

December 13, 2016

Volume1 Number12



## Upcoming Events

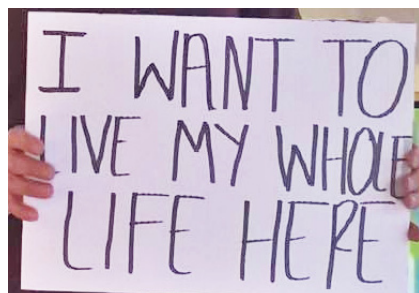
### *Telluride Gives*

December 15th  
8am to midnight

The community's opportunity to donate to TCHNetwork's Palliative Care program supporting end-of-life care, in-home medical, and home-based support services in rural communities.

Go to:

<http://telluridegives.org>  
and donate on December 15



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## Welcome

**D**ECEMBER focuses on health insurance enrollment and TCHNetwork's Palliative Care program with the opportunity to donate on December 15th via TellurideGives.org.

### Telluride Gives to Palliative Care

Telluride Gives is this coming Thursday, December 15th, and Tri-County Health Network (TCHNetwork) needs your support to provide Palliative Care services in our community. Palliative care focuses on improving the symptoms, dignity, and quality of life for people living with a terminal illness or serious injury and on the care of and support for their families and friends. Studies show that 80% of Americans would prefer to die at home, but in reality only 20% of Americans are able to do so. Many have to leave their homes of 30, 40, even 50+ years to access palliative and rehabilitation services in more urban regions, which is often a devastating change.

As the only provider of Palliative Care services in our rural region, TCHNetwork needs your support to provide individuals coping with terminal illnesses and serious injuries the care and essential services they need to continue living at home. Your donations will help to send our nurses to palliative care training, hire Certified Nursing Assistant support staff, provide nurses with travel expense

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### TCHNetwork Spotlight



Welcome Gin Eborn, LSW  
TCHNetwork's new  
Palliative Care Manager

### Health Insurance Enrollment

December 15 - last day to purchase coverage for a January 1 start date

January 31 - last day to purchase 2017 coverage

Call 970-708-7096 to schedule a private enrollment consultation with a Health Coverage Guide in your area.

Breast Cancer Awareness Month cont from pg. 1

funds, and many other invaluable contributions.

Ben Marshall, manager at Black Tie Ski Rentals in Telluride and a former Tri-County Health Network employee, expressed his love for this community, and why he is passionate about TCHNetwork providing Palliative Care. He says, "There's really not a better place to see where your head's at and what you want to be doing because there are so many inspiring people here who are pursuing their passions... With this program and its volunteer-based structure, people in Telluride who get injured and can't work, people who get sick, or people who are just getting older will at least know that they will be taken care of."

To raise awareness for our Palliative Care program, TCHNetwork launched an "I want to live my whole life here" campaign. Please help us in our efforts by sharing our campaign with your fellow family members, friends, and neighbors, or by joining in and posting your own photos.

We also need volunteers to provide support to our Palliative Care Program by helping patients with errands and household chores (e.g., dog walking, grocery shopping). If you are interested in learning more about volunteer opportunities, please contact Katie Mackay at 970-708-7096 or [info@tchnetwork.org](mailto:info@tchnetwork.org).

Please support TCHNetwork's efforts by donating to our Palliative Care Program on December 15th. Look or us: <http://telluridegives.org>



## Discussing AIDS & HIV for December 1, National AIDS Day

### *What is HIV and AIDS?*

HIV is a virus and it stands for Human Immunodeficiency Virus. HIV can cause AIDS. AIDS stands for Acquired Immunodeficiency Syndrome, and it is an autoimmune disease that keeps the body from being able to heal itself and fight off infections. AIDS can develop in a person that is HIV positive when the HIV virus has caused serious damage to the immune system.

### *How many people have HIV?*

In 2015 over 39,000 people were newly diagnosed with HIV in the United States. More than 1.2 million people in the US are HIV positive, and sadly 1 in 8 of them do not know about it. The good news is, from 2005 -2014 the annual number of new HIV cases declined by 19%. So, you can see that education, protection and assistance are in fact making a change.

### *How is HIV transferred?*

This disease can be transferred through certain kinds of bodily fluids, such as genital fluids and secretions, anal fluids, blood, and breast milk. HIV can be transferred to another person through these fluids, but only if they come in contact with openings to the body, such as mouth, genitals, anus, broken or cut skin and injections into the blood stream.

### *How to avoid getting or spreading HIV/AIDS*

To avoid the spread of HIV, limit your sexual partners, practice safe sex and talk with your doctor about getting checked for HIV as well as other Sexually Transmitted Diseases regularly. If you are diagnosed with HIV, talk with your doctor about symptoms, what you can expect and treatment options. Also talk openly about this with your sexual partner and make sure you take precautions so as not to spread this to them.



### *When to get tested*

You should get tested for HIV with each change of sexual partner. If you are pregnant, get tested for HIV immediately to make sure your baby is safe. It is possible for an HIV positive woman to give birth to a baby that is not infected.

### *Where can I get tested?*

The best idea is to talk with your doctor about getting tested. If you do not have a primary doctor or want other options, you may find a free confidential testing site near you by visiting: <https://gettested.cdc.gov/>





## Serving Size

Serves 6, 1¼ cups per serving

## Ingredients

- 1 medium onion
- 2 medium carrots
- 3 cloves garlic
- 1 large green bell pepper
- 1 (15½-ounce) can red or white kidney beans, no salt added
- 1 Tablespoon canola oil
- 1 pound ground turkey
- 2 (14½-ounce) cans diced tomatoes, no salt added
- 1 cup water
- 3 Tablespoons chili powder
- 1 Tablespoon ground cumin
- ¾ teaspoon salt

## Materials

- Can opener
- Large pot
- Sharp knife
- Colander
- Measuring cups
- Vegetable peeler
- Cutting board
- Measuring spoons

## Chef's Notes

- Serve with cornbread, brown rice, or whole wheat noodles. Or, use to top baked potatoes.
- Try black beans or chickpeas in place of the kidney beans.

