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GIVE FROM YOUR HEART
FIRST DO NO HARM

Gutting Health Insurance for the Poor will not Improve Healthcare System
By Ross Brooks
MFHC CEO

Access to affordable healthcare is a human right. Mountain Family Health Centers prescribes investing in Medicaid innovation that works, rather than cutting health insurance for low-income, working families as is proposed in the American Healthcare Act, now being revised by republicans in the United States Senate.

Access to affordable healthcare is a human right: In 1948, the General Assembly of the United Nations released a document created by representatives from around the world—the first ever Universal Declaration of Human Rights. Among the rights declared was Article 25, which states: “Everyone has the right to a standard of living adequate for the health and well-being of himself and of his family, including food, clothing, housing and medical care and necessary social services, and the right to security in the event of unemployment, sickness, disability, widowhood, old age or other lack of livelihood in circumstances beyond his control.” Read more...

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ROBERT WOOD JOHNSON FOUNDATION RESPONDS TO THE AHCA
Statement from Richard Besser, MD

The following statement from the Robert Wood Johnson Foundation (RWJF), released on May 24, 2017, is
in response to the Congressional Budget Office's (CBO) estimate that 23 million people would lose coverage by 2026 under the American Health Care Act. The Robert Wood Johnson Foundation has worked for over 40 years to ensure that everyone in America has access to affordable, high-quality health care.

The prospect of 23 million Americans losing health insurance coverage is a significant step backward for the health of our citizens. Health insurance lets people get the care they need when serious illness or injury strikes, while avoiding potentially ruinous debt. No one in our society should be forced to choose between getting needed care and keeping the lights on.

The research is clear. People who lack health insurance often live sicker lives and die sooner than those with insurance. They receive needed care later, if at all, and are more likely to skip important preventive care. Read more...

MOUNTAIN FAMILY SAYS GOODBYE TO A FOUNDER
Diane Rittenhouse was First Executive Director
By Carolyn Hardin
Development Consultant

Diane Rittenhouse, Mountain Family Health Centers’ first executive director passed away May 17th. She was highly instrumental both in starting and expanding Mountain Family and led the organization for twenty three years, until 2004.

Diane, along with a group of motivated citizens founded the Gilpin County Health Clinic in 1978 in Blackhawk, Colorado, when the town’s only physician retired leaving the area with no provider. Under the umbrella of the Red Cross, they formed a non-profit and set out to find a new provider. Federal seed money was obtained, space was donated in a stone building built in the 1800s by the Veterans of Foreign Wars (VFW), a family nurse practitioner was hired, and the clinic was born.

So too was the foundation of Mountain Family Health Centers- committed citizens joining together to address the lack of access to care for the underserved. Read more...

LOOK FOR THE MFHC DENTAL VAN IN THE STRAWBERRY DAYS PARADE
Saturday, June 17 at 10:00 (Grand Avenue 9th Street to Sayre Park)

Mountain Family Health Centers will be participating in the 120th Strawberry Days Parade on Saturday, June 17th in Glenwood Springs. Mountain Family will be exhibiting our brand-new Dental Van during the parade, instead of building a float. The Van will be accompanied by the dental team and other Mountain Family employees.

The parade starts at 10 am in downtown Glenwood Springs at 9th and Grand Avenue, and continues south on Grand until Sayre Park (1702 Grand Avenue). Free strawberries and ice cream are served in Sayre Park at the conclusion of the parade. The parade is sponsored by Phil Long Honda and is a central event in the annual Strawberry Days Festival in Glenwood Springs. This year the Festival lasts Friday June 16th through Sunday June 18th.
The Mountain Family Health Centers Dental Van was officially unveiled in March and is usually parked at the Eagle County Community Center in El Jebel. Business hours are 8 am - 6 pm Monday through Friday, except Wednesdays (when the van is closed). Dental staff provide a variety of dental services at the van, including cleanings, x-rays, exams, fillings, simple extractions and dentures. For appointments, call 970-945-2840. Read more...

**JUNE IS MEN'S HEALTH MONTH**
The Importance of Prevention and Early Detection
By Veronica Morales
MFHC Care Coordination Supervisor

Each June, we remember to recognize the paternal figures we have in our lives to thank them for everything they do. But Father’s Day is not the only day in June dedicated to acknowledge men. The month of June is recognized as the Month of Men's Health from the connection with men and parents that arises naturally by the celebration of Father’s Day.

The purpose of Men’s Health Month is to heighten awareness about preventable health problems and encourage early detection and treatment of disease among men and boys.

Many men concentrate on their jobs and families and do not pay enough attention to leading a healthy life. In fact, a recent study showed that men were 24% less likely to attend medical visits than women in the last year. This means many men are not getting preventive health care which can make a big difference in the quality and length of their lives. Read more...

**JUNIO ES EL MES DE SALUD DE LOS HOMBRES**
La Importancia de Prevención y Detección Temprana
Veronica Morales
MFHC Care Coordination Supervisor

Cada mes de Junio, reconocemos a las figuras paternas que tenemos en nuestras vidas para agradecerles por todo lo que hacen. Pero el Día del Padre no es el único día de Junio dedicado a homenajear a los hombres. El mes de Junio se reconoce como el Mes de la Salud del Hombre a partir de la conexión con hombres y padres que surge naturalmente por la celebración del Día del Padre.

El propósito del Mes de la Salud del Hombre es aumentar la conciencia de los problemas de salud evitables y fomentar la detección temprana y el tratamiento de la enfermedad entre hombres y niños.

