Tri-County Health Network

HealthMatters

June 10, 2016 **Volume 1** Number5

Upcoming Events

- Tomando Control Colorado
  - June 15 - July 20, 2pm - 4:30pm at Alpine Bank in Montrose, free Spanish language Chronic Disease Self-Management class, one per week, to help empower individuals and caregivers to manage chronic conditions, details and to sign up: call 970-708-7096
- Ridgway Farmers Market, every Friday at town park, 10am - 3pm, get information on Colorado insurance and TCHN programming
- San Miguel Resource Center, Sexual Assault and Domestic Violence Advocate Training
  - Free 40-hour training, one class per week during June in Norwood, details and to register: call Crystal at 970-728-5842 ext. #3 or email advocates@smrcco.org

All Month

Walking Groups:

- Olathe- Wednesdays 6pm, Meet at OHS parking lot
- Delta- Fridays, 5:30pm, Meet at Confluence Park
- Montrose- Saturdays, 1pm, Meet at parking lot of Uncompaghre River Way Trail
- Sign up: 970-263-1720

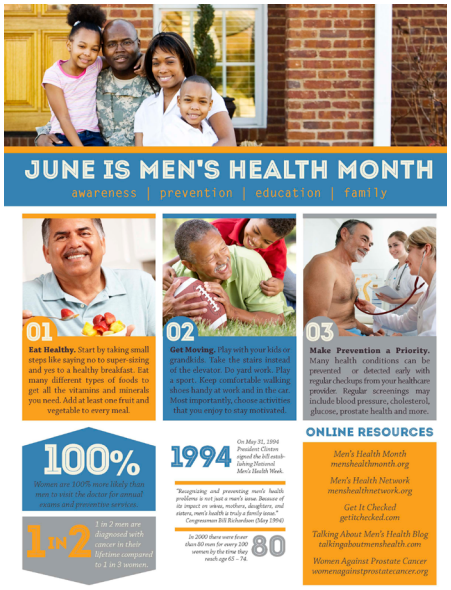
In This Issue

Welcome

JUNE is National Men's Health Month, a time to focus on the men in our lives, making sure they get they care that they need. Women are 100 percent more likely than men to visit the doctor for annual exams and preventative services, so this month use National Men's Health Week from June 13 through Father's Day on June 19 as a reminder to make time to visit a doctor.

Men's Health Month

THERE is a "silent health crisis," as medical professionals put it, among men in the U.S. American men die at higher rates than women from the top ten causes of death, including heart disease and cancer. Men are victims of more than 92 percent of workplace deaths and have higher death rates for unintentional injuries. In 1920, women lived an average of



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TCHN Rising Star

SARA Ballantyne started her nursing career at the encouragement of her best friend, an emergency room nurse.

"My best friend, who is unfortunately no longer with us, was a huge influence," Ballantyne says. "She was my main ski partner and she would always say that she

continued on page 2

Health Screenings

Biometric testing to determine risk of developing diabetes and/or heart disease

Gina Boyce - Westend

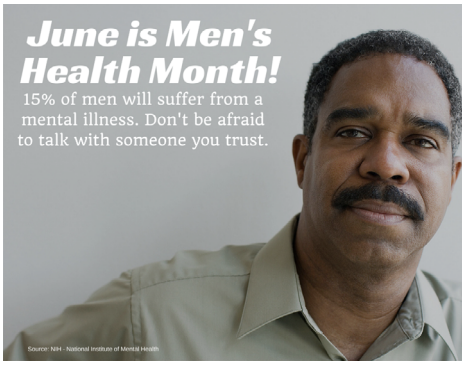
- Mondays: Norwood, Glockson Building, 10am-2pm
- Tuesdays: Walking Group, Nucla High School Track, 5:30pm-6:30pm
- Wednesdays: Naturita Library, 10am-2pm
- Fridays: Nucla Library, 10am-1pm, Walking Group, Naturita Elementary Gym, 1:30pm-2:30pm

