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NEWS FROM THE CEO

To our patients, supporters, friends, and family,

Mountain Family Health Centers' mission is to provide high quality, integrated primary medical, behavioral, and dental health care in the communities we serve, with special consideration for the medically under-served, regardless of ability to pay.

The slogan our employees recently chose to describe Mountain Family Health is "Our Family, Caring for Yours." This tagline is especially accurate now, as our community prepares for potential changes to national immigration and health care policies.

Mountain Family Health Centers does not, and will not ever, discriminate based on income status, insurance status or documentation status. Mountain Family Health Centers "does not discriminate based on race, color, creed, national origin, gender, sexual orientation, religion, age, citizenship status, veteran status, disability, gender variance, genetic information or other legally protected status in access to, or participation in, its programs, services or activities." We are here to serve the entire community, and we will always do so.

Regardless of what happens nationally, here at Mountain Family Health Centers, we will continue to provide affordable and comprehensive health services to all patients. We believe health care is a human right. As we have for decades, we will continue to provide high quality care to all who come.

This means those patients who are uninsured will continue to be treated on an affordable sliding fee scale. Today, 33% of our patients are uninsured and 44% of our patients are enrolled in Medicaid.

Medicare members are also always welcome at our clinics. MFHC will also continue to hire bilingual staff (currently 50% of staff members are bilingual in English and Spanish) to provide care to those who are best served in a language other than English.

Mountain Family Health is committed to continuing-and expanding-this care next year and in the coming years.

We are here to serve the entire community, and will always do so. At the November 29, 2016 Board Meeting, the Mountain Family Health Centers Board of Directors passed this [resolution](#).

Respectfully,



Ross Brooks, CEO
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- Jon Fox-Rubin, Vice Chair
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[DONATE TODAY](#)

GIVING WITH YOUR HEART

Will You Join Me in Ensuring Access to High Quality, Affordable Care for Our Neighbors?

Next week, you will be receiving Mountain Family Health Centers' first ever Annual Appeal. Please take time to consider your support for those less fortunate. More than 20% of those living in the communities we serve live in poverty.

Your donation of as little as \$20 to Mountain Family will pay for health services such as prescriptions, medical equipment and specialty care for children and families who cannot afford these services. Every donation works toward improving our community's well-being and makes an immediate difference for the most vulnerable families in our community.



Garry
Schalla
Development
Director

I am asking each of you to join me, in becoming a "Heartbeat Member," and make a monthly commitment. As a Heartbeat Member you will receive "insider" quarterly updates from Mountain Family's Chief Executive Officer Ross Brooks, and you will be honored at the annual Heartbeat Society Dinner on Saturday May 6th, 2017.

I invite you - be a champion in supporting the excellent, affordable, integrated healthcare needs in our community. Whether a onetime gift or a recurring Heartbeat Membership, your support will provide many of your neighbors with access to vital medical, dental and behavioral healthcare they may otherwise not be able to afford.

Your generous donation is fully tax deductible and always deeply appreciated by those in need.

[Click HERE](#) to see the many ways you can donate to Mountain Family Health Centers.

DECEMBER 1ST - WORLD AIDS DAY

Free AIDS Testing on December 1st & 2nd

World AIDS Day is December 1st and has been observed every year since 1988. The day is dedicated to raising awareness of the AIDS pandemic caused by the spread of HIV infection, and to mourning those who have died of the disease. To honor the victims of this epidemic and to prevent future spread of the disease, Mountain Family Health Centers is offering free AIDS testing on December 1st in Rifle and Basalt and December 2nd in Glenwood Springs. The test is free and confidential. Walk-ins are welcome and results will be ready in 15 minutes.



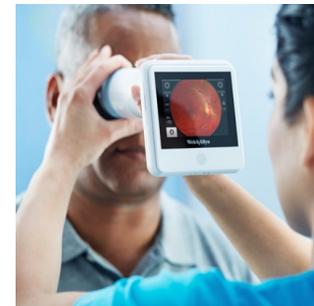
[Learn More](#)

COLORADO GIVES DAY

Giving Tuesday - December 6

Our focus for Colorado Gives Day will be raising the funds for one or two RetinaVue units. A donor has pledged to match the first \$2,500 of donations! The RetinaVue™ Network is designed for healthcare providers who want to improve management of patients with diabetes. Diabetic retinopathy is the leading cause of blindness among working-age adults.

