

October 1, 2017

Volume2 Number10



Upcoming Events

- **October Skippy Dental Clinics**
Ridgway Elementary 10/3-5
Ouray Elementary 10/11-12
Ridgway Middle School 10/16-17
Norwood Public School 10/19-20
Paradox School 10/23-24
Pomona Elementary 10/24,26,27
Olathe Elementary 10/30-11/1
- **Start the Conversation workshop for parents, caregivers, guardians**
Telluride Elementary School
October 16, 5:30pm-7:30pm
Call 970.708.7096 for more info
- **Community Resources Expo**
Bill Heddles Recreation Center, Delta
October 26, 8am-1pm
- **TCHNetwork at Farmers Markets:**
Ridgway: Hartwell Park, October 6, 10am-3pm
Telluride: Oak Street, Oct. 6 & 13, 10am-4pm
Nucla: Nucla Town Park, Thursdays 5:30pm-dark
- **Insurance Enrollment Fairs**
Enroll Ridgway:
Ridgway Library, 300 Charles St.
11/4 & 12/2, 10am-5pm
Enroll Telluride:
335 W. Colorado Ave.
11/11 & 12/9, 10am-5pm

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Welcome

OCTOBER is Health Literacy Month. Learn about its importance and what TCHNetwork does to improve it in our community. As Open Enrollment quickly approaches, 11/1/17-1/12/18, find out how to prepare and learn about how TCHNetwork can assist you. October is also National Hispanic Heritage Month! Meet our bilingual/bicultural team members providing assistance to the Hispanic community.

Health Literacy: a Factor of Good Health

It's safe to say that most people recognize good hygiene, a healthy diet, and frequent exercise as key elements to a healthy lifestyle. However, there are many more determinants for a healthy life besides cleanliness, diet, and exercise. As they say, knowledge is power, and in this case, power equates to a healthier life. Health literacy encapsulates all of the knowledge necessary to make appropriate health decisions, and it is a crucial aspect of one's health.

According to the National Assessment of Adult Literacy, only 12% of adults are proficient in health literacy and 14% of adults have below basic health literacy. Beyond reflecting our society's lack of health knowledge, this describes our inability to prevent disease and seek proper treatment when needed.

Those lacking in health literacy skills are unlikely to enter the healthcare system until they are sick. By contrast to their more informed counterparts who actively seek preventive services, often avoid getting sick in the first place. This

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TCHNetwork Spotlight

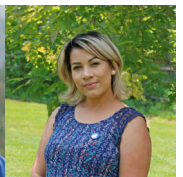
Latino Advocacy & Bilingual Assistance



Claudia Garcia
Cultural Navigator



Kody Gerkin
Intercultural Navigator



Claudia Gamez
Enrollment Navigator



Darlene Mora
Community Health Worker



Miguel Herrera
AmeriCorps VISTA



Coni Arevalo
AmeriCorps VISTA

National Hispanic Heritage Month is Sept. 15 - Oct. 15. TCHNetwork offers bilingual assistance from any of our bilingual team members. In addition, our Latino Advocacy Program connects local Latino families to bilingual/bicultural resources, while working to develop solutions for barriers to care.

Insurance Corner

Reset your password before November 1, 2017

Connect for Health Colorado requires a password reset every ninety (90) days. Make sure your password is reset during the month of October. This will help you avoid long hold times to reset your password during Open Enrollment. You can reuse the same password!

Read more on page 4

means more hospitalizations and use of emergency services for those with limited health literacy, which in turn increases the cost burden on the healthcare system. In addition, limited health literacy skills are linked to a greater likelihood of developing a chronic condition and not being able to manage it, as well as an increase in morbidity and mortality rates.

Like many things in life, the key to solving the health literacy problem in our country is clear communication. The main cause of poor health literacy is that health information is often unfamiliar, complex and filled with jargon. Instead, familiar words should be used, and numbers and images should be presented in such a way that makes sense to those receiving the information.

Tri-County Health Network is committed to helping solve the health literacy problem in our region by providing free services that ensure our communities not only have the information they need to manage their health effectively, but also can clearly understand how to use that information. Programs like the Community Health Worker (CHW) program and the Chronic Disease Outreach program help the people of our region better understand and manage their health, while our insurance assistance program provides enrollment navigation and personal education about one's health insurance benefits and how to use them.

Our CHWs provide outreach, education, referral, follow-up, and advocacy for those at-risk for diabetes and heart disease – two of the most preventable and manageable chronic diseases. They offer free screenings to determine risk for diabetes and heart disease, and help establish an action plan for clients to make lifestyle changes that improve their health.

