

January 1, 2018

Volume3 Number1



Upcoming Events

- **Open Enrollment**
November 1st - January 12th
Contact TCHNetwork at 970.708.7096 for assistance
- **Communities that Care**
Wilkinson Library Program Room
January 9, 8:30-10:00am
Contact Paul Reich at 970.708.7096 or pmbh@tchnetwork.org for more info
- **Youth Mental Health First Aid**
Telluride Intermediate School
January 17, 10:00am-2:00pm
January 22, 8:00am-12:00pm
*Must attend both days!
*Lunch provided
Call 970.708.7096 or email info@tchnetwork.org to register
- **Cooking Matters for Adults**
River Valley Family Health Center
Begins January 17
Wednesday, 5 - 7pm for 6 weeks
Call 970.812.6026 to register for this FREE class!
- **Advanced Care Planning**
January 18
Naturita Meal Site: 10:30am
Wilkinson Library: 5:00pm (Spanish)
Wilkinson Library: 6:30pm (English)

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Welcome

JANUARY features new programs to start off the new year. A partnership with Liberty Mobility Now will help community members get to medical appointments and errands. Peer-to-peer support groups will also launch this year thanks to generous donations on Telluride Gives Day. If you missed the deadline to enroll in health insurance for 2018, it's not too late to get covered! Learn what steps to take. Happy New Year!

Ticket to Ride Partnership with Liberty Mobility Now

Southwest Colorado residents are gaining a new transportation option this month, as Liberty Mobility Now, Inc. (Liberty) launches its ride-hailing services in Montrose, San Miguel and Ouray Counties.

The launch is made possible through a partnership between Liberty, Tri-County Health Network (TCHNetwork), the Telluride Foundation and Rocky Mountain Health Plans. TCHNetwork will be providing subsidized Liberty rides to help families and individuals in need access their medical appointments and related services. Liberty drivers will be TCHNetwork volunteers in lieu of independent contractors, earning 60 cents a mile with a passenger.

Known as the nation's first rural and small urban Mobility as a Service provider, Liberty operates a ride-hailing platform not unlike Uber or Lyft. Passengers can hail rides using a free app, but the company also operates a toll-free call center to serve individuals with no smartphone access. Rides can be scheduled on-demand or up to three days in advance.

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TCHNetwork Spotlight Interactive Behavioral Health Resource Guide



TCHNetwork's Interactive Behavioral Health Resource Guide launched at the end of last month! Individuals can search for the type of behavioral health services they need, along with their location, to find the services nearest to them.

To access the resource guide, go

to:

tchnetworkdirectory.org

Insurance Corner Colorado is different!

If you missed the deadline to enroll in health insurance for 2018 on December 15th, you can still enroll until January 12th for coverage beginning February 1, 2018.

Read more on page 4

The ride-hailing service—which costs a dollar per mile with a \$1.10 booking fee—will be available to the general public for any type of transportation need, including shopping, late night rides, tourism and airport trips. Through TCHNetwork, some will qualify for transportation to medical and related appointments on a sliding scale fee.

“Whenever we launch in a new area, we look for partnerships that can help us serve the community and eliminate transportation barriers for people in need,” said Erich Lange, Liberty’s Southwest Colorado Area Manager. “We are honored to be working with Tri-County Health Network to provide low-cost transportation for those who need help getting to services that promote health.”

Lange said Liberty will begin providing trips in mid-December, and is currently seeking additional

drivers. In this case, drivers will sign up as TCHNetwork volunteers and receive a reimbursement of .60 cents per mile, while using their own vehicles and setting their own schedules.

“This is a unique partnership where Liberty will recruit its drivers through Tri-County Health Network,” Lange said. “And we hope to find drivers who not only want to earn extra income, but who have the desire to improve the lives of people in their community. Of course, we sweetened the deal a little. On top of .60 cents per mile, the first 30 drivers to give 10 rides will earn a \$100 bonus.” To sign up call Erich at 970-919-0229 or visit tchnetwork/liberty.

Rasa Kaunelis, from Tri-County Health Network, shared her excitement over the launch of Liberty services in the region. “We’ve heard for years from resi-

dents across our three counties that transportation is a barrier to all types of services like doctor’s appointments, grocery stores and employment opportunities. Liberty is an innovative solution to this problem,” Kaunelis said.

Kaunelis said those who feel they may qualify for subsidized rides should contact TCHNetwork for information. Anyone can schedule a Liberty ride by downloading the Liberty Rider app for free on Google Play or the App Store, or, by dialing Liberty’s toll-free call center at 1-844-74-LIBERTY (1-844-745-4237).

-By Erich Lange, Southwest Colorado Area Manager for Liberty



About Liberty Mobility Now, Inc.

Liberty Mobility Now, Inc. (Liberty) is the nation’s first rural and small urban Mobility as a Service (MaaS) provider and transportation brokering company. They’re on a mission to connect communities and improve lives by implementing efficient, affordable, reliable transportation service wherever there is a need. To accomplish this mission, Liberty forges public-private partnerships, harnesses the power of technology, and deploys some of the industry’s best drivers. Their top-tier safety and customer service standards set them apart from the competition, and reflect their commitment to individuals and families. Liberty is about everyday mobility—and the freedom and independence that comes along with it.

Generous Donations a Cause for Celebration

Tri-County Health Network had its most successful Telluride Gives Day to date on December 14, 2017!

Thanks to the 50+ generous donations from community members, businesses, and organizations, TCHNetwork was able to raise \$4,975 on Telluride Gives Day. These funds will be used to create peer-to-peer support groups to support individuals suffering from a mental illness, as well as family members and friends playing a supporting role in their lives.

