

Rocky Mountain Rural Health is dedicated to improving access to healthcare in Park County. People in our medically underserved communities face many barriers to accessing healthcare. RMRH offers assistance to overcome these challenges through a variety of programs. Please consider making a donation to help us help others. THANK YOU VERY MUCH!

Please use my contribution for the following:

- TRANSPORTATION**— help with mileage reimbursement for nonemergency medical transportation \$ \_\_\_\_\_
- BREAST CANCER**—help a wife, mother, sister, friend with diagnosis and/or treatment \$ \_\_\_\_\_
- EMERGENCY ASSISTANCE**—help a family going through a medical crisis \$ \_\_\_\_\_
- GENERAL OPERATIONS**—help us to serve Park County residents \$ \_\_\_\_\_

**Mail your check to Rocky Mountain Rural Health, PO Box 1600, Fairplay, CO 80440**

ROCKY MOUNTAIN RURAL HEALTH is a 501(c)3 nonprofit organization. Your donation is tax deductible to the full amount allowed by law. If you designate a particular fund for your contribution, 100% of the donation goes to that fund.

Want to receive our newsletter by email? Send your name and email address to [info@rmrh.org](mailto:info@rmrh.org).

Contact us by phone at 719-836-2169

Find us on the web at [www.rmrh.org](http://www.rmrh.org)

ROCKY MOUNTAIN RURAL HEALTH  
PO BOX 1600  
FAIRPLAY CO 80440

## UPCOMING EVENTS

### 20TH ANNUAL LLAMA RAMA

SATURDAY, JULY 28TH!

A 5K run/walk to raise awareness of organ and tissue donation sponsored by RMRH and Donor Alliance.



THIS YEAR'S THEME:

### THE ROARING TWENTIES

GRAB YOUR RACCOON COAT, HOP IN YOUR JALOPY AND HEAD TO FRONT STREET FAIRPLAY.

IT IS GOING TO BE THE

**BEE'S KNEES!**



# HEALTH MATTERS

Publication of Rocky Mountain Rural Health

2nd Quarter 2018

## HEALTH INSURANCE...WHAT'S THE BIG DEAL?

*Having health insurance provides a financial safety net.*

While most health insurance policies come with copays, coinsurance and deductibles, the cost of medical care is continually on the rise. According to [www.debt.org](http://www.debt.org) the cost of a visit to a primary care office can range between \$68.00 and \$234 depending on the nature of the visit and any additional test that may need to be run during the visit and a trip to the emergency room can cost between \$345 to \$665. With health insurance in place these costs are contained and that is helpful.

The Affordable Care Act which was fully implemented in 2015, offers plans that contain a maximum out of pocket limit thereby protecting consumers from overburdening medical debt. It is also noted on [www.debt.org](http://www.debt.org) that most bankruptcies filed by Americans are a direct result of medical debt.

*Having health insurance provides important health benefits.*

Plans purchased through the Colorado Marketplace, Connect for Health Colorado, are considered federally qualified health plans, and are required to provide customers with outpatient care, emergency care, inpatient care, maternity care, mental health services, prescription drug coverage, rehabilitative services, laboratory services, preventative and wellness services, chronic disease management and pediatric services including dental and vision care.

*Having health insurance promotes better health.*

People without health insurance often stay away from the doctor until medical issues become an emergency or life threatening. They receive less medical care, less timely care and have worse health outcomes. The costs borne by delaying medical care also contribute to financial stress.

On the other hand, insured people can more easily develop a medical relationship with a primary care provider who can oversee their healthcare needs. Routine visits and wellness services make early detection and treatment possible thus improving overall health.

*Have questions about health insurance enrollment?*

Open Enrollment is once per year, usually from November 1st to December 15th. Circumstances may entitle you to a Special Enrollment Period. This includes marriage or divorce; adoption of a child; loss of health insurance through no fault of your own; a change in American Indian/Alaskan Native status; or moving to another state.

Call RMRH at 719-836-2169 for more detailed information.

Our services are FREE to Park County residents.

*So what kind of provider should you see?*

A **family medicine practice** usually has **nurse practitioners, physician assistants** and/or **doctors**. A family medicine practice is often referred to as your **PCP – primary care provider**. This is the best type of provider to start with. These providers can do a complete assessment of your health and send you to a specialist if you need one. Having a primary care provider gives you a place to call or go to when you are not feeling well and not sure what the best course of action is for your set of circumstances.

Will Rogers said, "The best thing for the inside of a man is the outside of a horse."

## Taking a Closer Look at Equine Assisted Therapy



### What is Equine Assisted Therapy?

It is an interactive approach to behavioral change that uses the client's experiences with the horse to create change. The model is based on the theory that the best solutions are within the clients themselves, and allows someone to get out of their head and into their heart to feel the change themselves.

