guidance of their primary care physician. PHNs ensure that patients follow up for routine visits and testing to help keep their chronic disease in check. PHNs also ensure that the patient's clinical team understands the patient's life goals and incorporates these goals into the care planning

process.

If you are a patient at one of TCHNetwork's partner clinics, contact them to learn more about the PHN program and if your health insurance covers PHN services.

**Basin Clinic (Naturita)** – Cyndi Wargowski 970.865.2665

**Telluride Medical Center (Telluride)** – Bridget Taddonio 970.728.3848

**River Valley Family Health Center (Montrose and Olathe)** – Mary Lou Garcia 970.263.1720

**Uncompahgre Medical Center (Norwood)** – Kristin Williams 970.327.4233

**Surface Creek Family Practice (Cedaredge)** - Chris Miller 970.874.0336



### Serving Size

Serves 4, 3 pinwheels per serving

### Ingredients

- 4 large radishes
- 1 small carrot
- 1 cup salad greens
- 3 sprigs fresh herbs (parsley, dill, cilantro, or combination)
- 1 lemon
- 2 ounces low-fat Swiss or cheddar cheese
- 1 large, ripe avocado
- 1/4 cup nonfat plain yogurt
- 3 (8-inch) whole wheat flour tortillas

#### Optional Ingredient:

- 5 ounces thinly sliced roasted turkey

### Materials

- Box grater
- Cutting board
- Fork
- Medium bowl
- Sharp knife
- Measuring cups
- Small bowl
- Vegetable peeler

### Chef's Notes

- Use any of your favorite seasonal veggies in this wrap. Grate, chop, or peel into thin slices before adding.
- Use 1 cup homemade guacamole in place of avocado.

## June Recipe Veggie Wraps

For more health, affordable, delicious and easy recipes, see:

<https://cookingmatters.org/recipes>

### Instructions

1. Scrub and rinse radishes and carrots. Rinse salad greens. Pat all veggies dry.
2. Use a vegetable peeler to peel radishes and carrots into long, thin strips. In a medium bowl, collect veggie strips.
3. Rinse herbs. Pluck leaves off stems. Tear leaves into smaller pieces.
4. Rinse lemon. Zest using the small holes of a box grater. Cut in half and remove seeds.
5. Grate cheese.
6. Slice avocado lengthwise. Remove pit. Scoop avocado out of shell.
7. In a small bowl, use a fork to mash avocado. Stir in yogurt.
8. Squeeze a little lemon juice onto avocado mixture. Add herbs and a pinch of lemon zest. Stir.
9. Warm 1 tortilla in microwave for 30 seconds.
10. Place warm tortilla on a cutting board. Spread 1/8 avocado mixture over center of tortilla. Layer with 1/8 greens, 1/8 grated veggies, and 1/8 cheese. If using turkey, add 1/8 turkey. Add more lemon juice over mixture.
11. Roll tortilla into log shape. Use knife to cut into 4 pinwheels. Repeat process with remaining tortillas.

### Nutrition Facts

Serving Size 3 pinwheels (162g)			
Servings Per Container 4			
Amount Per Serving			
<b>Calories</b> 220	<b>Calories from Fat</b> 90		
% Daily Value*			
<b>Total Fat</b> 10g	<b>15%</b>		
Saturated Fat 1.5g	<b>8%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 5mg	<b>2%</b>		
<b>Sodium</b> 320mg	<b>13%</b>		
<b>Total Carbohydrate</b> 28g	<b>9%</b>		
Dietary Fiber 6g	<b>24%</b>		
Sugars 5g			
<b>Protein</b> 9g			
Vitamin A 50%	• Vitamin C 20%		
Calcium 30%	• Iron 8%		
*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

## Making Healthy Changes this Men's Health Month

Did you know that heart disease, cancer, and accidents are the top causes of death among men in the U.S.? In fact, studies show that men die from heart disease and chronic liver disease at a greater rate than women. Fortunately, there are steps that men can take to improve their health and lead overall healthier lives. June is Men's Health Month, for which reason we have the info you need to start the healthier life you deserve.

### 1. Prevention is Key

Early diagnosis can go a long way in preventing and treating many of the conditions that commonly affect men. Although men tend to be significantly more reluctant to seek health care than women, having regular checkups and screenings could save their lives.

Other measures that men should take, include: being physically

active, eating healthy, achieving a healthy weight, becoming tobacco-free, drinking in moderation, and reducing stress.

### 2. Monitor Your Health

Monitor things like blood pressure, cholesterol, diabetes, mental health issues, and weight, to help reduce your risk for certain diseases and to maintain control of pre-existing conditions. Depending on your age and risk factors for disease, you may require more frequent screenings.

Our Community Health Workers offer diabetes and heart health screenings, and can help you create an action plan for healthier lifestyle choices. Also, If you have diabetes or cardiovascular disease, you can see one of TCHNetwork's Patient Health Navigators, who work with your primary care physician to help you make manageable lifestyle changes,

while ensuring that you keep your condition in check. *Read more about our PHNs on page 2.*

### 3. Get Vaccinated

The CDC recommends a yearly flu shot to protect you against the most likely strains of that season. In addition, a shot preventing pneumonia is recommended for those with certain medical complications and for those over 65. Finally, if travelling internationally, or if you're sexually active, consider getting vaccinated for hepatitis A and B.

### 4. Take Control of Your Life

Make the necessary adjustments to take control of your life! Only YOU can make the changes you need to live the life you want.

*If you'd like the support of TCHNetwork to better manage your health, contact us at 970.708.7096.*

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## Welcoming the Newest TCHNetwork Staff to Our Team

As Tri-County Health Network's services expand, so must our team! As such, we proudly welcome our newest team members:

**Katia Bhagatram- Care Transformation Manager.** Katia's role is to assist rural health clinics in practice transformation from a reactive model of patient care to a proactive model. She also manages and supports the Community Health Workers and Patient Health Navigators in achieving better health outcomes for people struggling with diabetes and/or heart disease.

**Ben Marshall- Palliative Support Services Program Coordinator.** Ben's work with TCHNetwork embodies the Palliative Support Services motto: "I Want To Live My Whole Life Here." His duties

include creating a business plan, identifying and compiling home health resources, and developing a local advisory board and volunteer force, with the goal of fulfilling the wishes of our community.

**Matt Teague- Regional Health Connector.** Matt's work involves connecting primary care with community based behavioral health and social services. Currently, he's working on three projects to improve community health with issues of healthy foods/active living, access to care, and behavioral health.

**Alexis Klein- Health Coverage Guide.** Previously an AmeriCorps VISTA, Alexis is staying with TCHNetwork as our newest Health Coverage Guide! She will be helping individuals navi-

gate Colorado's health insurance marketplace and facilitate their enrollment in health insurance.

**Miguel Herrera- AmeriCorps VISTA, Special Projects Coordinator.** Miguel helps develop, implement, and coordinate new and existing projects, ensuring that TCHNetwork is effectively serving the communities in the area.

To learn more about the amazing staff at TCHNetwork, visit our team profile page: <http://tchnetwork.org/team/profiles/>.

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](mailto:info@tchnetwork.org)

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