

COMPASS



The HEALING side of TECHNOLOGY

by Julie Estlick

A nurse at a Banner Health telemedicine monitoring center speaks with a patient and nurse at the bedside in a Banner Health hospital.

THE Big Thompson Flood changed the way Cyndi Dodds approaches health care delivery. As a torrent of water crashed down the canyon, washing out U.S. Highway 34, Estes Park residents were cut off from the foothills and vital services. Dodds, the chief operations officer for SummitStone Health Partners, needed a way to connect her mental health staff with their stranded clients who required medication and counseling. The solution? Telehealth.

SummitStone therapists and psychiatrists in Fort Collins and Loveland used live videoconferencing to provide patients miles away with face-to-face care that was confidential and secure. The experience four years ago was such a hit that SummitStone now offers 120 hours of telehealth appointments a month.

“We had trouble getting therapists and prescribers to people up in the canyon,” Dodds recalls. “The 2013 flood forced us to do telehealth out of necessity, and we just kept adding to our program as people got comfortable with it.”

In fact, the past two years have seen a telehealth boom in northern Colorado. The new Banner Health Fort Collins’ e-hospital has every patient room wired for two-way remote monitoring by off-site nurses and doctors, and offers TeleICU (intensive care unit) among other specialties. UCHealth hired a five-person telehealth team and participates in a

“Telehealth is about providing the right care, at the right time, in the right location.”

– Debbie Voyles, UCHealth’s executive director of telehealth

TeleStroke program that puts neurologists bedside when seconds count. A new \$100 million UCHealth flagship hospital under construction in Longmont will have remote monitoring and other cutting-edge features.

Telehealth, or telemedicine, includes a wide variety of technologies and approaches to deliver virtual medical, health, and education services. Patients are able to take charge of their health with easier access to their providers, specialists, and pharmacists. The ability to share information quickly and securely can bridge geographic gaps for patients who either live in hard-to-reach places or have transportation issues, improve medical monitoring of chronic disease, and save unnecessary trips to a provider.

Smartphones, video chat and online patient portals, where you communicate directly with your physician, are just a few examples of how platforms put your health in your hands.

“Telehealth is about utilizing technology to better engage patients and providing health care where they are at, instead of making them come to us,” says Debbie Voyles, UCHealth’s executive director of telehealth. The telehealth trend is responding in part to demands from members of the tech-savvy millennial generation. Results from a Harris Poll survey

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published quarterly by
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HealthInfoSource.com
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Healthy Mind Matters
Mental health and substance use issues and solutions
Integrated Primary Care/
Mental Health Program
A partnership with Salud Family Health Centers and Family Medicine Center
Larimer Advance Care Planning Team
Engaging and supporting individuals in completing advance care plans
Larimer Health Connect
Connect for Health Colorado and CHP+/Health First Colorado (Colorado's Medicaid Program), Prescription Assistance
Mental Health Connections
A partnership with SummitStone Health Partners
Step Free from Tobacco



Leftover Easter eggs take center stage on pizza

by julie estlick

It's a week after Easter, and your refrigerator is still full of bright pink and neon blue dyed eggs. You're already tired of hard-boiled eggs for breakfast and taking egg salad for lunch, so why not try them for dinner? Grab the kids to make a fun, filling Cobb Salad Pizza (see recipe below), and maybe even get in a little nutrition lesson about why eggs are so good for us. As one of the most nutritious foods on Earth, they are full of proteins, vitamins, minerals, good fats, and nutrients.

"Eggs are a great source of highly digestible, quality protein," says Brooke Floerke, dietitian for UHealth's Lifestyle Health Services. "At 6 grams of protein in one large egg, it contains the perfect amount of amino acids for human development and growth."

Eggs also contain choline, an important nutrient for the brain. Eating one large egg

provides 120 mg of choline, which is significant because a study by the National Health and Nutrition Examination Survey (NHANES) showed that 90 percent of Americans don't get enough choline in their diet.

