



*December 2019 - In This Issue:*

**DR. KENT PETRIE IS STEPPING BACK**

**LOOKING BACK ON 2019**

**GOODBYE JOLENE SINGER**

**CHOOSE HEALTH INSURANCE BEFORE DEC. 15**

**SIGN UP FOR HEALTH SOLUTIONS**

**DATA DOCTOR: HIGH VALUE CARE**

**WELCOME STATE LEGISLATORS**

**HOLIDAY HOURS**

**IN THE NEWS & WHAT WE'RE READING.**

**DECEMBER 2019 MARIPOSA AWARD**

**DECEMBER 2019 EXEMPLARY CARE AWARD**



**DR. KENT PETRIE IS GRADUATING**

**Thank you for 40 Years of Service**

By Mountain Family Health Centers

Dr. Kent Petrie prefers to avoid the word "retirement." So, after 40 years of providing care in the Eagle River Valley, he's chosen to "step back" by seeing fewer patients and embracing a lighter schedule. Starting in January, he'll provide care as needed at MFHC Edwards Integrated Health Center.

"It's truly been a blessing to take care of patients and their families over all these years," said Dr. Petrie on a recent Monday morning. "Not just caring for patients, but also caring about them." He notes that seeing fewer patients is bittersweet, "but I can look back on four decades and cherish the memories I've made during my career."

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970-945-2840

## LOOKING BACK ON 2019

### Thank You for Your Support

By Ross Brooks, Chief Executive Officer

Dear Mountain Family Health Centers Family and Friends,

As the year comes to a close, I want to express a heartfelt thank you for being a part of our family. Mountain Family Health Centers is honored to provide care for more than 21,000 people in our communities. We could not do this important work without you, our patients, partners and supporters.

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## HONORING JOLENE SINGER

### Integrated Care Director Retires This Month

By Mountain Family Health Centers

Mountain Family Health Centers will say goodbye this month to our Integrated Care Director Jolene Singer, RN. Jolene is passionate about exploring innovative ways to improve integrated care - both connecting each discipline within Mountain Family and reaching out to find community partners. "I have loved my work, my team and Mountain Family," said Jolene when announcing her retirement. "I have such appreciation and gratitude for Mountain Family staff and all who have mentored me and those I have had the privilege of mentoring. I appreciate all the leadership work, self-development and professional growth I have gotten here."

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## CHOOSE HEALTH INSURANCE BEFORE DEC. 15

### Learn More About Medicaid and Private Insurance

December 15 is the deadline for choosing health insurance for January 1. We can help you sign up for Medicaid or buy private coverage. Colorado residents can now apply for financial assistance to help purchase health insurance through [Connect for Health Colorado](#) for the upcoming year. Call us at 833-273-6627 or click on the links below for more information.

[More \[English\]](#) [Más \[Español\]](#)

## SIGN UP FOR HEALTH SOLUTIONS

### New Members Enrolling Now

Have you heard about Health Solutions? Our new medical, dental and behavioral health service offers affordable health care for employers, employees and dependents. No deductibles, copays or limits. We're signing up members now.

For more information [click here](#), call 970-456-1233 or email [\[email protected\]](#).

## **DATA DOCTOR: HIGH VALUE CARE**

### **Controlling High Blood Pressure**

By Dr. Chris Tonozzi

We're in an era in which all of us, health care providers and patients alike, are expected to understand what tests are available and which should be ordered. Every day we have new medical studies indicating which tests are worthwhile (with evidence behind them) and which tests are not. Some are complicated, like screening for aneurysms of the aorta. Some are slightly complicated, but we're used to using them-like testing cholesterol levels.

Fortunately, some tests are simple and have proven benefits, like screening for high blood pressure. Medical studies have found, time and again, that blood pressure control is worthwhile in preventing heart attacks and stroke, which is the leading cause of death in the U.S.

[More](#)

## **WELCOME STATE LEGISLATORS**

### **Rankin, McCluskie Tour Glenwood Springs Integrated Health Center**

State Senator Bob Rankin, Representative Julie McCluskie and the Mountain Family Health Centers Board of Directors toured our Glenwood Springs location last month. We discussed bipartisan solutions to support access to affordable medical, dental, and behavioral health care in rural Western Colorado.

## **HOLIDAY HOURS**

### **All Locations Closed for Christmas, New Year's Day**

All Mountain Family Health Centers locations will be closed at 2pm on Tuesday, December 24 and closed all day on Wednesday, December 25, and Wednesday, January 1. Happy holidays to our patients, partners and community members.

## IN THE NEWS & WHAT WE'RE READING

Post Independent Columnist Bob Semro took a look at what happens when states expand access to health coverage-and the impact it can have on children. [Read article](#)

We appreciate Aspen Public Radio's [coverage of uncertainty about funding](#) for Community Health Centers and [how winter can affect mental health](#).

## DECEMBER 2019 MARIPOSA AWARD

### Daniela Quezada Medina is This Month's Winner

Daniela Quezada Medina is December's Mariposa Award winner. She was nominated by Mayra Sanchez, Dariana Casillas Ziga, Iris Mancinas and Maira Mendoza.

[More](#)

## DECEMBER 2019 EXEMPLARY CARE AWARD

### Congratulations to Candace Rodriguez, MA, LPC

"Last week I had a patient bringing up lots of anxiety and depression symptoms at the end of the visit. I was running late and so did not let Candice know until a little after noon that the patient needed behavioral health help. Candice did not complain and spent most of her lunch with the patient and was able to uncover childhood trauma as a root of much of her symptoms. I am proud to work with such a caring provider who went above and beyond for a patient in need."  
-Matt Percy, MD

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