### Why use a horse?

Horses are intuitive animals who are sensitive to the environment to emotional and body cues. This sensitivity comes from the fact that they are prey animals, and so are alert to their surroundings for survival. They will often reflect

our emotions back to us through their responses to our behavior.

### Are there different approaches to equine therapy?

One of the most popular models for equine therapy is the EAGALA Model. EAGALA (Equine Assisted Growth and Learning Association) is an international nonprofit association with programs throughout the world. This model includes a team of three: The Mental Health Professional, the Equine Specialist, and the horse.

### What is a typical session like?

Work is on the ground at eye

level with the horse which facilitates an equal relationship between the horse and the client. These interactions encourage engagement in relationship, communication, and emotional regulation. Rather than discussing coping skills, as in the office "talk" therapies, clients are actually practicing coping skills in the moment during the session.

### What is expected of the client?

The Therapist and Equine Specialist guide the client, giving them space to reflect, project, and make deep connections with the horse. They are given a task to accomplish with the horse that is related to their life situation. The client is allowed to complete the interactive process on their own. Only at the end of the session are they asked to describe their process, how they feel, and how this situation may be applied in their life.

### What type of issues can be addressed?

These sessions may be conducted individually, in families, couples, or in groups. Family issues are addressed, as well as mood disorders, grief, and problem behaviors.

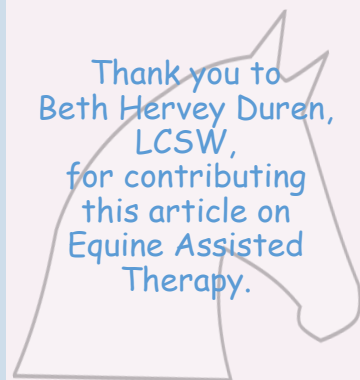
### What part does the horse play?

The horse is the center of focus and may often guide the session in a direction that is unexpected, but beneficial. During this process, clients really connect with the horses, and immediately use the experience for introspection to heal and grow. I often come away from session, exhilarated and amazed, wondering: "How in the world did the horse know to do that?"

Learn more at [www.eagala.org](http://www.eagala.org).

### Beth shares an 'aha' moment ~

"After twelve years working as a therapist in the office and at schools, I discovered Equine Assisted Therapy and was astounded. Having grown up with horses, I knew and loved their intuitiveness, but bringing horses into the therapeutic process introduced a new perspective for therapeutic work with children and families."



Thank you to Beth Hervey Duren, LCSW, for contributing this article on Equine Assisted Therapy.

### HAVE YOU 'HERD'....

Horses are social animals, with defined roles within their herds. They have distinct personalities, attitudes and moods; an approach that works with one horse won't necessarily work with another. At times, they seem stubborn and defiant. They like to have fun. In other words, horses are a lot like us socially - when we work on our relationships with them, we in turn are learning how to improve our relationships with others.

## Organ and Tissue Donation:

### An Important Part of Your ADVANCE CARE PLAN

When doing your Advance Care Planning don't forget to consider organ and tissue donation. There are 115,000 people on the national waiting list for a lifesaving organ transplant - 2,500 in Colorado alone. Organs that can be transplanted include heart, lungs, liver, kidneys, pancreas and sometimes small intestine. Donated tissue such as skin, bone and heart valves can dramatically improve the quality of life for recipients, and even save lives. Almost

1.5 million tissue transplants are performed each year.

**There is no age limit on donation** - organs and tissues can at times be used even from donors that are 80 and 90 years old. Pre-existing medical conditions such as diabetes, heart disease or kid-

ney disease do not prevent donation if any of the other organs work well. Only active cancer and certain types of infections will absolutely prevent donation.

If you want to be an organ and tissue donor your wish should be included in your Advance Care Planning paperwork. You can easily sign up on the Colorado Donor Registry when you renew your drivers license or by going to [www.donatelifecolorado.org](http://www.donatelifecolorado.org).

*In 2016, 1 out of every 3 people who donated organs was over the age of 50. You are never too old to make a difference*

### WAYS DONATED TISSUE CAN BE USED:

- CORNEA** - restore sight
- VEINS** - repair blood circulation
- HEART VALVES** - repair heart defects
- SKIN** - heal burn patients
- TENDONS** - rebuild joints
- BONES** - prevent the need for amputation (especially in children with bone cancer)

### LIFE SAVER at 61

**Ernest** was a person who loved life. He often told his wife that life was a journey and we must enjoy the trip. He was committed to being an organ donor saying that when we pass away we must put all our assets to good use. **When Ernest died unexpectedly at age 61, his family honored his life and wishes and by doing so, five lives were saved.**

### LIFE SAVER at 92

**Carlton**, a retired educator, never stopped teaching after his retirement. He never tired of explaining the many wonders of the world to his family. Just nine days short of his 93rd birthday, Carlton died from a brain hemorrhage and his family made the decision to donate his organs. **His donated liver saved the life of a 69 year old woman.**

Life saver source: <https://organdonor.gov>