A LETTER FROM ROSS BROOKS

Mountain Family Health Centers CEO

Dear Mountain Family Health Centers Family and Friends,

With the holiday season upon us, I have been thinking about some of the values which are important to me, particularly those of family, integrity, and gratitude.

The phrase “Our Family, Caring for Yours” so accurately represents what we aim to achieve at Mountain Family Health Centers. We are working hard to be our families’ medical home, by providing high quality, integrated primary medical, behavioral, and dental health care, regardless of insurance status or ability to pay.
This past year, Mountain Family launched capital campaigns to build new, state-of-the-art clinics, in partnership with Pitkin County and Aspen Valley Hospital for Basalt, and with Eagle County and Vail Health (formerly Vail Valley Medical Center) for Edwards. Why? More than 19,000 people currently call Mountain Family their healthcare home. However, this is only half of the low-income, underserved population who live in our region and need access to affordable health care. These clinic expansions are therefore critical, and I look forward to counting you among our supporters.

This brings me to integrity. For nearly 40 years, Mountain Family Health Centers has provided primary care to those who need it, regardless of race, ethnicity, nationality, and citizenship status. We also care for our patients regardless of their gender, sexual orientation, disability status, or religion. With the uncertainty surrounding health care, Mountain Family remains committed to affordable health care for all. At Mountain Family, we believe health care is a human right, not a privilege.

In closing, I would like to express my gratitude to our Mountain Family Health Centers family, patients, partners and supporters. We could not do this important work without you, and together we will continue to work to achieve our mission and provide excellent health care.

I wish you all the best for a healthy New Year.

Sincerely,
Ross A. Brooks, CEO

CONTACT US AT:
970-945-2840
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BASALT HEALTH CENTER EXPANSION
Capital Campaign is Underway
By Garry Schalla, Development Director

Mountain Family Health Centers will open a new integrated health center in Basalt in the fall of 2018. I was recently interviewed by Caitlin Causey of Roaring Fork Lifestyle magazine about this vital project. Click here to read more about the answers to these important questions:

- Why is this new health center so important to the Roaring Fork Valley?
- Will Mountain Family Health Centers be bringing more services to the valley?
- What makes Mountain Family different?
- How can the community support this new health center?

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COLORADO GIVES DAY IS TODAY - DECEMBER 5TH
You Can Make A Difference
Colorado Gives Day is here! When you give to Mountain Family Health Centers through the Colorado Gives website, Mountain Family will earn even more funding. Colorado Gives Day has a $1 million Incentive Fund, to be shared among nonprofits receiving donations on Colorado Gives Day. The more Mountain Family raises, the more we’ll receive from the $1 million-dollar fund, which is made up of contributions by the Community First Foundation and FirstBank.

There are also prizes. Once 10 people have donated to Mountain Family through the Colorado Gives website, Mountain Family becomes eligible for a $25,000 cash prize drawing. When 30 people donate to Mountain Family through the Colorado Gives website--and once we’ve raised more than what we raised last year--we are eligible for a $5,000 cash drawing.

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PURCHASE HEALTH INSURANCE BY DECEMBER 15TH
Ensure Coverage on January 1st

To guarantee health insurance coverage on January 1st, 2018, a health insurance plan must be purchased by December 15th, 2017. Mountain Family Health Centers is pleased to provide free assistance to help families understand their health insurance options for 2018, which may include tax subsidies, using the Connect for Health Colorado online insurance exchange, or signing up for Medicaid. Tax subsidies will still be available to residents for 2018.

"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."

Mountain Family hosts free enrollment appointments for residents to meet with a certified Assister (also called Health Coverage Guide). To make an appointment, please call 970-928-1614 or email EnrollmentHelp@mountainfamily.org. All Mountain Family Assisters speak English and Spanish, and the enrollment period lasts until Friday, January 12th, 2018.

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EL SEGURO DE SALUD MEDICO DEBE SER COMPRADO ANTES DEL 15 DE DICIEMBRE
Para Empezar la Cobertura El 1ro de Enero 2018

Con el fin de garantizar la cobertura del seguro de salud el 1 de enero de 2018, los residentes deben comprar un plan de seguro médico antes del 15 de diciembre de 2017. Mountain Family Health Centers se complace en proporcionar asistencia gratuita, ayudando a las familias a entender sus opciones de seguro de salud para 2018, ya que pueden obtener créditos fiscales y subsidios. Utilizando el intercambio de seguros en línea de Connect for Health Colorado. Los subsidios de impuestos aún están disponibles para los residentes en el 2018.
“Oímos que las personas piensan que el requisito del seguro de salud no será obligatorio”, dice Silvia Santana, Directora de Asistencia de Finanzas de Mountain Family. “pero todavía es obligatorio, y no pierden nada con venir a averiguar qué planes de seguro están disponibles.”

Mountain Family ofrece citas gratuitas de inscripción con un asistente certificado (también llamado asistente de cobertura de salud). Para concertar una cita, por favor llame al 970-928-1614 o por correo electrónico a EnrollmentHelp@mountainfamily.org. Todos los asistentes hablan inglés y español. El periodo para registrarse durara hasta el viernes, 12 de enero de 2018.

**DECEMBER IS HUMAN RIGHTS AWARENESS MONTH**

**Declaration of Human Rights 70th Anniversary**

December is Human Rights Awareness Month, with December 10th designated as Human Rights Day. In 2017, the United Nations (UN) is celebrating the 70th anniversary of the 1948 Declaration of Human Rights. According to the UN, the Declaration is the most translated document in the world, and can be found in more than 500 languages.

