

JULY 2017 - In This Issue:



GRAND AVENUE BRIDGE CLOSURE AND DETOUR INFO

PROTECT YOURSELF FROM THE SUN THIS SUMMER

EATING MORE FRUITS AND VEGETABLES

MFHC DENTAL VAN COMING TO GWS CLINIC

PATIENTS, GIVE US YOUR TWO CENTS

MARIPOSA AWARD WINNER

HEALTH *beat*



GRAND AVENUE BRIDGE CLOSURE AND DETOUR INFO

MFHC Encourages Patients to Plan Accordingly for the Bridge Closure

Beginning Monday, Aug. 14, the Grand Avenue Bridge on CO-82 will be CLOSED for approximately 95 days.

During the Grand Avenue Bridge closure, the contractor will demolish the current Grand Avenue Bridge, build the new traffic bridge connection over the Colorado River and Union Pacific Railroad, complete the south abutment, build the new roundabout at sixth and Laurel streets and finish the connection to CO-82.

After approximately 95 days, the new traffic bridge will be open one-lane in each direction.

[Click HERE](#) to read Bridge Detour Info in English

[Click HERE](#) to read Bridge Detour Info in Spanish

[Click HERE](#) to view Grand Avenue Bridge Detour Map & Zone

[Click HERE](#) to view RFTA's detour routes for the duration of the bridge closure

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PROTECT YOURSELF FROM THE SUN THIS SUMMER

Tips for Fun in the Sun and Staying Safe

Sun Exposure

- Skin cancer is the most common type of cancer in the United States. There are two types of Ultraviolet rays that reach the earth. One type burns the outer layers of the skin and the others penetrate deeper weakening the skin's inner tissue.
- UV rays cause premature aging and wrinkles.
- A blistering sunburn doubles the chance of developing malignant skin cancer in a lifetime.
- UV rays from tanning booths are two to three times stronger than those from the sun.
- A skin abnormality/mole that changes in color, size or texture can be a sign of skin cancer.
- Clouds do not block UV rays.



Prevention

- Wear protective clothing and gear like sunglasses and a hat when possible.
- Seek shade.
- Avoid tanning beds
- Every year, on your birthday, check your skin for any changes and if present see a medical provider.
- Babies should use sunscreen after 6 months of age.

Sunscreen Safety

- Anytime someone is in the sun for 10 minutes or longer, sunscreen use will be beneficial.
- Sunscreen should be applied 30 minutes before going out in the sun to allow the body to absorb it.
- Sunscreen should be applied every 2 hours after swimming, sweating, or drying with a towel.
- The American Academy of Dermatology recommends sunscreen to be broad spectrum, water resistant, and of SPF greater than 30.

www.osteopathic.org/osteopathic-health/about-your-health/health-conditions-library/general-health/Pages/skin-cancer-fact-sheet.aspx

www.aad.org/media-resources/stats-and-facts/prevention-and-care/sunscreen-faqs

Exponerse al Sol

- El cáncer de la piel es el cáncer más común en los Estados Unidos.
- Hay dos tipos de rayos ultravioletas que llegan a la tierra. Unos causan quemaduras en la capa exterior de la piel y los otros penetran más profundo causando daños al tejido interior de la piel.
- Los rayos ultravioletas causan envejecimiento prematuro y arrugas.
- Una quemadura con ampollas duplica el riesgo de contraer cáncer de la piel maligno durante la vida.
- Los rayos ultravioletas de las cabinas bronceadoras son dos a tres veces más fuertes que los rayos del sol.
- Una anomalía/lunar que cambia de color, tamaño, o textura puede ser una señal de cáncer en la piel. Las nubes no bloquean los rayos ultravioletas.



Prevención

- Use ropa protectora, lentes y gorra cuando sea posible.
- Busque la sombra.
- Evite las cabinas bronceadoras.
- Cada año, en su cumpleaños, revise su piel por cualquier cambio y si hay algo diferente vea a un proveedor médico.
- Los bebés deben usar protección solar después de 6 meses de edad.

Protección Solar

- Cuando una persona va a estar en el sol por más de 10 minutos debería usar protector solar.
- Las cremas de protección solar deben de ser aplicadas 30 minutos antes de salir al sol para que el cuerpo tenga tiempo de absorberlas.
- Las cremas de protección solar se deben de aplicar cada 2 horas después de nada, sudar, o secarse con una toalla.
- La Academia de Dermatología Americana recomienda usar protector solar que sea de espectro amplio, resistente al agua, y de protección mayor de 30.

