



## Upcoming Events

- **Cooking Matters for Adults**  
Christ in FOCUS Church, Norwood  
Begins February 13  
Tuesdays, 11am - 1pm for 6 weeks  
Call 970.708.7096 or email  
info@tchnetwork.org to register  
for this FREE class!
- **Mental Health First Aid**  
Mountain Village Town Hall  
February 13, 8am-5pm  
Call 970.708.7096 or email  
info@tchnetwork.org to register
- **Mental Health First Aid**  
Telluride High School  
February 17, 8am-5pm  
Call 970.708.7096 or email  
info@tchnetwork.org to register
- **Montrose Health Fair**  
Montrose Pavilion  
February 24, 6:30am-12pm  
For more info & tests available,  
call 970.252.2513

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## Welcome

**F**EBRUARY is American Heart Month and TCHNetwork wants to ensure your heart stays healthy for Valentine's Day! Read our easy tips for maintaining heart health. Feb. 14 is National Donor Day. Consider registering to become an organ donor. Also learn what events open a Special Enrollment Period that allow you to change your insurance policy. Finally, read about what to expect now that CHP+ has been reauthorized!

## Heart Disease:

### What is it good for?

**A**bsolutely nothing. Certainly not your cardiovascular system. With February being American Heart Month, this is a great time to evaluate your current dietary and lifestyle routines to see what areas you can improve upon to reduce your risk of heart disease.

Let's start off with a little Heart Disease 101. Heart disease is also called Cardiovascular Disease and refers to diseases of the heart and blood vessel system. Common types of heart conditions include: Coronary Artery Disease, Congestive Heart Failure, High Blood Pressure, Stroke, Cardiac Arrest (Heart attack), and Arrhythmia. Heart disease is serious, and many diseases involve a process called atherosclerosis. Atherosclerosis is a condition that develops when a substance called plaque builds up in the walls of the arteries. This buildup narrows the arteries, making it harder for blood to flow through. If a blood clot forms, it can stop the blood flow, which can cause a heart attack or stroke.

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## TCHNetwork Spotlight

*Community member receives insurance for first time in 17 years*



Kody Gerkin, TCHNetwork's Community Outreach Manager, helped community member Lorena Ortiz obtain her first insurance policy since coming to the U.S. After receiving her coverage, Lorena was "very excited, and very happy because [her] insurance policy was very inexpensive!"

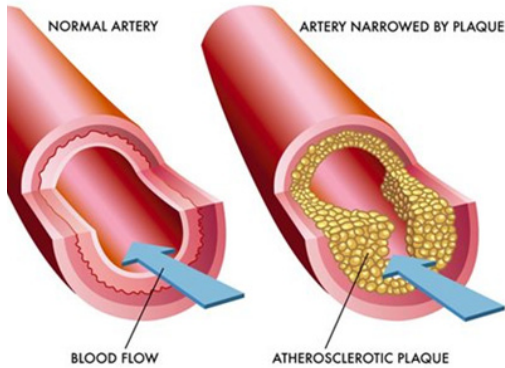
## Insurance Corner

### CHP+ Funding Renewed!



Congress reauthorized funding for CHP+, allowing the program to continue to cover children and pregnant women through September 2023! Cont on page 4

## ATHEROSCLEROSIS



Factors that contribute to heart disease include:

- Diabetes
- Overweight and obesity
- Poor diet
- Physical inactivity
- Excessive alcohol use

While genetics can increase risk, anyone can be at risk for heart disease. The best way to prevent it is through healthy living and eating and maintaining a healthy body weight.

So how do you go to school, work a job, take care of loved ones (including yourself), AND find the time and energy to exercise and prepare healthy food? Start with small, reachable goals. Celebrate

the small successes, improvements, and achievements! Can you fit in an extra 15 minutes each day to take a brisk walk around the block, or play tag with the kids? Can you take the stairs instead of an elevator, or park a block away from your destination and walk? Little things like that all add up!

