

# HEALTH MATTERS

Quarterly Newsletter of Rocky Mountain Rural Health

'Improving Access to Healthcare in Park County'

Fall 2016

## IT'S THAT TIME OF YEAR AGAIN...OPEN ENROLLMENT !!

### SIGN UP FOR HEALTH INSURANCE

### NOVEMBER 1<sup>ST</sup>, 2016 TO JANUARY 31<sup>ST</sup>, 2017

**RMRH has two Certified Health Coverage Guides trained and ready to go!!**



Under the **Affordable Care Act** the only time allowed to purchase a federally qualified health plan is during open enrollment. **Rocky Mountain Rural Health** staff can help navigate the marketplace known as **Connect for Health Colorado** to help you get the coverage you and your family need. Some of the information you will need to bring with you for your appointment is your anticipated taxable income for 2017, the names, birthdates, social security number and driver's license number for each person in the tax household. If you are self-employed your business's last filed tax return will be most helpful in determining taxable income

Please call **719-836-2169** to schedule an appointment. Appointments can run as long as two hours but are never less than one hour! Please visit our website at [www.rmrh.org](http://www.rmrh.org) and view our Outreach schedule. RMRH will be in your neighborhood on those dates and you can schedule an appointment close to home!

*While RMRH staff was trained by Connect For Health Colorado, our first priority will always be getting our clients the coverage they need.*

### *Connect for Health Colorado Key Dates*

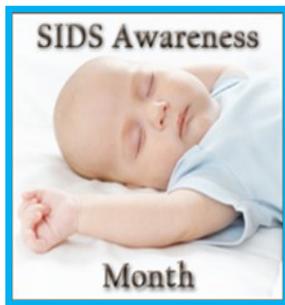
IF YOU ENROLL BY:	FIRST PREMIUM DUE:	COVERAGE STARTS:
<a href="#">November 15, 2016</a>	<a href="#">December 25, 2016</a>	<a href="#">January 1, 2017</a>
<a href="#">December 15, 2016</a>	<a href="#">December 25, 2016</a>	<a href="#">January 1, 2017</a>
<a href="#">January 15, 2017</a>	<a href="#">January 25, 2017</a>	<a href="#">February 1, 2017</a>
<a href="#">January 15 to 31, 2017</a>	<a href="#">February 25, 2017</a>	<a href="#">March 1, 2017</a>

**Turning 65?**

**Medicare**

**enrollment on your horizon?**

*RMRH offers limited assistance for those applying for Medicare. Please call the office at 719-836-2169 for more information.*



*The CDC reports* about 3,500 infants died suddenly and unexpectedly in 2014 in the United States. These deaths are called **Sudden Unexpected Infant Deaths (SUID)**. Although the causes of death in many of these children cannot be explained, most occur while the infant is sleeping in an unsafe sleeping environment.

One type of **SUID** is **SIDS (Sudden Infant Death Syndrome)** which is defined as the sudden death of any infant under one year in age that cannot be explained after a thorough investigation including a complete autopsy, examination of the death scene and a review of the clinical history. **About 1,500 infants died of SIDS in 2014 and it is the leading cause of death in infants 1 to 12 months old.**

Another type of **SUID** is accidental suffocation and strangulation in bed. Accidental suffocation can be caused by soft bedding such as from a pillow or waterbed mattress that covers an infant's mouth and nose. Suffocation can also result when another person rolls on top of or against an infant while sleeping or when an infant becomes wedged between two objects such as a mattress and a wall. Strangulation can occur when an infant's head and neck become caught between crib rails.

### *Surviving the Death of a Baby*



The one anticipated, prepared for, loved and cherished dies unexpectedly, too soon, leaving behind unfulfilled hopes and dreams, grief, intense pain, anger, guilt.

As the initial shock wears away, bereaved parents report many of the same experiences such as depression, indecisiveness, withdrawing from people, the fear of being alone, fatigue, lack of appetite, sleeplessness, inordinate fear for surviving children, arms that ache to hold their baby, asking 'what if' questions.

The grieving journey is unique to each parent and the pain they bear is real but the burden can be eased. Many find comfort from understanding family, friends, support groups, spiritual advisors and counselors. They find purpose in advocating for research, finding ways to memorialize their child in meaningful ways, comforting others in their loss of a little one.

What if this happens to someone you know? Here are a few

## The **A B C**'s of Safe Sleep



**Alone**

*Not with other people, pillows, blankets, or stuffed animals.*



**on my Back**

*Not on the stomach or side.*



**in my Crib**

*Not on an adult bed, sofa, cushion, or other soft surface.*



## There is no known cause for Sudden Infant Death Syndrome (SIDS).

**However**, careful research has revealed risk factors that parents and caregivers need to know regarding SIDS and accidental suffocation.

