



HEALTH CONNECTION

August 2017

My Life: Deciding in Advance



Thursday, September 14, 2017
8:00 to 1:00 p.m.

Durango Public Library

FREE EVENT

Topics and Speakers:

- ⇒ *Staying in Charge of Your Life*, Kim Mooney, Thanatologist
- ⇒ *Exploring Your Values About Death and Dying*, Sarah Roberts-Cady, PhD
- ⇒ *Life Sustaining Technologies: Pros & Cons*, Anne Rossignol, MD
- ⇒ *Understanding Colorado Advance Directive Forms*, John K. Boyd, MD
- ⇒ Talk To The Experts and Speakers

For everyone age 18 and over

Space is limited—light breakfast provided

RSVP by Sept. 12 to kathy@chaclaplata.org or 970-884-2355

Advance Care Planning is the process of expressing and documenting wishes for future healthcare decisions. We will help you to understand and complete your:

- Medical Durable Power of Attorney
- Living Will and CPR Directive
- Medical Orders for Scope of Treatment (MOST)

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CHAC News

CHAC Advocacy

By Eileen Wasserbach, Chair, CHAC Board of Directors

At CHAC's 2017 annual meeting in January, members indicated they wanted CHAC to assume an advocacy role on health issues including those that may be political and/or controversial.

I believe that CHAC is recognized locally and regionally as an organization of intelligent, motivated and caring members who support systems and policies that enhance the health and well-being of all residents of La Plata County. On the one hand, this makes CHAC a respected body which, if stating an opinion, would be listened to by members of our communities. On the other hand, taking a position could alienate members who don't share the same view and could damage CHAC's image as an organization where all views are welcome, and intelligent and civil discussion can occur.

The CHAC Board has been weighing possible consequences and has come up with a procedure for members to propose information sharing, discussion and advocacy (see page 14).

Information Sharing—Many CHAC members receive information from reputable sources about local, state and national issues. If a member has such information and believes the membership would benefit, he/she is asked to forward the link to me at ewasserbach@sucap.org for review. I will share with other members of the CHAC Board and, if there is no objection, the link will be forwarded to staff to share with the CHAC email list—typically via the CHAC Connection. This could include contact information for elected officials or other leaders so that members can contact them if they so choose.

Discussion—CHAC members are invited to provide information about a health issue at any monthly CHAC meeting. The Board has elected to reserve up to 20 minutes at each meeting for these announcements and discussion. Please let Eileen or pattie know at the beginning of the meeting (or before via email) if there is something you would like to present. Members are welcome to invite continued discussion apart from the CHAC meeting.

Advocacy—If a CHAC member would like CHAC as an organization to take a position on an issue, the Board asks that the Advocacy Request form (see page 14) be completed. It is important to the board members that any position reflect impact on our local La Plata County population. For this reason, the form asks for both pro and con positions, local impact data, and a specific request for any action that is desired. Please email the completed form to me and I will forward it to the other board members. The Board will determine if any action is to be taken and how to proceed.

Thanks to all of you for your caring and devotion to the concept of optimum well-being for all of us. Please contact me if you have questions about any of the above.

CHAC Board of Directors

Eileen Wasserbach, Chair
Christie Schler
Lon Erwin
Lynn Westberg
Scott Wallace
Sheila Casey
Vic Lopez

CHAC Staff

pattie adler, Executive Director
Kathy Sherer, Administrative Coordinator

Upcoming 2017 Meetings

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

August 11

Political Update—Rosemary Fleming, Indivisible Durango's Health Care Team

September 8

Healthcare Delivery and Payment Reform—Mark Carley, Centura Health

October 13

Health Insurance Open Enrollment—Lauren Patterson & Kevin O'Connor, Medical Coverage Collaborative