And don't remove those yellow yolks, Floerke reminds us. "It is important to consume both the egg white and egg yolk. Although the bulk of the protein is found in the egg white, the yolk contains important nutrients, such as lutein and zeaxanthin which are essential for eye health. It also contains other essential nutrients such as folate, vitamin B12, and vitamins A, D, and K."

Bottom Line: Peel off that zebra pattern and give your eggs new life as a pizza topping. Your taste buds, body, and brain will thank you! 

Cobb Salad Pizza

pizza dough (about 1/2 lb.)
 1/2 c. mozzarella, shredded
 1/4 c. extra-virgin olive oil
 1/2 tsp. flaky sea salt (such as Maldon)
 1 tsp. Dijon mustard
 1 tsp. honey
 2 tbsp. balsamic vinegar

1 c. chopped romaine lettuce
 2 hard-boiled eggs, halved and sliced
 1 avocado, sliced
 1 c. grilled chicken, chopped
 2 slices cooked bacon, chopped
 1/2 c. crumbled goat cheese
 ground pepper

Preheat oven to 500 degrees F.

Stretch pizza dough to form a large circle. Scatter mozzarella on top and drizzle with a little olive oil. Sprinkle with flaky sea salt, if desired.

Bake for 15 minutes or until the crust is golden brown and the cheese is bubbly.

Meanwhile, make vinaigrette. Mix together the mustard, honey, and balsamic vinegar. Slowly drizzle in the olive oil and whisk until the dressing emulsifies. Adjust seasoning according to taste.

Top the pizza dough, starting with the lettuce. Drizzle the lettuce with some of the vinaigrette.

Form spirals, starting from the center of the pizza, with the eggs and avocado slices. Scatter the chicken, bacon and goat cheese evenly on top. Drizzle more vinaigrette on top. Add freshly ground pepper.

Yield: 6 servings

Recipe from
 Delish.com



Easy-to-peel hard-boiled eggs (a kitchen hack you can use all year)

Put your eggs in a pot, fill it with cold water, and bring to a boil. Cover pot and remove from heat, letting eggs stand in hot water for 15-20 minutes. Then transfer eggs to an ice bath. Peel eggs as soon as they are cool and the skins will slide off easily (do not wait until they are cold).

Exercising As We Age

by corey radman



Balancing CAUTION with COMMITMENT

It's a weekday morning, bright and early, and Barb Seibert is balancing on an inflated rubber hemisphere, trying not to wobble.

At 66 years old, Seibert has set a fitness goal of continued strength and maintaining healthy bones. "I live alone and don't want to have to call people to get stuff off the top shelf. I want to remain as self-sufficient as possible for as long as possible," she says. Plus, there's a semi-regular trip to Europe that keeps her motivated to stay in shape.

Seibert's trainer, Mary Sewell Homan, has been training seniors for 15 years and providing massage therapy for 20. At age 61, she knows what works for aging body parts and what doesn't. Homan says senior athletes' needs are different from younger bodies: "My clients come to me for health reasons. They want to feel better instead of look a certain way." That's why Homan teaches people better form, balance, and strength. She wants her clients to be able to move confidently in all planes of motion.

There's good reason to consult a doctor or senior-specific trainer when starting a new workout. As our bodies age, the parts that hold us together experience some degeneration due to genetics, daily wear and tear, injuries, and changes to our blood and oxygen supply. That means cartilage—particularly the meniscus (knee cushioning)—intervertebral discs in the spine, and tendons in the rotator cuff can get hurt more easily and heal more slowly.

“I want to remain as self-sufficient as possible for as long as possible.”
 — Barb Seibert

Dr. Richard Williams, orthopedic surgeon at Banner Health Center, says seniors can reduce their chances of needing his care by continuing to be active, but they may need to modify their sports a little. "Avoid higher impact

activities like running and jumping. This will protect and minimize the trauma and pain in the low back, hips, knees, and ankles," he says. "Biking, hiking within reason, walking, and swimming are all great activities for the cardiovascular system, while preserving joint motion and limiting the stress to joints."

