

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 someone housebound get to the doctor \$ _____
- 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.

Contact us by phone at 719-836-2169 Find us on the web at www.rmrh.org Like us on Facebook

Rocky Mountain Rural Health
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525 Hathaway Street, 2nd Floor Rear
Fairplay, CO 80440

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COME JOIN THE FUN!

It's the 19th annual

LLAMA RAMA

Colorado's longest running organ and tissue donation awareness event



Saturday, July 29th during Burro Days in Fairplay



Quarterly Newsletter of Rocky Mountain Rural Health

'Improving Access to Healthcare in Park County'

Spring 2017

INSURANCE ENROLLMENT NEWS

MARK YOUR CALENDAR!!!

THE OPEN ENROLLMENT PERIOD HAS CHANGED!!!

AND IT IS NOT AS LONG AS YOU THINK!!

The open enrollment period for the 2018 coverage year will begin on **November 1st, 2017** and will go through **December 15th, 2017**.

While the enrollment period is shorter by 45 days, it does aid in alleviating the confusion of policy start dates.

ALL POLICIES WILL BEGIN ON JANUARY 1, 2018!!

If your existing policy / plan is available through your insurance carrier for 2018 you may be able to renew it directly with your carrier and avoid having to visit the Connect for Health Colorado website.

RMRH has two Certified Health Coverage Guides available to assist you in getting signed up! It is important to note that we schedule appointments for two hours. Some of the required information to sign up is:

- ◇ Driver's license number for all drivers in the household
- ◇ Social Security numbers for all members of the household
- ◇ Anticipated 2018 income for the household

Please call to schedule an appointment! We are here to help!

719-836-2169

Mark your Calendar!
Open Enrollment STARTS
NOVEMBER 1st and ENDS on
DECEMBER 15th!



The IMPORTANCE of ADVANCE CARE PLANNING


Advance Care Planning helps prepare individuals for future healthcare needs and end of life care. It's a way to help you think about and discuss your medical wishes with your loved ones, doctors, and future healthcare agents. It's important to start the discussion before you become too ill. Planning now will give you the peace of mind of knowing that your wishes are being carried out. It also eases the burden of your loved ones who often decide what's in your best interest when you are incapacitated and unable

to communicate your decisions. Advance Care Planning gives you the chance to think about and share your preferences for end of life care based on your personal values and the treatment options available to you.



An advance care planning document is a written legal document

you make to express your medical treatment preferences. It allows you to assign a person who would make medical decisions on your behalf when you are unable to communicate. Recording your choices and wishes is completely voluntary. You can set out what you want or hope for in an advance care plan. You should keep your advance care plan up to date, especially if your health changes. It's important to remember that an advance care planning document only goes into effect if you are incapacitated and unable to speak.



Rocky Mountain Rural Health ('RMRH') has been in the Park County community since 1989. RMRH's Community Health Workers can assist individuals with Advance Care Planning services for FREE. At RMRH, the Colorado MOST, It's About How You LIVE and Five Wishes forms are utilized to help individuals complete their Advance Care Plan. The ACP process may involve one or more meetings, lasting thirty minutes or more, during which your values and preferences are discussed and documented. Please call us at (719) 836-2169 to set up an appointment to review your ACP options today.



IMAGINE...

that you are in an emergency room and unable to speak or express yourself.

Would you want all life-sustaining procedures?

Would you want to receive artificial nutrition and hydration?

Who would you want making healthcare decisions on your behalf?

If you haven't expressed your Advance Care Planning ('ACP') preferences with your physician or loved ones, a stranger may have to make these important medical decisions for you.

Preventing Skin Cancer

According to the American Cancer Society, skin cancer is the most common of all cancer types. More than **5.4 million skin cancers** are diagnosed every year.

Although skin cancer risk factors are present every day, the dangers are greater during the long days of summer when you may spend more time in the sun.

HOWEVER, at the elevations prevalent throughout Park County, skin cancer risk factors are present **all year round** due to our proximity to the sun. This is true even in winter when the sun's rays are intensified as they reflect off snow cover.

Did you know that your car's windshield is only partially treated to filter out UVA rays? That the side windows let in about 63% of UVA rays? That rear windows are untreated?

Since skin cancer will affect one in five Americans over a lifetime, how can you protect your skin when you're in a car?

TREAT YOUR VEHICLE TO WINDOW FILM!

Transparent window film screens out almost 100% of UVA and UVB without reducing visibility and is available in all 50 states. Remember that the film protects only if the windows are closed!

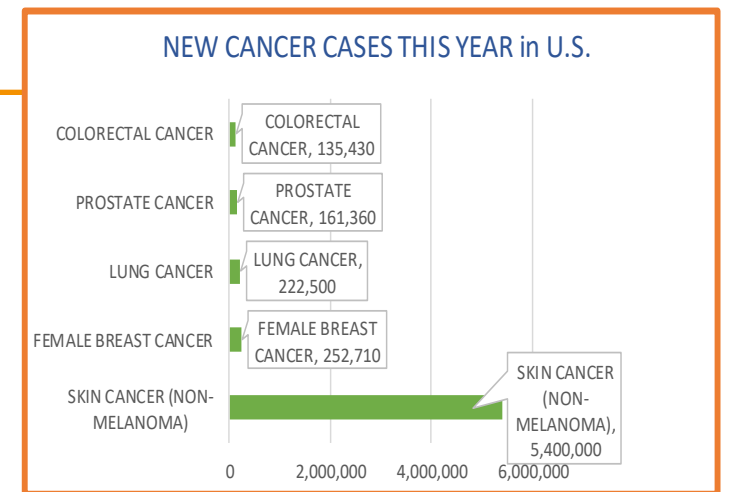
Are some people more at risk for skin cancer than others?

ANYONE can get skin cancer, but be **extra careful** if you are a **MAN—MEN, especially those with lighter skin, are more likely than ANYBODY else to get skin cancer, including melanoma—the deadliest kind of skin cancer.** People with natural blond or red hair or have freckles or are fair-skinned should also be cautious. Do you spend a lot of time **outdoors** or **live in** or travel to hot climates or **high altitudes**? An ounce of prevention (SPF 30 or higher) will go a long way in protecting your skin. To learn about others that need to be extra careful, please visit the American Cancer Society website at <https://www.cancer.org>

SKIN CANCER AND SKIN COLOR - *Did you know that the musician, Bob Marley, died of Acral Lentiginous Melanoma (ALM) at the age of 36?* ALM is an especially dangerous form of melanoma



that people with dark skin are more susceptible to and that typically appears on the palms of the hands and soles of the feet. And, according to the Skin Cancer Foundation, a July 2016 study in the *Journal of the Academy of Dermatology*, showed that the type of melanoma more prevalent in the Caucasian population was more deadly in people of color. African Americans were more likely to be diagnosed with this type of melanoma in its later stages than any other group studied and they had the worst prognosis and the lowest overall survival rate.



DON'T WANT TO BE IN THAT NUMBER?

OUR ADVICE TO YOU?

COVER UP!

Make it part of your **daily** routine:

- Before leaving the house apply 1 ounce (about a palmful) of at least SPF 30 broad spectrum sunscreen (protecting against both UVA and UVB rays)
- Be sure to reapply every two hours or after swimming or excessive perspiring
- Wear long sleeves, a wide brimmed hat and UV-blocking sunglasses
- Seek cover of shade especially between 10 am and 4 pm
- Avoid tanning beds
- Keep newborns out of the sun and use sunscreen on babies over the age of six months
- Examine your skin from head to toe monthly and see your physician yearly for a professional skin exam