



## HEALTH CONNECTION

March 2016

### CHAC Participates in Fort Lewis College Life-Long Learning Free Lecture Series

On March 3, Dr. Robert Cox, Board Certified Infectious Disease Specialist, filled the room in Noble Hall with 126 people who wanted to hear him speak about *New Bugs, New Problems: Emerging Infections*.



### CHAC Collaborates with Mercy Medical Center and League of Women Voters on Depression Event

On March 15, panel members Mark Fallon-Cyr, Stephanie Allred, Nicola St. Mary, and Jenny Treanor presented *Depression...Share the Secret* to 62 people which was then followed by a question-filled community dialogue.



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*Better Health for All*

## 2015 Health Hero



Dr. Bob Cox, MD, receives the 2015 Health Hero Award from CHAC Executive Director Pattie Adler for his many years of service with CHAC including as a Board member. He was also very instrumental in the creation of the La Plata Community Clinic.

## Important Announcement

As of 4/1/16, CHAC will have greatly reduced staffing after the end of funding from the Colorado Health Foundation (CHF) for the La Plata County Health Care Capacity Project. However, **CHAC will continue!**

With much appreciation, we give many thanks to Jaynee Fontecchio-Spradling who has given hours of blood, sweat and tears to CHAC's efforts over the past several years—both as Executive Director and as Special Projects Manager—most recently, leading our behavioral and oral health work. We also say goodbye to Kathy Sherer who also has done a great job as our Administrative Coordinator over the past six months.

The biweekly e-news, CHAC Connection, and quarterly newsletter will end after March. We hope they may return at some point.

Until early June, Pattie Adler will remain on a very limited basis as Executive Director to help develop and write a grant for our new initiative about Advance Care Planning. She and Bob Cox are co-leading this effort. She also will continue to coordinate our CHAC monthly coalition meetings and Board meetings.

Once the grant is submitted in June, she will continue the coalition meetings and Board meetings over the next several months until we hear from CHF in the fall about our application.

Pattie will be able to respond to emails only about these three topics: 1) monthly meetings, 2) Board meetings, and 3) planning for the Advance Care Planning Initiative.

For everything else, please send emails to [info@chaclapata.org](mailto:info@chaclapata.org) and a Board member will periodically check them (approximately weekly).

Thank you for your continued support of CHAC's vision to have "better health for all."



## CHAC Board of Directors

Eileen Wasserbach, Chair  
Bill Warren  
Bob Cox  
Bob Juskevich  
Lon Erwin  
Lynn Westberg  
Missy Rodey  
Sheila Casey

### CHAC Staff (as of 4/1/16)

Pattie Adler, Executive Director

*"The Community Health Action Coalition (CHAC) is the coordinating body for communication, collaboration, education and other health related activities in La Plata County.*

*We advocate for the prevention of disease and disability, and for healthy lifestyles and integrated health services that are accessible and affordable for everyone."*

## CHAC Spring Meeting Schedule

**Monthly Meetings:** April 8, May 13, June 10

Monthly meetings are held the second Friday of each month from 8—9:30 a.m. at the Durango Recreation Center.

**Oral Health Team:** April 19

**Behavioral Health Team:** May 5

For time and location of the Behavioral Health Team and Oral Health Team meetings, contact Jaynee Fontecchio-Spradling at 759-3751.

For other meetings, contact Pattie Adler at [pattie@chaclapata.org](mailto:pattie@chaclapata.org).

## A Thank You from Jaynee

*"It has been my honor to serve CHAC over the past 5 years. I owe the CHAC Board and membership a big thank you for this opportunity. As I transition out of my part-time position, I will continue to promote the CHAC mission in all of my future endeavors. Keep up the good work. Salud!"*

## CHAC begins Advance Care Planning Initiative

The Board has decided that CHAC will remain an independent entity, and the monthly meetings will continue.

Advance Care Planning (ACP) can be most simply defined as the process of developing and expressing of one's wishes for their future healthcare under various circumstances. This includes, but is not limited to, end-of-life planning.

In addition, ACP may be appropriate for a variety of medical conditions not associated with an anticipation of death. Such conditions would include chronic illnesses with a waxing and waning course, fluctuating mental status and behavioral health conditions, severe neurological impairments such as paralysis and a permanent vegetative state, and other conditions which can adversely impact the quality of life on either a temporary or permanent basis.