An avid skier himself, Williams counsels avoiding the "steep and deep" runs, but passing age 65 doesn't mean you have to stop skiing—this is Colorado, after all. "Bumps are unkind. However, one can still enjoy leisurely time on the green and blue [runs]."

Balancing the doctor's cautious approach, Homan's job as a trainer is to encourage—and sometimes cajole—her clients out of being too cautious. "You do have to be careful, but I'm going to exercise your muscles enough to make them stronger. You will notice some soreness. However, hurt is not harm," she explains. In other words, there's a difference between feeling your muscles groan after a workout and not being able to get out of bed. Too often, older people don't exercise at all because they're afraid of hurting themselves. "But," Homan says, "a lack of activity can be the reason it hurts. That means the muscles aren't strong enough to support the joints."

The Centers for Disease Control and Prevention agrees. The CDC website says the loss of strength and stamina people notice as they age comes partly from reduced physical activity. By age 75, 1-in-3 men and 1-in-2 women have no activity at all... but they should. Even a moderate amount of daily physical activity offers benefits. And, if the weight room seems intimidating, remember that workouts don't have to be lunges and weights at the gym. Although Homan does encourage people to try lots of new things (including weights) and to ask questions if they don't know how something works, she says the best workout is the one you like well enough to continue. ✨



Personal Trainer Mary Sewell Homan (right) teaches Barb Seibert how to work on balance while lifting a weighted ball at the Fort Collins Senior Center. Strong core muscles are essential to avoiding injury when trying new exercise classes or activities, says Homan, owner of Custom Fit-Fitness and Wellness Solutions.

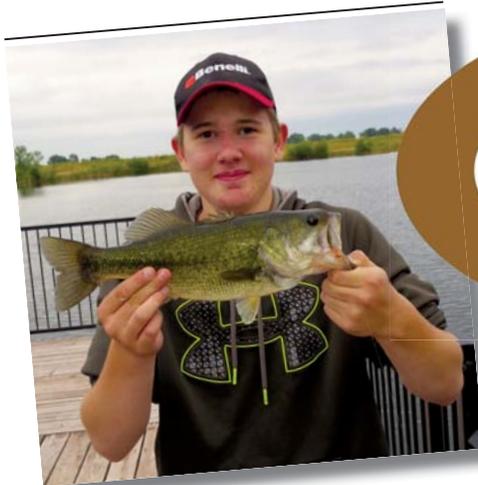
Photos by Julie Estlick

Move more...

For tips on staying physically active as you age: cdc.gov/physicalactivity/basics

Ready for a new routine? Check out the Fort Collins *Recreator* for exercise classes and activities: fcgov.com/recreator

local resource profile



Where Relationships
GROW

by kathy hayes



When Traver and Shayne Heckman were teens, they longed to spend more time with their dad. “He had his own business and didn’t get home till 9 at night,” says Shayne. “He didn’t have much time to spend with his kids.”

In 2001, Traver invited his dad to join him in a new outdoor recreation program called Colorado Youth Outdoors (CYO). Each week, the father-son team spent two hours together with CYO instructors and other participants, learning about and practicing fly fishing, archery, trap shooting, orienteering, and survival skills.

Two years later, Shayne invited her dad to do the program with her.

The family’s love of doing these outdoor activities together in a structured environment led to them becoming avid CYO volunteers. Shayne is now the office administrator for CYO, a 501(c)(3) nonprofit. Each year, her brother and father assist with CYO’s signature fundraising event, The Maverick Sporting Clay Shoot.

Upcoming Event:

The Maverick Sporting Clay Shoot and Banquet, May 5 and 6 (registration is closed; volunteers are needed)

Call 970-663-0800 or visit coloradoyo.org for details.

CEO Bob Hewson and his brother, Tom, founded Colorado Youth Outdoors in 2001. “They saw there was often a huge disconnect between kids and parents,” says Shayne. “They thought that providing opportunities to interact together in outdoor recreation would be a great way for them to get to know each other again.”