RetinaVue enables providers to easily perform retinal exams in a primary care setting using a simple four-step process: (1) acquire non-mydratic fundus images in minutes with the simple, automated Welch Allyn RetinaVue™ 100 Imager, (2) transfer images via the secure HIPAA-compliant RetinaVue Network, (3) images are evaluated by a board-certified retinal specialist, and (4) a diagnostic report and referral/screening plan is returned to the provider the same day--usually in 90 minutes. The RetinaVue™ Network is a simple, affordable and effective means of accurately screening for diabetic retinopathy as part of a patient's routine visit.



[Please Donate today.](#)

SHARING THE WEALTH

Mountain Family Health Centers Donates Computers

Mountain Family Health Centers wants to pay it forward. Earlier this month, on Nov 15th, the health care nonprofit donated thirty laptops to partner organizations based in the Roaring Fork Valley. Mountain Family Health Centers' mission is to provide high quality, integrated primary medical, behavioral, and dental health care in the communities we serve, with special consideration for the medically under-served, regardless of ability to pay. Mountain Family currently cares for more than 17,000 patients in Garfield, Pitkin, Eagle, and Rio Blanco Counties.



To meet this need, Mountain Family Health Centers is getting ready to build larger and more comprehensive clinics in Basalt and Edwards. This past August, Mountain Family opened a school-based health center at Avon Elementary School. Mountain Family Health will also be expanding dental services in February with a new dental clinic at the El Jebel Community Center, and the new SMILES Program. In the SMILES Program, registered dental hygienists provide preventive care and develop treatment plans along with a dentist via tele-health. SMILES will open first at the clinic in Avon, and then at the Grand Valley Center for Family Learning and Bea Underwood Elementary School. SMILES will also be offered at Coal Ridge High School beginning in the next school year. While updating equipment this fall, leadership at Mountain Family Health Centers decided thirty of the soon-to-be discarded laptops were in good enough shape to still be useful. Clinic site managers at the Glenwood Clinic decided to donate those well cared for laptops to various non-profit organizations in the Roaring Fork Valley.

[Learn More](#)

HEALTHY HOLIDAY CHALLENGE

Weigh and Win!

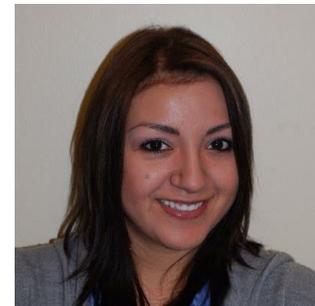
The holidays can be hectic and oftentimes healthy habits are pushed aside. On average, Americans gain one to four pounds every holiday season they never lose. Over time, those pounds add up! So, let's head into 2017 a little bit healthier. Join the Weigh and Win Healthy Holiday Challenge to enjoy the holidays with balance and maintain your weight this holiday season!



[Learn More](#)

CONGRATULATIONS MARIPOSA AWARD WINNER

Congratulations to our November Mariposa Award winner, Gladys Andrade. Gladys has been a key component to our Medical Assistant team in Rifle; she is always willing to help the MAs when they need it. Please join us in congratulating Gladys Andrade on a job well done. Here is what her peers had to say:



Hilda Rangel-Valle said: Gladys, who has worked for Mountain Family for 14 years, started working for MFHC when she was 20 years old. She has literally grown up with MFHC. I admire her perseverance and loyalty to provide the best care to her community. Gladys has this calm, caring and kind demeanor about her all the time, no matter what life throws at her or what the daily challenges are at work. I am personally grateful and thankful to Gladys for having been my mentor and trainer when I crossed over from prenatal care to family practice. She held my hand through the long process but was always kind and patient with me. Ever since, I strive to emulate these qualities of hers when I am training a new team member. To Gladys: Thank you for the positive impact you have had in my career as an M.A.--in my eyes you have always been an MVP at MFHC.

Mollie Deines said: I would like to nominate Gladys Andrade for the Mariposa award. I have worked here since February, and she has been willing to teach me everything from procedures to NexGen [medical records system] to Spanish. She has been an instrumental part of the MA team, as well as in my training, and I do not hesitate to ask her anytime I need help.

[Learn More](#)

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