



HEALTH CONNECTION

February 2018

My Life: Deciding in Advance



Save the Date!

Our next free, open educational event will be Saturday, April 28, 8:30 AM Durango Public Library

Since the Advance Care Planning initiative started educating residents of La Plata County at the end of January 2017, we have educated **275 professionals and 925 community members.**

Thank you to our Advisory Committee members and our financial supporters who have given so generously.

We have surpassed our first year goals and have begun our second year.

Please contact Kathy@chaclapla.org to schedule a presentation or to work with a Personal Resource Specialist. There is never a charge.



On February 15, an Advance Care Planning community education event was held at the Durango Public Library. The event drew 82 people including some who got their Advance Directives notarized and delivered to Mercy Regional Medical Center. The next free, open event will be April 28th.

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CHAC News

2018 Annual Meeting

CHAC's 2018 Annual Meeting was held on January 12th. Almost 30 people were guided through a process to narrow priorities for this year using a list of brainstormed criteria for ideas to be non-duplicative, data driven, coordinated and collaborative. Priorities need to have a significant impact, be sustainable, have a current momentum, be local issues, fill a gap, and have dedicated leadership. There was not time at the meeting to sequence the prioritized list areas, but after follow-up work by the CHAC Board and Behavioral Health Team, the information was presented to CHAC participants in February, and the following priorities were determined:

- Behavioral Health (top ranking among attendees): the Behavioral Health Team is working on Social Connectedness
- Education/Coordination/Communication (ranked second): this is an ongoing priority of CHAC to be addressed through presentations at monthly meetings and continuous communication
- Social Determinants of Health: this will be integrated into behavioral health efforts and at monthly meeting presentations
- Obesity: a possible monthly meeting presentation; CHAC has insufficient resources to address this lower ranking topic
- Access to healthcare for targeted populations: a possible presentation at a monthly meeting; may also relate within behavioral health/social determinants of health efforts; CHAC has insufficient resources to address this lower ranking topic
- Advocacy for universal healthcare: continue partnership with Indivisible Durango's Healthcare and Senior Issues group as the lead for this topic

For more information and to give additional input, please contact pattie (pattie@chaclaplata.org or 799-0218).



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 2018 Meetings

Monthly meetings are held the second Friday of each month from 8:30 to 10:00AM at the Durango Recreation Center.

March 9

The Transportation Connection
Amber Blake, Durango Asst. City Manager, discusses the changing world of transportation and its relationship to access to healthcare.

April 13

Accountable Health Communities Model

Behavioral Health Team

Next meeting: Tuesday March 13

3:00 – 5:00 PM

La Plata County Senior Center

Everyone is welcome

The team consists of multiple partners and is coordinated by CHAC. We continue to plan future efforts to strengthen Social Connectedness in the county, as this is an underlying factor in addressing depression, substance abuse, suicide and other behavioral health challenges.

A grant for this Social Connectedness project will be submitted to the Colorado Health Foundation in June of this year.

Free posters are available that include wallet cards with depression prevention tips. Contact Jenny Treanor (jtreanor@centura.org).

Stay tuned for ongoing planning updates.
Your input is invited!

Health Hero



Sheila Casey (on left) was named the 2017 Health Hero at a meeting of the Community Health Action Coalition (CHAC) on February 9th. She has been a resident of La Plata County for 28 years and has served as Director of La Plata County Senior Services for 19 years. She is passionate in her advocacy for rural seniors in La Plata County and Southwest Colorado.

Sheila's involvement with CHAC began with the Citizens' Health Advisory Council which started in 2001, and her dedication to improving access to healthcare has kept her involved in the coalition ever since. She currently, and for many years, has served on the Board of Directors of CHAC, now called the Community Health Action Coalition.

Under Sheila's leadership, Senior Services has received the El Pomar Award of Excellence and the National Association of Human Services Innovations Award. She has expanded Senior Services to provide Nutritional meals (including Meals on Wheels), Home Chore Services, Countywide Transportation, Family Caregiver Support, Aging and Disability Resources (ADRC) Program, Income Tax Assistance, Medicare Counseling, and a variety of educational and recreational activities for seniors in Durango, Bayfield, and Ignacio. She oversees a staff of 35 employees and 200 volunteers.

