

July 1, 2017

Volume2 Number7



## Upcoming Events

- **Insurance Help in the West End**  
WEEDC, Naturita  
Every Tuesday, 10am-4pm or by appointment  
Call Alexis Klein at 970.708.7096 for more info
- **Ridgway Farmers' Market**  
Hartwell Park, Ridgway  
Every Friday until October, 10am-3pm
- **Telluride Farmers' Market**  
Oak Street, Telluride  
July 7, 10am-4pm

Read about all of TCHNetwork and other community events at [tchnetwork.org/press-events](http://tchnetwork.org/press-events)

Have an event you would like to promote in upcoming newsletters?  
Email details to [info@tchnetwork.org](mailto:info@tchnetwork.org)

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## Welcome

JULY highlights the free summer meal program for children and teens by West End Family Link Center. In the TCHNetwork Spotlight, learn about the accomplishments of a new employee! Find out how you can volunteer with TCHNetwork and learn your choices if you lose your employer sponsored health coverage.

## WEFLC Offers Free Summer Meals

It is no secret that a fed child is a healthier, stronger, and more engaged child. According to the Colorado Department of Education, 42.1% of students in grades PK-12 in Colorado are eligible for free or reduced price lunches. Yet how many of these children go hungry during the summer months when schools close?

The West End Family Link Center (WEFLC) in Nucla is combating this issue by providing free summer lunches to children ages 18 and under through August 11 (no lunch served July 4th). Any hungry child can go to Nucla Town Park Monday through Friday, 11:30am-12:30pm, to receive a free lunch. Although WEFLC primarily serves lunches to members of Nucla, Naturita, and on occasion Norwood, anyone 18 years or younger is welcome to stop by, regardless of where they live.

Children who partake in this summer program enjoy a daily healthy lunch with others in the community, while having the opportunity to play to their hearts' content in the park. The lunches the children receive have an estimated value of \$2.00 each, and include healthy and yummy foods

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## TCHNetwork Spotlight

*Claudia Garcia*



*Claudia Garcia* was awarded the Purple Ribbon Award by the Colorado Coalition Against Domestic Violence for her fierce domestic violence victim advocacy. We are excited to have her join our team as Cultural Navigator, and bring her passion for equity to TCHNetwork.

## Insurance Corner

### Losing Employer Insurance?

If you lose your employer sponsored insurance, you can get health insurance through the Connect for Health Colorado Marketplace. You have 60 days to enroll into a Marketplace plan from the date of your last day of coverage. The Affordable Care Act allows you to be uninsured for 2 months with no penalty. Read more on page 4.



like hummus, raisins, natural fruit juice, and so much more. All food provided is the result of a partnership with Food Bank of the Rockies and the USDA Summer Food Service Program. The USDA sends food to Food Bank of the Rockies, which it then sends to WEFLC to distribute to the West End of Montrose.

According to Christina Pierce, Executive Director of WEFLC, on average, 25-30 meals are served to children each day through the summer meal program. However, this number is based on previous years, when the program ran only three times a week. Now that the program runs all five days, those numbers are expected to increase.

In addition to free lunches five days a week, children will soon have the opportunity to receive free breakfast three times a week once WEFLC's CATCH (Coordinated Approach To Child Health) Kids Club summer program begins. This popular program combines healthy eating with at least one hour of healthy physical activity, as well as nutritional education. Parents can drop off their

kids for breakfast at 8:30am, leading into CATCH at 9am, followed by lunch at 11:30am. CATCH runs three days a week for four weeks, giving parents a safe place to leave their children all morning, with the assurance that they will be fed and taught a nutritional lesson, while getting the physical activity a young body requires.

Unfortunately, the number of children and teens throughout the country that receive summer meals does not even come close to the number of students that receive free/reduced meals during the school year. According to the USDA, "about 22.1 million children and teens receive free and reduced-price meals through the National School Lunch Program. But only about 1 in 6 of those (approximately 3.8 million) participate in the summer meal programs."

In an effort to increase food access for children and teens during the summer months, WEFLC is hoping to expand their services to Paradox and Norwood, but according to Christina Pierce, this "requires willing service partners." Although it may take some time and coordination before a summer meal program can exist in neighboring areas, anyone can get involved with the work that West End Family Link Center does. Community members are encouraged to volunteer with WEFLC and help spread the impact that this organization has on the West End.

Other services offered by West End Family Link Center include the food bank, which provides food for all those in need of food assistance year-round; money management classes for kids and young adults; a toy lending library; Nurturing Parenting, a program that helps parents be the best parents they can be to their children; Bright by Three, a program that helps parents become the first teacher to their child; Energy Outreach, which provides energy assistance to households that are experiencing difficulties meeting energy bills; and more!

The West End Family Link Center is a community-based nonprofit that serves the west ends of Montrose and San Miguel Counties. Founded in 1992, the West End Family Link Center empowers the people of the West End by providing low-to-no-cost services.

To contact West End Family Link Center regarding the free summer meal program or any of the other programs they offer year-round, call 970.864.2245 or stop by Monday, Thursday, or Friday, 9 a.m. to 4 p.m.



Kids playing Dragon's Tail as part of the CATCH program (picture courtesy of WEFLC)

## Follow Us

Stay up to date on TCHNetwork and community partner events!

Facebook:  
TriCountyHealthNetworkTelluride

Twitter:  
@TCHNetwork\_CO



## Serving Size

Serves 5, 1 cup per serving

## Ingredients

- 1 cup dried brown lentils
- 1 medium mango or apple
- 1 medium red bell pepper
- 1 large lemon
- 1/4 cup canola oil
- 1/2 teaspoon cumin
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 cup minced fresh parsley and/or cilantro (optional)
- 1/2 cup chopped walnuts or toasted coconut (optional)

## Materials

- Large pot
- Colander
- Cutting board
- Fork
- Large bowl
- Measuring cups
- Measuring spoons
- Mixing spoon
- Sharp knife
- Small bowl

## Chef's Notes

- This salad will keep in the refrigerator for up to 3 days. Add more lemon juice to kick the flavor back up after sitting.
- Serve as a light main dish using seasonal summer mangoes or fall apples. Top with chicken or pork if you like,
- For best flavor, use olive oil in place of canola oil.