Originally a school-based evening program serving northern Colorado, CYO now has its own site at Swift Ponds, a beautiful 240-acre outdoor education and recreation facility in southeast Fort Collins. Each year, CYO works with 8,000 to 9,000 youth and families to fulfill its mission of building relationships through traditional outdoor recreation.

Teams that sign up for CYO’s core program—targeted to middle school and high school students and a parent or other significant adult—commit to attending the structured 12-15 week sessions together.

Families work together in several three-week “ventures” focused on one outdoor recreational activity. Trained instructors teach and guide participants in the activity during weekday evening meetings. Cost is \$25 per person for the entire semester session, and scholarships are available.

Intentional teaching is a key component of CYO’s programs. Instructors use the acronym PACD—participate, appreciate, communicate, dedicate—as a tool to strengthen relationships. Each week participants receive a small card listing intentions for interacting. The “participate” card, for example, encourages participants to try all activities, be together, work as a team, and share their experiences.

For many, the core program is the beginning of a long-term relationship with CYO.

Four years ago, Jacob Sloat, now 16, came with his dad to observe a CYO trap shoot event. “We got hooked,” he says. The father-son team enrolled in the core program. They’ve been CYO devotees ever since—Jacob serving as a volunteer and his dad as an instructor.

“We had a strong relationship before we started CYO,” says Sloat. “CYO made it stronger.”

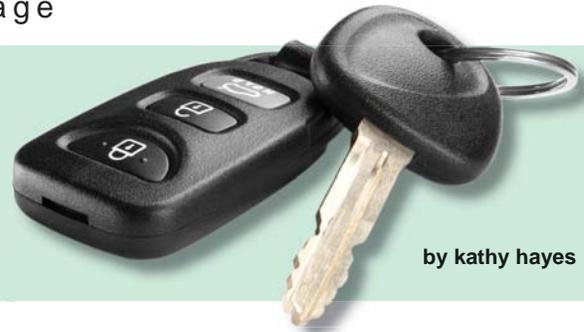
What he likes most about being at CYO and Swift Ponds is “being able to relax, help others out, and let go of any stress from school. There’s fishing and archery and trap shooting. Every day here is always interesting.” 



In addition to its core youth-parent program, CYO also offers partner and adventure programs and invites other organizations and businesses to use the facility for team building and community service activities.

CNS Adaptive Driving Solutions:

Keeping Aging Drivers Safe



by kathy hayes

Franks Boulton, 82, was in the car business all his life and even used to race cars, so it was a bitter pill to swallow when his doctor referred Boulton for a driving assessment. Recent neurological tests showed that Boulton had some deficiencies that, when driving, might put himself and others at risk.

Boulton is among the more than 51,000 people in Larimer County who are 65 or older and comprise 15 percent of our population. According to state demographer Elizabeth Garner, that age group is growing and, by 2030, is expected to total nearly 81,000, or 18 percent, of the county's total population.

As people age, some of the skills important for safe driving steadily decline. We might not process information as well, or respond as quickly as we need to. According to *Colorado's Guide for Aging Drivers and Their Families*, "It is your responsibility to understand how your limitations affect your driving."

With his wife's support, Boulton made an appointment with the Center for Neurorehabilitation Services' Adaptive Driving Solutions program, to find out exactly how his limitations might be affecting his driving. He met with Christy Dittmar, an occupational therapist and certified driving rehabilitation specialist who performs driver fitness assessments on aging drivers and others who have medical conditions that may make it risky for them to drive.

"Our goal is to help them be as safe and independent as possible for as long as possible," says Dittmar.

Achieving that goal begins with clinical and behind-the-wheel evaluations. In tandem with a family member or other support person, Dittmar

evaluates vision, perception, reaction time, judgment, and other abilities that may diminish with age and affect driving safety.

As the client is driving, Dittmar observes all of the skills necessary for safe driving and behaviors that signal potential safety concerns. Does the driver become confused? Are they scanning quickly at intersections and planning traffic changes?