The Colorado Health Foundation has a funding opportunity with a deadline in June. We will be writing a grant for this 2-year program. Work will continue after the grant is submitted. Our target audience will be adults 18 and over as it is important for all adults to consider and take action to ensure their wishes are honored if unable to speak. CHAC will be the lead organization. In conversations with potential collaborators, we've heard that this is a need both in the general community and in care settings.

An Advance Care Planning Team has already had their first meeting to begin the process of developing the Initiative including the grant. Team members, in addition to CHAC, include representatives from:

- Mercy Regional Medical Center
- Axis Health System
- La Plata Medical Society
- La Plata County Bar Association
- La Plata County Senior Services
- 4 Corners Health Care Center
- Expert community members

**An important way to support this effort is through our Crowdfunding effort beginning very soon. When you receive this email, please forward it as widely as possible to your professional and personal contacts. Please also consider making a donation of any amount.**

## Director's Dialogue

Thank you to those who attended CHAC events in February and March: Colorado Health Access Survey (by the Colorado Health Institute), Emerging Infections (FLC/Life Long Learning) and/or Depression...Share the Secret. All were well attended and well received.

As mentioned elsewhere in the newsletter, beginning on April 1, CHAC will be operating with greatly reduced staffing. **We will continue holding monthly meetings** on the second Friday of each month (8:00-9:30am at the Durango Rec. Center). Board meetings will continue as well. We appreciate your patience as much of the communication you're used to seeing such as the biweekly e-news, CHAC Connection, will no longer continue. This issue also will be our last quarterly newsletter. Unfortunately, we will no longer be able to share your announcements, but hopefully this will be only a temporary hiatus.

**Please be on the lookout for a Crowdfunding endeavor launching soon to raise funds for our Advance Care Planning Initiative.** We'll appreciate your help in distributing this electronic announcement as widely as possible to family, friends and others in La Plata County and beyond over the upcoming weeks.

Reorganization of the CHAC website is almost complete to make it more user-friendly. Although it's not perfect, it's improved, so we hope you enjoy it.

Please remember to join or renew your annual membership. At the low yearly rate, it is a great way to support knowing what's going on in La Plata County related to health, promote your activities, and make connections with others. A membership form is on the last page of this newsletter. As always, CHAC appreciates the time and expertise that organizational representatives, devoted individuals and Board members commit to our efforts. This is particularly critical as CHAC enters the next several months with reduced staff.

Sincerely,

*pattie*

## Member Announcements & Events



### NUMBERS FOR RESIDENTS OF REGION 9

- 62% Visited a Dentist**  
Less than the Colorado average of 68%  
*(CO Health Access data, 2015)*
- 34% of Seniors and 55% of Adults Have Dental Insurance**  
Lower than state averages of 44% and 64%  
*(CDPHE dashboard, 2012-2014)*
- 85% of Adults Keep Their Teeth**  
Compared to 90% in Colorado  
*(CDPHE dashboard, 2012-2014)*

## ORAL HEALTH TEAM

WE'RE A LOCAL TEAM OF  
ORAL HEALTH ADVOCATES

**& WE HAVE A PLAN.**

*Please contact Kari Plante or Jaynee Fontecchio-Spradling to discuss updates to improve oral health in our community. What does this mean to your constituents, employees, students and families?*

970-335-2034 • [www.sjbhd.org](http://www.sjbhd.org) • [www.chaclaplata.org](http://www.chaclaplata.org)



SAN JUAN BASIN  
**HEALTH**  
DEPARTMENT

## Save the Date!

Thursday April 14<sup>th</sup>, 2016

Durango Arts Center  
802 E. 2<sup>nd</sup> Ave

6:00–8:00pm

**You are invited to a free, fun filled evening to launch the SW CO Early Childhood Collaborative Public Awareness Campaign. Learn about the importance of Early Childhood Education and meet real celebrities of our community.**

A screening of "The Raising of America"

Food and drinks

Free raffle items!

