Tri-County Health Network

HealthMatters

September 1, 2016 **Volume1**Number8

Upcoming Events

- Healthier Living Colorado, August 22 - October 3, every Monday, except Labor Day Sept. 5, 2pm - 4:30pm at Haven House in Olathe
  - Free classes designed to empower caregivers and individuals with chronic disease to manage their conditions
  - For information or to sign up, call: 970-708-7096
- Cooking Matters, September 13 - October 18, every Tuesday, 4pm - 6pm at Fellowship Church, Telluride
  - For information or to sign up, call: 970-708-7096
- Ridgway Farmers Market, every Friday at town park, 10am - 3pm
  - Get information on Colorado insurance and TCHNetwork programming
- Matter of Balance, July 27 - September 14, 10am - noon at Norwood Firehouse
  - Free classes offered in coordination with Touch of Care to help senior citizens at an increased risk of falling
  - Must pre-register by calling: 970-249-6080

In This Issue

Welcome

SEPTEMBER is a busy month with Skippy starting up again with the start of the school year, Cooking Matters classes starting on the 13th, the Senior Resource Fair on the 29th, and more. Keep an eye on our calendar for when Skippy is at your school and for other TCHNetwork programming in your area!

National Recovery Month

NATIONAL Recovery Month is an observance to help raise awareness of resources, such as treatments and mental health services available for people recovering from mental illness or substance abuse. This year's theme is "Join the Voices for Recovery: Our Families, Our Stories, Our Recovery!"

Substance Abuse and Mental Health Services Administration (SAMHSA) is inviting individuals in or after recovery as well as their families to share their stories and successes to help encourage others and let them know they are not alone. You can go to their website to see these stories or share your own and see video stories as well.

According to the 2014 National Survey on Drug Use and Health, an estimated 43.6 million individuals aged 18 or older had any mental illness in the past year and approximately 7.9 million adults had

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TCHNetwork Spotlight

Programs Manager Stacey Wright was named to Connect for Health Colorado's Advisory Board.

Health Screenings

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

Hannah Wilson - Telluride, Ridgway, Ouray

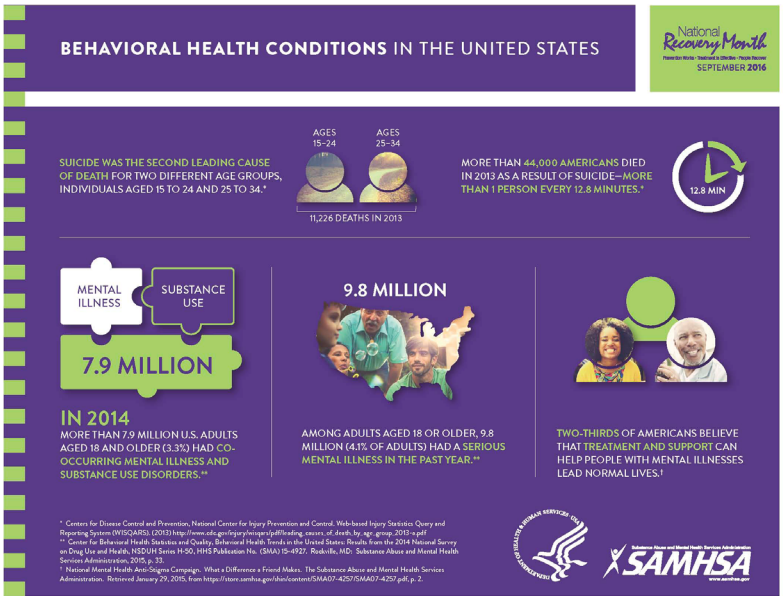
- September 7: Wilkinson Public Library, noon - 6pm
- September 13: Ouray County Public Health Agency, 10am - 3pm
- September 26: Ridgway Public Library, 11am - 5pm

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

National Immunization Awareness Month cont from pg 1

co-occurring substance use disorder and any mental illness in the past year. It also found that an estimated 21.5 million individuals aged 12 or older were classified with a substance use disorder in the past year.

Getting help for mental illness and/or substance use disorder can be very difficult and can be both a battle and a journey, so let's celebrate our success. Praise ourselves and others for every step taken, no matter how great or small. There will be missteps and falls along the way, but this is all part of the recovery process, so make sure to be non-judgmental and offer encouragement. These are the steps on the road to recovery.