Determining whether a person is still safe to drive is not necessarily a yes-or-no decision, says

Dittmar. By taking a rehabilitation approach, she's able, in many cases, to provide exercises, strategies, and vehicle modifications that will enable people with some limitations to continue driving safely.

Not everyone gets the green light to continue driving. Dittmar goes over the test results with the client and a trusted support person, showing that they're performing at much lower levels than required for safe driving and helping them realize, and accept, that it's time to hang up their keys. What's most important at this point, she says, is making sure that clients and families have resources for transportation.

Boulton is still able to drive, but with limitations that include

staying off of major highways and driving only on roads where his speed would not exceed 45 mph. "I'm quite happy to live with those regulations," he says. ✨

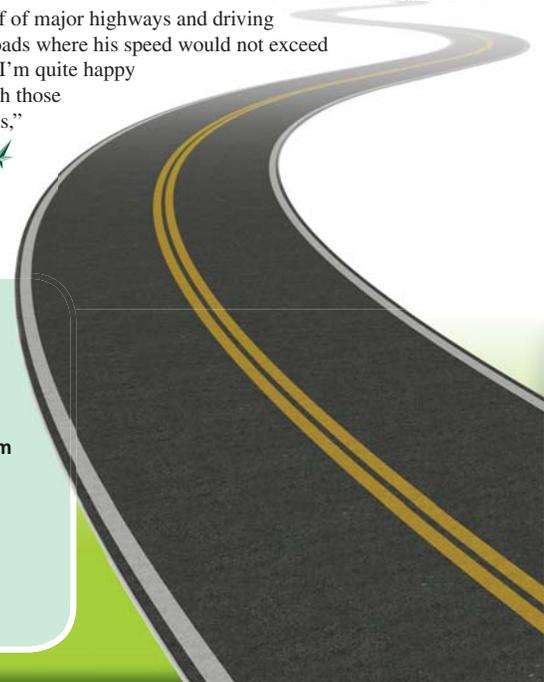


For more information:

- CNS Adaptive Driving Solutions, 970-493-6667, brainrecov.com
- *Colorado's Guide for Aging Drivers and Their Families* includes a checklist of signs and symptoms indicating that a person is ready for a driver fitness assessment. Download the comprehensive guide at drivesmartcolorado.com
- Door-to-door transportation with an Uber-type driver: gogograndparent.com

Other resources:

- Larimer County Office on Aging Services Directory, lcoa.networkofcare.org
- healthinfosource.com



showed that 74 percent of millennials would prefer seeing a doctor virtually, while Salesforce's "The State of the Connected Patient-2015" report found that 71 percent of millennials want to be able to book appointments, share health data, and manage preventive care through mobile apps.

BETTER PATIENT EXPERIENCES

Here's how a virtual appointment works at SummitStone: You go into one of their main offices in Fort Collins, Loveland, or Estes Park. A nurse does a routine check-in and discusses symptoms. Then you're set up in a private telehealth room with a high-definition camera where you "meet" with your psychiatrist or therapist. Support staff is close by to troubleshoot, and can hand patients any orders that need filled at the end of the appointment.

Dodds has found that an audio-visual platform "just makes sense" for adolescents born into the digital age, some even telling her they prefer the "TV doctor." Many adult patients say the distance allows them to slow down the interaction, ask more questions, and not feel as nervous, she notes. SummitStone makes sure all staffers are well-trained and confident in using the technology "to ensure a better experience for the patient."

Across town at Banner Fort Collins Medical Center, the area's first e-hospital, all admitted patients are monitored 24/7 by off-site doctors and nurse practitioners watching for any major changes in vital signs or other deterioration of patient health. This provides another pair of trained eyes in the room while the local physicians are at home.

In Banner's ICU, technology provides a backup for nurses during times when medical specialists are not onsite. Specialists at another location or on-call doctors at home can review medical charts, alter a treatment plan or intervention, and direct local staff. E-stethoscopes are even used by nurses to transmit lung or heart sounds to a remote cardiologist.