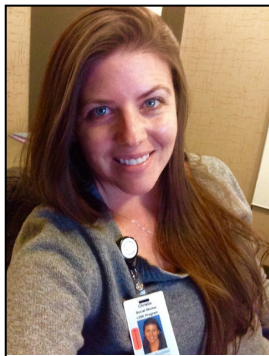
Since the Advance Care Planning initiative started educating residents of La Plata County at the end of January 2017, here's what we've accomplished:

- * 17 Community Education events totaling 344 people
- * 10 Professional trainings totaling 219 people
- * 5 Outreach events (information table) totaling 182 people

GRAND TOTAL 745

Thank you to everyone who has participated in making this happen. We have surpassed our first year goals and soon will move into our second year. Please contact us to schedule a free program or to work with a Personal Resource Specialist.

Member Highlight



Christie Schler, MSW, is a Social Worker at Mercy Regional Medical Center and works specifically with high utilizers of the Emergency Department and Hospital.

Christie was born and raised in Durango and has lived for a brief time on the Front Range and in Massachusetts. Christie's background is primarily in long term care and working with seniors which began with her high school job at Sunshine Gardens Assisted Living when she was 16.

Christie worked as a Certified Nurse Aide across the spectrum of healthcare while receiving a BA in Psychology. She went on to begin a Master of Social Work degree at Smith in Massachusetts and ultimately finished her graduate degree locally with the University of Denver's Four Corners MSW Program. From her experience in long term care and as a social worker, Christie is passionate about helping the general public grow in health literacy and is working to achieve the greatest health equity possible in our local area.

Christie joined CHAC in 2012 and recently became a board member in hopes of pursuing her passion while supporting the great work that CHAC has done and will continue to do for our community.

When not working, Christie enjoys the beautiful outdoors with her family, is an avid reader, and loves to ice skate.

Director's Dialogue



Hello,

2017 is flying by; we've been doing a lot and look forward to accomplishing more together.

"My Life: Deciding in Advance" is ahead of projected numbers of community members to educate, strengthening partnerships and catalyzing progress towards availability of Advance Directives in individuals' electronic medical records. We are nearing the completion of the first of two years of our grant from the Colorado Health Foundation. This represents the efforts of multiple organizations and committed volunteers – thank you.

There has been a full schedule of presentations at monthly CHAC meetings and, as listed in this newsletter, we have several exciting ones coming up. We welcome ideas for topics, so please let us know your thoughts.

We have been responsive about the three priority areas identified at the 2017 annual meeting in January. There have been informative presentations about behavioral and oral health at recent monthly meetings. These meetings continue to maintain an avenue for communication between the Behavioral and Oral Health Teams and CHAC supporters. The process to determine the best way to implement the third priority of "advocacy" is progressing while honoring a CHAC core value of being nonpartisan (with occasional exceptions decided by the Board). All perspectives are welcome at the table; we look forward to continued dialogue about advocacy.

As you know, in addition to monthly in-person meetings, we have the biweekly CHAC Connection e-news to help keep each other informed about events and ideas. Please continue to use it to publicize your information.

Finally, CHAC launched a refreshed website this year; please visit it at the usual address of www.chaclaplata.org. Again, we welcome feedback about it.

Sincerely,

pattie

Advance Care Planning

Talking about Dying

Join the
Conversation.

It's hard to talk about dying.
This is a place to start.

By exploring essential questions—What do we think about when we think of dying? When we think about our own dying, what do we want most?—the program aims to help participants consider how to shape a meaningful approach to death and dying. Facilitators of Talking about Dying programs are trained professionals working in the fields of chaplaincy, counseling, palliative care, facilitation, and hospice care.

Bayfield Aug. 9, 5 p.m., Pine River Library
Ignacio Aug. 27, 5 p.m., Ignacio Community Library
Pagosa Aug. 28, 4 p.m., Ruby Sisson Library
Durango Sept. 14, 5 p.m., Durango Public Library

Seating is limited. Light snacks will be served.

To register call 970-764-3999.



