

## To all our donors, volunteers and supporters:

**Rocky Mountain Rural Health is like many other non-profits.** We see a need. We cast a vision. We are driven to eliminate the need. We strive daily to fulfill our mission. We are small. We are dedicated. We have no government support. We face challenges. We turn them into creative advantage. We are passionate about our cause.

**Rocky Mountain Rural Health stands out among non-profits.** We are succeeding bit by bit. We can see the difference we are making. We see improved lives, one neighbor at a time. What sets us apart? We have an unknown quantity that gives us an edge...we have the

### X-FACTOR.

What is the X-Factor you ask? **It is a variable in a given situation that could have the most significant impact on the outcome.** That is **YOU ... our donors, volunteers and supporters!** Your involvement makes all the difference to RMRH and the people of Park County.

We cannot begin to express our appreciation to you. Without you sharing our vision and supporting the cause we cannot meet the needs of the people in our community. **So from the Board of Directors of Rocky Mountain Rural Health, our Staff, and each community member that has been helped by our services, we say a big...**

**THANK YOU!**  
You are our sunshine!

ROCKY MOUNTAIN RURAL HEALTH  
PO Box 1600  
FAIRPLAY CO 80440

#### LIVE IN ALMA OR FAIRPLAY?

You might qualify for **mileage reimbursement** for driving to medical appointments.

To learn more about putting \$\$ back in your pocket,

**CALL**

**ROCKY MOUNTAIN RURAL HEALTH**

**719-836-2169**



# HEALTH MATTERS

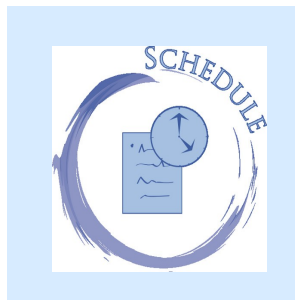
First Quarter 2019

## RMRH Outreach Program

Due to the lack of medical services available in Park county, Rocky Mountain Rural Health (RMRH) began its outreach program to the rural communities of Park County in 2015. RMRH travels to the communities of Lake George, Guffey, and Bailey on a rotating basis, usually being in each community once every 6 weeks. RMRH conducts outreaches monthly in Fairplay, Alma and Hartsel. At outreaches our Community Health Workers (CHWs) screen clients for blood pressure, blood oxygen saturation and blood glucose. Our CHWs are prepared to raise awareness of several health topics and

carry literature on a number of common disorders, diseases and mental health issues. Our well-trained staff can also advise on Medicaid eligibility. Appointments can be made to have a Health Coverage Guide help participants get health insurance through the Connect for Health marketplace. Our CHWs can help locate doctors, dentists, eye doctors, behavioral health providers and even specialists accepting Medicaid. They provide information about resources for non-emergent medical mileage reimbursement and transportation resources for those who qualify.

Assistance with Advance Care Planning can be found at our outreach events. New and gently used clothing items are given away at every event with an emphasis placed on coats, shoes and socks to protect people against the cold. Please see the outreach schedule on this page and come visit us at an outreach near you to learn more about the services we offer.



#### REGULARLY SCHEDULED OUTREACHES\*

**FIRST WEDNESDAY** OF EVERY MONTH - FAIRPLAY LIBRARY

**THIRD WEDNESDAY** OF EVERY MONTH - HIGHLINE CAFÉ, HARTSEL

**4TH THURSDAY** OF EVERY MONTH - SOUTH PARK REC CENTER

**LAST THURSDAY** OF EVERY MONTH - ALMA TOWN HALL

**PERIODIC OUTREACHES\*** (APPROXIMATELY ONCE EVERY SIX WEEKS)

BAILEY LIBRARY; GUFFEY LIBRARY; and LAKE GEORGE LIBRARY

**VISIT our WEBSITE at [www.rmrh.org](http://www.rmrh.org) for times or call us at 719-836-2169.**

*\*ALL OUTREACH EVENTS ARE WEATHER & ROAD CONDITIONS PERMITTING.*

## Do You Know Your Numbers?



**One way** primary care providers keep track of overall health is through routine screenings of blood pressure and glucose (blood sugar) levels. Because we live at altitude another important measure of our well-being is the level of oxygen saturation in the blood stream.

**Do you know your numbers?** Perhaps your doctor wants you to periodically check you blood pressure or glucose level. Perhaps you have a family history of high blood pressure or diabetes. Perhaps you are just curious to know what your numbers are. Plan to attend an outreach event near you. Our skilled Community Health Workers will gladly perform these basic health screens for you at no charge.