Whether you're in a bed in Fort Collins or in a rural hospital, this makes a difference. "We are able to keep patients in their own community because the medical team has the backup of an ICU specialist," says Dr. Kathryn Perkins, chief medical officer for Banner Health in Northern Colorado and Western Division.

The results speak for themselves: Across the Banner Health system last year, patients spent 44,000 fewer days in the ICU, 65,000 fewer days outside of the ICU in a regular hospital room, and about 2,000 people who were predicted to die didn't, according to Perkins. "You get to go home healthier and in a shorter length of time."

FASTER LIFESAVING TREATMENT

Locally, neurology teams are saving lives as part of UHealth's TeleStroke program. A patient rushed into the Emergency Room in West Greeley is exhibiting signs of a stroke, and with the touch of a button Dr. Brian Kaiser can be notified. After a quick phone call to get basic information from a nurse, Kaiser, a neurohospitalist at Poudre Valley Hospital, logs

onto the telehealth system and interviews the patient with a nurse or doctor bedside.

"I have a limited time window of about 4 1/2 hours to get someone treatment after a stroke," Kaiser says. "Around 2 million neurons will die per minute, so the earlier I can get them treatment the faster I can save brain function. On the flip side, if there is something else going on, we're not rushing a patient here unnecessarily which saves time and resources."

Kaiser estimates he's treated about 10 telehealth patients in Greeley, and 2 or 3 received treatment for an ischemic stroke. Neurology consultations can also help ensure that patients aren't misdiagnosed and treated for a stroke, which is potentially dangerous, he notes. "Whether a patient has had a stroke or needs another neurological procedure, in my opinion the care is better than if telemedicine is not present."

WHAT ABOUT SECURITY?

Emailing your doctor while sitting in your PJs is great, but how do you know your private health information is safe from hackers? Medical and behavioral health-care providers that offer telehealth must use a secure computer platform with encryption when using email, online messaging and texts to comply with the Health Insurance Portability and Accountability Act (HIPAA) privacy regulations, including the Security Rule, which requires safeguards for electronic protected health information (ePHI).

For instance, SummitStone's website explains how digital encryption and secure video technologies are used to ensure privacy on both ends. Also, live videoconferencing appointments can't be recorded or archived.

Nurses at Banner Fort Collins Medical Center adjust the in-room cameras to point away from patients during sponge baths or other private moments, and the overhead audio can be muted.

LONG-TERM BENEFITS OUTWEIGH COST

Most area doctors charge the same amount for telehealth and traditional care, and insurers in Colorado are required to cover telehealth for all residents.

Although poor broadband service in some pockets of Colorado has placed limits on the technology's range and software upgrades are a fact of life, local health system managers say the long-term benefits of more engaged patients are well worth the cost. 

NAVIGATING PATIENT PORTALS



Many doctors' offices offer patient portals, or online gateways, to connect with staff about upcoming appointments and to see test results, key health information, and notes from your last visit. You can even email concerns or ask questions that may be easily answered by a nurse or doctor without driving to the clinic.

On-demand access to your electronic health record comes in handy if you're sent to a new specialist, need to see an out-of-network doctor, or switch to a different health care system.

Here's how to get in the telehealth game:

- Tell the office manager you want to sign up and provide an email address.
- Once you have a username and password, log in from your computer or mobile phone.
- Consider putting the log-in information in a safe place with your advance care planning forms so a trusted family member or friend can quickly access your health record if you are incapacitated.
- Make sure to check your email for alerts that you have a message or response waiting in the portal.

A note of caution: patient portals are not the place to turn if you've run out of prescription medication (contact your pharmacy) or if you have an urgent health need. In an urgent situation or a medical emergency, always call 9-1-1 or your doctor's office to request immediate help.