Be sure to check out TCHNetwork’s “Free Your Mind: Be Well” campaign videos featuring community leaders discussing mental wellness, as well as other fun things from our campaign at tchnetwork.org/telluride-gives-2017.



Follow Us

Stay up to date on TCHNetwork and community partner events!

Facebook:
[TriCountyHealthNetwork-Telluride](https://www.facebook.com/TriCountyHealthNetwork-Telluride)

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



Serving Size

Serves 8, 1 1/2 cups per serving

Ingredients

- 1 large onion
- 1 large potato
- 1 medium carrot
- 2 large broccoli crowns
- 1 medium stalk celery
- 1 clove garlic
- 1 1/2 teaspoons canola oil
- 1 whole bay leaf
- 1 cup low-fat milk
- 2 (14 1/2-ounce) cans low-sodium chicken broth
- 1 ounce low-fat cheddar cheese
- 3/4 teaspoon salt
- 1/4 teaspoon ground black pepper

Materials

- Box grater
- Can opener
- Cutting board
- Large pot
- Measuring cups
- Measuring spoons
- Sharp knife
- Vegetable peeler

Special Material: Blender

Chef's Notes

- Try cauliflower instead of broccoli.
- Add a dash of cayenne pepper or paprika for heat.
- Keep pot uncovered when cooking green veggies like broccoli. This will help keep the color.

January Recipe Broccoli Soup

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

<https://cookingmatters.org/recipes>

Instructions

1. Rinse and peel onion, potato and carrot. Rinse broccoli and celery. Peel garlic.
2. Dice onion and celery. Slice potato and carrots into thin slices. Cut broccoli florets away from the stem. Slice stems thinly. Mince garlic.
3. Grate cheese.
4. In a large pot over medium-high heat, heat oil. Add celery and onion. Cook until soft and lightly golden brown, about 6-8 minutes. Add garlic and stir. Cook about 30 seconds more.
5. Add potato, carrot, broccoli stems, bay leaf, milk, and broth to pot. Bring to a boil. Reduce heat and simmer until veggies are soft, about 15 minutes. Add broccoli florets in the last 10 minutes.
6. Remove and discard bay leaf. In a blender, puree about half the soup. return blended soup to pot.
7. Add cheese, salt and pepper. Simmer to melt cheese, 2-3 minutes.

Nutrition Facts

Serving Size 1 1/2 cups (235g)
Servings Per Container 8

Amount Per Serving

Calories 90 **Calories from Fat 20**

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 310mg **13%**

Total Carbohydrate 12g **4%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 6g

Vitamin A 50% • **Vitamin C 70%**

Calcium 8% • **Iron 4%**

*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

- Fill blender only half full and blend in batches, if needed.
- If you do not have a blender, gently use a potato masher to blend hot soup.

Colorado is Different!

It's not too late to enroll in health insurance for 2018



The start of a new year means new beginnings, including a new health coverage year! Your health and that of your loved ones matters, and adequate health insurance to help you manage your health is an important tool to have.

If you missed the December 15, 2017 deadline to enroll in health insurance for 2018, don't stress just yet. Luckily for you, Colorado is different from most of the country (in more ways than you think!) and wants to get as many Coloradans protected as possible. For this reason, Colorado has an extended enrollment period, which provides those Coloradans that haven't enrolled in health insurance for 2018 with more time to do so.

While enrolling by December 15 would have given you health coverage beginning January 1, it's still possible to get coverage for 2018. If you enroll by **January 12th**, you will receive health coverage beginning February 1.

Failing to enroll by January 12th means that you will not be able to purchase health insurance for 2018 unless a Qualifying Life Change Event occurs, such as losing coverage through your job, getting married or having a baby. Sorry,

but getting a new puppy doesn't count!

On average, a 3-day hospital stay without health insurance costs \$30,000 and a broken leg \$7,500! Since you never really know when a medical emergency may occur, protect the health and financial wellbeing of your family by purchasing health insurance for 2018.

It's important to note that not enrolling in health insurance will result in a penalty. Despite the fact that the future of the Affordable Care Act is being debated, all citizens must have health insurance or face the penalty. This penalty can either be \$695 per person, or 2.5% of your household income - whichever is greater. This is no small fee, so make sure to enroll in health insurance by January 12th!

If the cost of health insurance is keeping you from enrolling, know that there is financial assistance available to help lower your health insurance costs. Even if you make \$45,000 a year, or \$98,000 for a family of four, you can receive financial help.

As rumor has it, the cost of premiums is going up for 2018, but have no fear, because financial help is increasing right along with it! According to Connect for Health Colorado, Colorado's health insurance marketplace, Colorado households will receive an average of \$369 a month to lower the cost of health insurance.

To get a quick estimate of the financial assistance you could qualify for based on your household size and income, check out: Planfinder.ConnectforHealthCO.com.

Once you determine the amount of financial assistance you may qualify for, it's time to enroll!

Tri-County Health Network understands that the enrollment process for health insurance can be rather complicated, which is why we have Health Coverage Guides (HCGs) to help you through the entire process. Our HCGs will help you navigate the state insurance marketplace, Connect for Health Colorado, and assist you in the enrollment process. HCGs can also assist with Medicaid and SNAP applications.

To receive free enrollment assistance or to answer any questions you may have regarding health insurance, contact your local health coverage guide:



Telluride Region
Alexis Klein
970.708.0921



Norwood &
West End
Amber Elder
970.708.1307



Ridgway/Ouray
Carol Schutter
970.708.7967

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