

COLORADO GIVES DAY
 COMMUNITY FIRST FOUNDATION
 12.05.17
 1STBANK
 Corporate Partner

Rocky Mountain Rural Health serves Park County residents year round helping people get the health care they need. Due to the lack of services in our County, connecting people to health care can be challenging because our County (nearly the size of Delaware) has no primary care providers, nurse practitioners, pharmacy, hospital, urgent care or durable medical goods. Most people take these things for granted but not the residents of Park County!

Our Community Health Workers conduct outreaches through out the County offering basic health screenings such as blood pressure and glucose checks. They help clients find primary care providers, specialists, home health care and durable medical goods in our surrounding counties. Our Certified Health Coverage Guides spend countless hours helping people navigate the complexities of insurance enrollment. We reach out to people facing financial crisis due to medical issues and assist others to find funding for items not covered by insurance such as hearing aids.

Your year round gift directly to Rocky Mountain Rural Health, or on Colorado Gives Day, or anytime during the year through Colorado Gives at www.coloradogives.org will go to the health needs of an entire county! Thank YOU!

Rocky Mountain Rural Health
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 525 Hathaway Street, 2nd Floor Rear
 Fairplay, CO 80440

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Looking for a way to give back this holiday season?

The Community Christmas Dinner held every year on December 25th is in need of 'helpers'.

Call Rocky Mountain Rural Health at 719-836-2169 to volunteer!



HEALTH MATTERS

Quarterly Newsletter of Rocky Mountain Rural Health 'Improving Access to Healthcare in Park County' Fall 2017

DON'T LET WINTER LEAVE YOU COLD



COLD temperatures and wintry conditions do not have to signal time for human hibernation! Safe practices can make outdoor work, recreation and travel possible and even enjoyable.

DRESS FOR SUCCESS - the 'Layered Look' NEVER goes out of style! **Inner Layer:** Wear fabrics that will hold more body heat and don't absorb moisture. Wool, silk or polypropylene will hold more body heat than cotton. **Insulation Layer:** An insulation layer will help retain heat by trapping air close to your body. Natural fibers, like wool or goose down, or a classic fleece work best. **Outer Layer:** The outermost layer helps protect you from wind, rain and snow. It should be tightly woven, and preferably water and wind resistant, to reduce loss of body heat. Coat sleeves should be snug at the wrist. Complete your ensemble with a **hat**, a **scarf** (or knit mask) to cover face and mouth, **mittens** (they are warmer than gloves) and **water-resistant boots**.

KEEP IT DRY - Wet clothing chills the body rapidly! Also excess perspiration increases heat loss so remove extra layers of clothing whenever you feel too warm. Avoid getting gasoline or alcohol on your skin while fueling or de-icing your car. These materials in contact with the skin greatly increase heat loss from the body. Speaking of keeping it dry, do not use alcohol or other mood altering substances and avoid caffeinated beverages.

SLOW DOWN - Cold weather puts an extra strain on the heart which is already working hard to keep your body warm. For heavy outdoor work, dress warmly and work slowly. If you have heart disease or high blood pressure, consult your doctor about shoveling snow or performing hard work or strenuous activities in the cold.

KNOW THE SIGNS - Hypothermia and frost bite are not your friends but if you know the signs adversity can be avoided.

HYPOTHERMIA, or abnormally low body temperature, is a dangerous condition that can occur when a person is exposed

to extremely cold temperatures. When the body temperature is too low, it affects the brain making it difficult for the person to think clearly or move well. **SIGNS include shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, drowsiness.**

TAKE ACTION - Hypothermia is a medical emergency. Get the victim into a warm room or shelter. Remove any wet clothing and warm the center of the body first (chest, neck, etc.) Warm beverages can help increase body temperature but do not give alcoholic beverages. Get medical attention as soon as possible.

FROST BITE is a bodily injury caused by freezing that results in loss of feeling and color in affected areas. It most often affects the nose, ears, cheeks, chin, fingers or toes and can permanently damage the body. **SIGNS include a white or grayish-yellow skin area, skin that feels unusually firm or waxy, and numbness.** A victim may not know they have frostbite until someone points it out because the frozen tissues are numb.

DEFROST SAFELY - Get into a warm room as soon as possible. Unless absolutely necessary, do not walk on frostbitten feet or toes as this increases the damage. Immerse the affected area in **warm** (not hot) water. Do not rub the frostbitten area with snow or massage it at all. This can cause more damage. Do not use a heating pad, heat lamp or the heat of a stove, fireplace or radiator for warming. Affected areas are numb and can be easily burned.

ENJOY- Outdoors in Park County is beautiful year round. Bundle up and meet the neighbors!



BE an INFORMED
 and
 PREPARED OUTSIDER!

How Do I Prepare an Advance Care Plan?

Advance Care Planning ('ACP') honors an individual's preferences for future health care by creating a plan for when a person is unable to communicate or express those wishes. ACP encourages individuals to engage in discussions with loved ones and their physicians about end-of-life healthcare decisions and allows individuals to carry out their wishes even if they are incapacitated, unconscious or otherwise unable to communicate medical treatment options. Advance Care Planning involves learning about the types of decisions that might need to be made, considering those decisions ahead of time, and then letting others know about your preferences by putting them into an Advance Care Planning document which only goes into effect if the individual is incapacitated and unable to speak.