Please RSVP to Kimberlie Brown at [kimberlieb@ecclaplata.org](mailto:kimberlieb@ecclaplata.org)

Sponsored by the Early Childhood Council of La Plata County

## HOW TO RIDE A SUCCESSFUL IRON HORSE



### *Unique Training Talks Geared for Women Riders*

(FREE!)

**Tuesday, March 22:**

**Marisa Asplund, MA**

\*Creating a training program for a busy lifestyle

\*Essential components for training

\*Ideal training routes

\*Nutritional tips and tools

**Tuesday, April 19:**

**Cindy Schmidt, MPT, CYT**

\*Injury prevention

\*Recovery strategies

\*Mindful training - balancing a

busy lifestyle with healthy



**Pathways**

*Physical Therapy & Holistic Health*



Cindy Schmidt,  
MPT, CYT

Location: Durango Public Library

Time: 5:30-7pm

For Info:

970-985-2416

970-769-8856

[PathwaysDurango.com](http://PathwaysDurango.com)

[MarisaAsplund.com](http://MarisaAsplund.com)



**marisa asplund**  
*training, coaching, counseling*



Marisa Asplund,  
MA

Marisa's experience as a Professional Athlete, Coach and Counselor and Cindy's experience as a Physical Therapist, specializing in Injury Recovery, Athletic Performance and Women's Health provides you with a complete plan for a successful Iron Horse.

To hear more of the conversation join San Juan Basin Health for

### The Animas Watershed:

### A Community Health Update

April 7 | 7-8 p.m. | Durango Public Library

#animasriver animasriver@sjbhd.org  /SanJuanBasinHealth @SJB\_Health

## **STAR Awards**

**Rising Star Award** – A novice nurse

**Shining Star Award** – An expert nurse

Southwestern Colorado



**Nomination Deadline: Mon, April 18**

Visit [www.swcahec.org](http://www.swcahec.org) for the online nomination form

### **Nomination steps:**

1. Complete Online STAR Awards Nomination Form
2. Include at Least One Letter of Recommendation (*to be uploaded*)
3. Awards will be presented at the National Nurses Week celebration event (in Durango) on May 5.

*Nursing unites the best of science and caring in a way that heals and makes a difference in the lives of others. Professors cannot teach the art of human caring; no book can demonstrate how to cry tears of joy or sadness with a patient; treating patients with dignity in their most vulnerable moments is not learned in a classroom.*

*Do you know such a nurse that demonstrates these qualities? Say "thank you" by nominating them for a STAR Award!*

## **Criteria**

### **Shining Star Award**

- A nurse who has worked or is currently working as a nurse with a valid Colorado RN license;
- A nurse with 15 or more years of experience and has demonstrated leadership skills;
- A nurse who has made an impact on the profession and/or on patients.

### **Rising Star Award**

- A nurse who is currently working with a valid Colorado RN license;
- A nurse who has five years or less experience, but who shows leadership and growth potential;
- A nurse who has made or is making an impact on the profession and/or on patients.

*For more information contact SWCAHEC 970-375-3250*

## Lynch Syndrome Peer Support Group



Lynch syndrome, also known as hereditary nonpolyposis colon cancer (HNPCC), is a hereditary mutation for cancer. The cancers it causes bring about many emotional and physical challenges. Finding other people who understand can be particularly difficult within a small community. Join us and connect with those who are sharing some of the same challenges.

This group exchanges information, tips, resources and knowledge amongst individuals and families who are dealing with this rare syndrome.



Learn more by visiting  
[www.blueprintsofhope.org](http://www.blueprintsofhope.org)  
or contact us at 970.403.3711  
for more information

# Come walk with us!



Explore the beauty of nature with fellow cancer patients, survivors, and caregivers



Time spent in nature can help manage the stress of a diagnosis – as well as the stress you may experience during treatment and recovery.

The Southwest Chapter of Live by Living offers "Walks along the River" as a starting point for people who are in treatment, post-treatment or who have not exercised for a while. Our walks will progress to "Hikes in the Woods" for those who have achieved a better level of fitness.



