



Upcoming Events

- Healthier Living Colorado, August 22 - October 3, every Monday, except Labor Day Sept. 5, 2pm - 4:30pm at Haven House in Olathe
 - Free classes designed to empower caregivers and individuals with chronic disease to manage their conditions
 - For information or to sign up, call: 970-708-7096
- Ridgway Farmers Market, every Friday at town park, 10am - 3pm
 - Get information on Colorado insurance and TCHNetwork programming
- Matter of Balance, July 27 - September 14, Norwood Firehouse, 10am - noon
 - Free classes offered in coordination with Touch of Care to help senior citizens at an increased risk of falling
 - Must pre-register by calling: 970-249-6080

In This Issue

- Front Welcome, National Immunization Awareness Month, Community Organizations Coming Together, Health Screening schedule
- pg. 2: National Immunization Awareness Health Month cont., Community Organizations Coming Together cont.
- pg. 3: Recipe of the month
- pg. 4: Clinics Recognized for Quality, Skippy: Helping Kids in Need

Welcome

AS summer winds down and we get ready for the school year, the focus for August is National Immunization Awareness Month. Make sure to check your child's immunization schedule, and your own, to stay up to date with vaccinations. SKIPPY will start up again in September with the school year, so keep an eye on our calendar for when SKIPPY is at your school.

National Immunization Awareness Month

IMMUNIZATIONS are not just for children and older adults. Everyone needs to talk with their doctor about what immunizations they need. Thanks to vaccinations, diphtheria, tetanus, yellow fever, whooping cough, polio, and measles, are now under control. Smallpox has been completely eradicated by the use of vaccines and polio has decreased from 400,000 reported cases in 1980 to 75 total cases in 2015.

How do immunizations work?

Once the body has fought off certain types of germs, bacteria or viruses, it has a memory of the type of threat and has built up special cells that fight these off in the future. A vaccine works to imitate the type of invasion to build up your body's natural army against these attacks, and fight them off before they have a chance to settle.

continued on page 2

Community Organizations Coming Together

WHEN a patient in his late 50s came into the Telluride Medical Center (TMC), doctors knew it would be a rough case. The tumor was visible on his neck. It turned out to be ana-

continued on page 2

Health Screenings

Biometric testing to determine risk of developing diabetes and/or heart disease

Darlene Mora - Olathe

- 2nd Monday of every month: Haven House, 11:30am - 5:30pm
- Tuesdays and/or Wednesdays: Montrose Regional Library, noon - 6pm
- Thursdays (for pre-arranged appointments): Bank of Colorado, noon - 5pm
- To make an appointment, call Darlene at 970-708-4719

Visit

<http://tchnetwork.org/community-health-worker/>

to find a Community Health Worker near you

Side Effects

We are all worried about the dreaded side effects that come with any sort of shot or medication. Most side effects of vaccinations, if any, are mild. A lot of the diseases that the vaccinations prevent can be severe and even deadly! Most side effects include swelling, soreness, redness and mild fever. A cold wet compress can be used to reduce these effects. As with any medication, keep an eye on these symptoms and follow up with your doctor if symptoms worsen or persist.

Immunizations for Travel

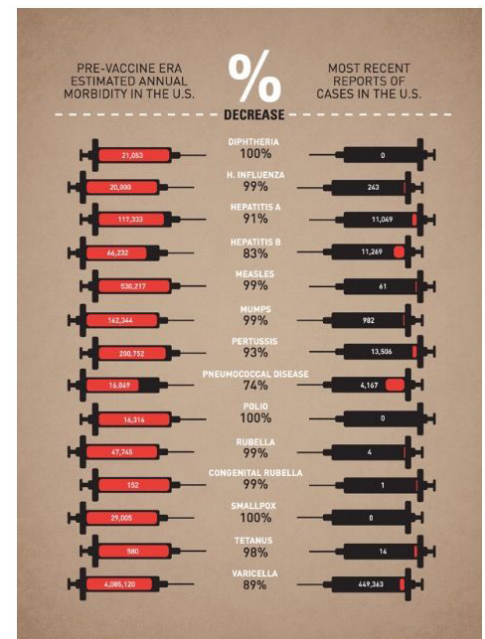
Before traveling, you should

research the state or country you are traveling to. Research any vaccinations needed at least 6 weeks before you leave. Also, if you are pregnant, there are specialized immunizations and precautions you should take.

The Centers for Disease Control and Prevention (CDC) has some helpful information on what you should look into before you decide to travel.

- Justine Forster, Community Health Worker, Delta County

Talk to your doctor about your specific health risk. You can get your blood pressure and cholesterol checked by your local Community Health Worker and get connected to any resources or care you may need.



Visit:

<http://tchnetwork.org/community-health-worker/>

to find a Community Health Worker near you.

plastic thyroid carcinoma, a rare thyroid cancer found in less than 1 percent of cases with most patients not expected to live more than a year past diagnosis.

"I got involved because the patient is Hispanic and I was doing the translation," says Paula Scheidegger, practice manager of primary care at TMC. "The main concern was problems with breathing

and swallowing because of the size of it. It was so huge."

"We wanted to get him back home to die in peace with his family."

The man wasn't expected to live more than a month, she says, so she and Tri-County Health Network Bilingual Enrollment

Navigator Pedro Maquera started working on helping the man get home to Mexico, a wish he expressed after they went through the paperwork with him.

"We wanted to get him back home to die in peace with his family," Scheidegger says, "especially since there's no palliative care here."

Maquera researched options to get the man back to Zacateca in north central Mexico, where his family was.

"TMC told me that if I could get the money for him to make it back to Mexico with his family, they would take care of all the money he owes to the hospital. That was my deal," Maquera says. TMC also

provided medicine for while they worked out his travel, he says, and for him to make it home.

