

October 3, 2016

Volume 1 Number 9



Upcoming Events

- Skippy Dental Clinics, a school-based oral health program. Our dental hygienists provide the following oral healthcare services: examination, cleaning & dental hygiene instruction, fluoride treatment, sealants.
 - October 13: Ridgway Middle School
 - October 18: Prime Time Early Learning Center/Norwood Elementary School
 - October 19: Paradox Valley Charter School
 - October 20: Pomona Elementary School
 - October 24: Olathe Elementary School
 - For more information: <http://tchnetwork.org/skippy/>
- Cooking Matters, September 13 - October 18, every Tuesday, 4pm - 6pm at Fellowship Church, Telluride
 - For information or to sign up, call: 970-708-7096
- Aging Disability Resources Colorado (ADRC) Senior Expo, October 27, 8am - 2pm, Bill Heddles Recreation Center, 530 Gunnison River Dr, Delta

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Welcome

OCTOBER is the month we spend gearing up for health insurance open enrollment, starting November 1 through January 31. If you need help with insurance, call 970-708-7096 or come see us. And, keep an eye on our [calendar](#) for our events.

Breast Cancer Awareness Month

PRODUCTS that support research and treatment for breast cancer are all around us. It is almost impossible to do basic daily activities without seeing the all too well known pink ribbon of hope on cars, clothing, or even on products and food packaging. Even with all of these reminders, we support the cause, but all too often we don't take action to protect ourselves.

I am all too familiar with how scary and devastating breast cancer can be. There have been many women in my family that have been diagnosed with breast cancer and have gone through many treatment options.



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TCHNetwork Spotlight



Welcome to our new staff members.

Health Insurance Enrollment

Health Insurance Enrollment Fairs and Health Coverage Guide (HCG) Schedules

- November 5: Enrollment Fair at Ouray County 4H Center, 22739 US-550, Ridgway, 10am - 5pm
- November 12: Enrollment Fair at San Miguel County Annex Room, 335 W. Colorado Ave., Telluride, 10am - 5pm

Visit

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

to find a Community Health Worker near you

Each woman was able to catch it early and was able to be treated, but it was devastating to them physically and emotionally. One in 8 women are affected by this horrible diagnosis.

How can we protect ourselves against the serious complications of breast cancer? Self checks for anomalies should be done once a month, a clinical exam should be done at least once a year or more often if there is any change noticed. Mammograms should be done at least once every 1-2 years for women over the age of 40. For women under the age of 40 at risk for breast cancer, they should talk with their provider about how often they should get a mammo-gram done. This is also a cancer that affects men, so they should

make sure to check themselves as well and speak with their provider if they find any anomalies. Please visit www.nationalbreastcancer.org/early-detection-of-breast-cancer for more information on ways to protect yourself, how to talk with your doctor and what to look for.

- 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.

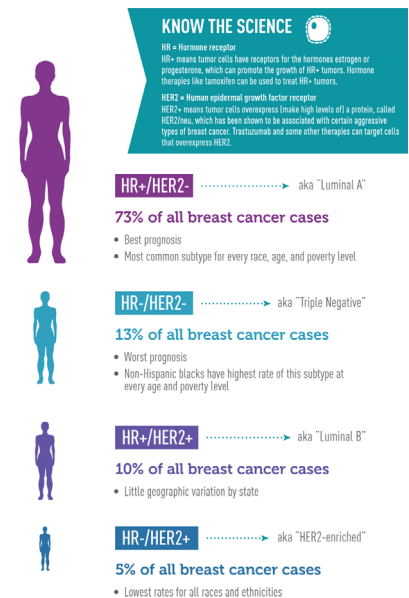
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BREAST CANCER IN WOMEN: KNOW THE SUBTYPE

It's important for guiding treatment and predicting survival.



www.cancer.gov

Source: Special section of the Annual Report to the Nation on the Status of Cancer, 1975-2011.

Open Enrollment: Health Coverage Guides Can Help

"I don't know why I'm here," said the young man sitting across from my desk. His boss sent him.

"Just see if she can help you," he was told. We hashed out his income – a seasonal employee. January, February, etc. Then we figured in the off-seasons. He qualified for Medicaid.

