



Upcoming Events

- Healthier Living Colorado: A Chronic Disease Self-Management Class**
 335 W. Colorado Ave.
 Begins Monday, August 7th
 1:00pm-3:30pm for 6 weeks
 Call 970.708.7096 to sign up
- Adult Mental Health First Aid**
 Telluride Firehouse
 August 25, 8am-5pm
 Call 970.708.7096 to sign up
- Multicultural Health Fair**
 Olathe Middle/High School 410 US Hwy 50
 August 26, 6am-Noon
- Insurance Help in West End**
 WEEDC, Naturita
 Tuesdays, 10am-4pm
 Call Alexis at 970.708.0921
- Farmers' Markets:**
Ridgway: Hartwell Park, every Friday, 10am-3pm
Telluride: Oak Street, August 4 & 18, 10:30am-4pm
- Mountain Roots Produce**
 Farm fresh vegetables.
 SNAP/EBT welcome!
 Spruce Park, Telluride
 Wednesdays, 11am-2pm
- West End Senior Fair**
 Senior Community Meal Site,
 386 Main Street, Nucla
 Sept. 7, 9am-1:30pm
 Call Eric Jayne for more info at 970.708.7096

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Welcome

AUGUST highlights the importance of immunizations for all Ages! Our Spotlight this month features RDH Lynsey Marsh and her work with SKIPPY. Also read about the impactful work that Paula Scheidegger has done in the community. Finally, learn what to do if your health insurance premium unexpectedly changes.

Immunizations Are for Everyone

August is National Immunization Awareness Month (NIAM) and Tri-County Health Network wants to make sure you have the necessary information to know what vaccinations you and your family need to stay healthy. Vaccine-preventable diseases can be very serious, often resulting in hospitalization or even death. So take the necessary precautions and get vaccinated!

Vaccinations and Pregnancy

Expecting mothers share everything with the baby they carry, and this includes protection against vaccine-preventable diseases. It is recommended that pregnant women receive a flu vaccine and a whooping cough vaccine (Tdap) during each pregnancy to help protect themselves and their baby. In addition, the MMR vaccine, which protects against measles, mumps, and rubella, should be given at least a month before pregnancy. Depending on the health of the expecting mother, other vaccines may be recommended, like the hepatitis B vaccine if the mother has the disease, or the hepatitis A vaccine if the mother has a history of chronic liver disease. Talk to your doctor if

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TCHNetwork Spotlight

Lynsey Marsh



Lynsey Marsh, one of our SKIPPY registered dental hygienists (RDH), was recognized by the SMILES Dental Project in their RDH Spotlight for her work with SKIPPY! She states, "I signed on with TCHNetwork's SKIPPY program, and I found that the biggest reward is seeing kids happy and smiling upon receiving the care they need."

Insurance Corner

Unexpected Premium?

If you purchased health insurance on Colorado's health insurance marketplace and you receive a bill from your insurance carrier that is higher or lower than your previous payments, you should contact your health insurance professional to determine if your estimated 2017 income is correct.

Read more on page 4

you're expecting a child or are planning on becoming pregnant, to determine what vaccines are recommended for you.

Vaccines for Children

To ensure a healthier life, children should receive a series of immunizations that will help develop immunity to certain viral diseases from an early age. It is recommended that children 18 years of age and younger receive vaccines against 16 different diseases. In fact, vaccines against 14 of these diseases should be given by the age of 6.

The very first shot your child should receive- the hepatitis B vaccine- is given before your newborn baby leaves the hospital. In the months following birth, your baby should receive a number of vaccines protecting against diseases like polio, diphtheria, tetanus, whooping cough, and

many more. After 1 year of age, your child should be vaccinated against chickenpox, measles, mumps, rubella, hepatitis A, rotavirus, and more. Following the age of 6, preteens and teens should get vaccinated against HPV and meningitis, in addition to Tdap and the flu. Be sure to regularly check with your child's physician to ensure that they are up to date on their vaccines.

Vaccines for Adults

It's important for adults to get vaccinated to maintain immunity throughout their lifetimes and prevent contraction of diseases that mainly affect adults. All adults should get a flu vaccine every year, a Tdap vaccine if they did not receive it as a teenager (this protects against tetanus, diphtheria, and pertussis), and a Td booster every 10 years after receiving the Tdap vaccine. Furthermore, if you suffer from cer-

tain health conditions like heart disease or diabetes, or are over the age of 60, it is recommended that you receive a pneumococcal vaccine and a zoster vaccine as well, which protect you from serious pneumococcal diseases (like meningitis and pneumonia) and shingles, respectively.

Be sure to stay up to date on your vaccines and those of your family members. We all play a large role in the health of our community!



Follow Us

Stay up to date on TCHNetwork and community partner events!

Facebook:
[TriCountyHealthNetworkTelluride](#)

Twitter:
[@TCHNetwork_CO](#)

How do vaccines work?

Vaccines imitate infections without actually causing illness. This means that the body produces T-lymphocytes and antibodies, which are the body's main defense against diseases. After the imitation illness goes away, 'memory' T-lymphocytes and B-lymphocytes are left in the body, which remember how to fight the illness the vaccine is meant to prevent. This process of developing immunity takes a few weeks.

What are possible side-effects from vaccines?

All vaccines may cause minor side-effects, like a sore arm or a low-grade fever, which go away after a few days. The chances of a vaccine causing serious side-effects are extremely small and will vary depending on the vaccine that is administered. All vaccines

are continually monitored for safety.

Do vaccines cause autism?

