



Upcoming Events

- November Skippy Dental Clinics**
 Olathe Elementary 10/30-11/2
 Telluride Elementary 11/6-10
 Telluride IMHS 11/13-17
- Open Enrollment**
 November 1st - January 12th
 Contact TCHNetwork at 970.708.7096 for assistance
- Insurance Enrollment Fairs**
Enroll in Ridgway:
 Ridgway Library, 300 Charles St.
 11/4 & 12/2, 10am-5pm
Enroll in Telluride:
 335 W. Colorado Ave.
 11/11 & 12/9, 10am-5pm
- Elemental Partners Racial Equity Workshops**
 Wilkinson Public Library
 Youth Session: 11/14, 1-4pm
 Community Session: 11/14, 5-8pm
 Train the Trainer: 11/15, 11am-2pm
 Snacks, lunch and dinner provided
 Call 970.708.7096 for more info
- Palliative Care Conference**
 Placerville Schoolhouse
 November 16, 9am-5pm
 Lunch and snacks provided

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Welcome

NOVEMBER is National Hospice & Palliative Care Month. Find out about TCHNetwork's Palliative Support Services Program and get involved! With Open Enrollment in full swing, get answers to frequently asked questions about this tricky period. In addition, read about the experience of our Cultural Navigator in Washington DC to defend DACA. Remember to check out the recipe of the month! Happy Thanksgiving!

"I Want to Live My Whole Life Here"

Many long-time residents put down roots in the Western Slope with the intent to live their whole lives here, but are forced to leave following serious illness, injury, or chronic disease that require access to care unavailable in this region.

End-of-life care, home-based medical services, and in-home support and homemaker services are greatly lacking in our region. 80% of Americans want to die at home, yet only 20% are able to fulfill that wish. In our rural region, this becomes even more difficult to accomplish.

TCHNetwork's Palliative Support Services Program was created to address this issue. Launched early this year, the program aims to transform the experience of the chronically ill and seriously injured population of San Miguel County and their caregivers by facilitating equal access to exceptional medical and support services, with an emphasis on comfort, compassion, and dignity.

The Palliative Support Services Program connects community members with in-home health services, care,

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TCHNetwork Spotlight

Check out our Livestream Event



Subject:

Medicaid/CHP+ Questions & Answers

Place: Facebook

Find us on Facebook:

@TriCountyHealthNetworkTelluride

Date: Thursday, November 16

Time: 12:00pm to 12:30pm

Submit Questions: You can submit questions live via Facebook during the event, text/email during the event or text/email pre-event at 970-708-7096 and info@tchnetwork.org

Insurance Corner

Enrollment Fair Dates

- Ridgway
 Ridgway Library at 300 Charles St.
 November 4 and December 2
 10am to 5pm
- Telluride
 County Annex Room: 335 W Colorado Ave
 November 11 and December 9
 10am to 5pm
- See tchnetwork.org/enrollment-assistance for one to one assistance or call your local HCG Read more on page 4

and support to help them live in their homes for as long as they wish, regardless of health. This is made possible through meaningful collaborations among medical providers, families, friends, neighbors, and volunteers.

Those involved in TCHNetwork's Palliative Support Services Program as volunteers help create an improved quality of life for individuals suffering life-threatening or life-limiting illnesses or injuries by stepping in where providers are nonexistent or where barriers to care exist. Volunteers help shop for groceries, assist with household chores, provide respite care, or simply take on the role of a friendly visitor. As they say, it's the little things that count, and in

this case, the little things can truly be the difference between a community member living at home or being forced to leave to seek care.

Led by Ben Marshall, Palliative Support Services Program Coordinator, TCHNetwork holds semi-annual, day-long trainings for volunteers, and provides continued support and training opportunities, including: online classes, an educational materials resource library, and referrals to conferences.

The theme for this year's National Hospice and Palliative Care Month is "It's about how you live." In the spirit of ensuring that all members of our community

have equal opportunities to a high quality of life, TCHNetwork encourages community members to make a difference in the lives of their friends, family and neighbors by volunteering for our Palliative Support Services Program.

If interested in volunteering or seeking more information on what the program entails, please contact Ben Marshall, Palliative Support Services Program Coordinator, at 970.708.4458 or by email at coord-pc@tchnetwork.org.