Open enrollment is the only time you can enroll in a health plan on Colorado's health insurance marketplace and qualify for lower cost insurance premiums and other affordability options – unless you experience a qualifying life change event. Open Enrollment 2017 starts November 1, 2016 and ends January 31, 2017. To have insurance that's effective January 1, 2017 you must purchase your coverage no later than December 15, 2016.

To avoid a fee for being uninsured in 2017, you'll need to purchase a plan between November 1, 2016 and January 31, 2017. TCHNetwork has Health

Coverage Guides (HCG), like me, who can help you enroll in health insurance.

The young man left my office insured for the first time since he left his parents' house and excited about his dental benefits. We even calculated how an hourly raise might affect his yearly income and looked at what sort of help he might qualify for in order to be able to purchase a plan, so that he knows that if he gets a raise, he can afford to remain insured.

No matter your situation, an HCG at TCHNetwork can sit down with you to help you figure out your health insurance options with one-to-one enrollment services. Call 970-708-7096 to locate the HCG nearest you. Official "office hours" begin November 1, 2016.

TCHNetwork will also continue to sponsor health insurance enrollment fairs in Ridgway, Telluride, Naturita, and Norwood. Check our Events Calendar for

How can a Health Coverage Guide (HCG) help you?

- Guide you through the application process
- Provide education about coverage options
- Offer education about how you can qualify for lower cost insurance (tax credits and subsidies)
- Ensures you understand your coverage and how to use it
- Assist you in making changes to your account during the year in the event of fluctuations in income or changes to household composition

enrollment fairs and HCG office hours. The calendar will reflect all scheduled open enrollment efforts by October 15.

- Stacey Wright,
Programs Manager, TCHNetwork



Serving Size

Serves 4, 1 burrito per serving

Ingredients

- 3 green onions
- 1 medium red or green bell pepper
- 1 medium clove garlic
- 2 ounces low-fat cheddar cheese
- 1 (15 1/2 ounce) can black beans, no salt added
- 1 teaspoon canola oil
- 4 large eggs
- 3/4 teaspoon ground cumin, divided
- 1/4 teaspoon ground black pepper
- Non-stick cooking spray
- 4 (8-inch) whole wheat flour tortillas
- *Optional ingredients:* 1/3 cup nonfat plain yogurt, 1/4 cup fresh cilantro, *Note:* Don't double cumin if doubling recipe

Materials

- Box grater
- Can opener
- Colander
- Cutting board
- Fork
- Plate
- Measuring cups
- Medium skillet
- Measuring spoons
- Sharp knife
- Rubber spatula
- Paper towel

Chef's Notes

- Add color and flavor with fresh salsa. Mix chopped fresh or canned tomatoes, chopped onion, and chopped cilantro. Add a pinch of ground cumin for heat.
- Burritos can be frozen for up to 1 week. Wrap tightly in plastic wrap, cover with aluminum foil, and freeze.

October Recipe

Our [Cooking Matters](#) classes are in session in Telluride at the Fellowship Church, every Tuesday, 4 p.m. - 6 p.m., until October 18.

Hearty Egg Burritos

Instructions

1. Rinse green onions and bell pepper. Peel garlic clove.
2. Slice green onions. Remove core and dice bell pepper. Mince garlic.
3. If using fresh parsley or cilantro, rinse and chop leaves now.
4. Grate cheese.
5. In a colander, drain and rise beans.
6. In a medium skillet over medium heat, heat oil. Add beans, green onions, bell pepper, and garlic. Cook until peppers are soft, about 3 minutes. Add 1/2 teaspoon ground cumin and black pepper. Transfer mixture to a plate.
7. In a small bowl, crack eggs. Add remaining 1/4 teaspoon cumin. Beat mixture lightly with a fork.
8. Wipe out skillet with a paper towel. Coat with non-stick cooking spray. Heat at medium-low. Add egg mixture. Cook, stirring occasionally, until eggs are firm as you like, about 3-5 minutes. If using cilantro, add now.
9. Spoon egg mixture into the center of each tortilla, dividing evenly. Add beans and veggies. Sprinkle cheese on top. If using yogurt, add a dollop to each tortilla.
10. Fold tortilla over mixture and serve.