Visit http://tchnetwork.org/community-health-worker/ to find a Community Health Worker near you

Men's Health Month continued from page 1

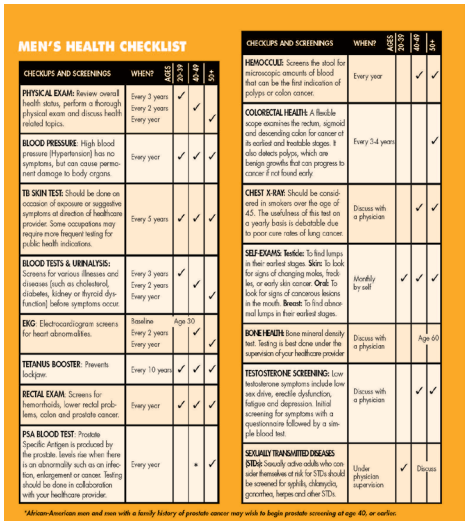
one year longer, but as of 2013 women live an average of five years longer. To address this, Men's Health Month became an annual observance to help raise awareness and get men to pay attention to their health.

Congress created Men's Health Week in 1994, designating the week ending in Father's Day to take advantage of the extra attention on men. It was created to heighten awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. From there, it grew into International Men's Health Week and then Men's Health Month.



Here's what men can do to improve their health:

- Men make half as many visits as women for preventive care. Check the chart to the right to make sure you're up-to-date on your preventative care;
- A higher percentage of men have no healthcare coverage. Look into your healthcare options at connectforhealthco.com/get-started/individuals-families/ and contact TCHN by calling 970-708-7096 or emailing info@tchnetwork.org if you need help enrolling;
- While women report suicidal thoughts more often than men, 4 times as many men die from suicide than women. If you feel stressed or overwhelmed, take care of yourself. Avoid drugs and alcohol. Find support. Connect socially. Stay active.



Talk to your doctor about your specific health risk. You can get your blood pressure and cholesterol checked by your local Community Health Worker.

Visit:

http://tchnetwork.org/community-health-worker/

to find a Community Health Worker near you.

TCHN Rising Star continued from page 1

loves her job and we're both adrenaline junkies, so I thought, 'that sounds fun.'"

So, Ballantyne went back to school in her mid-40s to become a Registered Nurse. She worked in various nursing positions at both Montrose Memorial Hospital and Delta County Memorial Hospital before joining Tri-County Health Network (TCHN) three years ago. Now, Ballantyne was nominated for the Rising Star Award as part of the Star Awards from Southwestern Colorado Area Health Education Center (SWCAHEC).

"I guess I've found my niche with this job, which I never really realized," Ballantyne says. "Where if something's not working right, then I really would like to try to change it or see how we can improve it."

SWCAHEC is a non-profit organization focused on improving rural health in southwestern Colorado with an emphasis on supporting rural primary care, community health, and health professional education. The Star Awards are designed to celebrate nurses, which aligns well with National Nurse's Day on May 6. The day marks the beginning of National Nurse's Week, ending on May 12, Florence Nightingale's birthday, according to the American Nurses Association.

"I live through the successes of my patient health navigators and community health workers and knowing that they're making a difference out there and we're working on a meaningful initiative."

Ballantyne was uncertain about applying to work at TCHN, she says, but was encouraged by friends. With her job as clinical associate, every day is different with a new challenge, she says, and she enjoys that she learns something new every day.

"I live through the successes of my patient health navigators and community health workers and knowing that they're making a difference out there and we're working on a meaningful initiative," Ballantyne says. "So creating, collaborating, networking with resources is exciting to me to hook people up to where they need and want to be."

The Star Awards were presented at SWCAHEC's National Nurse's Week celebration on May 5.

June Recipe

Keep an eye on our website and social media for updates on our Cooking Matters classes to learn how to cook heart healthy meals. This summer save yourself some time for fun in the sun and prepare this great 30-minute meal for your lunch or dinner.

