



Health Matters

Roadmap to Better Health

Welcome to RMRH's updated Newsletter format. Just like our new format we are encouraging our readers to become actively engaged in their own health. In this issue and the next several issues we will help you explore positive steps to better health and well-being.

Where to Begin

As the Spring and Summer begin what could be more appropriate than making a commitment to follow the first step on your roadmap to better health?

Better health begins with putting your health first. Staying healthy is important for you and your family. It increases the chances you'll be there for your family and friends for many years to come.

Here's what you can do to put your health and well-being first:

- Use your health coverage when you are sick and when you are well. Make sure you get the preventive services, screenings, and immunizations that are right for you.
- Make time for physical activity, healthy eating, relaxation, and sleep.
- Take an active role in your health.
- Learn more about what you can do to stay healthy and share what you learn with your family and friends.

Annual 9Health Fair Provides Preventive Exams

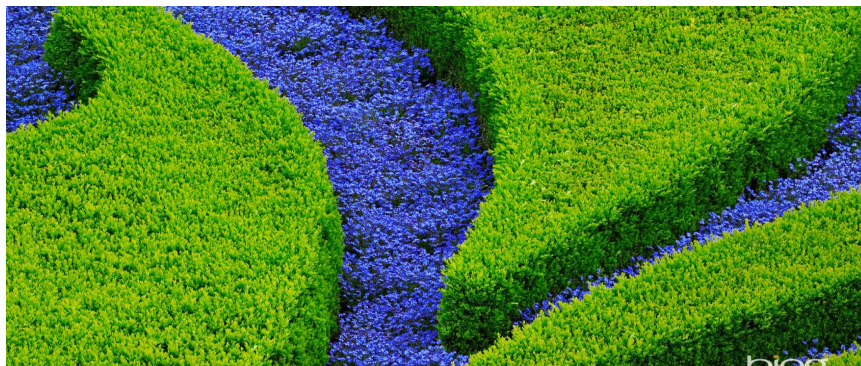


Local Screenings Held April 18

181 persons braved the snow and cold weather to attend the 9Health Fair that was held at South Park Schools on Saturday, April 18th. The attendees participated in a variety of preventive screenings that ranged from lab procedures to screenings provided for balance, memory, oral health, colon cancer, and height, weight, and BMI. Other informational settings included "Ask a Pharmacist", "Ask a Medical Provider", Senior Coalition and Immunizations.

The registration, screenings and traffic control were all provided by volunteer area professionals. RMRH sincerely appreciates the help that these community members provided during the Fair. The Fair couldn't have gone on without you. A special thanks also goes out to South Park schools for providing the space for this annual event and to Colorado East for the pens utilized at the Fair.

RMRH brings this annual event to South Park in April each year. Keep this in mind as we'd love to see you at next year's event.



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Mobile Mammography Van Provides Screenings in Fairplay

Mobile Mammography here March 26 and 27

Perhaps you noticed the pink, St. Joseph Exempla Mobile Mammography van parked at the Riverside Inn on March 26 and 27th. These dates were one of two screenings that RMRH will host in Fairplay this year. The second screening event is scheduled for this Fall on September 11 and 12.

The Spring screenings saw 36 women take advantage of this local, convenient method of diagnostic screening. These screenings are extremely important to all women, especially if you are getting older.

What Can You Do?

1. Know you risk

- Talk to your family to learn about your family health history
- Talk to you doctor about your personal risk of breast cancer

2. Get screened

- Ask your doctor which screening tests are right for you if you are at higher risk
- Have a mammogram every year starting at age 40 if you are average risk
- Have a clinical breast exam at least every 3 years starting at age 20, and every year starting at age 40

3. Know what is normal for you

- Learn how you breasts normally look and feel and report changes to your doctor

4. Make healthy lifestyle choices

- Maintain a healthy weight
- Add exercise to your routine
- Limit alcohol intake
- Limit postmenopausal hormone use
- Breastfeed, if you can.

If you haven't had a mammogram for a few years, give RMRH a call at 719-836-2169 and we will put you on our list for the Fall screenings. Screenings are for all Park County Women between the ages of 40-64. Most insurances are accepted and the screenings are free for low-income (below 250% of poverty level and uninsured).

RMRH sponsors the event in conjunction with St. Joseph Exempla Hospital in Denver. Funding is provided for these services through a grant from Susan G. Komen for the Cure.