If you or someone you know would like more information or resources, please visit www.samhsa.gov/find-help or call 1-800-662-HELP (4357).

- Justine Forster, Community Health Worker, Delta County

Talk to your doctor about your specific health risk. You can get your blood pressure and cholesterol checked by your local Community Health Worker and get connected to any resources or care you may need.

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

Summer Wellness Classes Inspire Participants

On August 17, Telluride Regional Medical Center (TRMC) wrapped up its first installment of the Summer Wellness Challenge, a 6-week program aimed at helping participants improve their lifestyles by practicing healthier nutritional habits, increasing daily physical activity, and better managing stress. Although the program wasn't directly aimed at weight loss, the group of 9 participants lost a total of 37 pounds, averaging 4.1 pounds of weight loss during the 6-week period.

"Using health education to motivate others to live healthier, more fulfilling lives is my passion," says Bridget Taddonio, TRMC's Wellness Counselor, who facilitated the program along with guest speaker, TRMC Behavioral Health Counselor Rae Shaffner.

Throughout the program, participants learned the building blocks of a healthy diet, how to establish a healthy microbiome (the key to good gut health), and tools for managing daily stress to improve sleep and avoid adverse health events. TRMC also used Bioelectrical Impedance Analysis (BIA) technology to assess participants' percentages of visceral fat- the fat stored deep within the abdominal cavity surrounding a number of important internal organs, such as the liver and pancreas. Overall, participants lost an average of 3.4 percent visceral fat. Two participants lost as much as 10 percent visceral fat.

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"When you can come into a person's life when they're feeling sick, discouraged or hopeless and help them replace those negative sentiments with feelings of strength, empowerment, and determination, it's a very special thing to witness," Taddonio says.


Bridget Taddonio, TRMC Wellness Counselor and TCHNetwork Patient Health Navigator

TCHNetwork helped screen all participants for diabetes and cardiovascular disease at the start of the program and will re-check participants at the end of September for any improvements as a result of the program.

TRMC will offer its Winter Wellness Challenge starting January 2017. For more information, contact Bridget Taddonio at 970-369-2322.

- Bridget Taddonio, TMRC Wellness Counselor and TCHNetwork Patient Health Navigator

September Recipe

Our Cooking Matters classes will start again September 13 at the Fellowship Church in Telluride, every Tuesday, 4 p.m. - 6 p.m., until October 18.

Black Bean and Vegetable Quesadilla

Serving Size

Serves 6, 1 folded quesadilla per serving

Ingredients

- 1/2 (15 1/2 ounce) can black beans, no salt added
- 2 medium zucchini
- 1 bunch fresh spinach (about 4 cups)
- 1 ear fresh corn or 1 cup canned corn
- 4 ounces low-fat cheddar cheese
- 1 Tablespoon canola oil
- 1 Pinch ground cayenne pepper
- 1-2 teaspoons water
- 1/2 teaspoon ground black pepper
- 6 (8-inch) whole wheat flour tortillas
- Non-stick cooking spray
- *Optional ingredients:* 3 Tablespoons fresh parsley or cilantro

Materials

- Box grater
- Can opener
- Colander
- Cutting board
- Fork
- Large skillet with lid
- Medium bowl
- Measuring spoons
- Sharp knife
- Rubber spatula

Chef's Notes

- Add your favorite veggies to the filling. In place of zucchini and spinach, use up leftover cooked veggies like collards, squash, or bell peppers.
- To cut costs, use frozen spinach. Defrost, drain, and squeeze completely dry before adding.
- Top with low-fat yogurt or salsa.
- Use the remaining beans in a soup or to top a salad.

Instructions

1. In a colander, drain and rinse black beans.
2. Rinse zucchini. Cut into thin slices or shred with a grater.
3. Rinse and chop fresh spinach. If using fresh parsley or cilantro, rinse and chop now.
4. If using fresh corn, peel. Use a knife to cut corn kernels off of the cob. If using canned corn, drain.
5. Grate cheese.
6. In a large skillet over medium-high heat, heat oil. Add zucchini and cayenne pepper. Cook until zucchini is semi-soft, about 5 minutes.
7. Add corn and spinach. Cook and cover until tender, stirring a few times, about 5 minutes more. Remove from heat.
8. Add black beans to the veggie mixture. Stir to combine. Smash beans lightly with a fork. Add 1-2 teaspoons water to make a bean-and-veggie paste.
9. Season mixture with black pepper. If using parsley or cilantro, add now. Transfer mixture to medium bowl. Reserve skillet.
10. Spread vegetable mixture evenly on half of each tortilla. Fold tortillas over. Press lightly with spatula to flatten.
11. Spray skillet lightly with non-stick cooking spray. Heat over medium-high heat. Add one folded tortilla. Cook about 4 minutes per side or until both sides of tortilla are golden brown. Repeat until all quesadillas are cooked.
12. Cut each quesadilla into 2 wedges. Serve while hot.