Cheesy Hamburger Skillet

Serving Size

Serves 4, 2 cups per serving

Ingredients

- 2 cups whole wheat macaroni
- 1 small bell pepper
- 1 small onion
- 3 cloves garlic
- 3 ounces reduced fat cheddar cheese (3/4 cup shredded)
- 1 pound lean ground beef or turkey
- 1 (14 ounce) can diced tomatoes, no salt added
- 1 Tablespoon dried Thyme leaves
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

Materials

- Large pot
- Colander
- Large skillet with lid
- Wooden spoon or spatula
- Sharp knife
- Measuring spoons
- Cutting board
- Can opener
- Cheese grater

Chef's Notes

Plenty of vegetables could be added to this dish - let your imagination soar! Try fresh or frozen peas, peppers, spinach or other dark leafy greens, broccoli, cauliflower, zucchini or summer squash.

Nutrition Facts

Serving Size 2 cups (220g)
Servings Per Container 4

Amount Per Serving

Calories 300	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 50mg	**17%**
Sodium 360mg	**15%**
Total Carbohydrate 34g	**11%**
Dietary Fiber 4g	**16%**
Sugars 3g	
Protein 25g	

Vitamin A 20% • Vitamin C 45%
Calcium 15% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Instructions

1. Cook macaroni according to package directions. In a colander, drain macaroni and rinse with cool water.
2. While macaroni is cooking, rinse and dice bell pepper. Peel and finely chop onion. Peel and mince garlic. Set aside.
3. Grate cheese, Set aside.
4. In a large skillet over medium heat, cook beef or turkey, onion, bell pepper, and garlic, crumbling the beef with a wooden spoon or spatula, until the beef is no longer pink, about 15 minutes. Using a colander, drain off fat.
5. Return to the skillet and stir in drained macaroni, tomatoes with juices, thyme, salt, and pepper. Sprinkle with cheese. Cover and cook over medium heat until cheese is melted, 5 to 7 minutes.

Cooking Matters: Upgraded

TCHN's Cooking Matters classes, which focus on teaching the community how to cook healthy, budget-friendly meals, will get an upgrade this summer with a new host site: the West End Economic Development Corporation (WEEDC) Coworking Space and Community Kitchen in Naturita.

The new space, which opens to the public on July 22, features a 4,000 square foot coworking space with high-speed internet, hot desks and private offices, and event and meeting space. In addition, there is a community kitchen with a commercial gas range and oven, reach-in refrigerator and freezer, mixer, kettle-steamer, three-compartment sink, work tables, and space for classes.

"We want this building to become a destination for workers, freelancers, and tele-workers," says Samia Singleton, Economic and Community Development Coordinator for WEEDC.

The goal for the building, she says, is to stimulate job growth, new businesses, and provide affordable office space for the community. To access the space once it opens, people will need to become a member of the Collective Mine and members will have 24-hour access to the building. For information on the Collective Mine and how to become a member, email weedc@choosewestend.org. You can get a sneak peek of the building and kitchen at TCHN's Cooking Matters class on July 5 from 4pm - 6pm.

Rethink Your Drink

This summer, rethink your drink to stay hydrated in the heat. Sugary drinks are the leading single source of empty calories in young people's diets and directly contribute to diet-related diseases including obesity and diabetes. Empty calories from added sugars and solid fats contribute to 40 percent of total daily calories for 2–18 year olds and half of these empty calories come from six sources: soda, fruit drinks, dairy desserts, grain desserts, pizza, and whole milk. Check out the infographic below and this handy chart from the Centers for Disease Control and Prevention (CDC) on ways to adjust what you drink.

Happy Father's Day to all of the fathers out there!

Thank you for reading this month's new and improved Health Matters newsletter. To provide feedback on the redesign or send in article submissions, contact vista.market@tchnetwork.org

Improving the health of our communities through innovation & collaboration