Extensive and reputable scientific research hasn't found any links between vaccines and autism. There is no one cause for autism, but rather, a combination of genetic and environmental factors.

Some parents of children with autism claim their child began showing signs of autism following vaccination. However, often times, signs of autism occur around the same time that is recommended for certain vaccines to be administered. This does not mean that autism was caused by the vaccine. Parents should learn the developmental milestones that their children should reach, as well as roughly when they should reach them. If there is reason for any concern, parents

should contact their child's physician.

What if I decide not to vaccinate my kids?

Not vaccinating your children means that contraction of vaccine-preventable diseases is possible, if exposed. Any vaccine-preventable disease can strike at any time, since these diseases still circulate both in our country and around the world.

If, after reviewing all the facts and speaking with your child's physician, you decide to not vaccinate your children, you have the responsibility of informing your child's school, childcare facility, other caregivers, and all health care professionals that interact with your child. This will ensure that necessary precautions are taken to protect both your child and others from possible disease.



Serving Size

Serves 4, 1 burger per serving

Ingredients

- 1/4 small bell pepper
- 1/4 small red onion
- 1 pound lean ground chicken, turkey, or beef
- 1 1/2 teaspoons garlic powder
- 1 1/2 teaspoons onion powder
- 1/2 teaspoon dried parsley flakes
- 1 teaspoon ground black pepper
- 1/2 teaspoon salt
- 1 Tablespoon canola oil
- 1/4 cup water

Materials

- Cutting board
- Food thermometer
- Large skillet with lid
- Measuring cups
- Measuring spoons
- Medium bowl
- Sharp knife

August Recipe Chicken Burger

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

Instructions

1. Rinse and finely chop bell pepper and onion.
2. In a medium bowl, combine bell pepper, onion, ground meat, garlic powder, onion powder, parsley, salt, and pepper.
3. Divide mixture into 4 pieces. Form pieces into patties about 4 inches across.
4. In a large skillet over medium heat, heat oil. Cook until browned on both sides, about 5 minutes per side. Add water to the pan. Cover and cook until the burgers reach 165F, about 10 minutes more.
5. Enjoy!

Nutrition Facts	
Serving Size 1 burger (139g)	
Servings Per Container 4	
Amount Per Serving	
Calories 210	Calories from Fat 110
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 360mg	15%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 20g	
Vitamin A 6%	Vitamin C 20%
Calcium 2%	Iron 6%
*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	

Chef's Notes

- Serve on whole wheat buns with lettuce, tomato and onion. Or, pair with a tossed salad and sweet potato fries.
- Cut leftover bell pepper into strips and add to a tossed salad, or enjoy with a healthy dip. Or, use in another recipe.

Paula Scheidegger Recognized for Impact on Underserved Patients



The **Telluride Regional Medical Center** announced this week their own Paula Scheidegger has been awarded the Kaiser Permanente Educational Loan Repayment for Safety Net Clinical Support Staff. The purpose of the program is to support retention of high performing clinical support staff serving in underserved areas. Scheidegger is one of only 14 recipients to receive the recognition and award, out of 91 applicants.

As Practice Manager at Telluride Regional Medical Center, Scheidegger spends her time

reviewing operations, developing policies and procedures, monitoring the budget, managing grants for underserved populations, and acting as a liaison between the Primary Care and the Emergency Department.

Additionally, she oversees care management tasks for the clinic's high-risk Hispanic patients. "My position at the medical center has provided me with an incredible platform to make a difference in the lives of so many people," said Scheidegger.

Scheidegger attended the University of Miami where she double majored in Biology and Marine Science. After graduation she followed her husband to his home of Ridgway.

That decision, now nearly a decade ago, changed the course of her professional life forever.

Scheidegger worked her way up the ranks from Front Desk Associate/Medical Interpreter, to Medical Assistant, to Care Manager, to her current position as Manager of Primary Care.

While this transition has been extremely rewarding, it has also been expensive. In 2014 she attended a one year accelerated nursing program at Regis University in Denver where she received a Bachelor's in Nursing degree, Dean's list recognition, and \$60,000 in student debt. The loan repayment award from Kaiser Permanente will go towards those debts.

"Paula truly makes an impact on the underserved in Colorado," said John Gardner, the medical center's CEO. "And we just couldn't be more thrilled she was selected for this award."
-- Beth Kelly, *LEMON creative*

If Your Insurance Premium Changes & You Don't Know Why

If you purchased health insurance on Colorado's health insurance marketplace, Connect for Health Colorado, and you receive a bill from your insurance carrier that is higher or lower than your previous payments, you should contact your Health Coverage Guide, Insurance Broker, or Connect for Health Colorado.

The increase or decrease in premiums is due to the eligibility system comparing the income you estimated for 2017 to the income result of your 2016 taxes. As we know, your income in 2016 may not be the same as what you estimated for 2017.

Connect for Health Colorado initiated this process to alleviate individuals and families underestimating their income and owing

substantially when they pay their federal income taxes at the end of the year.

Although it is alarming to receive a bill that reflects an unexpected cost, if you are able, you should pay the full amount of the bill that is sent to you. Then, contact your insurance professional or Connect for Health Colorado at 888-346-3432 to determine if the new premium is accurate or not depending on the correctness of your estimated 2017 income.

It is very important that you understand: Not paying the billed premium is considered non-payment of premium and your plan can be cancelled. We are unable to re-enroll you if your plan is cancelled due to non-payment of your premium. Once your esti-

mated 2017 income is resolved, if you were required to overpay your insurance carrier, they will reimburse you.

If you have any questions or concerns, we are here to assist you.



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