“My Life: Deciding in Advance” seeks to promote Advance Care Planning (ACP) among adults 18+ in La Plata County. ACP is the process of expressing and documenting wishes for future healthcare decisions.

To schedule a free educational presentation,
contact kathy@chaclapla.org or 970-884-2355.

For more information: pattie@chaclapla.org or 970-799-0218

For in-depth assistance, please contact any of these Personal Resource Specialists:

Mercy Home Health, Hospice and Palliative Care: MariRose at 970-382-2000

La Plata Senior Center: Annie Satariano or Sheila Casey at 970-382-6444

Axis Health System: Debbie Higgs at 970-335-2288

San Juan Basin Public Health: Laura Chapman at 970-335-2075

Ignacio Senior Center: Debra Herrera at 970-563-4561

For a home or community visit, contact coordinator Lynn Westberg at 970-799-0219

August-September Events

Please join us for an **OPEN HOUSE**



Thursday, August 17th from 3:00-5:00PM

Commons Building in Durango CO
701 Camino del Rio, Suites 316 and 320

COME BY FOR SOME GOODIES AND SEE OUR NEW SPACE!

**RSVP to Karen Rider at karen.rider@swcahec.org
or call 970-426-4284**

August 17

August 22

**Oral Health
Team Meeting**

Tuesday, August 22, noon, San
Juan Basin Public Health
Contact Kari Plante:
kplante@sjbpublichealth.org

One Final Cohort

TOUCHPOINTS
September 6, 13, 20

- ✓ Medical Providers
- ✓ Teachers
- ✓ Family Support Professionals



Join over 200 people in our community who have
experienced this special training series. [Sign up today!](#)

September 6

September 21

**Behavioral Health
Team Meeting**

Thursday, September 21, 3:00,
San Juan Basin Public Health
Contact Gordon South:
gsouth@sjbpublichealth.org

More September Events

Covering Colorado



One State, Two Days, a Team of Experts and the 2017 CHAS Results

How many of us have health insurance? How many of us can get health care when we need it? How many of us can afford that care?

The Colorado Health Access Survey — the CHAS — provides answers to these timely questions. And because the answers are so important for all Coloradans, the Colorado Health Institute for the first time is sending a team of experts to criss-cross the state and deliver the latest results.

Please join us in one of the 15 towns where we will be appearing on Tuesday, September 19, and Wednesday, September 20. See below for dates and locations.

We hope to see you on the road!

Visit [our CHAS page](#) to register for one of the events. Registration deadline is Sept. 8, 2017

In Durango, Tuesday, September 19 at 9AM



Save the Date!

Blueprints of Hope Presents

The **Art** of
Living Well
with and beyond cancer

2017 Cancer Wellness Conference

September 22 & 23, 2017 • Durango, Colorado

learn more at www.blueprintsofhope.org

Funding Opportunities



The Colorado Health Foundation™

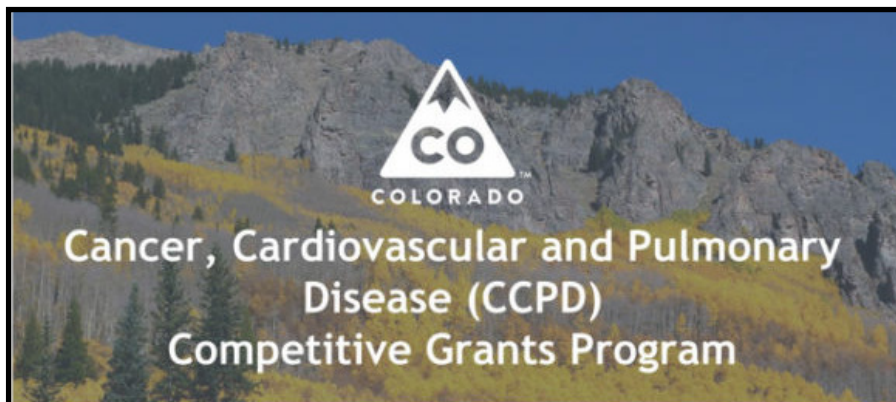


These funding opportunities are open for rapid response or the Oct. 15, 2017 grant deadline. To be considered for funding, applicants must meet specific criteria, so please read carefully. For more information, go to: www.coloradohealth.org/funding-opportunities

