

HEALTH MATTERS

Issue 3 2021

COVID Booster Shots

LATEST UPDATE FROM THE CDC ON COVID19 BOOSTERS

As of Thursday October 21, 2021 - CDC Director Rochelle P. Walensky, M.D., M.P.H., endorsed the CDC Advisory Committee on Immunization Practices' (ACIP) recommendation for a booster shot of COVID-19 vaccines in certain populations. **The Food and Drug Administration and the CDC recommends important steps forward as we work to stay ahead of the virus and keep Americans safe.**

For individuals who received a **Pfizer-BioNTech** or **Moderna COVID-19** vaccine, the following groups are eligible for a booster shot at 6 months or more after their initial series:

- 65 years and older
- Age 18+ who live in long-term care settings – assisted living, nursing homes
- Age 18+ who have underlying medical conditions such as organ transplant, cancer chemotherapy and other immune suppressing medications
- Age 18+ who work or live in high-risk settings such as first responders and medical professionals

For the nearly 15 million people who got the **Johnson & Johnson COVID-19 vaccine**, booster shots are also recommended for those who are 18 and older and who were vaccinated two or more months ago.

There are now booster recommendations for all three available COVID-19 vaccines in the United States. Eligible individuals may choose which vaccine they receive as a booster dose. Some people may have a preference for the vaccine type that they originally received, and others may prefer to get a different booster. CDC's recommendations now allow for this type of mix and match dosing for booster shots.

Millions of people are newly eligible to receive a booster shot and will benefit from additional protection. However, **more than 65 million Americans remain unvaccinated**, leaving themselves – and their children, families, loved ones, and communities– vulnerable. These unvaccinated people should take the first step and get an initial COVID-19 vaccine.

Available data right now shows that all three of the COVID-19 vaccines approved or authorized in the United States continue to be highly effective in reducing risk of severe disease, hospitalization, and death, even against the widely circulating Delta variant. Vaccination remains the best way to protect yourself and reduce the spread of the virus and help prevent new variants from emerging.

You've just read the Who, What, When, and Why. Want to know Where?...

...Vaccination clinics are held throughout Park County sponsored by Park County Department of Public Health and Environment. Visit their website to learn more and register yourself for an upcoming clinic. Go to <https://www.parkco.us/86/Public-Health>. From the sidebar, choose **Coronavirus Disease 2019 (COVID-19)**. This page gives information on COVID, testing sites, and other resources. From the sidebar on this page, choose **Vaccine Resources**. Here you can see when and where vaccination clinics will be held and can register for one of them. This page also gives other resources for obtaining a vaccination and information about each type of vaccine available. The Public Health Department also has a designated COVID vaccination line which is 719-836-4162.

In the News

South Park Health Service District

The South Park Health Service District (SPHSD) was elected into existence in November 2017 with the goal of helping fund health services in the area through a 1% sales tax. SPHSD serves the South Park region of Park County, which includes the towns of Alma, Como, Fairplay, Hartsel, and Jefferson.



After its commencement, SPHSD entered into a partnership with HealthONE in December 2018. SPHSD subsidizes South Park Health Care through this partnership, ensuring quality, compassionate care to all local residents and visitors. South Park Health Care currently has a medical doctor and nurse practitioner on staff and is located at 525 Hathaway Street in Fairplay. They can be reached at 719-836-0334. Along with sustaining these efforts, SPHSD is currently working on bringing a pharmacy back to the area.

The Board of Directors, elected at large from the community, are all residents of South Park dedicated to improving health care access in our underserved area: Dr. Katherine Fitting, Kylie Pontius, Charles Schultz, and Carol Talbert. Go to sphsdistrict.org to learn more, or email the Board of Directors at info@sphsdistrict.org.

Spotlight on Park County Resources

Park County Senior Coalition

The Park County Senior Coalition is a non-profit organization dedicated to serving Park County residents 60 years and older. Their goal is for seniors to live with dignity, safety, and independence in the mountain home they love.

Their programs offer assistance with food, transportation to medical appointments, chores, and housecleaning.

Reach out today!

719-836-4295

scofpc@parkco.us

825 Clark St. Suite C Fairplay

OPEN ENROLLMENT FOR HEALTH INSURANCE IS UPON US

The state of Colorado's marketplace for health insurance will be open for new enrollment and enrollment changes beginning on November 1, 2021 until January 15, 2022. For those that currently have a plan, please be sure to log into your account to review for any changes and to see what else might be available in the marketplace.