Nutrition Facts

Serving Size 1 folded quesadilla (228g)
Servings Per Container 6

Amount Per Serving	
Calories 250	Calories from Fat 60
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 500mg	**21%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 7g	**28%**
Sugars 6g	
Protein 13g	
Vitamin A 80% •	Vitamin C 40%
Calcium 30% •	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

DRT Screenings Help Diabetic Patients

TCHNetwork staff, Hannah Wilson (left), Community Health Worker in Telluride, and Clinical Associate Sara Ballantyne practice DRT screening.

TCHNetwork in partnership with Mountain Medical Center offered free Diabetic Retinopathy Telescreening (DRT) to diabetic and pre-diabetic patients of the clinic.

DRT screening is an eye exam to test for diabetic retinopathy. When blood sugar gets too high as a result of advanced or uncontrolled diabetes, it can damage the blood vessels in the eyes, ultimately damaging the retina and causing blindness or glaucoma if untreated. The screenings take 30 minutes, taking four pictures of each eye, internal and external.

"A special camera takes an image of the macula and optic nerve within the eye of a diabetic and the optometrist can tell how advanced their diabetes is," says Leah Cerise, TCHNetwork Patient Health Navigator, who is conducting the screenings.

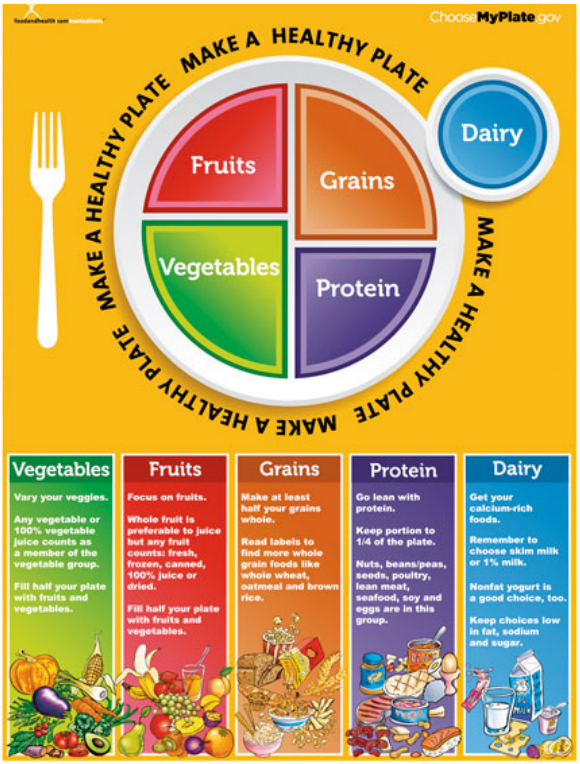
Once TCHNetwork receives the results, depending on the severity of the reading from the optomestrist, Cerise says, she will call and follow up with patients, recommending a visit to a physician and/or an optometrist to help the patient manage blood sugar levels.

National Childhood Obesity Awareness Month

As the school year gets underway, it's a good time to take a moment to focus on ways we can improve our children's health.

One in three children in the United States is overweight or obese. Obesity puts children at risk for developing health problems that were previously seen only in adults, such as type 2 diabetes, high blood pressure, and heart disease. But, childhood obesity can be prevented.

TCHNetwork's Cooking Matters classes help families learn how to prepare healthy meals and snacks on a budget. MyPlate also has tips for families on meal prep and how to eat healthier on a budget for meals and those after school snacks. Cutting out or down on sugary beverages can help with children's diets and oral health. Small changes can make a big difference.



Thank you for reading this month's new and improved Health Matters newsletter. Keep an eye on our website for health insurance video tutorials. 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