Ben Marshall

Palliative
Support Services
Coordinator

Defending DACA in Washington DC - A Personal Perspective

Last month, Claudia Garcia, TCHNetwork's Cultural Navigator, was invited to Washington DC by Fwd.us to tell her story of being a Dreamer and to discuss the importance of passing a Dream Act with members of Congress. This is her anecdote on the experience:

"On September 5, 2017, President Donald Trump rescinded DACA, a program that has dramatically changed the lives of 800,000 young adults that in their hearts are Americans, including myself. We all grew up in America, we all went to school in America, we all lived our lives as Americans and the only difference is we were not born in America. In the last five years, DACA has allowed me to pursue my American Dream, it has allowed me to finally come out of the shadows and embrace my identity as an American and as an immigrant. It has allowed me to start a professional career and for the first time to have options and be financially independent. It has allowed me to do anything I wanted to do just like any other American, but now all of that can be taken away if the Dream

Act is not passed by Congress.

On September 4, 2017, along with five other Dreamers from Colorado, I had the opportunity to meet with Senators Michael Bennet, Cory Gardner and Congressman Mike Coffman to voice our concerns and share our stories. On my way to these meetings my emotions were all over the spectrum; I felt anxious, excited and proud to share my story. It was highly emotional, I was given the opportunity to share my personal DACA story to my state representatives and feeling empowered to speak my truth on the impact DACA has had on my life for the past five years. Along with over 100 DACA recipients I did not feel alone, we were all there to share our stories and make our voices heard, asking Congress to act now and pass the Dream Act. This experience was uplifting because it gave me the courage to speak out and share my story and inspiring because I am not the only one fighting this fight. There are 800,000 DACA recipients who have inspired me to continue to advocate for myself and for them. This trip to Washington

DC was personal to me because the outcome of ending DACA affects me and once my worker permit expires it will affect me in negatives ways. I will no longer be financially independent, and I will no longer have a job; a job I am passionate about. I will be forced to leave my community and no longer be an advocate for the Latino community. These are the fears I am faced with and how affected my life would be if the Dream Act doesn't get passed. This experience has given me the strength to continue to share my DACA story with everyone I encounter and educate everyone on how the Dream Act needs to be passed so I can continue my American Dream.



Left to right: Marco Dorado, Marissa Molina, Claudia Garcia, Senator Bennet, Reyesdel Salvidrez Rodriguez, Maria Guerrero



November Recipe Cornbread-Crusted Roasted Chicken

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

<https://cookingmatters.org/recipes>

Instructions

1. Preheat oven to 350°F
2. Rinse and roughly chop onion and celery.
3. Peel and mince garlic.
4. In a small bowl, combine honey, mustard, sage, thyme, and minced garlic. Set aside.
5. In a medium bowl, toss cornbread crumbs and oil. Set aside.
6. Put chicken on cutting board, breast side up. Remove wings by snapping the wing joint and sliding a sharp knife through the joint. Turn chicken over. Cut the skin down the length of the back. Pull off skin (you can use paper towels to help you get a grip on the skin). Turn chicken back over. Pull off skin on breast side and from legs and thighs. Cut off any excess fat left on chicken.
7. Coat a 9-by-13-inch baking dish with nonstick cooking spray. Place chicken in dish. Stuff the cavity with onion and celery. Pat surface of chicken with dry paper towels.
8. Pat mustard mixture all over chicken. Press cornbread crumbs into the mustard mixture on chicken.
9. Bake until an instant-read thermometer inserted into the thickest part of the chicken registers 165°F. This could take 1 hour and 45 minutes to 2 hours and 15 minutes. Cover chicken loosely with foil if crumbs start to brown too quickly.
10. Carefully transfer roasted chicken to a clean cutting board. Let stand 10 minutes. Discard onion and celery. Cut into serving pieces.

Serving Size

Serves 8, 3 ounces (173g) per serving

Ingredients

- 1/2 medium onion
- 1 stalk celery
- 4 garlic cloves
- 1/4 cup honey
- 1/4 cup Dijon or whole-grain mustard
- 1 Tablespoon dried sage
- 1 Tablespoon dried thyme leaves
- 2 cups cornbread crumbs
- 2 Tablespoons canola oil
- 1 whole (4-pound) chicken
- Nonstick cooking spray

Materials

- Sharp knife
- Cutting board
- Measuring cups
- Measuring spoons
- Small mixing bowl
- Medium mixing bowl
- 9-by-13-inch baking dish
- Mixing spoon
- Paper towels
- Instant-read thermometer

Chef's Notes

- For a quicker chicken dish, use boneless skinless chicken breasts. You won't need the onion or celery. Start with 4 large chicken breasts (about 2 pounds total). Trim fat and cut in half diagonally. Coat chicken in mustard mixture then cover in cornbread crumbs. Place in 9-by-13-inch baking dish coated with cooking spray. Bake at 350°F until an instant-read thermometer inserted into the thickest part of the chicken registers 165°F, about 40 to 50 minutes.
- You can use 1/2 cup prepared honey mustard instead of making your own in step 4.