Access to Care: [Consumer Health Advocacy – Rapid Response](#)

Healthy Behaviors: [Activating Places and Spaces Together](#), [Out-of-School Time Physical Activity](#)

Healthy Children and Adolescents: [Creating Healthy Schools](#), [Physical Activity Infrastructure](#)
[Outdoor Physical Activity for Kids Ages 10-14](#)



FY 19 CCPD RFA #6519

Application submission deadline: **Sept. 15, 2017, 5 p.m. (MDT).**

Nonbinding letters of intent requested by

Aug. 14, 2017, 5 p.m. (MDT).

You may view the current request for applications (RFA #6519) by downloading the full application file.

The purpose of the RFA is to reduce chronic disease in Colorado by providing a comprehensive approach that focuses on prevention, early detection and treatment for cancer, cardiovascular disease and chronic pulmonary disease.

The initiatives funded through this RFA will focus on further improving the health of Coloradans by building capacity and support for the implementation of chronic disease prevention and health promotion. This funding opportunity aims to fund organizations/agencies/collaborations across Colorado that will: Focus on further reducing chronic disease in Colorado, specifically in populations most burdened by cancer, cardiovascular and pulmonary disease and put into practice evidence-based strategies and/or evidence-informed innovative approaches that advance the strategic direction of the CCPD Grants Program.

View RFA Materials and webinar at <https://www.colorado.gov/cdphe/ccpd-funding>.

Insurance Enrollment

INSURANCE ENROLLMENT ASSISTANCE MEDICAID & CHP+ CALL FOR YOUR APPOINTMENT

Archuleta County Department of Human Services

551 Hot Springs Blvd, Pagosa Springs
970-264-2182 x1301

Enrollment Specialist - Medicaid/CHP+

Axis Health System/La Plata Integrated Healthcare (LPIH)

1970 E 3rd Ave , Durango
970-335-2380

Enrollment Specialist - Medicaid/CHP+/C4HCO;
serving La Plata, San Juan, Montezuma, Archuleta,
and Dolores Counties

San Juan Basin Public Health

281 Sawyer Drive (Bodo Park)
970-335-2021

Health Coverage Guide - C4HCO; Serving La Plata
and Archuleta Counties

Family Health Care Coordinator - Medicaid/CHP+;
Serving La Plata and Archuleta Counties

La Plata Family Centers Coalition

150 Tech Center Dr., Ste. A
970-385-4747

Enrollment Specialists CARES/Medicaid/
CHP+/C4HCO

SE HABLA ESPAÑOL

Mercy Regional Medical Center

1010 Three Springs Blvd.

Financial Counselor - Medicaid/PE/CICP
(Colorado Indigent Care Program)/long-term care/
disability applications; 970-764-2385

Community Health Advocate - C4HCO/Medicaid/

*(Medicaid/CHP+) Free or low cost health
insurance*

*(C4HCO) Connect for Health Colorado,
Colorado's Health Insurance Marketplace*



SAN JUAN BASIN
public health



Don't know who to call? Call
anyone and we'll direct you
to the right person.

Educational



Comfort Keepers®

a *sodexo* brand



CONNECT with SENIOR CARE RESOURCES

Caring for others means caring for you

The Family Learning Center can help you understand the many challenges that go along with providing care – not just for your loved one, but for you, too. You'll learn to manage and prevent challenging behaviors. And you'll learn to identify the signs of caregiver stress and burnout.