Through our Chronic Disease Outreach program, Patient Health Navigators (PHNs) guide patients through and around their barriers to accessing healthcare. They improve the overall health of patients with diabetes and cardiovascular disease by providing education about the disease and making lifestyle changes based on the guidance of the patient's primary care physician. PHNs also ensure patients follow up for routine visits and testing to help keep their chronic disease in check.

One aspect that many don't consider when thinking about their health, despite its essential role, is health insurance. Enrolling in health insurance can be tricky, and knowing how to navigate coverage can be even more difficult. Enrollment Navigators are responsible for educating, processing and enrolling eligible individuals and families efficiently and effectively into programs such as Medicaid, Child Health Plans Plus (CHP+), Supplemental Nutrition Assistance Program (SNAP) and the state marketplace, Connect for Health Colorado.

Furthermore, TCHNetwork's Trails to Health Insurance Literacy program ("Trails") is dedicated to empowering residents of our region to select and use a health insurance plan that provides the level of coverage they need at a price they can afford. Through this program, TCHNetwork works with residents to improve their health insurance literacy skills, which is an important aspect of their overall health literacy.

According to the 2015 Colorado Health Access Survey, which surveyed over 10,000 Coloradans representing the 21 public health regions in the state, the region that TCHNetwork serves ranked last in health insurance literacy. As such, our commitment to improving the health literacy of

our region is great. Trails participants receive health insurance assistance from TCHNetwork and throughout the service, are educated about their health insurance and how they can get the most out of it.

Improving health insurance literacy is a crucial aspect of improving the overall health literacy of our region. Understanding one's health insurance plan corresponds to a higher likelihood of using the preventive services offered by the plan, which increases the amount of interactions with health professionals. This cascades into improved health literacy and a healthier life!

As the National Institutes of Health says, health literacy "Saves lives. Saves time. Saves money." TCHNetwork is committed to improving the overall health and quality of healthcare in our rural region. One of the many ways we do this is by helping our community increase its health literacy skills.

If you'd like to learn more about any of our programs, please contact the TCHNetwork office at 970.708.7096 or see: tchnetwork.org.



"There's no such thing as 'ookawooka-itis'
— You have got to stop watching
doctor shows!"

Follow Us

Stay up to date on TCHNetwork and community partner events!

Facebook:
[TriCountyHealthNetworkTelluride](https://www.facebook.com/TriCountyHealthNetworkTelluride)

Twitter:
[@TCHNetwork_CO](https://twitter.com/TCHNetwork_CO)



Serving Size

Serves 6, 1-2 pieces of chicken & 3/4 cup veggie mixture per serving

Ingredients

- 1 large onion
- 1 large carrots
- 2 medium apples
- 1 teaspoon ground cinnamon
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1/2 teaspoon salt, divided
- 1/4 teaspoon ground black pepper
- 5 pounds bone-in chicken pieces
- 2 Tablespoons canola oil, divided
- 1 (15-ounce) can low-sodium chicken broth
- 3/4 cup raisins
- *Optional:* 1/2 cup chopped nuts (walnuts, almonds, pecans) and 1/4 cup fresh parsley and/or cilantro

Materials

- Can opener
- Cutting board
- Food thermometer
- Large skillet
- Measuring cups
- Vegetable peeler
- Measuring spoons
- Medium bowl
- Paper towels
- Plate
- Sharp knife
- Small bowl

Chef's Notes

- Serve with whole grain couscous or brown rice and a vegetable side dish.
- Try using dried currants or apricots in place of raisins.

October Recipe Chicken with Apples and Raisins

For more healthy, affordable, delicious and easy recipes, see:

<https://cookingmatters.org/recipes>

Instructions

1. Peel and dice onion. Rinse, peel, and dice carrots. Rinse and dice apples.
2. If using, chop nuts. Rinse and mince parsley or cilantro.
3. In a small bowl, mix cinnamon, coriander, cumin, 1/4 teaspoon salt, and pepper.
4. Pat chicken dry with paper towels. Remove skin. If using whole chicken legs, separate the thigh and drumstick. If using bone-in chicken breasts, cut in half on the diagonal so pieces are almost even. Rub chicken pieces with spice mixture.
5. In a large skillet over medium heat, heat 1 Tablespoon oil. Add onion, carrots, and apples. Cook, stirring occasionally, until starting to brown, about 15 minutes. Transfer to a medium bowl.
6. Add remaining 1 Tablespoon oil to skillet. Brown chicken in 2 batches, 2-4 minutes per side. Return all chicken pieces to skillet and add broth. Bring to a simmer. Cook, turning occasionally, until chicken reaches an internal temperature of 165°F, about 15-25 minutes depending on the size of the pieces. Transfer cooked chicken to a clean plate.
7. Add raisins, vegetable mixture, and remaining 1/4 teaspoon salt to skillet. Bring to a simmer and cook until liquid is almost gone, 5-10 minutes more. Serve over cooked chicken. If using, top with nuts and herbs.

