Mountain Family Health Centers is prepared to assist residents signing up for health insurance or Medicaid during the enrollment period starting Wednesday, November 1st through Friday, January 12th.

This winter’s enrollment period is two weeks shorter than last year, and ends on a different day (Friday,
January 12th). Mountain Family is pleased to provide no-charge assistance to help families understand their health insurance options for 2018, including tax subsidies, using Colorado's Connect for Health online insurance exchange, or signing up for Medicaid.

"We hear from people who think the health insurance requirement is going away," says Silvia Santana, Mountain Family's Outreach and Enrollment Manager. "But it's still in place, and it doesn't hurt to come find out what insurance plans are available." Tax subsidies will still be available to residents for 2018.

Mountain Family hosts free enrollment appointments for residents to meet with a certified Assister (also called Health Coverage Guides). To make an appointment, please call 970-928-1614 or email EnrollmentHelp@mountainfamily.org. All Assisters speak English and Spanish. Mountain Family is also partnering with Garfield, Eagle, and Pitkin counties to offer assistance at county offices:

**Mondays, November 6th - January 8th** at Eagle County Health and Human Services, 551 Broadway St, Eagle, CO 81631

**Tuesdays, November 7th - January 9th** at Pitkin County Department of Human Services, 405 Castle Creek Road, Aspen, CO 81611

**Fridays, November 3rd - January 12th** at Garfield County Department of Human Services, 108 8th Street, Suite 300, Glenwood Springs, CO 81601

Mountain Family Health Centers will host health insurance enrollment walk-in events on the following dates (all locations are TBD):

- November 18th
- December 9th
- December 15th
- January 6th
- January 12th

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**MFHC RECEIVES ONE OF SIX $20,000 IMPACT GRANTS**

MFHC was One of Six Organizations in the Western Colorado Area to Receive an Impact Grant from WCCF in Celebration of Their 20th Anniversary.

By Two Rivers Community Foundation and Western Colorado Community Foundation

Mountain Family Health Centers is thrilled to receive a $20,000 Impact Grant from the Western Colorado Community Foundation (WCCF), to support tele-psychiatry services at their Rifle Clinic.

WCCF formally presented a check to Mountain Family CEO Ross Brooks on Thursday, October 26th at the Aspen Glen Club, as part of a larger celebration with The Two Rivers Community Foundation (2RCF).

"We were so pleased that Garfield County received one of the six high impact grants furthering MFHC's innovative approach to address mental health challenges in our communities," noted Jake Lasko as he presented the check to Ross Brooks, CEO of Mountain Family Health Centers. Lasko is Chairman of 2RCF.
Mountain Family provides services in Garfield County and is one of six organizations in the Western Colorado area to receive an Impact Grant in celebration of WCCF's 20th anniversary.

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A PEANUT BUTTER LOVE LETTER

November is National Peanut Butter Lovers Month.
By Matthew "Matt" Percy, MD
Rifle Site Medical Director

"Paper or Plastic?", "Dogs or Cats?", "Team Jacob or Team Edward?", these eternal questions have haunted humanity for decades. I posit we add another to the club: "Crunchy or Smooth?" Do you prefer a satisfying crunch in your sandwich or love that creamy, easily spreadable smoothness on your snacks? Friendships have been lost and marriages strained (including my own) over this question. November is Peanut Butter Lovers Month, a perfect time to explore this further.

According to the National Peanut Board, women and children tend to prefer smooth, while men prefer crunchy. There is also an east coast bias for creamy, while the west coast likes chunky. The overall stats in the US apparently work out to about 60% of people preferring smooth peanut butter (I must say I am a crunchy man myself). Regardless of your opinion on chunks, it seems we just can't get enough peanut butter in the US. Per Wikipedia, we consume $800 million of peanut butter annually. Quantities are more limited in other countries. I recall my study abroad group in college nearly coming to blows over the few single serve packets of peanut butter available in a cafeteria in Australia, while slack-jawed Aussies stared at the spectacle in disbelief. Our appetite for peanut butter in the Americas apparently dates back around 800 years to the Aztec and Inca peoples, and it has been produced in large quantities for over a century in North America.

I'm a doctor, so I suppose I should briefly stop salivating and discuss the risks vs benefits of peanut butter consumption. Peanut butter is a high calorie, high fat food (part of what makes it delicious) that should not be consumed in excess. This also makes it useful in famine situations where a peanut butter-like paste called Plympyun can help people with severe malnutrition. Additionally it is a reasonable source of protein (50% fat, 25% protein) and fiber and can be added to things like smoothies for taste and a protein boost. It is also important to be open about which foods contain peanuts, as peanut allergy is fairly common, affecting 1-2% of the US population, and may be increasing in prevalence. Bottom line: as with most delicious foods, it should be enjoyed in moderation...which I plan to start right after licking this delicious spoonful of crunchy goodness.

