

February 1, 2017

Volume2 Number2



## Upcoming Events

- Healthier Living Colorado will be offered in Ridgway beginning February 16th, from 12:30 to 3pm at the Ridgway Library. If you or someone you love needs assistance in managing a chronic condition, call Leah Cerise at (970) 626-5123 ext. 14 for more information or to sign up
- Healthier Living Colorado will be offered in Delta beginning February 6th, from 9 - 11:30am at the Delta Oncology Center. Call Justine Forster at (970) 812-6026 for more information or to sign up
- If you are a diabetic patient at Uncompahgre Medical Center, call Kristin Williams at (970) 327-4233 to schedule an appointment for your annual diabetic retinopathy telescreening. Screening will take place the week of February 6th.
- River Valley Family Health Center is offering a Cooking Matters class beginning February 2nd from 5:30-8:30pm. Call Marylou or Laura at (970) 323-6141 to sign up

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## Welcome

**F**EBRUARY is the celebrated month of the heart. In this edition we focus on heart health awareness and Children's Dental Health Month plus the advancement of TCHNetwork's Skippy Dental Program. We also highlight a Cooking Matters gluten-free healthy chocolate brownie recipe. Don't knock it till you try it!

## Skippy & Skippy+ Children's dental health

**T**CHNetwork is proud to have created the San Juan Kids Cavity Prevention program ("Skippy"). Skippy is an innovative, mobile, school-based oral health program. Created in 2008 in response to the shortage of dental providers in the community who treat children or accept Medicaid/CHP+, Skippy currently serves students, ages 0-13, most of whom are uninsured (50%) and without dental homes.

**T**hrough Skippy, an oral health team of registered dental hygienists (RDH) and TCHNetwork navigators offer oral exams, cleanings, fluoride treatments, sealants, and oral hygiene education twice a year in 16 schools,



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## TCHNetwork Spotlight Community Health Workers



Community Health Workers (CHWs) serve San Miguel, Montrose, Ouray and Delta counties. Read more about your local CHWs on page 4 and how they can help you accomplish your healthier lifestyle goals:

**February is Heart Health Month:  
Get with the Beat**

## Special Enrollment Period for Health Insurance

January 31, 2017 was the final day to purchase 2017 health insurance. However, a change in your situation - like getting married, having a baby, or losing health coverage - can make you eligible for a Special Enrollment Period, allowing you to enroll in health insurance outside the yearly Open Enrollment Period. Call 970.708.7096 to learn more!

provided over 5,000 treatments to children, and referred about 35% of children seen for restorative care. Skippy has reduced the percentage of children who have not seen a dentist in our area by almost 50% and bridges the gap for those uninsured children to be able to receive preventive dental care.

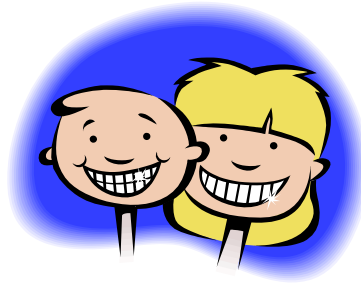
For children who routinely attend Skippy, we have been able to reduce and keep the percentage of children with untreated decay to 20%, 9% below the national average.

TCHNetwork is excited to partner with Caring for Colorado Foundation to build Skippy into a Virtual Dental Home. The pilot project is named Skippy+ and will provide all the same dental care parents

expect from our Skippy program, PLUS onsite restorative care by a dentist, including fillings as well as their annual x-ray exam. There remains no need to travel to a local dentist, or take time off of work, the dentist will now be visiting your child's school.

Skippy+ is launching at Telluride Elementary School and Naturita Elementary this Spring.

For more information about Skippy and Skippy+, contact Erich Lange at (970) 708-7096.



## Mr. Smiles

Mr. Smiles offers a hands-on opportunity for kids to learn about their teeth and how to take care of them. The presentation takes about 5-10 minutes plus time for questions from the kids. It's a great chance to get younger kids educated about good oral health at an early age. Perfect for classroom or Sunday School visits! Call TCHNetwork at (970) 708-7096 to schedule a visit from Mr. Smiles!



## Eating from a Can

Americans eat only one-third of the recommended daily nine servings of fruits and vegetables. And during winter, fresh produce is limited and expensive, which forces many of us to turn to canned or frozen options.

A recent study that looked at the nutritional value of fresh, frozen, and canned fruits and vegetables concluded that each can contribute to a healthy diet.

Canning locks in the nutrients at their peak of freshness, and they have a long shelf life. Frozen fruits and vegetables are also packed at their peak of freshness, but have a shorter storage life than canned.

Tips for buying frozen produce: Off-season produce is expensive. During this period, you might consider frozen produce. Packages marked with a USDA "U.S. Fancy" shield, which designates produce of the best size, shape and color; vegetables of this standard also tend to be more nutri-

ent-rich than the lower grades "U.S. No. 1" or "U.S. No. 2."

Steam or microwave rather than boil your produce frozen produce. This minimizes the loss of water-soluble vitamins.

Also, frozen vegetables should be consumed within 8 months of purchase, and frozen fruits should be used within 12 months of purchase (4-6 months for citrus).

Tips for buying canned food: When looking for canned foods, compare sodium amounts and added sugar. Look for no sodium or sugar added. You can also drain and rinse the canned food to rid extra sugars and salts.

Lots of canned foods have no preservatives added. But, if you are concerned about the ingredients found in canned food, look up the ingredients. Many natural ingredients

such as vitamins are written as "ascorbic acid" (vitamin C) or "alpha-tocopherol" (Vitamin E).

Remember, when it comes to good nutrition, all forms of fruits and vegetables matter: fresh, frozen, canned, dried and 100% juice. All forms of fruits and vegetables count toward your daily recommendation.



