



HEALTH MATTERS

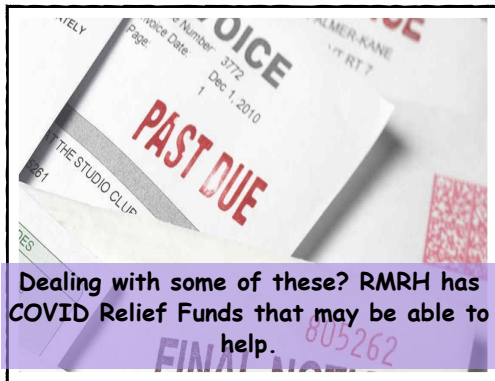
Issue 1
2021

One Year and Counting...

For over a year life has been dominated by one tiny virus. It has caused upheaval in every day life and brought tragedy to countless families. When will we have control over this unseen menace? The answer to that is best left to the experts. In the meantime, the Board of Directors and staff of Rocky Mountain Rural Health (RMRH) continue in our mission to improve the physical and mental health of Park County residents. We've adopted a two-prong approach to alleviate the effects of the COVID crisis.

One of these efforts is designed to assist residents facing financial difficulties due to COVID related situations and the other is to assist in vaccination efforts. With the support of the Town of Fairplay, the Town of Alma, The

Summit Foundation and the Brown Family Foundation, we have assisted over 150 people with utility bills, rent, gas and groceries with over \$15,000 paid toward these everyday necessities of life. If you, or someone you know is suffering



Dealing with some of these? RMRH has COVID Relief Funds that may be able to help.

ing financial difficulty due to the COVID crisis, please contact Rocky Mountain Rural Health at 719-836-2169 to see how we can help.

The other effort takes a different approach to alleviating the effects of COVID. Ever been near the Fairplay Post Office on a Wednesday? Then you may have wondered what is going on next door at the doctor's office, South Park Health Care. Lots of traffic and people sitting in their parked cars. What are they doing? Filling out paperwork and waiting their turn to go into the doctor's office to receive a COVID vaccination!

In partnership with Park County Public Health, the South

Park Health Service District, and faithful volunteers, we have assisted in the weekly vaccination clinics in Fairplay. As of this writing, over 2000 vaccinations have been administered at this clinic and that number grows every week.



Vaccination clinic day traffic in Fairplay. Check out the 'Thank You' sign from our neighbors!

In Search of the Vaccine?

Have COVID-related Questions?

Check out the Park County Public Health website:

<https://www.parkco.us/86/Public-Health>

For information about COVID, from the menu bar on the left, select 'Coronavirus Disease 2019'.

From the page that opens, you can select 'Vaccine Resources' to find out about upcoming vaccination clinics or to schedule an appointment.

No internet? No problem. Call Park County Public Health's designated line at 719-836-4162.

Good News for Coloradans in Need of Health Insurance

Connect for Health Colorado® Extends Enrollment Period through at least August 15

Connect for Health Colorado® Chief Executive Officer, Kevin Patterson, released the following statement:

"We will follow the federal decision so that we can help as many Coloradans as possible get covered this year. Keeping our doors open through at least mid-August maximizes the number of people who can apply for financial help and enroll through our Marketplace, especially as our state recovers from the pandemic. We will share more details soon about how Coloradans who are newly eligible for benefits under the American Rescue Plan can get those additional savings."

Rocky Mountain Rural Health has Certified Health Coverage Guides that can assist you with health insurance enrollment.

Please call 719-836-2169 to schedule an appointment.

This service is free of charge.

THE TIMES THEY ARE A-CHANGIN'...we've added something else to our social distancing, hand washing, mask wearing daily routine. It is called:

VACCINATION CLINIC ETIQUETTE

DO:

Wear a mask Not every county is 'Green'; people being vaccinated are from all over Colorado and the US; masks reduce the risk of infection to you and others

Arrive on time The vaccine you receive is time sensitive; having late arrivals puts the carefully orchestrated schedule in danger of going longer than the vaccine is viable

Follow instructions Clinic personnel will be strategically placed to make sure everyone will be able to complete the process in a safe, socially distanced manner

Come prepared To complete paper work with health history and to wait at least 15 minutes after receiving your vaccination to make sure you do not have a reaction

DON'T:

Double Book Bad idea! Vaccine is thawed out for you at each clinic you've scheduled at. The clinics you No Show at must find some one last minute to take your place or risk wasting precious vaccine.

No Show Don't trust PreMod to record your online cancellation. Call the Agency that is running the Vaccination Clinic to tell them you are not coming. See 'Don't Double Book'.

Looking for a **job**?

There are plenty out there.

Looking for a **vocation**?

Consider this...

Rocky Mountain Rural Health (RMRH) is expanding and is looking for a bright, energetic, outgoing person to join our team of Community Health Workers. What's that, you say? Community Health Workers are specially trained lay people and they enable RMRH to fulfill our mission of helping the people of Park County access the healthcare they need. No experience is necessary and training will be provided. The position is 32 hours per week and salary is based on experience. Interested? Call 719-836-2169 to learn more.

Important Information for Park County

Medicaid Subscribers

You can receive Mileage Reimbursement for travel to receive your COVID Vaccination

Prior to your appointment, obtain the appropriate Mileage Reimbursement Verification Form from **Envida**. Forms can be mailed or emailed to you **or** you can print them from the **Envida** website (www.envidacares.org).

Complete the form and take it the clinic to be signed once you have received your vaccination.

Mail the form to **Envida** at: 5660 N. Academy Blvd.

Colorado Springs, CO 80918

Please note: Forms are accepted by MAIL ONLY.