Get linked in

General information on telehealth:

- Center for Connected Health Policy: cchpca.org
- U.S. Department of Health & Human Services: hrsa.gov/ruralhealth/telehealth/

Smartphone apps:

- itelemedicine.com/telemedicine-smartphone-apps/ (frequently updated list)
- healthline.com/health/best-telemedicine-iphone-android-apps#3 (free apps)

Health District hosts Regional Health Connector

The Health District is taking a lead role in identifying trends and needs in regional public health and strengthening connections between providers and community resources as local host of a dynamic new statewide program.

Colorado Regional Health Connector (RHC) Jane Gerberding, RN, is based at the Health District as the Larimer County connector through a joint program with Colorado Health Institute and the Colorado Foundation for Public Health and the Environment. Gerberding is one of 21 Colorado RHCs spread across the state and her work is supported by grants from the State Innovation Model and EvidenceNOW Southwest.

“The regional health connectors are a new workforce working to connect clinical care and public health with social services and other community resources to help support the integration of physical and behavioral health and better meet the healthcare needs of our residents,” Gerberding says. “My mission is to look for trends, opportunities, and what is needed in Larimer County to help support and facilitate this integration.”

The Health District made sense as a host site because of its interest in and approach to behavioral health, including the expanding Connections program (see story this page) and the Mental Health and Substance Use Alliance, Gerberding says. “The Health District is such an innovator around behavioral health—so it’s a perfect place for a regional health connector to build on the partnerships and focus that already exist.”

Gerberding is spending her first three months reviewing community data and meeting with local providers to help the community decide what areas to focus on. As a regional connector, her job is also to learn about all of the health initiatives happening at the county and state level, what grants and



Larimer County Regional Health Connector (RHC) Jane Gerberding strategizes with the Colorado Health Institute’s Paige Backlund Jarquin, the senior program manager for the State Innovation Model (SIM). The Health District is hosting Gerberding, one of 21 RHCs statewide, during the 28-month program. Photo by Julie Estlick

reports have been written, and what community resources are not well-known. She will use the priorities already identified by area leaders and service providers, as well as input from primary care providers, for guidance in creating specific improvement projects in Larimer County.

“I think that the Larimer County community is well-connected and has some very effective partnerships,” she notes. “However, especially when you’re talking about primary care and behavioral health, those are still two very different worlds, and any way we can connect them will benefit the system and the client down the road.”

For more information about the Regional Health Connectors program, please contact jgerberding@healthdistrict.org or 970-224-5209 ext. 233.

Food backpacks fill need



Health Coverage Specialist Benita Wilson (in black) fills bags of food for the McBackpack Feeding Children in Need program at First Presbyterian Church of Fort Collins. Health District employees donated 30 boxes of food and \$425 for grocery store gift cards to the McBackpack program in March. In addition to the food drive, five employees joined a dedicated group of volunteers to help pack 429 grocery bags full of nonperishable food for children in the Poudre School District. The program provides needy students with a bag of food to take home in their backpacks so family members have enough to eat during the weekend and school breaks.

Photo courtesy of David Pleacher

New look for Connections logo

The Connections program has an updated logo featuring a group of people in a semicircle around the “c” in Connections, and the tag line “answers, options, support.” The program is a partnership of the Health District and SummitStone Health Partners.



“The new Connections logo emphasizes that we are about connecting people,” says Lin Wilder, community impact director for the Health District. “We aim to connect community members with information, services, and support from professionals and peers that help them to better navigate the system of mental health and substance use services and get the care they need. When you are struggling with depression or anxiety or a substance use disorder, you can feel very disconnected, alone, and unsure of what to do. Connections is there to reconnect people to hope and next steps.”

The new tag line makes clear that the program “answers questions, provides people with a wide range of options to choose from for services, and supports them along the way,” she says.

A reinvigoration of the Connections program over the past year, including the addition of the Child, Adolescent, and Young Adult Connections (CAYAC) Team, was an impetus for the redesign.