The Declaration includes the following:

- Everyone has the right to life, liberty and security of person
- No one shall be held in slavery or servitude; slavery and the slave trade shall be prohibited in all their forms
- Everyone has the right to recognition everywhere as a person before the law
- 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

**AIDS AWARENESS**

**World AIDS Day in December**

December 1st was World AIDS day. According to the Centers for Disease Control and Prevention (CDC), while the number of new HIV infections in the United States is declining, there are still over one million people in the country living with HIV, the virus that causes AIDS (CDC, 2017). Strikingly, an estimated 15% of those infected do not know they have the virus and one in ninety-nine people will be diagnosed with HIV in their lifetime (CDC, 2015). For these reasons, getting tested for HIV remains an important consideration. The CDC recommends that every person be tested at least once in their lifetime. The frequency of testing depends on a person’s risk factors, and some people should be tested more often-from every year to every three months. This is why it is important to discuss routine testing with your provider. You can also assess your risk factors by taking this CDC assessment.
NATIONAL HANDWASHING AWARENESS WEEK
December 5-11

One of the most important steps we can take to avoid getting sick and spreading germs to others is washing our hands. Handwashing works as a "do-it-yourself" vaccine and is a powerful way to reduce the spread of gastrointestinal and respiratory illness, so you can stay healthy and protect those around you. This quick and simple practice can keep us all from getting sick. "Handwashing is a win for everyone, except the germs."

Wash your hands before, during, and after preparing food; before eating food; before and after caring for someone who is sick; before and after treating a cut or wound; after using the toilet; after changing diapers or cleaning up a child who has used the toilet; after blowing your nose, coughing, or sneezing; after touching an animal, animal feed, or animal waste; after handling pet food or pet treats; and after touching garbage.

Wet your hands with clean water and apply soap. Lather the backs of your hands, your palms, between your fingers, and under your nails by rubbing them together with the soap. Scrub your hands for at least 20 seconds (one suggestion is to hum the "Happy Birthday" song from beginning to end twice). Rinse hands well under clean, running water. Dry hands using a clean towel or air dry them.

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HIGH HEALTH CARE COSTS
Mountain Family Lowers Total Cost of Care

Mountain Family measures the "total cost of care" (TCC) for our patients. TCC is the amount spent throughout the healthcare system, and is usually measured on a per patient basis. This includes the care we provide at Mountain Family, as well as hospital costs, pharmaceutical costs and diagnostic studies (such as x-rays or laboratory tests). This is difficult to measure, since we at Mountain Family do not know how much is spent on our patients outside of our facility. Fortunately, Colorado has a resource called the All Payer Claims Database (APCD). The APCD Council was enacted into law in 2012 to collect as much financial information as possible on the cost of care provided to Coloradans. Medicaid, Medicare and the 20 largest insurers in Colorado participate by providing data on all the monies they spent in health care for
all patients who are covered by them. It does NOT include the costs of uninsured patients, unfortunately, as it is only insurance data.

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**MOUNTAIN FAMILY RECOGNIZED AS HISPANIC ADVOCACY CENTER OF EXCELLENCE**

National Association of Community Health Centers Recognizes Mountain Family
By Danyelle Carlson, Advocacy Coordinator

Mountain Family Health Centers was recently recognized by the National Association of Community Health Centers (NACHC) as a Hispanic Advocacy Center of Excellence (HACE). HACE, a new iteration of NACHC’s Advocacy Center of Excellence (ACE), is an initiative designed to institutionalize grassroots advocacy of community health centers by engaging Hispanic patients and community members in advocacy and giving them a role in the health center movement.

The goal of being inclusive of all cultures and demographics is an important one for Mountain Family. Receiving HACE recognition is a testament to our efforts to provide educational materials in both English and Spanish to ensure our message reaches as many of our patients as possible. Mountain Family also encourages people to enlist in the Health Center Advocacy Network to receive important updates on policy issues as well as find easy methods for contacting local and state legislators about important issues.

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**MOUNTAIN FAMILY ON SOCIAL MEDIA**

Another Way to Stay Informed about your Community Health Center

Did you know Mountain Family Health Centers is on social media? We do this to inform our patients, friends and the public and to ask for support when needed. We might post information about an important health issue, an upcoming health fair, a staff member receiving an award or, especially recently, how you can contact your legislators about the things you value such as advocating for affordable, accessible healthcare for all.

Please like Mountain Family on Facebook, follow us on Twitter, and share the information and links we provide with your family and friends.

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**ROARING FORK LEADERSHIP SPEAKER SERIES**

Influencer: The Science of Change
Provided by Roaring Fork Center for Community Leadership

Roaring Fork Center for Community Leadership is proud to offer Beth
Wolfson's "Influencer: The New Science of Leading Change" to the public. Learn how to create sustainable change. Influencer draws on the best practices of the world's leading change agents and on five decades of social-science research to create a powerful model for change behavior. The event will be held on January 4, 2018 from 9:00 am to 4:00 pm at Colorado Mountain College's Aspen Campus in Room 126. Cost is $199.00.

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WEIGH AND WIN HEALTHY HOLIDAYS CHALLENGE
It's Not Too Late to Join

The Weigh and Win Healthy Holidays Challenge has begun. The Challenge started Wednesday, November 15 and runs through Monday, January 8th.

Mountain Family Human Resources Coordinator Devon Vondette says the Challenge is a great way for community members and Mountain Family employees to engage with health over the holidays.

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