Nutrition Facts

Serving Size 1 burrito (266g)	
Servings Per Container 4	
Amount Per Serving	
Calories 330	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 180mg	60%
Sodium 500mg	21%
Total Carbohydrate 43g	14%
Dietary Fiber 9g	36%
Sugars 5g	
Protein 20g	
Vitamin A 15%	Vitamin C 45%
Calcium 30%	Iron 25%
*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	

Shining a Light on Mental Illness Awareness Week

Mental Health Facts IN AMERICA

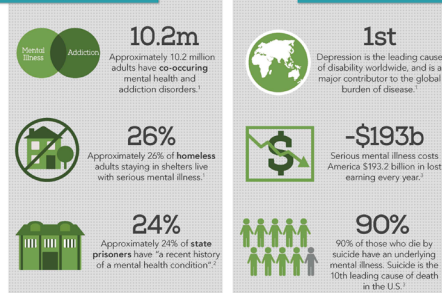
Fact: 43.8 million adults experience mental illness in a given year.



Prevalence of Mental Illness by Diagnosis



Consequences



Impact



Treatment in America



During Mental Illness Awareness Week, October 2-8, the National Alliance on Mental Illness (NAMI) is shining a light on mental illness and replacing stigma with hope with a [Stigma Free pledge](#) and campaign, asking people to [learn about mental health issues](#), see the person and not the illness, and [take action](#) on mental health issues.

It can be hard to tell the difference between expected behaviors and signs of mental illness. Each illness has its own symptoms, but [common warning signs](#) of mental illness in adults and adolescents include: excessive worrying or fear, confused thinking or problems concentrating and learning, extreme mood changes, avoiding friends and social activities, difficulties understanding or relating to other people, difficulty perceiving reality (delusions and

hallucinations), multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing aches and pains), among many others.

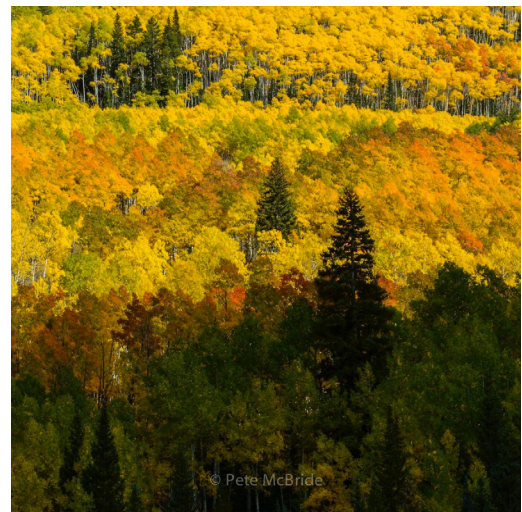
Mental conditions can also develop in young children. Since they're still learning how to identify and communicate their thoughts and emotions, the most obvious symptoms are behavioral, such as: changes in school performance, excessive worry or anxiety (such as fighting to avoid bed or school); frequent nightmares, disobedience, aggression, and/or temper tantrums; and hyperactive behavior.

Mental Health America is focused on increasing understanding of mental illness with posts to show what [mental illness feels like](#) for others to learn more about the range of symptoms and reduce misunderstanding and stigma.

Domestic Violence

One in 3 women and 1 in 4 men in the U.S. have experienced some form of physical violence by an intimate partner. In 2014, [16,700 people reported](#) one or more domestic violence crimes to Colorado law enforcement, but many other victims/survivors did not contact law enforcement. Because of statistics like these, October was designated Domestic Violence Awareness Month (DVAM), which [evolved](#) from the "Day of Unity" held in October 1981.

[Domestic violence](#) is the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior as part of a systematic pattern of power and control perpetrated by one intimate partner against another. It includes physical violence, sexual violence, threats, and emotional abuse. If you or someone you know needs help, contact the [San Miguel Resource Center's 24-hour help line](#) for Telluride (970-728-5660), Norwood (970-327-5660), or Nucla/Naturita (970-864-2275) or the national hotline (1-800-799-SAFE or 1-800-799-7233) or go online to [DomesticShelters.org](#).



Thank you for reading this month's Health Matters newsletter. Check out [Pedro McBride](#), native Coloradoan and contributing photographer to National Geographic, on [Instagram](#) for more pictures of fall in Colorado. Keep an eye on our [website](#) for health insurance video tutorials. To provide feedback or send in article, contact vista.market@tchnetwork.org

Improving the health of our communities through innovation & collaboration