Sheila is a Certified Senior Advisor (CSA), and Licensed Professional Counselor (LPC) in Colorado. She served for 8 years on the Colorado Commission on Aging and 5 years on AARP's Colorado State Executive Council. She is currently serving on the Regional Council on Aging. She is a graduate of Regis University in Organizational Development and has a Masters degree in Community Counseling from Adams State University.

Congratulations, Sheila!

Member Spotlight



Eileen Wasserbach is the Executive Director of Southern Ute Community Action Programs, Inc. The organization provides several programs for all eligible residents of southwest Colorado, including Head Start, Employment Training, Substance Abuse Treatment, Youth Development, Senior Citizen's Services and Road Runner Public Transit. Eileen has worked several years for SUCAP, beginning in 1985 as a project coordinator and assuming responsibility for most of the organization's program development and grant writing from 1989-1998.

As a member of the Board of Directors for the Colorado Nonprofit Association, Eileen has assisted in providing training and advocacy sessions for other nonprofits in southwest Colorado. She is also Secretary, Youth Exchange Officer and President Elect for the Pine River Valley Centennial Rotary Club, chair of the board of the Community Health Action Coalition and Treasurer for the Ignacio Chamber of Commerce. She was a founding board member of the Boys and Girls Club of La Plata County in 2007. In 2015, she was awarded the Extraordinary Woman Award by Durango's Women's Resource Center.

Eileen's background includes a childhood in Rocky Ford, CO, a BS in Consumer Science from Colorado State University and several years with CSU Cooperative Extension serving the members of the Southern Ute Indian Tribe as a Home Economist. She was also a partner in G3, a consulting firm specializing in grant writing and management.



Director's Dialogue



Hello,

In addition to all the information reported elsewhere in this newsletter, the CHAC Board is highlighting the importance of paying membership dues and giving donations. The goal this year is \$5000 to support CHAC's long-term sustainability.

As most of you know, our current funding for Advance Care Planning from the Colorado Health Foundation ends after September. Without grant support, dues and additional donations become all the more critical to ensure at least a minimal infrastructure to continue monthly meetings and communication. A membership form is included on page 12 of this newsletter. Any amount is valuable!

As always, thank you for your ongoing interest and involvement. If you have ideas about presentation topics at monthly meetings, input for the development of a Social Connectedness initiative, or anything else, feel free to contact me at pattie@chaclapla.org or 799-0218. Please remember to use our biweekly e-news, the *Connection*, to get the word out about your efforts.

Sincerely,

pattie

March Events

Cooking Matters for Child Care Professionals

This training is recommended for all community members and professionals caring for young children, including: early childhood teachers, directors, home care providers, family, friend or neighbor care providers and home visitors!



Saturday, March 10, 2018

9 a.m. – 5 p.m.

Free, Fun, hands-on training!

Topics includes:

- Healthy Meal Preparation
- Create Positive Food Environments
- Food Safety
- Help Children Try New Foods

Registration is required. Space is limited for this free training!

Please register at: <https://www.eventbrite.com/e/cooking-matters-for-child-care-professionals-durango-tickets-42326869807>

Alignment with Colorado's Competencies for Early Childhood Educators and Administrators for 8 hours of continuing education.

More March Events

SAVE THE DATE

ENJOY GOURMET SOUPS, APPETIZERS AND DESSERTS

*Proceeds benefit
Hospice of Mercy*

Wednesday, March 14, 2018
5:30 pm to 8:00 pm
La Plata County
Fairgrounds



Tickets are \$75 per person
plus convenience fee
Tickets at
www.DurangoConcerts.com
970-247-7657
Durango Welcome Center

Mercy Health Foundation
Centura Health.

Hospice of Mercy
Centura Health.

www.mhffd.org

La Plata County Extension is again presenting our valuable informational series entitled:

Legally Secure Your Financial Future: Organize, Communicate, Prepare.

Three sessions (6 hours total) developed to help people take the necessary steps to safeguard their family's inheritance and discuss the importance of evaluating legal matters related to life issues.

Think for today and plan for tomorrow!

Advance Directives will be explained in detail by a local physician. The specific legal needs and confusions will have the full attention of a local estate planning attorney.

