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Mountain Family Health Centers

As families get ready for another school year, Mountain Family Health Centers is excited to offer a back-to-school promotion for the month of August. From August 1st through 31st, Mountain Family will provide $20 sports physicals, and is encouraging families to make appointments for well child checks, vaccinations, and primary dental exams.

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MOUNTAIN FAMILY WINS MORE FUNDING FOR LATINO HEALTH FAIR
Mountain Family Health Centers

Mountain Family Health Centers is excited to be one of fifteen community health centers nationwide to receive a Healthy Lifestyles, Health Communities grant from Henry Schein, Inc. The $5,000 grant is designed to assist Mountain Family with hosting a public health event, to provide free medical and dental services for underserved children and their caregivers. The goal is also to connect children and their families with Mountain Family for their healthcare home.

For Mountain Family, this grant will allow for the provision of additional services at the Latino Health Fair.
this fall. Mountain Family has worked in partnership with radio station La Tricolor to offer health screenings at this popular fair in previous years. The turnout at the 2016 fair was far greater than expected and MFHC provided 151 blood draws for laboratory analysis to assess health over the course of three hours. Residents receiving blood draws represented a wide age range, with entire families having blood drawn.

In addition to the $5,000, Henry Schein will provide equipment and staff support for the event. MFHC Operations Support Coordinator Jackie Marshall says the goal is to provide dental screenings and other additional screenings at the upcoming 2017 Latino Health Fair this fall, such as for asthma and obesity. If the fair takes place in October, which is Breast Cancer Awareness Month, Mountain Family will likely provide breast cancer screenings.

DENTAL VAN VISITS GLENWOOD SPRINGS CLINIC

NATIONAL BREASTFEEDING MONTH
The Experience of Breastfeeding is Special for So Many Reasons
By Carol Conger

The experience of breastfeeding is special for so many reasons: the joyful closeness and bonding, the cost savings and the health benefits for both mother and baby. Breastfeeding saves lives, money and time. Breastmilk is the perfect food for babies. Breastmilk comes premixed, at the right temperature and is quite portable.

The cells, hormones and antibodies in breastmilk help protect babies from illness. This protection is unique and changes to meet a growing baby’s needs. Research shows that breastfed babies have lower risks of
- Asthma
- Leukemia (during childhood)
- Obesity (during childhood)
- Ear infections
- Eczema (atopic dermatitis)
- Diarrhea and vomiting
- Lower respiratory infections
- SIDS
- Type 2 diabetes

GLENWOOD GARDEN IS GOING GLEAN
MFHC Partners with UpRoot Colorado to Harvest and Distribute Fresh Veggies to Local Food Pantries

Partnering with UpRoot Colorado, the Mountain Family garden will be harvesting and distributing fresh veggies to local food pantries. That's a glean; taking excess fruits and vegetable and getting them to pantries to reduce food insecurity in our communities. One in eight Coloradoans is food insecure, and annually 20 billion pounds of food remains unused on United States farms. UpRoot is working to “harvest” this excess for the good of communities across Colorado. Learn more at www.UpRootcolorado.org

RECOGNIZING NATIONAL IMMUNIZATION AWARENESS MONTH (NIAM)
Highlighting the Value of Vaccines for People of All Ages

National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages. NIAM was established to encourage people of all ages to make sure they are up to date on the vaccines recommended for them. Communities have continued to use the month each year to raise awareness about the important role vaccines play in preventing serious, sometimes deadly, diseases.

NIAM is sponsored by the National Public Health Information Coalition (NPHIC). For more information on the observance, visit NPHIC’s NIAM website, and for more about recommended immunizations visit http://www.postindependent.com/news/local/a-look-at-the-importance-of-immunizations.
HIKING FOR HEALTH
A Good First Step for Healthy Living
By Jolene Singer

Care Coordination along with Whitney from Behavior Health met at Grizzly Creek for a hike, picnic and team building. The weather was great and the company the best ever.

MARIPOSA AWARD WINNER - AUGUST, 2017
The winner of the Mariposa award for August is Stephanie Previc

Nominated by Diana Saenz and Levi Alexander

From Diana Saenz:

I would like to nominate Stephanie Previc as August’s Employee of the Month. Prior to joining MFHC in July of 2016, Stephanie proved her excellence by being a HRSA Nurse Corps Scholar. She has proven to be an invaluable member of the team in her role as Clinic Nurse Facilitator. When Stephanie started her career with Mountain Family, the Clinic Nurse Facilitator was a new position. She assisted in developing and designing this position in order to provide excellent patient care. Stephanie now consistently leads planning meetings with the Clinic Nurse Facilitator team. She is involved in training the Nurse/MA teams on their roles in providing excellent patient care. Stephanie researches best practices and finds ways to implement changes to improve MFHC’s practice. For example, she recently co-wrote the changes made to the Procedures Policy and Procedure. As part of the MFHC Advocacy Committee, Stephanie demonstrates her commitment to fulfilling her role as a patient advocate. She has also represented MFHC with government leaders such as the office of Senator Gardner (see below). Stephanie is diligent and consistently seeks ways to improve her practice. Her enthusiasm is contagious.
From Levi:

I would like to further add to the reasons why Stephanie should be nominated as the Employee of the Month for August. Stephanie is dedicated and passionate about her work and providing the necessary services to populations in need. One project she and I are currently working on is a postpartum project to connect our patients with the support they so desperately need during an extremely difficult and emotional time in their lives. Stephanie is driven to make the education and support available to these patients, and her knowledge of community health as well as her ability to connect effectively with resources in surrounding counties, is invaluable. This is an enormous undertaking as prenatal and postpartum services are severely lacking in much of the area Mountain Family Health Centers serves. Stephanie is helping to create a sustainable program to support the services that are currently available in surrounding counties. Stephanie is so patient and kind to everyone she meets. She takes the time to truly listen and her smile always brightens the room. I am honored to know and work with Stephanie, and appreciate all she does for Mountain Family patients and employees every day.

NATIONAL HEALTH CENTER WEEK
August 14th to August 18th
By Garry Schalla
Development Director

National Health Center Week is August 14th to August 18th. While the national debate and legislation on national health care may change our plans, here is a brief outline of what we are planning:

Lunch will be held at each of Mountain Family’s clinic sites from 12:00 p.m. - 1:30 p.m. We will be inviting elected officials, fire and police departments, public health officials and the media. Lunch will be served by the Chiefs and some Directors. Times for each location are:

- Monday August 14 - Rifle
- Tuesday August 15 - Basalt
- Wednesday August 16 - Glenwood Springs
- Thursday August 17 - Edwards/Avon

Our features for each day will be as follows:

- Monday August 14th - Health Screening Day (blood pressure, heart, lungs), MFHC social media will feature posts from sites, and an article by our own John Lawrence on immunizations.
- Tuesday August 15th - Tribute to Healthy, Affordable Food - “an apple a day keeps the doctor away” with free apples handed out at each site. MFHC social media will feature healthy, affordable foods, and the MFHC garden.
- Wednesday August 16th - The Regional Struggle with Housing and Health
- Thursday August 17th - Children’s Health Day
- Friday August 18th - Celebrating the MFHC Family

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