Nutrition Facts

Serving Size 1-2 pieces chicken and 3/4 cup veggie mixture (395g)
Servings Per Container 6

Amount Per Serving

Calories 390 **Calories from Fat 100**

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 125mg **42%**

Sodium 380mg **16%**

Total Carbohydrate 31g **10%**

Dietary Fiber 4g **16%**

Sugars 21g

Protein 42g

Vitamin A 100% • **Vitamin C 20%**

Calcium 6% • **Iron 15%**

*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

Open Enrollment for Health Insurance: You must re-enroll every year

Open Enrollment for health insurance is on the horizon. **You must re-enroll every year.**

Health Coverage Guides (HCGs) are available for private appointments outside of normal working hours or on the weekend. Call your local HCG to make an appointment that best fits your work schedule!

Here's an overview that will help you prepare:

OPEN ENROLLMENT TIMELINE

- November 1, 2017
1st day of Open Enrollment
You can enroll for 2018 health insurance starting today.
- December 15, 2017
Last day to enroll for a January 1st effective/start date.
- January 12, 2018
Last day to enroll for 2018 coverage without a qualifying life change event*. Enrolling after December 15, 2017 will allow you a February 1st start date. You will not have insurance during the month of January 2018 if you enroll after December 15, 2017.

BEFORE NOVEMBER 1st

- **Log into your Connect for Health Colorado account and reset your password.** Connect for Health requires a password reset every ninety (90) days. Reset your password during the month of October. This will help you avoid long hold times to reset your password during Open Enrollment. You can reset your password to the same, current password. Reset your password using the website prompts (connectforhealthco.com) or call 855-752-6749; your local HCG

can also help you accomplish a password reset. Give them a call before November 1st.

- **Call to make an appointment with your local HCG or insurance broker.** Appointments during Open Enrollment fill up fast. Here is contact information for your local HCG.
- Ridgway/Ouray
Carol Schutter 970-708-7967
- Telluride Area
Alexis Klein 970-708-0921
- Norwood/West End
TCHNetwork 970-708-7096

ENROLLMENT FAIRS

TCHNetwork is hosting enrollment fairs during Open Enrollment. Here is a schedule:

- Enroll Ridgway
Ridgway Library
(300 Charles St.)
November 4th and
December 2nd
10am to 5pm
- Enroll Telluride
Telluride Library
(335 W. Colorado Ave)
November 11th and
December 9th
10am to 5pm

We will have enrollment events in Norwood and Naturita during the months of Open Enrollment. Check out our community calendar to stay informed: <http://tchnetwork.org/press-events/>, watch for an email from a TCHNetwork HCG or call 970-708-7096 for follow up.

HCG OFFICE HOURS

TCHNetwork's HCGs hold regular offices ours in our service areas. Walk-ins are welcome but appointments guarantee your meet-

ing. Here's our schedule beginning November 1st, 2017 through January 12th, 2018:

- Ouray/Ridgway
Ouray Public Health
(302 2nd St.)
Monday through Friday
9am to 5pm
Call Carol Shutter to make an appointment.
- Telluride Library
Mondays, 10am to 5pm
Monday 11/6, 11/13, 11/20,
and 11/27: 12pm - 7pm Call
Alexis Klein to make an appointment.
- Naturita
WEEDC Building
(230 W. Main St.)
Wednesdays, 10am - 4pm
Call 970-708-7096 to make an appointment.

Remember - appointments are available outside of the times listed above! Call your local HCG to make an appointment.

***What's a "Qualifying Life Change Event?"** A qualifying life change event opens up a special enrollment period so people, outside of open enrollment, can enroll in health insurance. These qualifying life change events include but are not limited to: loss of job, loss of health insurance, marriage, adding a child to the household, and moving to Colorado. When a life change event occurs you must report this change within 60 days of the qualifying event. To learn more see tchnetwork.org/faqs-links-videos/ or call your local HCG.

Thank you for reading this month's HealthMatters. If you have content that you would like for us to share with our TCHNetwork community, contact: info@tchnetwork.org