And remember Chili can be frozen in batches to eat later. Store in an airtight container in the freezer for up to 2 weeks.

## December Recipe

Call 970-708-7096 to learn more about our regional Cooking Matters classes

## Turkey Chili with Vegetables

### Instructions

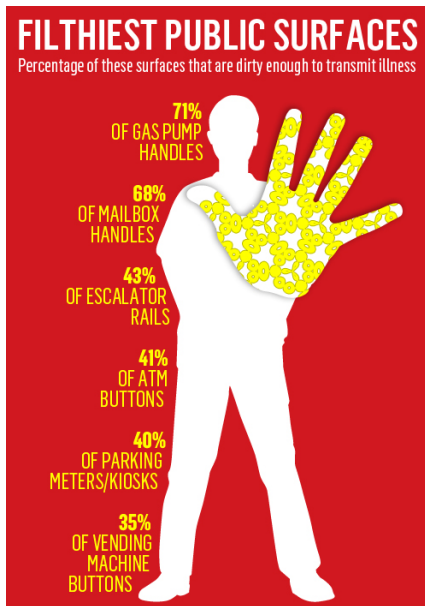
1. Rinse and peel onion and carrots. Peel garlic.
2. Rinse bell pepper. Remove core and seeds.
3. Dice onion, carrots, and bell pepper. Mince garlic.
4. If using lime, rinse now. Cut into wedges.
5. In a colander, drain and rinse beans.
6. In a large pot over medium-high heat, heat oil. Add turkey and brown.
7. Add onion, carrots, bell pepper, and garlic to pot. Cook until onions are soft and carrots are somewhat tender, about 5 minutes.
8. Add beans, tomatoes, water, chili powder, and cumin to pot. Season with salt.
9. Lower heat to medium. Cook until all flavors have blended, about 15 minutes.

### Nutrition Facts

Serving Size 1 1/4 cups (365g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 310</b>	<b>Calories from Fat 100</b>
% Daily Value*	
<b>Total Fat 11g</b>	<b>17%</b>
<b>Saturated Fat 2.5g</b>	<b>13%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 60mg</b>	<b>20%</b>
<b>Sodium 430mg</b>	<b>18%</b>
<b>Total Carbohydrate 33g</b>	<b>11%</b>
<b>Dietary Fiber 10g</b>	<b>40%</b>
<b>Sugars 10g</b>	
<b>Protein 21g</b>	
<b>Vitamin A 100%</b>	<b>Vitamin C 60%</b>
<b>Calcium 6%</b>	<b>Iron 10%</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	

For more recipes like this one, please visit [www.cookingmatters.org](http://www.cookingmatters.org). For more information on Cooking Matters Classes offered by TCHN, please visit our calendar at <http://tchnetwork.org/press-events/> or call 970-708-7096.

# Handwashing Awareness During Cold & Flu Season



How great would it be to not get sick during cold and flu season?

As well as getting a flu vaccination, follow these simple but important guidelines to help you avoid colds, bronchitis, strep and more.

- Avoid touching the T-Zone: This consists of your eyes, ears, nose and mouth; the main access point for viruses and germs to get into your system.
- Wash your hands properly: Lather in between each of your fingers thoroughly and wash your hands long enough to hum through the happy birthday song twice.
- Use hand sanitizer when you can't wash: Keep sanitizer ready for those times when you cannot wash your hands.
- Use the sanitizing cloths at markets: When you go to the market, wipe the handle of your shopping cart with a sanitizing cloth. This helps ensure that there are no germs on the handle from previous users.
- Do Not Cough or Sneeze Into your Hands: Use the crux of

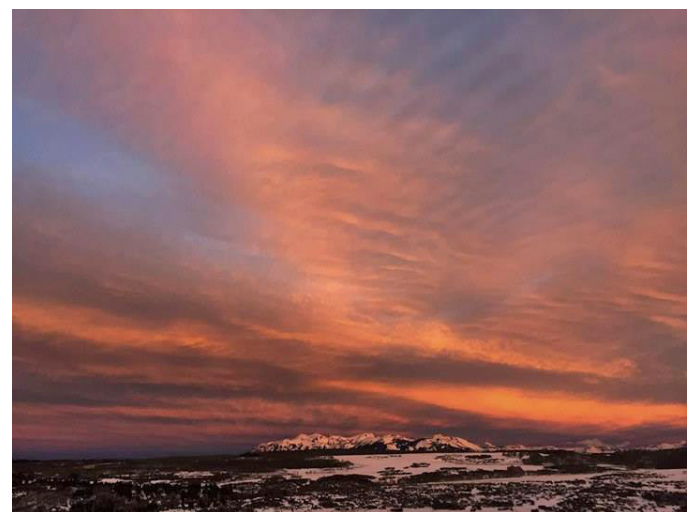
your elbow to catch a cough or sneeze. This will keep germs off of your hands.

By following these simple rules, you can keep yourself well and reduce the chance of spreading an illness.

Stay clean and "Spread the word not the germs!" For more information visit: <http://www.cdc.gov/handwashing/>



## Thank you to our local supporters of Palliative Care!



Thank you for reading this month's HealthMatters newsletter. Follow us on Facebook and Twitter to read more about community members that support our Palliative Care Program.  
Photo courtesy of Charity Banker

To provide feedback or send in article, contact [info@tchnetwork.org](mailto:info@tchnetwork.org)

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