Here is what scientists at the University of Massachusetts found when substituting canned, frozen or raw ingredients for tomato soup.

Nutrient Summary for Tomato Vegetable Soup			
Nutrient	Fresh	Canned	Frozen
Total Carbohydrate (g)	10.9	9.2	10.0
Fiber (g)	2.3	1.9	2.3
Sodium (mg)	437.0	593.5	439.2
Vitamin A (% RDA)	68.0	26.0	33.0
Vitamin C (% RDA)	35.0	21.0	32.0
Calcium (% RDA)	3.0	5.0	3.0
Iron (% RDA)	7.0	7.0	7.0
Folate (% RDA)	14.0	10.0	13.0
Thiamin (% RDA)	8.0	5.0	7.0

svg=serving; g=grams; mg=milligrams;  
RDA: Recommended Dietary Allowances for a 25 to 50 year-old woman.  
Source: University of Illinois Department of Food Science and Human Nutrition.





## Serving Size

Serves 16, 1 brownie per serving

## Ingredients

- Nonstick cooking spray
- 1 (15-ounce) can black beans or 1 3/4 cups cooked, cooled black beans
- 3 large eggs
- 3 tablespoons canola oil
- 1 teaspoon vanilla extract
- 1/2 cup packed brown sugar
- 1/3 cup cocoa powder

Optional Ingredients: 1/2 cup chocolate, peanut butter or butterscotch chips, or chopped nuts

## Materials

- Measuring cups
- Can opener
- Measuring spoons
- Colander
- Rubber spatula
- Fork
- 9-inch square baking pan

## Chef's Notes

If you have a blender or food processor, you can use it to make these brownies. Put eggs, oil and vanilla in a blender or food processor, pulse to mix. Add beans and blend until pureed and smooth, 1 to 2 minutes, scraping down the sides of the blender or food processor with a rubber spatula once or twice. Add sugar and cocoa, and blend until mixed, about 1 minute. Add chips or nuts (if using), and pulse once or twice to mix.

## February Recipe

Stay tuned for our upcoming Cooking Matters class schedule or call (970) 708-7096 to learn more

## Gluten Free Black Bean Brownies

### Instructions

1. Preheat oven to 350°F. Coat a 9-inch baking pan with nonstick cooking spray.
2. In a colander, drain and rinse beans.
3. In a large bowl, whisk eggs, oil and vanilla with a fork. Add beans and mash with fork until beans are barely visible (this can take 5 or more minutes of mashing). Stir sugar and cocoa, and blend with a rubber spatula until mixed. Stir in chips or nuts if using.
4. Pour the batter into the baking pan. Bake until a knife inserted in the center of the brownies comes out clean, 25 to 30 minutes. Let cool completely before cutting into 16 squares.

### Nutrition Facts

Serving Size 1 brownie (49g)	
Servings Per Container 16	
Amount Per Serving	
Calories 90	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 100mg	4%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Sugars 7g	
Protein 3g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 4%
*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	



## February is Heart Health Month - Get with the Beat!

February is American Heart Health Month. Do you know your risk of heart disease? Approximately 610,000 people die of heart disease every year in the United States. That means that 1 out of every 4 deaths each year are due to or include complications from some form of heart disease.

If you are at-risk of heart disease, there are certain factors you can control:

- High blood pressure
- Smoking status
- High blood cholesterol
- Lack of physical activity
- Obesity

Tri-County Health Network offers heart health screenings at no cost to you. A community health worker (CHW) will give you

a small prick in your finger and ask a few questions regarding your health history and diet. The screening determines your risk of diabetes or heart disease in the next 10 years.

Participants receive a print out of their screening results including: HDL, LDL, Triglycerides, and blood glucose and BMI.

Additionally, CHWs help you work on an action plan for a healthier lifestyle. Maybe you want to increase your exercise or simply quit drinking soda. CHWs can talk you through the best way to accomplish lifestyle changes. Even better, if you need some extra support, your CHW will call you weekly, monthly, whatever you need, to encourage you to stay the course!

For information on Free Heart Health screenings contact your

local Community Health Worker!

- Telluride & surrounding area + Ridgway & Ouray: Hannah Wilson at (970) 708-4458
- Montrose County  
Darlene Mora (970) 708-4719
- Norwood & Westend of Montrose County: Gina Boyce (970) 318-0172
- Delta County: Justine Forster (970) 812-6026

Don't forget to wear red on February 3, 2017 to show your support for heart health.



## Community Activism through Victim Advocacy Training

As defined by the National Coalition Against Domestic Violence, 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.

With offices in Telluride, Norwood and Nucla, San Miguel Resource Center's (SMRC) mission is to eliminate domestic violence and sexual assault in our community through intervention services, prevention education and social change.

With their mission in mind, SMRC is hosting a Telluride Victim Advocate Certification Training beginning Tuesday, February 28 and continuing on Tuesdays for five weeks; from 6-9pm. The class is free.

SMRC's Advocate Training is a 40-hour (15 in person, and 25 online) comprehensive program where partic-

ipants delve into learning about advocacy, counseling strategies, social work, child advocacy, the legal system, law enforcement and other issues surrounding domestic violence and sexual assault. SMRC brings in the experts in our region to present on various topics and to speak to how regional agencies collaborate to end domestic and sexual violence in our communities.

Once you are a certified advocate there is no time commitment for volunteering. You can volunteer as much or as little as you would like. Space is limited! Email Mandy Miller at [ED@smrcco.org](mailto:ED@smrcco.org) to sign up to become a Community Activist.



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 in an upcoming newsletter, contact [info@tchnetwork.org](mailto:info@tchnetwork.org)

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