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EATING MORE FRUITS AND VEGETABLES

A Good First Step for Healthy Living

By Jenny Lang
Family Nurse Practitioner

Family Nurse Practitioner Jenny Lang sees countless families for well child visits, and says it's a good opportunity to get a sense for what everyone's eating at home. She often asks what a child's favorite vegetable or fruit and the last time they ate it, and it's common for a parent to say their child may eat that fruit or vegetable only a few times a week. Often parents say their family does not eat fresh fruits or vegetables once a day.

So Lang encourages families to eat a favorite fresh food more times per week. "The importance in eating a

well-varied diet is that it boosts your immune system, fights cancer, infection, helps you maintain proper weight," says Lang. A healthy diet "helps you have good energy," and she encourages parents and children to focus on "fresh" foods. That includes even noodles or breads as well as fruits and vegetables.



Lang is a firm believer in a fresh diet playing a big role in helping a body work well, and says the main goal is to avoid processed foods, when possible. "When you're eating food at McDonald's, which is laden with high salt and high fat, that doesn't support healthy functioning."

Parents often say during well child visits the highest barrier to eating more fresh foods is they don't know how to prepare vegetables at home-or how often the family should eat those foods. Lang recommends using the federal [MyPlate](#) nutritional guidelines: half of each plate should be fruits and vegetables, a quarter of the plate carbohydrates (or grains), with protein making up the final quarter.

MFHC DENTAL VAN COMING TO GWS CLINIC

Mobile Dental Van will be at GWS parking lot from 8-12 on Wednesday July 12

Ricardo Zavala will bring the Mobile Dental Unit to the GWS parking lot from 8 to 12 on Wednesday July 12. This will be an opportunity to give tours to MFHC employees and patients. We are not going to do any Dental services or procedures. This is just for staff and patient education.



PATIENTS, GIVE US YOUR TWO CENTS

Join the Patient Advisory Committee

By Garry Schalla
Development Director

Mountain Family Health Centers is always looking to improve our patients' experiences. We need your help; join our Patient Advisory Committee (PAC) and make your voice an agent for the changes you would like to see. The PAC meets once quarterly in Glenwood Springs and Edwards. This brief get together lets patients tell us how we are doing. Your comments are then relayed back to medical staff, providers and administrators for system improvement.



Become a valuable voice for the community contact Levi Alexander lalexander@mountainfamily.org 970-945-2840 X7267 to join the PAC. "Our family caring for yours"

MARIPOSA AWARD WINNER - JULY, 2017

The winner of the Mariposa award for July is Stephen Glass

Here is what his peers had to say:

Dr. Stephen Glass has been providing dental care to MFHC Dental patients with a lot of professionalism and compassion. He is always making the effort to explain treatment plans to the patients in a way that makes them feel their needs are covered. Dr. Glass is always willing to help our Dental Department. He was commuting from New Castle to El Jebel for months when our dental services started in the mobile unit. He created a practice with highly standards of quality and kindness. His personality makes our day in dental smooth and fun!

- Diana Blanco- Poveda



Dr. Glass is such an easy going, fun person to work with! He treats ALL assistants with patience and with so much respect. For any question we have, he is always so willing to help us and teach us new things. I am so glad that I get to assist him because he cares so much about the patient also. He is always looking to see what is best for patients regarding their treatment and goes above and beyond to assure that they get the best treatment. He is also really good with anxious patients that are afraid of treatment. With his jokes and caring energy, he makes patients feel like they are in great hands, which allow patients to get treatment that might not have been possible due to their anxiety. It's always such a great pleasure to get to assist with Dr. Glass and see him interact with our patients.

- Hilda Gutierrez

Dr. Glass joined Mountain Family in August of 2015. In the last two years, he has become incredibly valuable to the Dental Team. When the Mobile Dental Unit arrived and we didn't have a dentist, Dr. Glass said "I can do it!", and got our El Jebel practice off to a fast start. He even installed some dental equipment in the Mobile, saving our organization the cost of having a professional installer try to figure out how to install dental equipment. He has a great sense of humor, even in the midst of a crazy schedule, and is very pleasant to staff and patients alike. He even learned how to check patients in, turn over rooms, and almost anything else we need him to do. He is a gifted Dentist, and has helped our dental department continue to increase its productivity month after month. He is an exceptional performer, and embodies the core principles of Mountain Family Dental. - Garry Millard

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