Please register in advance by  
visiting [www.livebyliving.org](http://www.livebyliving.org)

learn more at [www.blueprintsofhope.org](http://www.blueprintsofhope.org)  
*Please check with your doctor before beginning any exercise program.*



*This inspiring program is made possible by a generous grant from LPEA Round-Up Foundation*

## Member Announcements & Events continued



### Southern Ute Montessori Head Start and Early Head Start PRENATAL PROGRAM

- ◇ Not limited to first time pregnancy
- ◇ Encouraged to join prenatal program during the first trimester, required to join by twenty-two weeks. Exceptions made for extenuating circumstances.
- ◇ Participation in the prenatal program does not ensure immediate enrollment of your child. However your participation does place your child as a priority.

**Southern Ute Montessori  
Head Start and Early  
Head Start**

**PO Box 400  
279 Capote Drive  
Ignacio, Colorado 81137  
(970) 563-4566**



We are a federally funded program serving children and families who live in School District 11-JT and/or within the exterior boundaries of the Southern Ute Indian Reservation, including children with special needs.

For More Information:  
Call (970) 563-4566  
Julie Goodman – Family Specialist  
Scott Halsband, RN – Family Health  
Coordinator

**Our Prenatal Program offers  
a FREE home visiting option  
for pregnant women and  
their families**

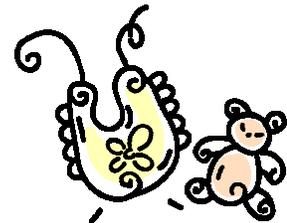


**The goals of the program  
include:**

- ◇ Physical, emotional, and mental wellness for infants and mothers
- ◇ Early childhood support for young children
- ◇ Provide mothers with confidential support

#### **Prenatal Program Services:**

- ◇ Home visits during pregnancy and following the birth of your child
- ◇ Education and information given for pregnancy and early childhood development
- ◇ Support for families through referrals to a wide range of community resources
- ◇ Assistance transitioning from the prenatal program to the classroom-based infant/toddler program
- ◇ Informative curriculum and handouts



#### **Program Strengths**

- ◇ One-on-one support
- ◇ Infant/Toddler development education
- ◇ Parent preparation to give your child a Head Start
- ◇ Knowledgeable staff to help answer questions and address concerns

## Job Postings

### SAN • JUAN • BASIN HEALTH DEPARTMENT

San Juan Basin Health Department is hiring a full time **Assessment Planning and Communications Specialist (APC)**. The Assessment Planning and Communications Specialist provides support for the organization for planning and assessment duties, and internal and external communications. The APC Specialist works with the APC Director to coordinate communications, marketing, and health planning and assessment needs to further the mission and strategic plan of San Juan Basin Health.

Position pays \$18.37-\$26.64 per hour + benefits. Although the full salary range for this position is provided, appointments are typically made at or near the range minimum. Position is scheduled to close 3/31/2016 or until filled.

To apply go to [www.sjbhd.org](http://www.sjbhd.org).



*Better Health for All*

## CHAC 2016

- ◆ Initiate an effort to promote advance care planning.
- ◆ Continue bi-monthly educational presentations on local health care and related community resources.
- ◆ Identify and respond to gaps in community health knowledge and access to health care services.
- ◆ Continue to provide a monthly forum for coordination and collaboration among health care providers and the community.
- ◆ Evolve as needed to enhance community health.

Please join us in our quest for "Better Health For All."



**Community Health Action Coalition**  
Membership Application

Please show your support of CHAC by becoming a paying member. The membership fee demonstrates that you value this convening organization. Our hope is to have 100% of our members contribute through a membership fee and/or a donation. Select a membership below and please consider offering an additional donation. **Membership fees and donations both ARE tax deductible, are annual, and are due January 1st.**

Please check desired Membership level:

- Individual: \$20
- Organization (1-5 people): \$60
- (6-10 people): \$100
- (11-25 people): \$150
- (more than 25 people): \$200
- Student member (under 21 or with current student ID): Free
- Business: \$100

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Title: \_\_\_\_\_

Organizational affiliation: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone number: \_\_\_\_\_

Donations (separate from membership): \$ \_\_\_\_\_

*Thank you for your support! Please make check payable to the Community Foundation with a notation that it's for CHAC and send completed form with payment to:*

Community Foundation  
C/O Community Health Action Coalition  
PO Box 1673  
Durango, CO 81302