Some of the Topics Covered:

- How to get your important documents and records organized.
- What can happen if you don't have the documents in order (at any age)
- What and where documents should be stored for safety or convenience.
- How to make sure your wishes are followed in case of a sudden injury, illness or death and what are the myths and realities about Colorado's law regarding advance directives (by Hospital Medical Director).
- Understanding what the difference is between a legal will or trust in Colorado (taught by an Estate Planning Attorney).
- The importance of keeping your information current and protected.
- How to assure that children and family members are taken care of and property is properly distributed according to your wishes.

When:

Thursday, March 15th

Thursday, March 22nd

Thursday, March 29th

All classes 3:00 pm to 5:00 pm

Location:

La Plata County Senior Center
2424 Main Avenue, Durango, CO

Cost: \$35 for the series (spouse is free)
or \$15 per individual session
(Scholarships available)

Must be preregistered

Space is limited. Call today!

Register by contacting
Angela Fountain 970-382-6465
fountainaj@co.laplata.co.us



You're Invited...
**2018 NIGHTINGALE
 LUMINARY & STAR AWARDS**



**March 15th at 6pm
 Henry Strater Theatre
 Durango, CO**

*An Award Ceremony To Honor Our
 Deserving and Dedicated Nurses*

Featuring Guest Speaker, Jean Watson
 Founder of the Watson Caring Science Institute

6pm - Silent Art Auction featuring beautiful art
 jewelry, pottery and much more...
 7 pm - Awards Ceremony

Early bird special: \$30 a ticket.
 Enjoy appetizers; cash bar. Visit swcahec.org

Proceeds Benefit
 The Community Nursing Scholarship Fund



SILENT ART AUCTION


Celebrating the Art and Science of Nursing

ACCEPTING ART FROM NURSES, FRIENDS AND FAMILY

**Silent Auction to Benefit
 The Community Nursing Scholarship Fund**

**March 15th at 6pm
 Nightingale Luminary And Star Awards
 The Henry Strater Theatre
 699 Main Ave, Durango, CO**

Please Submit ORIGINAL Artwork Created by YOU
 Or a Family Member
 (Paintings, Jewelry, Pottery, Sculpture etc...)
 No Later Than March 12, 2018
 Contact Mary at mary.frey@swcahec.org

Southwestern Colorado
 **AHEC**
 Area Health Education Center
www.swcahec.org

FORT LEWIS
COLLEGE

FORT LEWIS COLLEGE WELLPAC PRESENTS

CRACKED, NOT BROKEN: THE KEVIN HINES STORY



COMMUNITY CONCERT HALL
FORT LEWIS COLLEGE
MARCH 19TH 6:30PM
DOORS OPEN AT 6PM

MORE INFO AT
FORTLEWIS.EDU/KEVINHINES
OR CALL 970.247.7508

#HopeHelpsHeal



SAN JUAN BASIN
public health

SAN JUAN BASIN

public health

Community Health Assessment

San Juan Basin Public Health has launched an online Community Health Assessment (CHA) and we need your feedback.

Performing a CHA is required by the Public Health Act of 2008, and data gathered from this survey will be used to develop our Public Health Improvement Plan (PHIP) for the next five years.

This is a core function of local public health in Colorado. It is therefore very important to us to get input from as many different people in Archuleta and La Plata counties as possible. The survey is available in English and Spanish and should take about 15 minutes to complete. You are encouraged to participate and share with your networks!

Go to <http://sjbpublichealth.org/> and click on the banner to choose English or Spanish versions.

In the News

Celebrating Healthy Communities Goes to Washington

Celebrating Healthy Communities (CHC) Coalition staff attended a CADCA prevention conference in Washington DC Feb 5-8.

Breeah Kinsella represented Drug Free Communities work—especially youth engagement and suicide prevention. Jordy King attended the CADCA conference for guidance and examples to enhance his work as the newly hired Project Coordinator for the 4-county Persistent Drunk Driving (PDD) grant.

Along with other coalitions, we met on Capitol Hill with Senator Gardner and Senator Bennet's staff to educate them about our need for prevention and treatment for substance abusers. Workshops emphasized *Partnering For Prevention* according to Pat Senecal, Director for CHC. Kate Jones, who manages the *Communities That Care* coalition (SJBPH), was also there to share ideas.

The essential message: The better prevention groups share goals, the easier it is to make community-level changes needed for a healthy community. The Senators want our stories. Send your struggles and successes, hopes and concerns to Breeah at Breeah@ourhealthycommunities.org.