## July Recipe Lentil Mango Salad

For more healthy, affordable, delicious and easy recipes, see:

<https://cookingmatters.org/recipes>

## Instructions

*In Advance:*

1. In a large pot, add lentils. Cover with water by 2 inches. Bring to a boil over high heat. Reduce heat to a simmer. Cook until tender, about 20 minutes. Drain.

*Preparation:*

2. Rinse, peel, and dice mango. Rinse and dice bell pepper.
3. Rinse lemon and cut in half. In a small bowl, squeeze juice. Discard seeds.
4. If using, rinse and chop cilantro. Chop walnuts or toasted coconut.
5. In a large bowl, use a fork to whisk together lemon juice, oil, cumin, salt, and pepper. Add cooked lentils, mango, and bell pepper. Mix well. If using, stir in herbs and nuts or coconut.
6. Enjoy!

## Nutrition Facts

Serving Size 1 cup (223g)  
Servings Per Container 5

Amount Per Serving

**Calories 280**    **Calories from Fat 110**

% Daily Value\*

**Total Fat 12g**    **18%**

Saturated Fat 1g    **5%**

Trans Fat 0g

**Cholesterol 0mg**    **0%**

**Sodium 240mg**    **10%**

**Total Carbohydrate 35g**    **12%**

Dietary Fiber 10g    **40%**

Sugars 12g

**Protein 11g**

Vitamin A 30%    • Vitamin C 100%

Calcium 4%    • Iron 20%

\*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    |



# Volunteer with TCHNetwork and Make a Difference!

## Looking for Volunteer Chefs and Nutritionists to Lead Cooking Matters Classes

With the abundance of programs run by TCHNetwork (currently there are 19 programs), it's no surprise that there are plenty of volunteer opportunities open to anyone seeking to make a difference within our community.

Those who volunteer with Tri-County Health Network have the advantage of a flexible schedule, autonomy and responsibility within their roles, as well as knowing that no matter the role, it will be a fulfilling one.

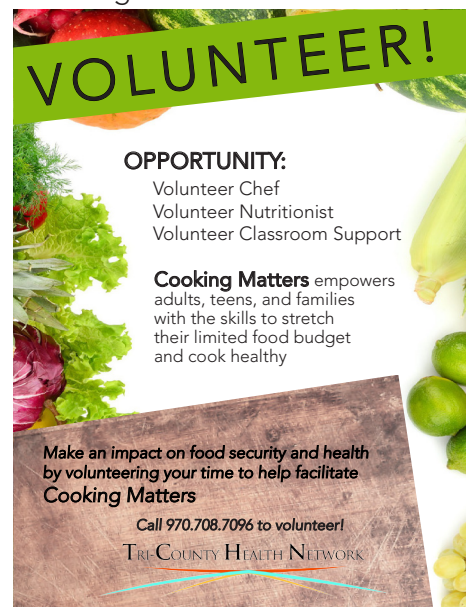
One of our most popular programs is Cooking Matters, a hands-on 6-week course that teaches individuals how to cook healthy meals on a budget. The classes meet once a week and include a hands-on cooking portion, followed by a nutrition lesson. As we begin planning our

summer Cooking Matters classes, we are looking for volunteer chefs, nutritionists and classroom support staff.

The role of the volunteer chef is to teach participants the skills and techniques needed for them to prepare healthy meals at home, using affordable ingredients, while ensuring and teaching food safety. The nutritionist is expected to teach a nutrition lesson each week based on the Cooking Matters curriculum, as well as have the capacity to answer nutrition questions posed by participants.

Cooking Matters classes will be held in Telluride, Montrose, and the West End of Montrose. As such, we are seeking a volunteer chef and nutritionist in each of these areas. If interested in a

volunteer position with Tri-County Health Network, either for Cooking Matters or one of our other programs, please contact us at 970.708.7096 or at [info@tchnetwork.org](mailto:info@tchnetwork.org).



## When You Lose Employer Sponsored Health Coverage

If you lose your employer sponsored health insurance, you have options for finding new insurance. Here are some answers to frequently asked questions:

*If I lose my job, can I get health coverage through the Connect for Health Colorado Marketplace?*

Yes. You have 60 days to enroll into a Marketplace plan from the date of your last day of coverage. The Affordable Care Act allows an individual to go two months uninsured with no penalty.

When you enroll into a new plan, your coverage will be effective the first day of the month after you purchase. If this happens after the 16th of the month, you will need to call Connect for Health's

Customer Service Center to ensure you receive coverage the 1st day of the following month.

*If I lose my job can COBRA help me keep my insurance?*

Yes. COBRA is a law that lets you keep your company's health insurance if you lose your job. You keep the health plan you had through your job if you're laid off - sometimes up to 18 months. However, insurance through COBRA can be expensive. Make sure you understand what you will pay under COBRA.

*Can I sign up for COBRA if my employer stops offering health insurance?*

No. In this case, COBRA does not apply. You will need to find a new

insurance policy, which you can do through the Marketplace.

**TCHNetwork offers one-to-one assistance. We can help you complete the enrollment application to see if you qualify for tax credits and cost share reductions that can lower the cost of your premium, deductible and out of pocket maximum. We are also available to meet with employees on site at your business. Reach out to us at 970.708.7096.**

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](mailto:info@tchnetwork.org)

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