ESTIMADOS VALIOSOS PACIENTES

Le agradecemos por ser parte de nuestra familia

Por Dr. Stephen Glass, DDS, Director del Departamento Dental; Gary Schreiner, PhD, Director del Departamento de Salud Conductual; Dr. Anneliese Heckert, DO; Jenny Lang, FNP; Dr. Matt Percy, MD, Equipo Médico en Jefe

El otoño ha llegado y la prevención es clave para mantenerse saludable durante este invierno. Desde vacunas contra la gripe hasta atención dental, nuestros servicios médicos y de salud conductual de los Centros de Salud de Mountain Family (MFHC) está aquí para guiarlo hacia la mejor salud posible. Queremos compartir algunas perlas de sabiduría con usted para que pueda cuidarse mejor y a su familia.

Más
DEAR VALUED PATIENTS
How to Stay Healthy This Winter

By Dr. Stephen Glass, DDS, Dental Director; Gary Schreiner, PhD, Behavioral Health Director; Dr. Anneliese Heckert, DO; Jenny Lang, FNP; Dr. Matt Percy, MD, Chief Medical Team

Fall is upon us and prevention is key to staying healthy this winter. From flu shots to dental care to our medical and behavioral health services, Mountain Family Health Centers (MFHC) is here to guide you to the best health possible. We want to share a few pearls of wisdom with you so that you can take the best care of yourself and your family.

More

CHOOSING HEALTH INSURANCE FOR NEXT YEAR
We Can Help Apply or Buy

By Silvia Santana, Outreach & Enrollment Manager

Do you need help signing up for health coverage for next year? Colorado residents can now apply for financial assistance to help purchase health insurance through Connect for Health Colorado for the upcoming year.

More

ESCOGIENDO UN PLAN DE SEGURO PARA AL AÑO ENTRANTE
Le podemos ayudar aplicar o comprar

Por Silvia Santana, Outreach & Enrollment Manager

¿Necesita ayuda inscribiéndose para una cobertura médica para el año entrante? Residentes de Colorado ya pueden aplicar para asistencia financiera y comprar un seguro médico en Connect for Health Colorado para el año entrante.

Más

CONGRESS STILL NEEDS TO PASS FUNDING
Community Health Center Funds Expire Nov 21

Mountain Family Health Centers and other Community Health Centers across the country are counting on our members of Congress to pass renewed funding for Community Health Centers, National Health Service Corps, and Teaching Health Centers. Current funding with a continuing resolution expires on Thursday, Nov. 21. Congress provided a two-month extension for all three programs in September, which includes support for medical, dental and behavioral health care to more than 29 million patients across the country. Now is the time for Washington, D.C. to work together to finalize long-term funding.

More

BASALT AREA GIVES SUPPORTING BASALT NONPROFITS
Raising Funds with TABOR Refunds

Mountain Family Health Centers is participating in Basalt Area Gives, a new effort to raise funds for nonprofits in Basalt. The goal is to raise $1 million or more in 2019, to be put towards long and short-term
HEALTH SOLUTIONS ENROLLING NEW MEMBERS
Health Care for Employers, Employees and Dependents

Mountain Family Health Centers is now offering a health care membership program for employers, employees and dependents. Health Solutions offers access to our primary medical, dental and behavioral health services. No co-pays, no deductibles, access to care as needed. For more please see our Health Solutions information page.

JOIN THE HOLIDAY CHALLENGE
Weigh and Win Offers Support and Prizes

Mountain Family Health Centers is participating in the Weigh and Win Healthy Holidays Challenge. On average, Americans gain one to two pounds every holiday season, which they never lose. Over time, those pounds add up. Let’s make this holiday season a healthier one, together. Join the Weigh and Win Healthy Holidays Challenge and enjoy the holidays with balance and maintain your weight this holiday season.

CLOSED FOR THANKSGIVING
Reopening Monday, Dec. 2

All Mountain Family Health Centers locations will be closed on Thursday, Nov. 28 and Friday, Nov. 29 for Thanksgiving Day. We wish a safe and warm holiday to our patients, partners and community members.

ICYMI: SPOOKY SPECTACULAR
Halloween 2019

Our staff are committed to everything they do, whether it’s providing excellent medical, dental, and behavioral health care or costumes! Click here to see our gallery of fabulous photos, including a jaw-dropping pumpkin carving contest. Congratulations to Brenda Gonzalez and Dania Moreno (1st place, Carriage Pumpkin), Mayra Sanchez and Hilda Gutierrez (2nd place, Candy Corn Pumpkin) and Daniela Quezada-Medina and Sanju Basi (3rd place, Oscar the Grouch Pumpkin).
UPCOMING EVENTS & OPPORTUNITIES
Public Hearing, Volunteering and Free Meditation

Community Clean Up Day at the Family Learning Center (FLC) in Edwards: Volunteers Needed
Saturday, Nov. 9th at 9:30 am
31626 Highway 6, Edwards, CO
Donuts and coffee provided. To sign up, call FLC at 970-926-7070

Eagle Town Board: Public Hearing
Tuesday, Nov. 12
6pm - 9pm
From Eagle Valley Behavioral Health: “Eagle Town Board has scheduled a public hearing for its tobacco retail license and sale age increase to 21... This is a crucial opportunity to rally voices in support of these measures.”

Free Meditation Series at the Family Learning Center (FLC) in Edwards
Tuesday, Nov. 12 - Tuesday, Dec. 10: Tuesdays, 5 weeks in a row
5:30 pm - 6:30 pm
Click here to sign up

IN THE NEWS & WHAT WE'RE READING
What's Going on with Public Charge?

Aspen Public Radio took a look at the emotional and financial costs of proposed changes to the public charge rule: "By pulling away from basic primary healthcare, people put themselves at a higher level of risk for avoidable chronic conditions and emergency room visits later in life."

Mountain Family Health Centers is seeing a big increase in uninsured patients, like other community health centers across Colorado. Public News Service has an excellent piece on this troubling trend.

We enjoyed this thoughtful piece in America magazine: "The unique (and surprisingly spiritual) relationship between a dentist, a patient and one's sense of self."

Vox has a helpful update on Colorado's public option for health insurance that is beginning to take shape.

Mountain Family Health Centers thanks the Aspen Times, Vail Daily, and other news organizations that ran our letter to the editor in support of Ballot Issues 1A in Eagle and Pitkin County.

NOVEMBER 2019 MARIPOSA AWARD
Dr. Kent Petrie is This Month's Winner

Dr. Kent Petrie, MD, is the winner of the November 2019 Mariposa Award. Dr. Petrie is dedicated to his patients and has practiced medicine in the Eagle River Valley since 1979. Thank you for all that you do, Dr. Petrie, and for your many years of service.

More

NOVEMBER 2019 EXEMPLARY CARE AWARD
Congratulations Dr. Gail Mizner, Susan Orcutt, Nataly Meraz and Danyelle Rigli
The winners of the November 2019 Exemplary Care Award are Dr. Gail Mizner, MD; Susan Orcutt, FNP; Nataly Meraz, RN; and Danyelle Rigli, Advocacy Coordinator and Executive Assistant to CEO Ross Brooks. The team was nominated by Dr. Anneliese Heckert, DO, for going the extra mile to make sure a patient was as prepared as possible for a medical procedure.

More