Upcoming RMRH Community Health Events

Mark you Calendars for these two important dates:

Llama Rama

July 25, 2015

To register call 719-836-2169

Barn Dance

July 25, 2015

American Legion Hall

Fifth and Clark

Dinner at 5:00 pm

Dancing begins at 6:30 pm

Park County Health Alliance Providers Serve Our Commu- nity in a Variety of Ways

The following community organi-
zations were invited to partici-
pate in the South Park Health Care
Alliance. If you are interested in
becoming part of this group,
please contact, Colleen Swanson at
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Park County Public 9-836-2169.
Health

Park County Dept. of Human
Services

Park County Dept. of Veteran
Affairs

South Park Ambulance District
Teller/Park Early Childhood

Park County Preschool

Park County School Nurse

Park Alliance for Young Chil-
dren

Park County Senior Coalition

Town of Fairplay

Timberline Clinic

Fairplay Family Practice

Dr. Norman Levine

Park County Audiology

Fairplay Physical Therapy

All Smiles Dental

Dr. Edward "Woody" Littman

High Mountain Hygiene

Mountain Dental Hygiene

Aspen Pointe Mental Health

Pura Vida Counseling

Mountain Family Center

Elizabeth Hansen, LPC, CAC, III

David Fyler, MSFT, LCMFT



Park County Health Care Alliance Formed

Beginning in June of 2014, RMRH invited area health care providers to discuss the possibility of collaboratively exploring how they could work together to improve health care access in Park County.

Under the guidance of Colorado Center for the Medically Underserved (CCMU), the newly formed Alliance has formed three work groups to specifically explore the following areas: Access to Health Services, Community Engagement, and Health System Coordination. Each work group is now looking at potential strategies that could improve health care access for the residents of Park County.

The Access to Health Services work group is exploring strategies centered around the need for a medical doctor, pharmacy; collaborative management groups; supplemental payments for those providers that can not take Medicaid or Medicare patients. The Health System Coordination group is exploring a community wide referral network; networking; leadership; and a resource guide for provider and community use. Community Engagement work group members are exploring strategies focused on health and insurance literacy and community adaptation to "life without a medical doctor nearby".

RMRH will serve as the backbone organization for the Alliance. RMRH and its board are fully committed to the Alliance and have a strong desire to make the most of the resources available in the community. If you are interested in participating in the Alliance or one of its work groups, please contact RMRH at 719-836-2169.

It's About Community

Alliance members are local providers who work in Park County and are actively engaged in the health care community. Many of the Alliance members provided services at this year's 9Health Fair in Fairplay.

They included:

Bobbi Gore, Executive Director, Park County Senior Coalition

Julia Anderson, PT, Fairplay Physical Therapy

Marta Butler Bearzi, RDH, High Mountain Hygiene

Kristen Newel, RN, Park County Public Health

Beth Hervey Duren, LCSW, Pura Vida Counseling

South Park Ambulance District

In addition, Havens Guenther, RDH from Mountain Dental Hygiene also participated in the 9Health Fair in Bailey.

Thanks to all of you for sharing your expertise with the community.

Rocky Mountain Rural Health Receives Komen Grant Award

On April 1, Rocky Mountain Rural Health was notified by SUSAN G. KOMEN® COLORADO that it was awarded a community health workers grant in the amount of nearly \$12,000. The funds will be used for breast cancer screenings, diagnosis, transportation and education for Park County Women.

This is the seventh year that Rocky Mountain Rural Health has received an award from Susan G. Komen that supports the advancement of women's breast health in Park County.

The Grant Funds are so Important to Women in Park County

"The grant enables patients to stay within their local community to receive screening services and can provide additional funding if a patient is notified that they need further testing. If needed, funds can also provide transportation services to the facilities in other locations where the additional diagnostic procedure are performed", says Barbie McBee, Program Director at Rocky Mountain Rural Health. McBee continues, "These funds are so important. It seems that we have at least one to three additional diagnostic screenings that are needed after the initial screening at the mobile mammography events. Having the funds available for individuals makes it so much easier to schedule the next needed appointment. It takes one more worry away from those patients that cannot pay or don't have insurance coverage".

Breast cancer remains the most common form of cancer among women living in the United States. In Colorado 1 in 7 women will be diagnosed with breast cancer in their lifetime.

RMRH Hosts Two Outreach Events



Red and Pink Day

February 6, 2015 was designated as Go Red for Women Day by the American Heart Association. In support of this national movement to end heart disease and stroke in women, RMRH provided educational materials on women and heart disease to about 30 women at Prather's market on the afternoon of February 6th. In addition, RMRH distributed information on breast cancer and provided interested women the opportunity to sign-up for the upcoming mobile mammography screenings in March. A huge thanks to Prather's Market for letting RMRH use their facilities to aid in this outreach activity.

chakradance at One Spirit Dance & Yoga Retreat Center

RMRH would like to thank Wendy and One Spirit Dance & Yoga Retreat Center for helping us hold a special evening of healing for Breast Cancer patients and survivors. On February 27, a group of 8 women participated in the two hour healing dance/movement and meditation experience designed to free energy in the body and open you to a deeper experience in life.

As the evening ended, participants enjoyed refreshments and had time to share their ongoing experiences in their personal battles against breast cancer. For each person diagnosed, cancer is a unique experience and support systems such as these are truly appreciated.

Thanks again Wendy and participants for both an enjoyable and enlightening evening.



Contact Us

Give us a call for more information about our organization and services, to volunteer for an event, or to provide a donation.

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