ACP documents are instruments of Advance Care Planning and become orders when properly executed, witnessed and signed. Rocky Mountain Rural Health ('RMRH') has been in the Park County community since 1989. Its Community Health Workers can help walk you through the Advance Care Planning options available in Colorado. RMRH utilizes **Colorado MOST**, **It's About How You LIVE** and **Five Wishes** forms to help individuals complete the Advance Care Planning process.

The **Colorado MOST** form (Colorado **M**edical **O**rders for **S**cope of **T**reatment) must be signed by a physician and is mainly used for chronically ill and elderly individuals. This form is not intended for healthy adults but can be combined with other ACP forms, if desired.

The second ACP instrument utilized by RMRH is **It's About How You LIVE** which is a National Hospice and Palliative Care Organization campaign to advocate for improved end-of-life care and services. **LIVE** stands for:



- L**earn about options for end-of-life services and care
- I**mplement plans to ensure wishes are honored
- V**oice decisions to family, friends and health care providers
- E**ngage in personal or community efforts to improve end-of-life care

It's About How you LIVE summarizes the types of Advance Medical Directives by state and provides concise definitions of legal documents. It's a very user-friendly ACP document.

Lastly, **Five Wishes** is an instrument which explains advance directives in clear, everyday language. Not only does this document help with ACP services, it also addresses the emotional, spiritual and personal aspects of care.

Five Wishes invites individuals to consider what brings them comfort, how they want to be treated, and what they want their loved ones and others to know. This ACP instrument may also present religious undertones.



Rocky Mountain Rural Health Community Health Workers can help you choose which instrument is right for you. They also can assist with questions you may have. If you are interested in this **FREE** service, please contact RMRH at (719)836-2169.

SURVIVING THE HOLIDAYS

The Holidays are here bringing with them times of celebration, special times with family and friends, and quite possibly, added stress and depression, feelings of loneliness, sadness, fatigue or tension. Here are tips to reduce or prevent the "holiday blues" and stress.

1. **Acknowledge your feelings.** If you have had a recent death in your life, it's OK to feel sadness and grief; don't force yourself to be happy just because it's the holidays.
2. **Reach out.** If you are feeling lonely or isolated, seek out community, religious or other social events. Volunteering your time is also a good way to lift your spirits.
3. **Be realistic.** The holidays don't have to be perfect. Families change, grow, move and traditions may change as well. Choose a few to hold on to and be open to creating new ones.
4. **Set aside differences.** Try to accept family members and friends as they are, even if they don't always live up to your expectations. Be understanding that others may also be feeling stress or sadness.
5. **Stick to a budget.** Maybe start a new tradition with homemade gifts or a family gift exchange. Don't try to buy happiness.
6. **Learn to say no.** Saying yes when you should say no can leave you feeling overwhelmed and resentful. If it's not possible to say no at times, try to remove something else from your agenda. Make a to do list and keep it simple.
7. **Take a breather** and take care of yourself. Take a walk, listen to soothing music, eat and drink in moderation and **don't drink alcohol if you are feeling down.**
8. **Seek professional help** if you need it. The **Colorado Crisis Line** has counselors available 24/7 and they are there if you need to talk or need advice for someone in your family. **1-(844) 493-8255.**



ROCKY MOUNTAIN RURAL HEALTH...Looking Back on 2017

This is the time of year when many reflect on the year coming to a close in anticipation and preparation for the new year coming. We here at Rocky Mountain Rural Health are no different as we look back on a year full of helping people get the health care they need.

Except for the miles traveled by our CHWs, every **'number'** represents a **person** RMRH

RMRH NUMBERS YTD	
75	Mammograms on mobile mammo van
247	Health Screenings
358	Advance Care Planning conversations
877	Client appointments and interactions
1,070	Phone calls to clients offering assistance
2,996	Miles traveled by our Community Health Workers

helped to get the **health care** they need. Perhaps it was a health screening, assistance finding a provider or service, financial help in times of need caused by a medical issue, insurance enrollment assistance, mileage reimbursement for travel to medical appointments, help understanding insurance plans and benefits and/or help with medical billing issues. Whatever the situation, Rocky Mountain Rural Health says, **'We Can Help'**!

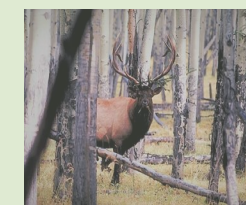
We **DEPEND** on donations and grants to be able to say 'We Can Help' because our services are **FREE**

to Park County residents. Please consider becoming part of our mission to help people get the health care they need. Your donation in the enclosed envelope or through Colorado Gives (see back page) will **ENABLE** us to continue saying **'We Can Help'**. Thank you!

Keep

JANUARY 12, 2018

In Your Sights



OPEN

ENROLLMENT

ENDS

ROCKY MOUNTAIN RURAL HEALTH has two Certified Health Coverage Guides to assist you with **insurance enrollment** through Connect for Health Colorado. Please call 719-836-2169 to schedule an appointment.