Questions? Call **Envida** at **719-633-4677**.

Colorado Community Health Alliance (CCHA) provides online health resources for its members including its Health First Colorado (Medicaid) members.



In this issue of 'Health Matters', we are highlighting the wealth of information to be found on the CCHA website about **Diabetes**.

From the CCHA homepage (www.cchacares.com), select 'Search the Health Topics Library', then select 'Diabetes'. There is an extensive list of topics pertinent to diabetes. Select a topic and then choose to read through the information or select either an interactive tutorial or view and/or print an illustrated summary of the topic.

This resource is excellent for everyone whether recently diagnosed, or someone that has dealt with the condition long term or someone living with a diabetic.

If you would like this information in a different format, contact CCHA at 719-598-1540 or 855-627-4685 Monday through Friday from 8am to 5pm.

Covid Q&A

'Health Matters' recently posed some frequently asked questions to a local health care provider. Here is what we learned.

Q. How long have mRNA vaccines such as Moderna and Pfizer and adenovirus vector vaccines such as Janssen (Johnson & Johnson) been in research, development, and testing? **A.** The mRNA vaccines have been used since the 1990's and in animal models have proven effective against flu, Zika virus, and rabies. The adenovirus vector vaccines have been around since the 1970's and is the platform used over the last two decades as an Ebola vaccine.

Q. Why do some people have a stronger response to the second shot of the vaccine than the first shot? **A.** After the first dose (or after having had a COVID infection), the person has existing antibodies. These are activated with the second dose of vaccine (or sometimes after the first dose if the person already had COVID) which can cause more significant symptoms. This is the immune system responding to the vaccine and does not mean there is an infection.

Q. If I get the vaccine, will it effect any future children I might have? **A.** The mRNA in the vaccine is destroyed by the person's metabolism and cannot be passed on to future children. Antibodies made by the mother cross the placenta into the baby giving them temporary immunity. We do know that babies born after their mothers have been vaccinated may have antibodies to COVID-19.

Q. Will I need to get a vaccine every year like the flu shot? **A.** The Center for Disease Control (CDC) and vaccine manufacturers as well as most Infectious Disease experts believe that boosters/yearly vaccinations will be needed because of the virus's ability to mutate into different strains (variants).



Q. What if I lose my card proving I got vaccinated? **A.** Every vaccine administered is recorded by the local public health department and with Colorado Department of Health and Environment (CDPHE). Proof of getting the vaccine can be requested from those offices.

Q. Is herd immunity a real thing? **A.** Herd immunity refers to the phenomenon where a virus spread is limited by the low number of susceptible individuals in the population. If a person has an infectious disease but is surrounded by immune individuals, then there is no place for the virus to go. This makes it less likely that a non-immune person will encounter the virus and so is not likely to get sick with it.

Q. How does mass vaccination affect herd immunity? **A.** The percent of people immune to a disease to achieve herd immunity depends on the level of infectivity of the virus. For example, each person with SARS-CoV-2 is likely to infect 2-4 other people in the non-immune population. To achieve herd immunity, some experts say 50-70% (other experts say 75-80%) of the population needs to be vaccinated or immune through having had COVID. In comparison, measles has much higher infectivity. Each person who catches the disease is expected to infect up to 15 other people in a non-immune population. To achieve herd immunity for measles, greater than 90% of the population needs to be vaccinated.

What's in it for ME?



Some benefits of receiving the COVID vaccine:

- ✓ Prevention from getting ill
- ✓ Protect others
- ✓ Boost your immune system
- ✓ Stop the spread



THANK YOU!

Assisting with vaccination clinics, sponsoring the mobile mammography van, health insurance enrollment assistance, involvement with health literacy, medical billing advocacy, financial assistance for people in crisis due to medical issues, navigation resources connecting people with healthcare providers...these are just some of the services offered by Rocky Mountain Rural Health.

As a nonprofit organization we cannot function without our grantors, donors and volunteers. We are grateful to organizations such as The Summit Foundation and the Brown Family Foundation and entities such as the Town of Fairplay and the Town of Alma for supporting our work. Just as important to us are the countless volunteers that give of their time and talent to assist in all of our programs. A big thank you to all!



Back in the day cars needed regular tune-ups to keep them running at optimum proficiency. Today's newer cars can go up to 100,000 miles before requiring a tune-up.

That said, people are **not** machines, whether old school or new fangled. Sometimes folks need a bit of help working through issues that keep them from running at optimum proficiency.

Rocky Mountain Rural Health offers remote learning classes in Mental Health First Aid for Adults and Mental Health First Aid for Youth. The interactive sessions give tools and resources to the learner so that they can better assist someone dealing with mental health issues until professional assistance becomes available.

Call Rocky Mountain Rural Health at 719-836-2169 to find out more about these classes.

ROCKY MOUNTAIN RURAL HEALTH is a 501(c)3 organization that helps people of Park County get the healthcare they need. We are not a government agency. We depend upon grants and donations to continue our mission of improving access to healthcare in our county. There is an ongoing need for our services many of which are not available through any other agency or group.

Please send your generous donation to:
ROCKY MOUNTAIN RURAL HEALTH (RMRH)
PO BOX 1600
FAIRPLAY CO 80440

Please use my contribution for:

- Breast Health assisting with education, diagnosis and treatment
- COVID Relief Fund
- Emergency Assistance for those going through a medical crisis
- Mileage Reimbursement for travel to medical appointments
- General Operations to help us continue to serve Park County

THANK YOU! Your donation is tax deductible to the full amount allowed by law.

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

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We Can Help!



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