Family Learning Center®

Caring for a spouse, parent or loved one takes time, effort and work. At times, you may not have the answers, know what to expect, or even how to react. Now, with the Family Learning Center, you have a resource available to make it easier to care for your loved one... and yourself.

Resources available anytime, anywhere

Help is as easy as connecting to the Internet and logging in. The Family Learning Center resources are engaging and interactive, taking you step-by-step through essential caregiving topics. And most importantly, the information is available when you need it, 24 hours a day, 7 days a week.



Get the answers you need, just when you need them:

- 1 Go to:
<http://flc.ipced.com/comfortkeepers964>
- 2 Enter name and email address
- 3 You're registered!



Get started with the Family Learning Center today:
<http://flc.ipced.com/comfortkeepers964>

Brought to you by the caring professionals at Comfort Keepers of Southwest Colorado:
970-515-7055

© Family Learning Center® is a product of the Institute for Professional Care Education®

Educational cont'd

Caregiver Learning Academy

Durango's first and only professional training program specifically designed for personal care aides!

The Caregiver Learning Academy provides comprehensive caregiver education to the communities of Southwest Colorado and to those considering a career in professional caregiving.

- Excellence in caregiver education and learning for family caregivers and future professional caregivers
- Certified curriculum, professionally delivered meeting CO requirements for Personal Care Providers
- Certificate of completion awarded
- Caregiving opportunities in the healthcare field
- Courses open to the public
- Tuition \$250 - *tuition assistance may be available*

You choose:

6 day classroom

OR

Online with classroom skills practice & test

(888) 518-6500

www.caregiverlearningacademy.com

Developmental Asset of the Month:

Asset #2 Positive Family Communication | Young person and her or his parent(s) communicate positively, and young person is willing to seek advice and counsel from parents.

Local Data: 45% of La Plata County youth report high levels of family support. (Assets Survey 2015)

Essential Question: *How do you foster positive family conversations even in times of disagreement?*

Tips for building positive family communication:

Use drive time or walks to have productive conversations with your child. This can feel less scary than lots of direct eye contact across the kitchen table.

Hang a whiteboard in the commons area of your home to communicate schedules and encouraging messages to one another.

Schedule regular talks with your teens to hear about their current commitment to school, friends, jobs and passions to stay in touch with their intentions. Reflect back your perspective on whether or not their time management skills are honoring these commitments.

“When youth talk, really listen. Try to hear what they’re saying without judgment or criticism. Listen for the piece you both have in common and work from there.” (*When Parents Ask for Help*. Search Institute)

Resources: The La Plata Family Centers Coalition offers parenting classes. www.lpfcc.org.

Non-violent communication techniques can be found at: <http://www.nonviolentcommunication.com/aboutnvc/4partprocess.htm>

To schedule a Developmental Assets Workshop for youth and/or adults or a presentation of La Plata County Assets data, contact Pat Senecal at pat@ourhealthycommunities.org

Educational cont'd



FIRST REGISTERED MA APPRENTICESHIP PROGRAM IN SW COLORADO THAT ADDRESSES THE NEEDS FOR HEALTHCARE EMPLOYERS, IMPROVING QUALITY OF CARE.

THE GAP...

Clinics and primary care offices across the state and in our region are experiencing significant shortages of qualified and certified Medical Assistants (MA's).

PARTNER REQUEST...

Our partners are searching for qualified certified Medical Assistants.

THE PROGRAM...

Through the MA Apprenticeship program, apprentices will receive on-the-job training with a journey-worker (preceptor) and will participate in an online course. Apprentices become employees of the clinical practice, wage progressions are tied to skills attainment, and once the program is completed, s/he can sit for a national certification exam.

01 HOW IT CAME ABOUT?

Over the past 1½ years, SWCAHEC and the advisory and planning committee have been working through the requirements for the design and implementation of a group registered apprenticeship training program.