Rocky Mountain Rural Health has three Certified Health Coverage Guides on staff that can assist you with new enrollment or enrollment changes. Please call RMRH at 719-836-2169 to schedule an appointment.

WE HAVE MOVED!

Rocky Mountain Rural Health has a new home! We are now located at the corner of 6th and Main Street in Fairplay. Our new rented space allows us room to expand our programs and services.

Our mission is to improve the physical and mental health of Park County residents. To that end we offer assistance with advance care planning, health insurance enrollment, medical billing issues, disability applications, and understanding Medicaid and Medicare. We also offer training classes on Mental Health First Aid, testicular

cancer awareness, and diabetes management. Twice a year we sponsor St. Joseph Breast Care Center's mobile mammography unit in Fairplay. Our Community Health Workers conduct weekly outreaches in venues across the county offering free basic health screens, information on a variety of health-related topics, and gently used clothing amongst other services. They also offer assistance obtaining personal grants to cover items such as dentures and hearing aids not covered by insurance. Call us at 719-836-2169. We are here to help you navigate the world of healthcare.



Relationship Advice...

Our lives are full of important relationships - family, friends, co-workers, clients, etc. But have you ever considered the importance of your relationship with a Primary Care Provider (PCP)? Read on to see the benefits of having a PCP.

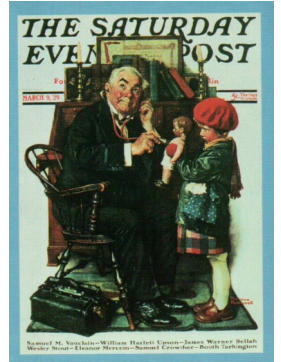
As people age and their lifestyles change, so does their entire health snapshot. We need trusted resources that can give us a clear picture of our overall health and wellbeing. That resource is a Primary Care Provider (PCP). Through annual exams and screenings, primary care providers are able to draw up a game plan for optimal health.

Primary Care Providers are the first line of defense in living a healthy, well balanced life. They are highly trained to treat a wide array of medical conditions and illnesses and can point you in the right direction when a specialist is needed. They are not limited to a specific problem area or organ system and include Medical Doctors (MD), Doctors of Osteopathic Medicine (DO), Nurse Practitioners (NP), and Physician Assistants (PA). PCPs advocate for their patients, provide disease prevention, health maintenance, counseling, patient education, and diagnosis and treatment of acute and chronic illnesses. A PCP can take care of acute problems such as a sore throat or urinary tract infections along with chronic issues such as diabetes or hypertension, and contraception management. They are a familiar face that you can trust, who know your history and someone you can open up to.

A 10 year study at Stanford showed that a community's average life expectancy extends when there are more primary care providers in the field. The concept is by visiting someone you know and trust annually, you develop a relationship. Your growth and how your body changes through the years are documented and your PCP becomes the key in coaching you on how to best take care of yourself. Taking the time for your health and well-being now, helps reduce the risk of being forced to make time for a serious health condition down the road.

Primary care providers are key players in the healthcare world. If you don't already have a PCP, now is the time to look for one and begin developing a relationship. If you are in need of establishing care with a PCP, please reach out to Rocky Mountain Rural Health, a non-profit dedicated to connecting people with the healthcare they need. Call them at 719-836-2169 and they would be glad to point you in the right direction.

♦Thank you to Julie Thornton, PA-C, for contributing this article.



Please send your generous donation to:
ROCKY MOUNTAIN RURAL HEALTH (RMRH)
PO BOX 1600
FAIRPLAY CO 80440

Please use my contribution for:

- ☐ Breast Health assisting with diagnosis and treatment
- ☐ COVID relief assistance
- ☐ Emergency Assistance for those going through a medical crisis
- ☐ Transportation for mileage reimbursement for medical appointments
- ☐ General Operations to help us continue to serve Park County

THANK YOU! Your donation is tax deductible to the full amount allowed by law.

ROCKY MOUNTAIN RURAL HEALTH is a 501(c)3 organization that helps people of Park County get the healthcare they need. We are not a government agency. We depend upon grants and donations to continue our mission of improving access to healthcare in our county. There is an ongoing need for our services many of which are not available through any other agency or group.

Contact us by phone at 719-836-2169 Find us on the web at www.rmrh.org Like us on Facebook

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