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A LETTER FROM GOV. POLIS ABOUT PUBLIC CHARGE

Dear Stakeholders and Community Partners,

Over the last several months, the federal government has pursued changes to public charge regulations, which will have impacts on community members and families with certain immigration statuses here in Colorado. Misunderstanding about these changes has and can result in individuals and families declining or not receiving critical assistance for which they are eligible. There are resultant impacts to our systems of care, provider networks, and Coloradans themselves, and we at the State of Colorado want to minimize these impacts by ensuring stakeholders, partners and communities have access to information. We are a stronger Colorado when all of our residents have access to critical programs that support a healthy community, and we must not discourage the enrollment of individuals in our programs based on misunderstandings.

[Read complete letter](#)

HEALTHY IS THE NEW HAPPY WITH PEDIATRICIAN DR. MARIA ROQUES Family Resource Center Talks with Mountain Family Health on KDNK

The Family Resource Center of the Roaring Fork Schools talks with Dr. Maria Roques, pediatrician at Mountain Family Health Centers. Roques shares helpful tips and recommendations for parents of kids ages 0 to 18. /El Centro de Recursos Familiares de las Escuelas Roaring Fork habla con la Dra. Maria Roques, pediatra de los Centros de Salud Familiar de Mountain. Roques comparte consejos y recomendaciones útiles para padres de niños de 0 a 18 años.

[Listen to interview](#)

Dr. Maria Roques (second from left) with the KDNK and Family Resource Center staff

MEET MFHC BOARD MEMBER KARYN RENAE ANDERSON

Story courtesy of Valley Life for All

<https://valleylifeforall.org/voiceability-blog>

Meet Karyn ReNae Anderson, a caregiver, incredible cook, leader for change for the blind, and employee at Caregiver Connections. She is also visually impaired but that does not stop her from being a community icon. Her voice will change you.

My name is Karyn ReNae Anderson and I have the challenge of being visually impaired. I am completely blind; I was not born this way. I was an artist before I lost my sight. I was a graphic designer. I loved doing art and when I was 27 years old, I lost my sight due to some complications with medication. At that time, I didn't know what I was going to do. Now, I work for Caregiver Companions.

[Read more](#)

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CONGRATULATIONS TO OUR AVON SCHOOL-BASED HEALTH CENTER

As of February 2020, the Avon School-Based Health Center at Mountain Family has received its accreditation as a Patient-Centered Medical Home (PCMH). This certification comes from the National Committee of Quality Assurance (NCQA). The PCMH program emphasizes utilization of team-based care to reduce fragmentation within the health system. Research demonstrates building positive relationships between patients and their care teams are more likely to create better health outcomes. PCMH status is awarded to organizations that identify and place the patient at the center of care to achieve this. PCMH recognized organizations are not only more likely to have better patient experiences, they also show increased staff satisfaction and lower overall health care costs.

Located within the walls of Avon elementary, the health center was required to meet strict criteria that demonstrates our communication and coordination efforts to ensure patient needs are met. The staff at the health center showed passion and drive to make changes and adjustments in their workflows to better serve the needs of our population. Avon now joins our Glenwood Springs, Basalt, Rifle, and Edwards locations in obtaining this recognition. We would like to extend our gratitude to all the staff here at Mountain Family for their efforts to provide the highest quality care to our patients. And specifically, to our patients, we thank you for your constant support in making sure your voice is heard and for choosing Mountain Family as your health care provider.

CORONAVIRUS

Risk remains low but planning ahead is important

Please be aware that at this point we all remain at low risk. However, it is important to plan for the possible widespread transmission of this virus in our communities. Based on what we know right now, the vast majority of people who get this virus will experience cold-like symptoms and recover within a few days to weeks. The best thing you can do to protect yourself right now is general good "viral season" hygiene, including staying home if feeling sick, washing hands frequently and not sharing food or drink with others.

Please call Mountain Family Health Centers for an appointment in the following cases:

- If you have a fever or signs/symptoms of lower respiratory illness (e.g. cough, shortness of breath) and/or had close contact with a confirmed case of COVID-19 within 14 days of symptom onset.
- Or if you have fever and signs/symptoms of lower respiratory illness (e.g. cough, shortness of breath) and recent travel to a COVID-19 affected geographic area.

COOKING MATTERS FOR PARENTS

Class will be held on Tuesdays at River Center in New Castle

A free, hands on, 6-week course teaching parents how to prepare and shop for healthy, low-cost meals while empowering them to raise healthy eaters. Class meets once a week, for 2 hours. To graduate the class, you must attend 4 out of the 6 class sessions.