#### NORMAL RANGES FOR BASIC HEALTH SCREENS

Blood Pressure: 120/80 or below

(there is some leeway for older individuals)

Glucose (blood sugar) (Fasting) : 108 or below

Glucose (Non-fasting): 140 or below

Oxygen saturation: 90 or above

#### HOW DO YOU COMPARE?

Our Community Health Workers are ready to help you be the healthiest you can be!

# Secrets to a Successful Second Half



Football is not all physical. Keeping your head in the game requires mental strength as well! Here are some tips on keeping sharp as we age:

- Remain curious
- Learn something new
- Be open to new adventures
- Tap into your creative self
- Do brain training games

**Game plans are not just for sports teams!** We can steal a few tips from their play books to help us make our own **second half of life** the best it can be. While the Pro Bowl may not be in our futures, there are practices we can adapt from athletes that can help us to age well.

Along with **eating and sleeping well, physical activity** plays a key role in the overall well-being of the individual. Remaining physically active life-long reaps immense benefits and it is never too late to start. Couch potatoes, arise, and **walk!** Aim for 30 minutes a day every day. Too much? Break it down into shorter jaunts. Regular exercise, especially if brisk enough to

leave you a bit breathless, pays huge dividends. Exercise helps to control your weight, keeps bones and muscles strong; helps you sleep better; boosts your mood.

And guess what else? Physical activity improves **cognitive function**. What's that, you say? It's basically how our brains work to acquire knowledge and encompasses reasoning, memory, attention and language amongst other things.

A **decrease** in cognitive function is marked by confusion, decreased clarity of thought and forgetfulness. **So, when we keep moving, it helps the gears keep turning!**

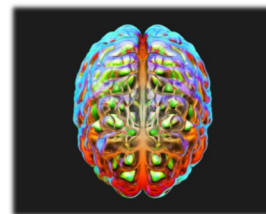
Too cold outside? Do you have restricted activity levels? Consider **Tai Chi**. This gentle Chinese exercise combines slow



movements with deep breathing. It can help older people avoid falls, a top cause of injury among seniors. Tai Chi can also ease stress, improve balance, strengthen muscles, increase flexibility and lessen arthritis pain.

## GOOD NEWS!

Exercise delivers more blood and oxygen to the brain!



Research suggests that aerobic exercise may delay or improve the symptoms of Alzheimer's disease.

## How well we age is also affected by the emotional side of our life.

Did you know that **loneliness** is harmful to your health? Or that you are more likely to get dementia or depression if you feel lonely? Studies show older folks that feel isolated have more trouble with everyday tasks and die earlier than less-lonely people. Research showed these folks to have higher levels of stress hormones which adversely affect the body. What is the solution? **Stay connected** by making and keeping friendships, volunteering, helping someone in need, joining a group, doing lunch.



**Staying optimistic** also has a positive effect on the aging process. People with a rosier outlook on life live longer and have fewer heart attacks and depression than more negative people. **Let's face it, life doesn't always go our way, but optimism can be learned!** Here are some things to practice: smile – it can help lower stress; turn

your thoughts to good things instead of dwelling on the bad; keep a gratitude journal; do good for others; surround yourself with positive people; accept the things you cannot change.



Another way to help your body age well is to **quit smoking**. Tobacco kills you...it harms nearly every organ of your body. The good news? Your body starts to heal itself **20 minutes** after your last cigarette, your chance of a heart attack goes down right away and within a year, your odds of heart disease drop by half. Need help quitting? Ask your primary care provider for help.

[www.health.harvard.edu](http://www.health.harvard.edu); [www.psychologytoday.com/us/blog/eight-habits-improve-cognitive-function](http://www.psychologytoday.com/us/blog/eight-habits-improve-cognitive-function); [www.webmd.com/healthy-aging-secret](http://www.webmd.com/healthy-aging-secret)