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ALZHEIMER’S AWARENESS
The More People Know About Alzheimer's, the More Action We Inspire.
By Sandra Deveny, MD

Alzheimer’s is the most common form of dementia, a general term for memory loss and other intellectual abilities serious enough to interfere with daily life. It is not a normal part of aging, although the greatest known risk factor is advanced age, with the majority of people with the disease over 65 years old. 5% have early onset Alzheimer’s, which can appear as early at 40-50 years old. Alzheimer’s worsens gradually over time and is the sixth leading cause of death in the US. The average lifespan is 8 years after onset of noticeable symptoms.

Alzheimer’s has no current cure, but treatments for symptoms are available to temporarily slow the worsening of dementia symptoms and improve the quality of life of the patient and caregivers. Research continues to find better ways treat, delay the onset, and prevent the disease from developing.

For much more information, go to the Alzheimer’s Association’s website by clicking here.

FERIA DE SALUD/HISPANIC HEALTH FAIR
November 5, 2017 at Basalt High School
By Silvia Santana
Outreach and Enrollment Supervisor

Mountain Family Health Centers’ Latino Health Fair will be held Sunday, November 5th, at the Basalt High School from 8 a.m. to 10:30 a.m.

The Latino Health Fair will provide $35 lab panels as well as a wide range of free services. The $35 Lab Panel draw will provide results including blood tests, thyroid and liver health, and cholesterol levels.

Free services will include adult and children's dental screening, children's teeth varnishing, blood pressure checks, body mass index testing, glucose testing, pulmonary function testing and diabetes education.

The Latino Health Fair is a cooperative effort by Mountain Family Health Centers, Henry Schein Cares Foundation - Healthy Lifestyles, Healthy Communities program, and radio station La Tricolor.

"Providing high quality care, regardless of ability to pay, is central to Mountain Family Health Centers' mission," said Ross Brooks, Chief Executive Officer. "Mountain Family is dedicated to providing access to integrated medical, behavioral and dental health care for all with our coming Basalt Health Center expansion. We hope this Latino Heath Fair will educate and provide access for individuals and families across the Roaring Fork Valley to our services."

The Latino Health Fair will be held at the Basalt High School, Sunday November 5th from 8 am to 10:30 am and is open to all. Lab Panels can be paid for with cash or credit card.

This health fair is supported by Henry Schein Cares' flagship program, Healthy Lifestyles, Healthy Communities (HLHC), which provided a $5,000 grant, as well as medical and dental supplies valued at $5,000 to ensure much-needed care is delivered. Henry Schein Cares is the global corporate social responsibility program of Henry Schein, Inc., the world's largest provider of health care products and services to office-based dental, animal health, and medical practitioners.
GET EDUCATED ON EPILEPSY
Understanding Seizures and Epilepsy
By Karen Torres, RN, BSN
Rifle Staff Nurse

Epilepsy is a disorder causing recurrent seizures which happens when there are abnormal electrical impulses through the brain. It is estimated that 1% of the population is affected with a form of epilepsy. There are different types of seizures. A person with epilepsy can have one or multiples types of seizures.

Epileptic seizures are commonly controlled with medications. Treatment depends on various factors like the frequency and type of seizures and the overall health of the person. Diet modifications can also be made to help control seizures. It is very important to be well informed regarding the diagnosis and often times get psychological treatment to help cope with epilepsy.

There are different organizations that help with education regarding epilepsy both for the individuals themselves as well as their families. These organizations can help improve daily activities and assist families with financial and emotional resources. The Epilepsy Foundation helps with education, resources for families suffering with the diagnosis, and fundraising money for research and future treatment innovations.

PLEASE JOIN US AT ASPEN-PITKIN CARES:
A Community Support Fair for Every Age and Stage - November 2nd
B TALKS SPEAKER SERIES
November 9th * The Temporary * 5:30pm to 7:00pm

What is B Talks? A series of several short community conversations together with a social gathering to discuss and engage around interesting and fun topics. Subjects will mirror the diverse ideas, perspectives, and talents that make up our incredible community.

Speakers: Ruthie Brown and Mona Newton, "Carbon Fee and Dividend Policy- finding common ground to solve the climate crisis"; Suzanne Jackson “Accessing the Wild in Southeast Alaska”; Kyle Coon - Eyeronvision

Location & Contact:
The Temporary, 360 Market Street, Basalt | (970) 510-5365

Join your friends and neighbors for the third B Talks installment, to be hosted by and located at The Temporary in Basalt. More

MFHC IS A CLIMB@DU PARTNER AND INTEGRATED CARE INNOVATOR
GSSW, Community Create New Partnership to Meet Colorado’s Behavioral Health Needs
By The University of Denver Graduate School of Social Work (GSSW)

Imagine you are a single parent working two jobs, you have young children to care for, you use the bus for transportation, and you rely on a community clinic for medical care. Getting yourself or your kids to the
clinic could be a logistical nightmare. Or, perhaps you live in rural Rifle, Colorado, and commute 3 or more hours a day to and from your job in Vail. If you're commuting and working 12 or more hours every day, how do you fit in a medical appointment?