Recognizing your eating habits can help guide your food choices. Challenge yourself to track your food intake by using a food journal for one week. Most people are surprised to see how many extra calories they consume just by "grazing" on a handful of chips, a couple chocolates at work, or snacking at night. It all adds up and once you recognize where you can cut out extra calories without sacrificing actual meals, you'll begin to notice how reducing a hundred calories here or there throughout the week can easily add up to losing a pound of fat without you even really trying!

Some facts to consider:

- The average person's walking stride is 2.1 - 2.5 feet, which equals approximately 2000 steps per mile
- 100 calories are burned each mile walked

- If you walk the recommended 10,000 steps each day, that is the equivalent of 5 miles and around 500 calories burned
- There are 3500 calories in a lb of fat. So, you need to either burn, or consume, an extra 3500 calories depending on if you want to lose, or gain a lb.

Tri-County Health Network offers free services to help people implement healthy lifestyle choices through evidence-based community programs such as Cooking Matters, Chronic Disease Self-Management Program, and Community Health Workers. Read about our programs and services on our website, [www.tchnetwork.org](http://www.tchnetwork.org), or call us at 970.708.7096 to find out how we can help you on your path to heart health!

- By Katia Bhagatram, Population Health Manager



## Show love this Valentine's Day through the gift of life

Aside from being Valentine's Day, February 14th is National Donor Day. Here are a few quick stats to keep in mind:

- **Over 116,000 people** are on the national transplant waiting list
- **20 people** die each day waiting for a transplant
- **95% of U.S. adults** support organ donation, but **only 54%** are signed up as donors
- One donor can **save 8 lives**

Donations can come from both

deceased and live donors. Some organs, such as a kidney, part of a liver, lung, pancreas, or intestine, and some tissues, can be donated while the donor is still alive. However, most donations come from deceased donors.

Anyone can donate, regardless of age, health, race, or ethnicity. All people over 18 years of age can register to be an organ, eye, and tissue donor, as well as choose what they wish to donate. Minors can also register to be donors, but their families have final say in the event that the occasion arises be-

fore they turn 18.

To register as an organ donor, you can sign up online or go in-person to your local DMV.

## Follow Us

Stay up to date on TCHNetwork and community partner events!

Facebook:  
[TriCountyHealthNetworkTelluride](https://www.facebook.com/TriCountyHealthNetworkTelluride)

Twitter:  
[@TCHNetwork\\_CO](https://twitter.com/TCHNetwork_CO)



## Serving Size

Serves 4, 1 piece of toast per serving

## Ingredients

- 8 medium strawberries
- 3 Tablespoons unsweetened cocoa powder
- 2 Tablespoons sugar
- 1 large egg
- 1/2 cup low-fat milk
- 1 teaspoon ground cinnamon
- Non-stick cooking spray
- 4 slices whole-wheat bread

## Materials

- 2 small bowls
- Fork
- Measuring cups
- Medium skillet
- Rubber spatula
- Sharp knife

## Chef's Notes

- When strawberries are not in season, top with any seasonal fresh fruit. Or, use thawed frozen or canned fruit. Be sure to drain before using.
- Try making a fruit syrup to use in place of the cocoa mixture. Wash, hull or pit, and slice 1 1/2 cups fresh or frozen fruit like blueberries, strawberries, peaches, or plums. In a small skillet over low-heat, cook fruit with 1/3 cup sugar and 1 Tablespoon water. Cook until sugar dissolves and juices from the fruit thicken slightly, about 5-8 minutes. Cool slightly before spooning over French toast.

## February Recipe Chocolate Strawberry French Toast

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

<https://cookingmatters.org/recipes>

## Instructions

1. Rinse strawberries. Cut off leafy tops. Slice 1/8-inch thick.
2. In a small bowl, whisk cocoa powder and sugar together with a fork. Set aside.
3. In a second small bowl, beat egg with a fork until well blended.
4. Add milk and cinnamon to egg. Beat about 1 minute more.
5. Coat medium skillet with non-stick cooking spray. Heat over medium heat.
6. Dip one piece of bread in egg mixture. Flip to coat both sides. Remove from egg mixture, shaking off any excess egg coating.