- ✓ **Always** place babies on their backs when putting them to sleep for naps or at night. Babies who usually sleep on their backs but are then placed on their stomachs, such as for a nap, are at a **very** high risk for SIDS.
- ✓ Use a firm sleep surface covered by a fitted sheet.
- ✓ Share your room with your baby, not your bed.
- ✓ Keep soft objects such as pillows and loose bedding out of your baby's sleep area.
- ✓ Do not smoke during pregnancy or around the baby because these are strong risk factors for SIDS. Babies of mothers who smoked during pregnancy are up to **3 to 4 times** more likely to die of SIDS than babies whose mothers did not smoke during pregnancy.

suggestions: Acknowledge the child's death, call them by name, ask to see pictures and hear stories of the child, convey your own sadness for the family, let them express their grief but avoid saying you know how they feel, give practical assistance where needed, donate to a specific memorial in the child's name.

There are excellent organizations that also offer their support. Here is a brief list:

**CJ Foundation for SIDS** (<http://www.cjsids.org/>) ;  
**First Candle** (<http://www.firstcandle.org/grieving-families>);

**Sudden Unexplained Death in Childhood Foundation** (<http://www.sudc.org/>);

**The Compassionate Friends** (<http://www.compassionatefriends.org>);

**Share Pregnancy and Infant Loss Support** (<http://nationalshare.org>);

**Centering Corporation** (<http://www.centering.org>)



# November is Family Caregiver Month

**Family caregiving** is not a new concept so why is there a special awareness month? Families have been pulling together as long as there have been families, right?

What *is* new is the growing number of Americans providing unpaid care for loved ones. More than one in six adults (that's over 40 million) are helping relatives and close friends suffering with chronic, disabling or serious health problems so that they may remain in their homes.

Caregiving activities generally range from providing transportation, running errands, assisting with daily personal care (such as bathing, feeding, dressing), financial management and health care advocacy. Almost 6 in 10 caregivers say they perform nursing tasks such as giving medications and injections, wound care or operating medical equipment.

Because of the involvement of family caregivers, countless people of all ages are able to remain in their homes. The family circle provides immeasurable benefits such as peace of mind, respect, dignity, protection and love.

## LOCAL RESOURCES FOR CAREGIVERS



Park County Senior Coalition provides respite care vouchers for Park County residents age 60 and over. Call 719-836-4295 for details.

Caregivers Support Group meets the 1<sup>st</sup> and 3<sup>rd</sup> Mondays at 10:00 AM at 300 6<sup>th</sup> Street in Fairplay. Call 719-836-2770 for information.

Cross Disability Support Group meets the 2nd Friday after the senior luncheon (approximately 1 pm) at the Park County Library in Bailey.

*According* to an AARP Public Policy Institute report, an estimated **37 BILLION** hours were provided by family caregivers in 2013. The estimated value of their unpaid service was approximately **\$470 BILLION.**

## 10 Tips for Family Caregivers

1. Seek support from other caregivers. You are not alone!
2. Take care of your own health so that you can be strong enough to take care of your loved one.
3. Accept offers of help and suggest specific things people can do to help you.
4. Learn how to communicate effectively with doctors.
5. Caregiving is hard work so take respite breaks often.
6. Watch out for signs of depression and don't delay getting professional help when you need it.
7. Be open to new technologies that can help you care for your loved one.
8. Organize medical information so it's up to date and easy to find.
9. Make sure legal documents are in order.
10. Give yourself credit for doing the best you can in one of the toughest jobs there is!

Thank you to all Family  
Caregivers in November and  
each and every day of the year!

**COLORADO** COMMUNITY FIRST FOUNDATION  
**GIVES DAY**™  
**12.06.16**  
**1STBANK**  
Corporate Partner

**For Giving Made Easy, Donate Online!**

Visit Rocky Mountain Rural Health on [ColoradoGives.org](http://ColoradoGives.org), a year-round online giving website that features more than 1,500 Colorado charities. Learn about our programs, how we are helping our community, and donate online directly to us. Tell your friends and family -- no more stamps, no more envelopes -- simply donate online.

Go to [www.ColoradoGives.org](http://www.ColoradoGives.org) and enter Rocky Mountain Rural Health in the search field. Or, click on the Donate Now link from our website. From all of us at Rocky Mountain Rural Health thank you for your support!

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**HOW TO**

**CONNECT**

**WITH**

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