These are some of the real challenges that rural and medically underserved Coloradans face in accessing primary health care. There are even more barriers to accessing behavioral health care, including cost, stigma, language and cultural differences, long wait times for an appointment, and long distances to reach a provider. For people in crisis, these barriers can have life-or-death implications.

The University of Denver Graduate School of Social Work (GSSW) is working to remove some of those barriers and make behavioral health care more accessible to more people. The school has received a $1.9 million grant from the U.S. Department of Health and Human Services Health Services and Resources Administration to train social workers to meet the state's behavioral health care needs. The grant is funding CLIMB@DU (Collaborative Learning and Innovative Educational Models of Behavioral Health), a four-year initiative with more than 10 public and private partners statewide.

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**UNDERSTANDING DIABETES, YOUR RISK AND PREVENTION**

**In the United States, Diabetes is One of the Leading Causes of Disability and Death**

By Carolyn Hardin

In the United States, diabetes is one of the leading causes of disability and death. More than one in ten persons have diabetes, and three times that many are at risk for the disease. To raise awareness about diabetes and healthy living, Mountain Family Health Centers is participating in American Diabetes Month in November, and we would like to take this opportunity to inform our community about this disease and risk factors, symptoms and prevention strategies.

What is diabetes? Diabetes mellitus is a group of diseases affecting how the body uses glucose, the blood sugar resulting from the breakdown of sugars and starches eaten. Glucose is essential to health as it is an important source of energy for body's cells and is the brain's primary fuel source.

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**DIABETES HEALTH FAIR**

**November 11, 2017 | 7-9 a.m. | St. Mary's Catholic Church - 7th and Birch in Rifle**
INTERNATIONAL SURVIVORS OF SUICIDE LOSS DAY
Saturday, November 18 | 10 a.m. - 1 p.m. | Valley View Hospital
JOIN THE WEIGH AND WIN HEALTHY HOLIDAYS CHALLENGE
Enjoy the Holidays with Balance and Maintain Your Weight this Holiday Season
The holidays are hectic and oftentimes healthy habits are shoved to the wayside. On average, Americans gain one to four pounds every holiday season that they never lose. Over time, those pounds add up! So, let’s head into 2018 a little bit healthier. Join the Weigh and Win Healthy Holiday Challenge and enjoy the holidays with balance and maintain your weight this holiday season!

HOW THE CHALLENGE WORKS

- **SIGN-UP FOR WEIGH AND WIN** - Visit [www.WeighandWin.com](http://www.WeighandWin.com) to sign-up for a free account.
- **JOIN THE CHALLENGE** - Visit [www.WeighandWin.com/HealthyHolidays](http://www.WeighandWin.com/HealthyHolidays) and click the ‘Join the Challenge’ button. You will be redirected to your account login page. After logging in, you will see your Healthy Holidays Challenge Dashboard and you will officially be a part of the challenge. Not sure if you joined? Give us a call at (800) 694-0352.
- **WEEKLY TIPS** - Receive weekly tips for overcoming holiday temptations, maintaining balance and engaging in healthy behaviors over the holidays.
- **MAINTAIN YOUR WEIGHT** - Complete a pre-holiday weigh-in, between November 15-22, 2017, and a post-holiday weigh-in, between January 1-8, 2018. If you maintain your weight within one pound (or lose weight) you are eligible for the prize drawing!
- **WIN PRIZES** - Everyone who maintains their weight is entered into a drawing. We will be giving away (10) Grand Prizes of a $125 AmazonGift Card and (10) Runner-Up prizes of a $25 AmazonGift Card.

Weigh and Win is a free program that encourages you to eat better and move more - and will reward you for doing so! Sign up to receive daily, personalized health coaching by email or text message, track your progress through quarterly weigh-ins and earn cash rewards for weight improvement.

**HEALTH: A WHITE PRIVILEGE?**


*By Center for Health Progress*

Education, money, and power provide access to good health. However, access to those systems is limited for people of color by the historic and systemic injustices that benefit white people. This is one manifestation of White Privilege.

**WHAT IMPACTS HEALTH THE MOST?**

Factors like your race, income, and ZIP Code have a bigger impact on your health than anything else.

The opportunity to live a healthy life should be a matter of fact, not a matter of privilege. Because when our neighbors are healthy, our communities prosper, and Colorado is stronger.

**PATIENT STORY**

Diana Guzman
Mountain Family Health Centers patient, Diana Guzman, tells her story of how Corrinne Johnson, Physician Assistant at MFHC, diagnosed her with lupus and worked in partnership with Children’s Hospital to seek treatment, ultimately resulting in a kidney transplant.

CONTACT US AT:
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