Muchos hombres se concentran en sus trabajos y familias y no prestan suficiente atención a llevar una vida saludable. De hecho, un estudio reciente mostró que los hombres son 24 % menos asiduos a las visitas médicas que las mujeres en el último año. Esto significa que muchos hombres no están recibiendo la atención médica preventiva que puede hacer una gran diferencia en la prolongación y la calidad de sus vidas. Read more...
VACCINATIONS PREVENT INFECTIONOUS DISEASE AND SAVE LIVES
Vaccinations Recommended by CDC
By John P. Lawrence PA-C; MMS
MFHC Avon SBHC Medical Provider

In recent years, there has been continued debate about the risks and benefits of vaccination, but despite the noise, one thing remains clear: vaccines help prevent infectious diseases and save lives. And if that isn’t reason enough, childhood vaccinations are recommended by the U.S. Centers for Disease Control and Prevention (CDC) and the American Academy of Pediatrics.

For parents, ensuring your child receives the appropriate vaccinations should be a priority. Vaccines not only help safeguard your child’s health, but also the health of the community in which you live.

According to the CDC, early vaccination is encouraged against 14 vaccine-preventable diseases. Read more...

LAS VACUNAS PREVENEN LAS ENFERMEDADES INFECCIOSAS Y SALVAN VIDAS
Vaccinations Recommended by CDC
John P. Lawrence PA-C; MMS
Clínica de Salud de la Escuela Avon - Mountain Family Health Centers

En los últimos años, ha habido un debate continuo sobre los riesgos y beneficios de la vacunación, pero a pesar del ruido, una cosa queda clara: las vacunas ayudan a prevenir enfermedades infecciosas y salvar vidas. Y si eso no es razón suficiente, las vacunas infantiles son recomendadas por los Centros para el Control y la Prevención de Enfermedades (CDC por sus siglas en inglés) y la Academia Americana de Pediatría.

Para los padres, asegurar que su hijo reciba las vacunas apropiadas debe ser una prioridad. Las vacunas no sólo ayudan a proteger la salud de su hijo, sino también la salud de la comunidad en la que usted vive. Continuar leyendo...

PROMOTING AN EMPOWERED AND ENGAGED WORKFORCE
MFHC Employee Wellness Program
By Scott Owens
MFHC Human Resources Director

Mountain Family Health Centers encapsulates the mantra that personal wellbeing is not a destination but a journey comprised of eye opening self-discovery, constant challenge and overwhelming success.

We are proud to do our part and bring a focus on personal wellbeing to the workplace. We recognize the impact the workplace has on the overall health of our team and therefore constantly look for opportunities to promote a culture of health at Mountain Family.
Our program of offering additional paid-time-off hours to employees for participating in various wellness activities is a wonderful incentive. In addition, we have found the employees who choose to get involved in their wellness through this program realize personal growth and development benefits which far exceed any value placed on PTO.

The MFHC Human Resources Team is privileged to serve the Mountain Family staff, a team of professionals dedicated to the health and wellbeing of others, by providing opportunities and resources for those individuals to become healthier and happier at work and life.

Our CEO, Ross Brooks has this to say about the Mountain Family Wellness Program:

"The health and wellbeing of MFHC employees is one of our strategic priorities in order to promote an empowered and engaged workforce. Congratulations to Mountain Family Health Centers on being a top five finalist for the State of Colorado Governor's Workplace Wellness Award."

Read more...

**MOUNTAIN FAMILY HEALTH PROUD SPONSOR OF COPA**

**Summer Soccer in Eagle County**

Copa 2017 is an eight week summer soccer program for youth ages 3 to 18 in Eagle County, operating under the umbrella of the Vail Valley Foundation's YouthPower365 initiative. This program engages over 600 families and up to 800 players, bringing families and neighbors together through the game of soccer, with the intention of increasing physical activity and building community through the summer months.

Mountain Family Health Centers is proud to sponsor COPA, along with other community organizations, allowing participants to pay only $35 to play. This entry fee includes a jersey (matching one of the top 15 European league teams), two nights per week of practice and instruction and a full season of games. Also, more than 100 economically challenged boys and girls are given scholarships to participate in league through the sponsorships.

COPA runs from June 11th to July 30th, 2017. Games are held every Sunday, and Mountain Family invites you to come and watch a game and visit our pop-up tent.

Read more...

**REP. BOB RANKIN: COMMUNITY HEALTH CHAMPION LEGISLATOR**

**Award presented at 2017 CCHN P&I Forum**

Mountain Family staff were there to cheer when Representative Bob Rankin (D-57) received the Legislator Community Health Champion Award at the Colorado Community Health Network’s 2017 Policy & Issues Forum in May. Throughout his tenure in the Colorado State Legislature since 2013, Representative Rankin has been a champion of issues important to community health centers. He was instrumental in launching HB 1281, which authorized the first Medicaid payment reform pilot in the State of Colorado. The PRIME (Payment Reform in Medicaid) program set the groundwork for the delivery of improved health care quality, improved patient experience and controlled health care spending in Western Colorado, and has shown real results in the first two years of operation. Rep. Rankin strongly supported HB1281’s reauthorization and worked to educate Joint Budget Committee members in both parties on the importance of permanently authorizing the pilot. He works tirelessly with the Division of Insurance, Lieutenant Governor, the Department of Health Care Policy and Financing, and Western Slope county
commissioners, state legislators and health care leaders to find pragmatic solutions to the prohibitively high health insurance costs in Colorado’s mountain communities. Read more...

GIVE FROM YOUR HEART
Become a Heartbeat Society Member
By Garry Schalla

Making recurring, automatic Heartbeat Society donations is the easiest way for most of us to make a big difference in our community. Just choose the monthly amount you can afford to give, and you never have to think about it again.

The people who benefit from your generous help will certainly think about it, however, because your repeating donations add up to vital health services.

Click HERE to make a donation or to become a Heartbeat Society Member today.

Won't you give from your heart?

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