“We have expanded our services significantly and increased the number of people we are serving by over 80 percent,” Wilder says. “We are increasingly working with primary care physicians and Poudre School District to meet their specific needs. It is our hope that the new logo is fun and welcoming for everyone, because Connections is for everyone—young and old, individuals and families—really anyone who needs answers, options, and support for their mental and emotional well-being.”

classes, screenings, and services

cholesterol tests

Find out your total cholesterol, HDL, LDL, triglycerides, and blood glucose numbers; learn what they mean and what to do about them.

Health District residents who have never received our test are eligible to receive their first test for free. Health District boundaries include Fort Collins, Laporte, Wellington, Red Feather Lakes, Livermore, Bellvue, and Timnath. Cost for all others is \$15. Sliding fees available.

Cholesterol tests are 8:15-10:30 a.m.

Appointments strongly recommended; call 970-224-5209. If time allows, we will serve those without an appointment.

April

Tues., April 11 – Senior Center, 1200 Raintree
Thurs., April 20 – Senior Center, 1200 Raintree

May

Tues., May 2 – Senior Center, 1200 Raintree
Thurs., May 18 – Senior Center, 1200 Raintree
Tues., May 23 – Health District, 120 Bristlecone

June

Tues., June 6 – Senior Center, 1200 Raintree
Thurs., June 15 – Senior Center, 1200 Raintree

An 8-hour fast is recommended for best results; medications and water are permitted. Visit healthdistrict.org/heart for more information.



blood pressure checks

OFFERED MONTHLY!

Free, 5-10 minute walk-in blood pressure reading and consultation with a registered nurse.

The consultation includes discussion and materials on:

- What does blood pressure mean?
- How can I keep my blood pressure where it needs to be, lowering my risk of heart attack and stroke?
- What's the right way to monitor my blood pressure?
- Follow-up suggestions

Checks are the second Monday of each month, 10 a.m.-12 p.m. at the Fort Collins Senior Center, 1200 Raintree. No appointment necessary.

Visit healthdistrict.org/heart for more information.



thinking of quitting tobacco?

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 COUPLES/BUDDIES
 GROUP SESSIONS

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- ▶ Free nicotine patches / gum / lozenges
- ▶ First appointment free
- ▶ Positive, supportive approach
- ▶ Sliding fees for those who qualify

Upcoming Wednesday group classes:

May 17 - June 21
 6:00 - 7:30 p.m.

Aug. 16 - Sept. 20
 6:00 - 7:30 p.m.

*Call in advance to register—
 space is limited!*



Hundreds of Fort Collins residents have quit by using our Step Free from Tobacco program and YOU CAN, TOO!

healthdistrict.org/quitsmoking

additional services

Dental Connections

Referrals to dentists and help finding affordable care
202 Bristlecone • 970-493-3366 • healthdistrict.org/dental

Family Dental Clinic

Affordable dental care for district residents with Medicaid, CHP+, or limited income and no dental insurance
202 Bristlecone • 970-416-5331 • healthdistrict.org/dental

HealthInfoSource.com

A comprehensive online guide to local health information

Larimer Advance Care Planning Team

Free assistance and support to help people complete and share their advance care directives
425 W. Mulberry, #110 • 970-482-1909 • larimeradvancecare.org

Larimer Health Connect

Free help with affordable prescription and health insurance options, including Connect for Health Colorado, CHP+ and Medicaid
144 N. Mason, Unit 7 • 970-472-0444 • larimerhealthconnect.org

Connections A partnership with SummitStone Health Partners

Answers, options, and support for mental health and substance use
525 W. Oak • 970-221-5551 • mentalhealthconnections.org

CAYAC (Child, Adolescent, & Young Adult Connections) Team

Early identification and treatment of mental health and substance use for youth and families
1302 S. Shields, A1-3 • 970-221-3308 • healthdistrict.org/cayac-team



A no-cost service to help you create your end-of-life care plan.

Already have a plan? We can help you update it, if necessary. Services include notarizing documents and distributing plans to health agencies.

Health District
 ADVANCE CARE PLANNING TEAM

LarimerAdvanceCare.org
970.482.1909