# MEDITERRANEAN DIET: A Heart-healthy Eating Plan

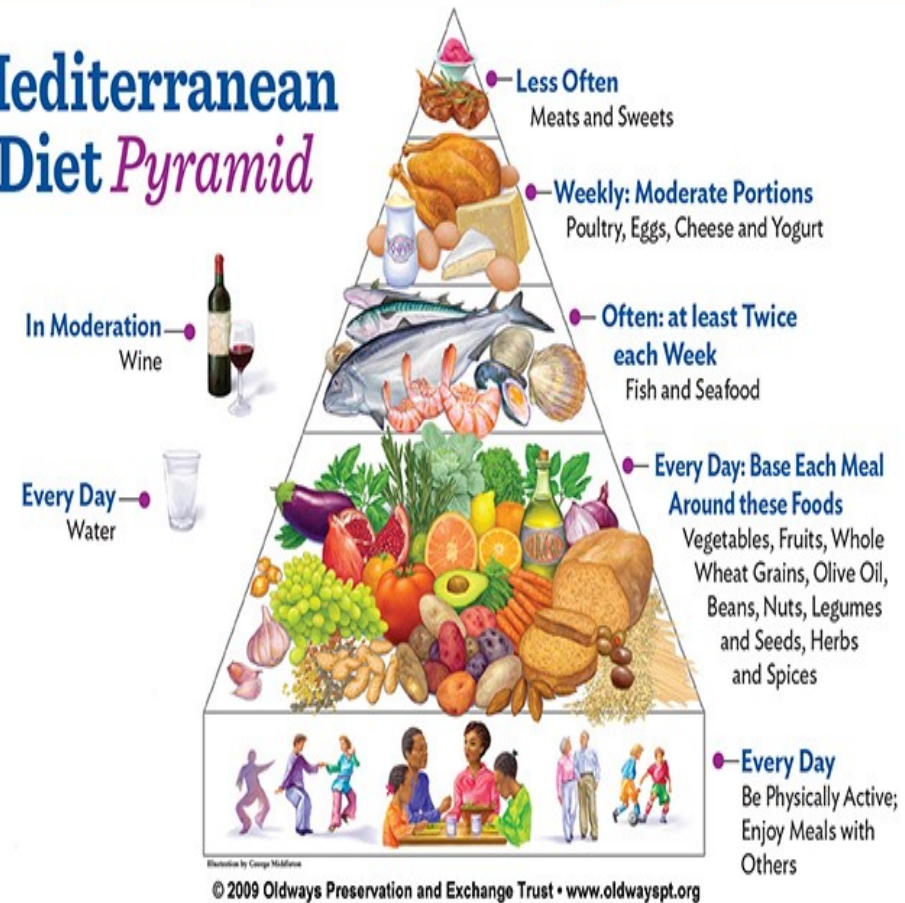
The **heart-healthy Mediterranean diet** is a healthy eating plan based on foods and recipes of Mediterranean-style cooking.

Research has shown that the traditional Mediterranean diet reduces the risk of heart disease and lowers LDL (bad cholesterol). The Mediterranean diet is also associated with re-

duced incidence of cancer, Parkinson's disease and Alzheimer's disease.

For these reasons most major scientific organizations encourage healthy adults to adapt a style of eating like that of the Mediterranean diet for prevention of major chronic disease.

## Mediterranean Diet Pyramid



The Mediterranean diet traditionally includes fruits, vegetables, pasta and rice (an average of 9 servings a day of anti-oxidant fruits and vegetables). Fish is eaten on a regular basis and very little red meat is consumed. Bread is part of the diet but needs to be whole grain without unhealthy trans fats. Rather than using butter or margarine, the Mediterranean diet prefers olive oil.

Nuts are also a part of the Mediterranean diet but because they are high in calories they should not be eaten in large amounts.

Wine can be a part of this healthy diet but **always** in moderation: No more than 5 ounces a day for women and no more than 10 ounces daily for men.

<http://mayoclinic.org/healthy-lifestyles/nutrition>

## Key Components of the Mediterranean Diet

- ♥ Eating primarily plant-based foods, such as fruits and vegetables, whole grains, legumes and nuts
- ♥ Replacing butter with healthy fats such as olive oil and canola oil
- ♥ Using herbs and spices instead of salt to flavor food
- ♥ Limiting red meat to no more than a few times a month
- ♥ Eating fish and poultry at least twice a week
- ♥ Enjoying meals with family and friends
- ♥ Drinking red wine (optional) in moderation
- ♥ Getting plenty of exercise

## Some Local Resources for Seniors & Others

**Silver Sneakers®** is a national fitness program designed to improve flexibility, mobility, mental clarity, coordination, and strength training for older adults. Classes are offered at the South Park Rec Center. Contact them at **719-836-0747** or visit their website at [www.southparkrec.org](http://www.southparkrec.org). Some Medicare **Supplement** plans (**not** Medicare) cover Silver Sneakers® so call your supplemental plan.

Do you know that **Rocky Mountain Rural Health** offers assistance with **Advance Care** directives? Call us at **719-836-2169** to meet with one of our Community Health Workers. They can answer your questions and help you put your wishes in writing using your choice of directive.

**Rocky Mountain Rural Health** also offers a home safety evaluation to Park County residents **transitioning home from the hospital or a long term care facility**. Our qualified Community Health Workers can make recommendations for your safety and well-being.

The **Park County Senior Coalition** offers a variety of programs designed to enhance the lives of our senior population. These services are free to Park County residents 60 years and over. To learn more, call the Park County Senior Coalition at **719-836-4295**.