



Upcoming Events

- **April Skippy Dental Clinics**
4/10 Ouray Elementary
4/12 Ridgway Middle School
4/18 Norwood Elementary
4/19 Paradox
4/20-21 Pomona Elementary
4/24-25 Olathe Elementary
- **Mayor and County Recognition Day for National Service**
April 4- Mayors and elected officials nationwide recognize the importance of national service.
- **Youth Mental Health First Aid Class**
Ouray Community Center
April 26, from 8am-5pm. Free and lunch included! To sign up, call Katie Mackay (970) 708-7096
- **What is Wage Theft & How to Fight Back/Just Wages**
Wilkinson Public Library
April 26th, 1:30-4:30pm
- **Health=Equity A Learning Series Event #3**
Wilkinson Public Library
April 27th, 8:30-10:30am
- **9News West End Health Fair**
Norwood High School
April 29, from 7am-12pm

Read about all of TCHNetwork and other community events at tchnetwork.org/press-events

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Welcome

APRIL spotlights Kody Gerkin, our Lead Intercultural Navigator. Read his article on National Policy, Local Impact. Part 3 of our Health=Equity series is slated for April 27th featuring Lydia X.Z. Brown. Learn about Norwood's F.R.E.S.H. Food Hub. And, this month, our insurance literacy article highlights Colorado's Medicaid program.

National Policy, Local Impact

In my short tenure here with Tri-County Health Network, I've spoken to many frontline social service and healthcare workers whose jobs are changing because of new healthcare and immigration policies and executive orders being debated, and in some cases, enacted at the national level. Anecdotal evidence strongly suggests that these new policies and Executive Orders are having an impact on our community members' mental health and stress levels.

We would be well-served to take a look at some health issues we are likely to see when a community experiences higher than normal levels of stress. According to the American Psychological Association, common physical symptoms of stress include:

- Instability or anger
- Nervousness or anxiety
- Fatigue
- Depression or sadness
- Lack of interest/energy
- Headaches
- Feeling as though you could cry
- Upset stomach
- Muscle tension

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TCHNetwork Spotlight

Kody Gerkin



Tri-County Health Network welcomes our new Lead Intercultural Navigator, Kody Gerkin! Kody spent over five years as a development worker and grassroots community organizer in rural Guatemala. His current position requires him to identify service gaps and introduce targeted interventions to fill those gaps, utilizing community engagement, organization, and empowerment strategies.

Insurance Corner Qualifying for Medicaid

Family Size	2017 Income
1	\$0 - 15,801
2	\$0 - 21,307
3	\$0 - 26,813
Read more on page 2	

Includes adult dental benefits. If you get laid off or lose your job you may qualify.

Stress has also been shown in a wide variety of studies to increase a population's risk of abusing drugs and alcohol. The need for an escape, triggered by stress and uncertainty, drives people to alcohol, which only increases their stress and depression.

Here in Telluride, the increased stress experienced by a wide variety of members of our community is likely to adversely impact our community in ways that are both predictable and unpredictable. What's predictable is that some people will lose sleep, feel irritable, and generally feel dissatisfied. What is unpredictable is just how bad it will get, and what role the uptick in the consumption of drugs and alcohol might have on

further destabilizing our communities. Sadly, the immigrant community is likely to experience these symptoms the strongest. This is a vicious cycle Tri-County Health Network is dedicated to helping individuals break out of.

I had a chance recently to speak to a large group of non-U.S. citizens who live and work in Colorado. To them, the recent crisis has exacerbated stress. The largest stressors they noted, almost unanimously, were for the future of their children. As a community, I think it is more pressing than ever that we listen to our immigrant populations, that we hear their concerns, and that we develop public health and rights-based campaigns to address the challenges faced by

immigrant and refugee members of our community. For the sake of everyone's mental health, we must find ways to work together to calm our collective fears and relieve stress in our communities. Tri-County Health Network is dedicated to promoting positive, healthy lifestyles and is currently designing programming aimed at helping our immigrant communities lead happy, healthy lives. I am very proud to be a part of this movement.

-Kody Gerkin, Lead Intercultural Navigator, TCHNetwork

Follow Us

Stay up to date on TCHNetwork and community partner events!

Facebook:

TriCountyHealthNetworkTelluride

Twitter: @TCHNetwork_CO

Health First Colorado: Qualifying for Colorado's Medicaid

Today, about one in five Coloradans uses Health First Colorado, the state's Medicaid program, to get access to preventive health-care and other care and procedures they need. The program is a critical part of Colorado's healthcare network.

Health First Colorado provides services in addition to traditional health care that help make it easier for individuals to use their health insurance wisely as well as accomplish other important goals like aging in place and at home successfully.

That access not only keeps thousands of Coloradans healthy, it also keeps our economy healthy by limiting sick days for adults and supporting providers and health facilities across our state.

Who Qualifies?

Eligibility is based on the size of your household and total household income. Here's a table that reflects family size versus 2017

household income:

Family Size	2017 Income
1	\$0 - 15,801
2	\$0 - 21,307
3	\$0 - 26,813
4	\$0 - 32,319
5	\$0 - 37,826
6	\$0 - 43,332

Other qualifying factors include:

- Children ages 0-18 with household income under 260% Federal Poverty Level (FPL)
- Pregnant women over the age of 19 whose household income is under 260% FPL
- Parents and Caretaker Relatives (you must have a dependent child) whose household income does not exceed 133% FPL
- Loss of household income; losing your job or getting

laid off.

Determining your FPL:

To calculate your percentage of poverty, divide your income by the poverty guideline for your household size. Carry the decimal two places in your result, add a percentage sign, and you have your answer.