Course topics include:

- Tips on raising healthy eaters and setting examples
- Food safety and hands-on food preparation
- Identifying healthy food options and portion sizes
- Reading food labels
- Preparing quick and easy healthy snacks
- Menu planning and smart shopping

[Learn more](#)

MOUNTAIN FAMILY'S PATIENT PORTAL IS A VALUABLE TOOL

Mountain Family's Patient Portal allows you to communicate easily, safely and securely over your computer or mobile device. It is a valuable tool to provide you with the best medical care and to take an active role in your health care.

You can access these services via the Patient Portal:

1. Access your medical record
2. Request and view your appointment & appointment record
3. View lab results
4. Communicate with your provider and care team

[Learn how to enroll](#)

MARCH 2020 MARIPOSA AWARD WINNER: MATT KING

Nominated by Oyen Hoffman

"I'd like to nominate Matthew King for this month's Mariposa award. Matthew is an outstanding clinician with mad skills, solid clinical intuition, and wicked smarts. Matthew regularly sees 8 to 10 patients per day, several of which are for 1-hour psychotherapy sessions. This amounts to profound mental and emotional stamina that many behavioral health providers would not be able to withstand. Matthew has a real love for what he does and a deep desire to help the patients he serves here every day. Matthew's patients come back to him because he is just that good, keeping his schedule full and his patients happy, healthy, and fulfilled. Matthew is a wonderful father to his son while being an active and engaged partner to his significant other, making them the fuel for his hard work and constant efforts to be better. Matthew strives to work well with his team at both our Basalt and Glenwood clinics and wants his teammates to be as happy and healthy as possible. I'd be remiss should I fail to mention Matthew's brilliant sense of humor, always looking to laugh and make others (or just himself) laugh out loud with witty humor, that almost no one gets. I am happy to call Matthew my teammate and friend. It is one of my honors to be a part of Matthew's professional journey here at MFHC. I'd like to encourage everyone

to take a moment and thanks Matthew for his genuine kindness and service to us, our community, and the patients we all share in serving. With my sincere gratitude."

MARCH 2020 EXEMPLARY CARE AWARD WINNER: LAINE MORGAN

Nominated by Barb Corcoran and Sara Jacobs

by Barb Corcoran:

"I would like to nominate Laine. This month I have had three patients with chronic mental illness, who have been struggling for quite some time, finally find mood stability thanks to Laine (and their own hard work). This stability included relief from paranoia, crippling depression and suicidal thoughts, constant auditory delusions, and obsessive-compulsive disorder. Laine is patient, respectful, thoughtful, and listens to their ideas about how things are going. I feel that having Laine is helping all of us to become better providers and support our patients struggling with mental illness with compassion and respect. Yay Laine!"

by Sara Jacobs:

"A patient came in for a medical appointment. I hadn't seen her for over a year for BH therapy, so I went in to say hello. This is a patient who I saw for several sessions, and she struggled with anxiety and low mood, sometimes calling in near-crisis. This was before Laine was at MFHC, and we struggled to connect this patient with appropriate psychiatric care. Fast forward to this week: Although she didn't continue with therapy, the pt saw Laine several times in the past year and told me that she has been feeling "emotionally stable" - even while dealing with some neck pain that had brought her in for the medical appointment."

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 [\[email protected\]](#).

IN THE NEWS & WHAT WE'RE READING

Dr. Matt Percy is raising \$ for Mountain Family!

"To mark my 35th trip around the sun, I decided to get a mullet! I know mullets are great conversation starters and I figured I should use those conversations for good. I also know there are strong feelings both pro and anti mullet (I am obviously in the "pro" camp). With all that said, I am pleased to announce that I will be using my mullet to raise money for Mountain Family Health Centers, an organization I am proud to work for. Link below to donate."

[If you want your vote to count towards keeping the mullet longer, click here.](#)

[If you want to cut it ASAP click here.](#)

[Read complete letter from Dr. Percy](#)

Pitkin County Commissioner Greg Poschman is also helping!

"Our valuable community asset, Mountain Family Health has seen a significant increase in uninsured patients. They must increase the mix of Medicaid patients, employer benefit programs and insured patients, in order to keep fulfilling their mission to care for everyone. They provide top level care in a new facility. *Consider making them your integrated care giver for Health care, Dental and Behavioral health care. If you know someone on Medicaid who is looking for health care, please refer them. Additionally, we need to raise \$1.3M to help them pay off the construction loan for this new Basalt Facility. Let's do this! Any amount of donation helps.*"

[Click here to visit his Facebook page to donate](#)

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STAY CONNECTED