Funding Opportunities



Southwest Center for Independence

Low Vision Problems? SWCI has a program through the AAA for people aged 60+ who are experiencing age-related vision loss (like macular degeneration, cataracts, glaucoma, diabetic retinopathy, etc.). The program can provide up to \$500 in financial assistance to purchase assistive technology (like magnifiers, CCTVs, computers and software, special lights) for qualifying people in Archuleta, Dolores, La Plata, Montezuma, and San Juan Counties. Contact Susan at 903-5885 or susan@swilc.org



The Colorado Health Foundation™



For Grantees and Grantseekers

Are you working to improve the health of a community? **We can help.** The Colorado Health Foundation takes a multifaceted approach to health by investing in nonprofits, communities and the public and private sectors that matter most to improving health and health equity.

OUR PLACE



ADULT DAY CARE

for
Alzheimer's & Dementia

Adult Day Care at "Our Place"

"Our Place" is pleased to announce that we have partnered with the Colorado Respite Coalition and are now on their provider list for their Voucher Program. With funding from CRC's Voucher Program, caregivers may qualify for financial assistance to help with the cost for respite care at "Our Place."

For more information, please contact Tanya or Michelle at 970-385-5200.

Job Opportunities



Evenings Porch Assisted Living is Hiring a Qualified Employee

QMAP Caregiver – Daytime, weekend, and evening shifts may be available. Competitive pay.

We are located in Bayfield, so the candidate must have reliable transportation. We are looking for a dedicated team player with excellent communication skills, leadership qualities, and experience in Long Term Care working with the elderly. Must be QMAP certified.

We take pride in the care we provide to our residents. The right person needs to be a great fit for our growing family!

Call Annie at 970-884-0101 or email your resume to erin@eveningsporch.com.

SAN JUAN BASIN public health

San Juan Basin Public Health is hiring a **Human Resource Director**. The Human Resource Director is responsible for determining and providing leadership in developing and executing human resources strategy in support of the overall strategic plan and strategic direction of the organization, specifically in the areas of culture, change management, talent management, organizational and performance management, training and development, succession planning, and compensation. The HR Director provides strategic leadership by articulating Human Resource needs and plans to the executive management team, staff and to the Board of Health. BA Preferred. This position pays \$33.34 to \$50.02 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 03/15/2018, or until an adequate pool is reached. To apply go to www.sjbpublichealth.org.



Link - Social Worker

MSW - Full Time - Days - Durango

Assesses the patient's physical, psychosocial, cultural and spiritual needs. Assists in the coordination of appropriate services, resources and referrals. Advocates and provides support to patients and families who are having difficulty coping effectively with changing medical conditions.

Graduate of Accredited Master's in Social Work Program:

- 2 years Social Work experience in a clinical setting desired
- Experience in Social Work with emphasis on discharge planning, referral to community services and/or case management or other
- related experience
- Knowledge of community resources used for discharge planning, hospital operations, excellent communication/presentation skills
- knowledge of third party payment systems, Medicare/Medicaid programs desired

Apply at <https://careers.centura.org/job/Durango-LINK-Social-Worker-MSW-Full-Time-Days-CHPG-Float-Pool-CO-81301/457737300/>

Educational



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®

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



Compassionate Culture Initiatives (CCI)

Eight Week Mindful Self-Compassion Course

Presented by

Myoung (Myah) Lee, MLIS

CCI Coordinator/ Mindfulness Teacher / Mindful Self-Compassion Teacher in Training

Everyone is cordially invited to the Eight Week Course!

Every Tuesday: March 20 – May 8, 2018

4:30 – 7:00pm

Location: Mercy Wellness Center, Ste. 144

Mindful Self-Compassion (MSC) is an empirically-supported, 8-week, training program designed to cultivate the skill of self-compassion.

The three key components of self-compassion are self-kindness, a sense of common humanity, and balanced, mindful awareness. Kindness opens our hearts to suffering, so we can give ourselves what we need. Common humanity opens us to our essential interrelatedness, so that we know we aren't alone. Mindfulness opens us to the present moment, so we can accept our experience with greater ease. Together they comprise a state of warm-hearted, connected presence.

Rapidly expanding research demonstrates that self-compassion is strongly associated with emotional wellbeing, less anxiety, depression and stress, maintenance of healthy habits such as diet and exercise, and satisfying personal relationships. And it's easier than you think.

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):