For example: You are married with 3 kids and your household annual income is \$94,000. Divide 94,000 by 37,826 = 2.485 or 246% FPL. This would allow your children to be covered by Medicaid and the adults will recognize significantly more affordable health insurance through Colorado's state marketplace (a different conversation but worth your time!).

To get the most out of your Medicaid benefits contact TCHNetwork! We'll make sure you understand your benefits and how to use them.



April Recipe Turkey Tacos

For more health, affordable, delicious and easy recipes, see:
<https://cookingmatters.org/recipes>

Serving Size

Serves 8, 2 tacos per serving

Ingredients

- 1 medium carrot, small sweet potato, or small zucchini
- 1/4 medium head lettuce
- 2 large tomatoes
- 7 ounces low-fat cheddar cheese
- 1 (15 1/2-ounce) can low-sodium pinto beans
- Non-stick cooking spray
- 1 pound lean ground turkey
- 1 (15 1/2-ounce) can chopped or crushed tomatoes, no salt added
- 1 Tablespoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 16 taco shells

Materials

- Box grater
- Can opener
- Colander
- Cutting board
- Large skillet
- Measuring spoons
- Sharp knife
- Vegetable peeler

Chef's Notes

- Top tacos with any of your favorite veggies, hot sauce, salsa, low-fat sour cream, or low-fat plain yogurt.
- Use any type of cooked beans you like.
- Make soft tacos using corn or whole wheat tortillas. Or, serve over brown rice.
- For more heat, add minced hot peppers to sauce in step 6.

Instructions

1. Rinse, peel, and grate carrot, sweet potato, or zucchini (if using zucchini, grate but do not peel). Squeeze dry with paper towels.
2. Rinse and shred lettuce. Rinse, core, and chop tomatoes.
3. Grate cheese.
4. In a colander, drain and rinse beans.
5. Coat a large skillet with non-stick cooking spray. Heat over medium high heat. Add turkey and brown.
6. Add grated veggies, beans, canned tomatoes, chili powder, garlic powder, oregano, salt, and black pepper. Stir well.
7. Reduce heat to medium. Cook until thickened, about 20 minutes.
8. Add 2 Tablespoons cooked meat mixture to each taco shell. Top each with 1 Tablespoon grated cheese, 1 Tablespoon shredded lettuce, and 1 Tablespoon fresh tomatoes.

Nutrition Facts

Serving Size 2 tacos (308g)		Servings Per Container 8	
Amount Per Serving			
Calories 300	Calories from Fat 90		
		% Daily Value*	
Total Fat 10g			15%
Saturated Fat 3g			15%
Trans Fat 1.5g			
Cholesterol 40mg			13%
Sodium 500mg			21%
Total Carbohydrate 29g			10%
Dietary Fiber 5g			20%
Sugars 4g			
Protein 22g			
Vitamin A 20%			Vitamin C 30%
Calcium 15%			Iron 15%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>			
	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
<small>Calories per gram:</small>			
Fat 9 • Carbohydrate 4 • Protein 4			

Health = Equity: Part 3 of our Learning Series Event



The third part of Tri-County Health Network's four-part Health Equity Learning Series (HELS) continues at the Wilkinson Public Library Program Room on April 27th, 8:30-10:30am, with featured pre-recorded speaker Lydia X. Z. Brown (they/their).

Lydia is a gender/queer and transracially/transnationally adopted east Asian autistic activist, writer, and speaker. Taking on multiple roles as an educator, activist/organizer, speaker/trainer, policy advocate, and writer, their work

deals in particular with violence against multiply-marginalized disabled people. Lydia is a strong advocate for disability justice, with an intersectional focus on transgender communities, communities of color, and LGBTQ communities.

In their presentation, titled "Beyond Service Provision and Disparate Outcomes: Disability Justice Informing Communities of Practice," Lydia delves into such topics as disability justice and the intersectionality that exists among disability, race, and gender identity. The presentation also discusses specific instances in which society's ableism has decreed the lives, bodies, and minds of disabled individuals as less valuable, less worthy, and less desirable. Lydia's presentation will shed much-needed light on the health and social inequi-

ties faced by disabled members of society.

The goal of HELS is to increase knowledge and awareness of health equity through presentations from experts discussing factors that increase disparities, and solutions that advance health equity. As such, a discussion on how the topics discussed in Lydia's presentation impact our local community will be led by Nicole Hurt, of Transformative Alliances, LLC. Hurt has over 20 years of social justice and community organizing experience.

TCHNetwork will serve breakfast at this free event.

Upon request, childcare and interpretation services are available at no cost to attendees

For more information contact (970-) 708-7096

Norwood's F.R.E.S.H. Food HUB

The F.R.E.S.H. Food Hub is a food co-op that prides itself on being a grassroots and community-driven program. It was conceptualized in 2015 and officially opened March 2016.

Their mission? To provide an effective, community based market outlet between local producer and consumer while keeping economic accessibility a priority. Their markup is 5-25% lower than average market percentages. This is so producers are making what they need to succeed and local products are still as affordable as possible to working class and low income households.

The Hub offers health education,

such as cooking classes, nutrition courses, and yoga, all free or sliding scale to the public.

The Hub is a volunteer-run store and offers all volunteers wholesale pricing to help enable their community services. The Hub is hands on, non-hierarchical, and provides a space of belonging and emotional involvement within the community.

Into the future they will expand their bulk sections offering more refill, zero waste options; offer more educational programming for consumers and producers alike; launch an online delivery service this spring/summer; and, someday find a larger store location they can call home.

The F.R.E.S.H. Food Hub is located at 1630 Grand Ave in

Norwood.

You can find the Hub's hours on their website: freshfoodhub.net



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

Improving the health of our communities through innovation & collaboration