02 WHO CAN PARTICIPATE

As the first registered MA program in SW Colorado with the Colorado Department of Labor, it is open to any employer that hires MA's in the 8 SW counties served by SWCAHEC. The apprenticeship is a minimum of 1 year including 150 hours of learning.

03 CONTACT

Employers may apply at any time. For details, contact Russelyn Connor at 970-426-4285 or Russelyn.connor@swcahec.org. Visit www.swcahec.org.

Phone: (970) 426-4285
Russelyn.connor@swcahec.org



701 Camino del Rio, Suite 316
Durango, CO 81301

Help Wanted



Is your organization interested in helping to develop policy for paid sick leave in Colorado?

If you're passionate about this like we are, please contact Maureen at 970-903-0957.

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



Community Health Action Coalition
Membership Application

Everyone is welcome at the CHAC table regardless of membership status. However, 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 participants 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, annual, and due January 1st.**

Please check desired Membership level:

- Individual: \$25
- Organization/Business: Suggested minimum \$75
- Student member (under 21 or with current student ID): Free

Name: _____ Date: _____

Title: _____

Organizational affiliation: _____

Email: _____

Address: _____

Telephone number: _____

Donations (separate from membership): \$ _____

A scholarship may be available upon application to and approval of the CHAC Board of Directors.

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

rev. Nov. 2016

CHAC Membership Investment Program

Value and Benefits from CHAC Membership:

CHAC Membership (Individual and Organizational/Business) gains the benefits of:

Attending CHAC meetings to:

- gain access to the information presented at the meeting;
- have a voice in discussions that take place;
- access networking opportunities;
- learn about education, training and job opportunities;
- market themselves and/or their organization;
- receive CHAC emails to gain access to information about what is going on in the county, region and state in terms of health and wellness initiatives;

and

- **“pull”** information from CHAC including newsletters and announcements;
- **“push”** information using CHAC resources, including announcements via the CHAC email list to advertise their upcoming programs, distribute surveys to the CHAC community, and gain outreach and networking opportunities;
- make presentations at CHAC meetings, allowing targeted messaging to a dedicated audience that is interested in healthcare in La Plata County;
- vote on CHAC issues and assist in determining the future direction of CHAC; and
- participate on CHAC committees, teams and Board of Directors to influence the health and wellness of our community.

Organization/Business members have their membership in the name of the organization rather than the name of a person. They vary in size and for-profit/non-profit status. The number of individuals from the organization/business who receive CHAC correspondence is at the discretion of and designated by the organization or business.

Organization/Business members are listed on the CHAC website and can gain visibility, recognition and marketing reach through logos, profiles and links to their own websites on the CHAC website and within CHAC newsletters.

Honorary membership is awarded by the Board and could include elected City and County officials, representatives of the offices of our elected State and National officials (senators and representatives), and retired former CHAC members.

Annual Membership Dues by Level (Dues are *tax deductible*)

1. Individual Membership.....	\$25
2. Organization/Business Membership.....	Suggested minimum \$75
3. Student Membership.....	free
4. Honorary Membership.....	free

Membership dues will be assessed every January for that calendar year. They support CHAC's convening activities that result in collaboration, education and community action. Your dollars help to pay for: meeting space and coffee service at monthly meetings, communications among members, marketing efforts, and much more. Support CHAC with your membership and/or donation and obtain a year's worth of networking, education and community service opportunities for a moderate cost.

Scholarships may be available upon application to and approval of the CHAC Board of Directors.



Advocacy Request Form

1. Name of CHAC member making request:

2. What is the issue for which advocacy is requested?

3. What action is requested?
 - a. Information dissemination (how?) _____

 - b. Take a position (how?) _____

 - c. Publicize position (how?) _____

4. If any action is requested, please address the following:

Pros (positive aspects) of implementation of the policy or action supported:

Cons (negative aspects) of implementation of the policy or action supported:

Local impact of the action supported (use data and actual numbers if possible):