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TELLURIDE WELCOMES FIRST EVER WALK RETREAT SEPT. 21-23



Above, swimmer Diana Nyad leads one of her EverWalk events in the northwest. Each EverWalk member pledges to walk a minimum of three times a week, no matter the distance. Courtesy photo.

By Caitlin Switzer

TELLURIDE-Next month, a world-class athlete will host a fitness event in Telluride—and people of all fitness levels are welcome to participate.

Swimmer Diana Nyad will bring one of her [EverWalk](#) events to Mountain Village Sept. 21-23.

Billed as the “biggest walking initiative in American history,” EverWalk intends to get Americans up and out of their cars, desks, chairs, and comfy couches, and onto the nation’s byways—on foot.

Longtime expedition leader Bonnie Stoll, Nyad’s trainer, told [People Magazine](#) last year, “Over the next five years, we here at EverWalk are literally going to turn America into a nation of walkers.”

According to a [news release](#), Nyad and her team have hosted similar walking events in cities across the nation, and Telluride

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COMMUNITY HEALTH WORKER OFFERS SCREENINGS, SUPPORT

By Caitlin Switzer

MONTROSE-After serving as a Sheriff’s Deputy from 1997 to 2008, Darlene Mora was not exactly looking for a new job. Still, “I felt like I needed to do more for people, one on one,” she said. So when Mora’s son challenged her to go back to school, Mora accepted the challenge; it was “game on.”

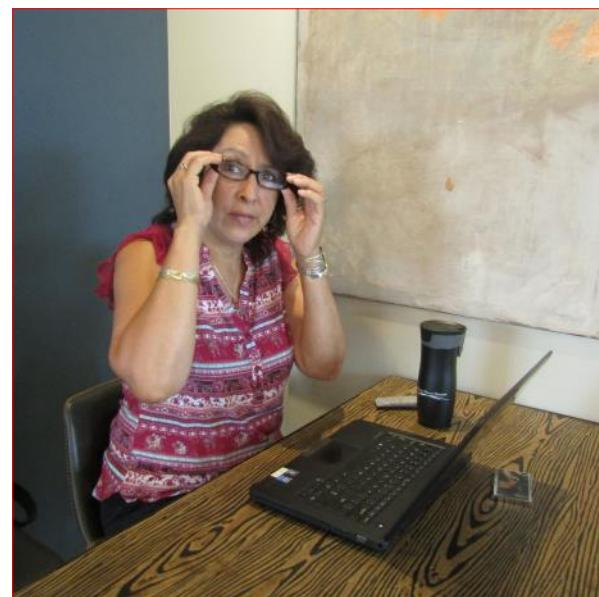
“We both succeeded,” she said. “I went back and earned my Bachelor’s Degree, and he completed his Master’s.”

Mora also babysat several of her grandchildren as she pursued higher education; “I was very fortunate,” she said. “A friend tutored me—tutoring is very good for non-traditional students.”

In her final class, Mora was given the option of working on her resume; she chose to do so, and that resume caught the attention of recruiters from Tri-County Health Network (TCHN).

“They called me in for an interview,” she said. “I got a phone

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With her laptop, coffee and reading glasses, mobile Tri County Health Network Community Health Worker Darlene Mora brings health and heart screenings to people in the community. Mirror staff photo.

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COMMUNITY HEALTH WORKER PROVIDES SCREENINGS, SUPPORT

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call and I got hired."

Mora is now in her fourth year as a bilingual community health worker.

"I love it," she said. "I love my job. I enjoyed being a deputy, but I believe I like this better. The hours are flexible, and I am able to do outreach. I can translate and interpret for people."

"I like going someplace, seeing someone, and saying hello."

Even Darlene's business card is bilingual, with helpful information printed on the back in English and in Spanish.

"I do health screenings, heart screenings," she said. "From January 18 to the present, I have screened 259 people, from Montrose, Olathe, and Delta—I'm mobile."

TCHN also has community health workers

in Ouray, Ridgway, Norwood, Nucla, Naturita, and the Telluride area, she said.

These health workers play a vital role in the community, connecting people with services and communicating in the languages they speak.

"Tri-County Health Networks is working toward health equity," Mora said. "What I do is address the social deficits of health and reduce barriers for people to access healthcare and health services."

Mora has had support from Montrose Regional Library, which allows her to use a confidential room on a weekly basis, and Montrose Recreation Center, which has helped get the word out about health screenings with its newsletter.

Local businesses can access the commu-

nity health worker service to screen employees, Mora said.

"I am flexible enough to go any time of the day that they want me to," she said. "I provide screenings and assess your risk of diabetes or heart disease."

The screenings can be performed every six months and take just half an hour.

"It's very simple," Mora said. "I draw a small blood sample; it's quick and painless. I run it through a machine that tests for good and bad cholesterol, and even reads glucose levels. We have the results in minutes."

This week, Mora will be offering free health and heart screenings. To learn more or to schedule, call 970-708-4719, or email her at chw-montrose@tchnetwork.org.

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