Nutrition Facts

Serving Size 3 ounces (173g)
Servings Per Container 8

Amount Per Serving

Calories 280 **Calories from Fat 60**

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 70mg **23%**

Sodium 410mg **17%**

Total Carbohydrate 33g **11%**

Dietary Fiber 2g **8%**

Sugars 15g

Protein 21g

Vitamin A 8% • **Vitamin C 10%**

Calcium 10% • **Iron 15%**

*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

Open Enrollment: Frequently Asked Questions

Q: What are the dates for open enrollment this year?

A: In Colorado, open enrollment dates to sign up for your 2018 health insurance plan are November 1, 2017 through January 12, 2018. (Colorado extended our end-date past that of the federal marketplace.)

Q: What is the "Marketplace"?

A: The "Marketplace," both Colorado's state and federal, is the only place to purchase health insurance where you can qualify for cost-adjusted premiums.

Q: Do I have to purchase an insurance plan from the Marketplace?

A: No. However, you cannot qualify for cost reductions if you purchase a plan outside of the marketplace.

Q: What are tax credits?

A: Tax credits are designed to help pay for your monthly premium, when you take it in advance. This money is sent directly to your insurance carrier to help you offset the cost of your monthly premium. You can also wait and take the tax credit at the end of the year when you file your taxes. Whether or not you qualify for this financial help depends on factors including your family size and estimated annual household income for the year the insurance will be in effect.

Q: What happens if I over- or under-estimate my yearly income?

A: If your actual income does not match your estimate, you may owe or be owed money on your tax return.

Q: I just enrolled into a Marketplace plan in August. Do I get to keep this insurance for a full year?

A: No. You must re-enroll into a

health insurance plan for the following year during open enrollment. For example: If you enroll in August of 2017, your coverage will end on 12/31/17. The coverage you purchase during open enrollment goes into effect on 1/1/18 and runs through 12/31/18.

Q: My friend just moved to Colorado and she was able to enroll into a Marketplace plan outside of open enrollment. How did she do that?

A: Your friend experienced a "Life Change Event" that allowed her a "Special Enrollment Period" outside of open enrollment. Some of these events include but are not limited to: loss of job, loss of health insurance, marriage, and adding a child to the household. You have 60 days to enroll into a marketplace plan from the date of your Life Change Event. Be advised: if you take 60 days to enroll, you will experience a gap in your health insurance coverage.

Q: I am insured through the Marketplace but recently qualified for Medicaid (or Medicare or employer sponsored coverage). Do I need to cancel my marketplace plan?

A: Yes. Contact your local health coverage guide or Connect for Health Colorado and cancel your health insurance immediately – ask for an incident number to track this request. You will be given an end-of-month termination date. Continue to use your current coverage until the end of the month; then begin to use your new coverage on the 1st day of the following month.

Q: I am enrolled into Medicaid. Do I need to re-enroll during

open enrollment?

A: No. You can enroll into Medicaid at any point in the year, if you meet Medicaid eligibility requirements.

Q: Who is in my plan's Network and why is it important?

A: Your insurance company contracts with medical providers, facilities and suppliers. Generally you pay less if you use providers, facilities or suppliers in your plan's network. Networks can change during the life of your plan. Contact your insurance company to find out who is in your plan's network.

Q: What is my PEAK account and how does it work?

A: Whether you are a Colorado Medicaid recipient or you've purchased health insurance through Connect for Health Colorado, understanding how to navigate your Colorado PEAK account is essential. From this website you can make changes to your contact information, mailing address, and income. This is also where you can track all correspondences including your eligibility determination and necessary tax documents.

Q: My child is losing CHP+ coverage. What should I do?

A: Before the 15th of the month your child is losing CHP+ coverage, contact a TCHNetwork Health Coverage Guide and we can help you determine the next step for your child.

FOR MORE FAQs & VIDEOS GO TO:

tchnetwork.org/faqs-links-videos/

Thank you for reading this month's HealthMatters. If you have content that you would like for us to share with our TCHNetwork community, contact: info@tchnetwork.org