The same week the man was diagnosed, Scheidegger met with the Latino Advocacy Committee, a committee of Hispanic members from within the community focused on helping the local Hispanic community. Within a few hours, they were given \$750 from providers in the medical center donating their own money and donations from the local Catholic church. It was enough to get him a first class flight home, a safer and quicker option, Maquera says. Maquera arranged emergency medical leave with the Transportation Security Administration (TSA), a ride to Denver, and extra money for food.

"I couldn't believe how well it worked and the teamwork with the medical center, Tri-County Health Network, and the Latino Advocacy Committee to get him home," Scheidegger says. "It was amazing to get a call from him that he made it and was home with his family."



Pedro Maquera representing Tri-County Health Network at a conference.



Serving Size

Serves 6, 1 parfait per serving

Ingredients

- 4 cups fresh or thawed frozen fruit, such as bananas, strawberries, peaches, or mango
- 3 cups nonfat plain yogurt
- 1 1/2 cups granola
- *Optional Ingredients:* 2 Tablespoons sliced almonds

Materials

- 6 cups or bowls
- Cutting board
- Measuring spoons
- Sharp knife
- Measuring cups

Chef's Notes

- Layer parfait just before serving to keep granola crunchy.
- Use any high-fiber cereal you like instead of granola
- Try topping with rinsed, chopped fresh mint leaves for extra flavor and color.
- To save money, use fresh fruits that are in season. When seasonal fruits are hard to find, use thawed frozen fruit.

August Recipe

Our [Cooking Matters](#) classes started July 5 at the Naturita Library in the community room until the West End Economic Development Corporation (WEEDC) Collective Mine opens. Classes are every Tuesday, 4 p.m. - 6 p.m., until August 9. You'll learn how to prepare recipes like this Yogurt Parfait.

Yogurt Parfait

Instructions

1. If using fresh fruit, rinse, peel and/or trim as needed. If using thawed frozen fruit, drain any excess juices. Cut fruit into 1/4-inch thick slices. There should be about 3 cups total.
2. Layer 1/4 cup yogurt into each of the 6 cups or bowls. Top with 1/4 cup sliced fruit and 2 Tablespoons granola.
3. Repeat layers one more time, ending with a layer of granola.
4. If using, top with sliced almonds.

Nutrition Facts

Serving Size 1 Parfait (241g)
Servings Per Container 6

Amount Per Serving		
Calories	210	Calories from Fat 40
		% Daily Value*
Total Fat	4.5g	7%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	5mg	2%
Sodium	70mg	3%
Total Carbohydrate	37g	12%
Dietary Fiber	4g	16%
Sugars	22g	

Protein 9g

Vitamin A 10% • Vitamin C 100%

Calcium 20% • Iron 6%

*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	Less than	300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Clinic Recognized for Quality

The Telluride Medical Center was recently recognized by the National Committee for Quality Assurance (NCQA) as a level 3 Patient-Centered Medical Home (PCMH), the highest level of recognition.

The NCQA is a private, non-profit organization dedicated to improving health care quality through transparency, measurement, and accountability. NCQA accredits and certifies a wide range of health care organizations. It also recognizes clinicians and practices in key areas of performance. Clinicians Kent Gaylord, Sharon Grundy, Heather Linder,

Eric Johnson, Christine Tealdi, and Laura Cattell were linked to the center's recognition.

A PCMH is also known as a medical home and is a way of providing comprehensive primary care in a way that allows for partnerships between individual patients, their personal physicians, and when possible the patient's family. This strengthens clinician-patient relationships to keep patients healthy between visits and supports team-based care that integrates the patient into the team. The goal of the PCMH model is to improve the health of the community, en-

hance the patient care experience, and reduce (or at least control) the cost of care.

[NCQA's website](#) contains information to help consumers, employers, and others make more informed health care choices.



SKIPPY: Helping Kids Get Care

[San Juan Kids Cavity Prevention Program \(SKIPPY\)](#) is a school-based oral health program serving children ages 0-14 years old in 16 schools and preschools throughout San Miguel, Ouray, and Montrose counties, two times per school year. When Claudia Gamez, Bilingual Enrollment Navigator in Montrose/Olathe, met a boy at Olathe Elementary School this past spring with untreated cavities, she discovered his fear of the dentist and his parents' fear of general anesthesia is what kept him from getting the help he needed. Here is how she approached the situation:

I explained to her how important oral health is, especially for kids, and that if she needed more information on local anesthesia, I could help. I also offered to make the appointment for the boy, come with them to the dentist's office, and translate every question or concern she had about treatment and everything else she wanted to know. I talked with the mother for almost an hour and called the next day with more information I found about local anesthesia.

Two days later she called and asked me to make a call to Smiles 4 Kids and make an appointment for the boy. She also told me she didn't have transportation to take him. I called and made the appointment for the next day and the next morning I went to their house, picked them up, and took them to Smiles 4

Kids for their appointment. The boy finally got all of his cavities taken care of successfully. I took them back home and stayed with them for an hour until the mother felt more comfortable with the way the boy was feeling coming out of the anesthesia.

A few weeks went by and the parents called me! They thanked me for all of the information and support I gave them and said that they didn't have the words to explain how helpful I was to them. I love my job.

- Claudia Gamez, Bilingual Enrollment Navigator, Montrose/Olathe

SKIPPY will start again in the fall in September. Keep an eye on our website's calendar at tchnetwork.org/press-events and your school's calendar to get your child's oral health checked when SKIPPY comes to your school.

Thank you for reading this month's new and improved Health Matters newsletter. Keep an eye on our [website](#) for health insurance video tutorials. To provide feedback on the redesign or send in article submissions, contact vista.market@tchnetwork.org

Improving the health of our communities through innovation & collaboration