## Nutrition Facts

Serving Size 1 piece French toast (109g)

Servings Per Container 4

Amount Per Serving

**Calories 140**      **Calories from Fat 25**

**% Daily Value\***

**Total Fat 3g**      **5%**

**Saturated Fat 1g**      **5%**

**Trans Fat 0g**

**Cholesterol 45mg**      **15%**

**Sodium 170mg**      **7%**

**Total Carbohydrate 25g**      **8%**

**Dietary Fiber 6g**      **24%**

**Sugars 11g**

**Protein 8g**

**Vitamin A 4%**      • **Vitamin C 25%**

**Calcium 20%**      • **Iron 10%**

\*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

Place quickly in hot skillet. Cook until golden brown, about 2-3 minutes per side. Remove from pan.

7. Repeat steps 5 and 6 until each piece of bread has been cooked.
8. Top each piece of bread with 3 Tablespoons sliced strawberries. Dust generously with cocoa mixture.

Chef's Notes cont.

- Toss 1-2 cups fresh fruit with 1-2 Tablespoons honey or maple syrup. Set aside while you make the French toast. Top with sweetened fresh fruit instead of the cocoa mixture.



## Life change events open a Special Enrollment Period

Open Enrollment came to an end on January 12th, and more than 165,000 Coloradans enrolled in health insurance for 2018 through the state health insurance marketplace, Connect for Health Colorado.

If you did not enroll in health insurance before January 12th, you can only enroll in a new health plan if you have a Qualifying Life Change Event. These scenarios allow Coloradans to enroll in health insurance outside of the Open Enrollment Period. For instance, if you get married, divorced, gain a member in your household (no, puppies don't count!), or lose your employer-based coverage, you may qualify for a Special Enrollment Period.

Experiencing a Qualifying Life Change Event opens up a 60-day window in which you can enroll in

a new health insurance plan based on your household income and household size.

Some of the most common Qualifying Life Change Events include:

- Birth or adoption
- Change in marital status
- Moving within the state
- Change in income
- Change in tribal status
- Becoming a U.S. citizen
- Leaving incarceration
- Death of household member
- Turning 26
- Loss of health insurance
- and more!

For a more detailed description of qualifying life change events and what to do when one occurs,

check out TCHNetwork's short video on our website (both English and Spanish videos are available): [tchnetwork.org/faqs-links-videos](http://tchnetwork.org/faqs-links-videos)

If you experience a life change event, contact your local Health Coverage Guide at 970-708-7096, or Connect for Health Colorado Customer Service at 1-855-PLANS-FOR-YOU (1-855-752-6749).

Remember, you must report changes within 60 days of the qualifying event!



## No need to say goodbye to Child Health Plan Plus (CHP+)



Great news! On January 22nd, Congress approved a long-term funding extension for the Child Health Insurance Plan, Child Health Plan Plus (CHP+), which covers more than 75,000 children and 800 pregnant women in Colorado. This six-year extension means that CHP+ will continue to

cover children and pregnant women through September 2023.

CHP+ members should have begun receiving letters in the mail about the program continuing. Sample CHP+ member notification letters (in English and Spanish) may be found on the Colorado Department of Health Care Policy & Financing website:

[CO.gov/HCPF/FutureCHP](http://CO.gov/HCPF/FutureCHP)

If a CHP+ family receives a letter informing them that they must renew their CHP+ benefits, they should follow the instructions in the letter and pay the enrollment fee by the deadline listed in the letter, if they owe one. This is important to keep in mind, as failing to pay the enrollment fee may result in loss of coverage.

CHP+ members may continue to go to their doctors, dentists and use their benefits, as usual. As of yet, there are no changes to CHP+ benefits and eligibility.

New applications for CHP+ will continue to be accepted, so if you are pregnant and would like to enroll in CHP+, or you would like to enroll your child in CHP+, call Tri-County Health Network to have one of our Health Coverage Guides help you with the process!

*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](mailto:info@tchnetwork.org)*