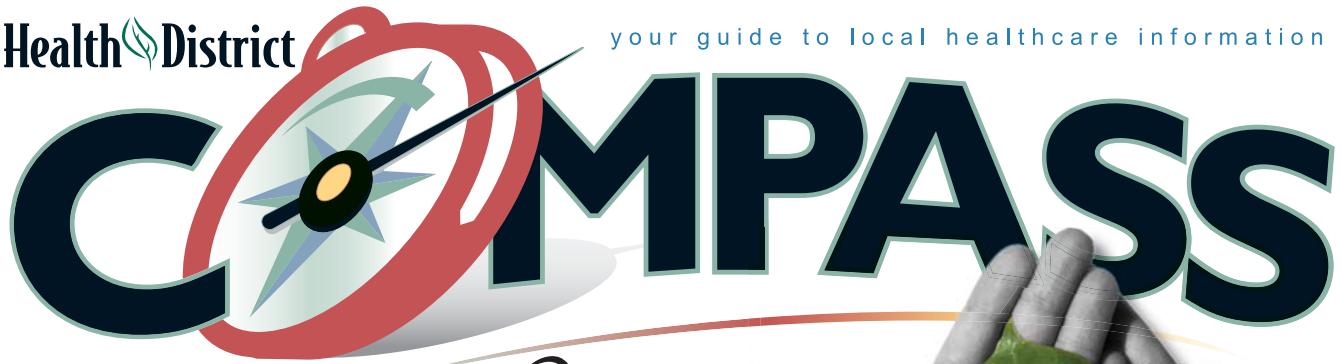


Health District

your guide to local healthcare information



Turning Over a

NEW LEAF



How to make good on your New Year's resolution

by chryss cada

Maybe it was my imagination, but it seemed the trim, toned 20-year-old gym employee had trouble making eye contact after reading my number on the scale last winter.

That number was 163. It's a number that wasn't too obvious on my 5'9" frame — apparently not even to me. Throughout my adult life I've always weighed "about 140." I knew I had put on a few pounds during the process of

having children, but by a few I figured it was five, 10 on the outside.

But 163 is nowhere close to 140. No matter how I squinted my eyes or took off my shoes or factored in how much water I'd drunk, 163 is not "about 140."

It was time to make some changes.



For many, it takes an "ah-ha moment" like mine at the gym to inspire a change in habits. But we're coming up on the annual opportunity to resolve to do better for our health. So I've enlisted some experts at the Health District of Northern Larimer County to share pointers on how to turn over a new leaf and keep it turned over.

Get started

Don't underestimate what it takes to change a habit. Alison Tompkins, who oversees the physical activity portion of the Health District's Healthy Weighs program (a non-dieting approach to weight management), uses a five-stage model to help clients change a habit. Three of those stages — *precontemplation, contemplation* and *preparation* — take place before getting to *action*. The final stage is *maintenance*.

"At the first meeting with someone, I want to know why they are interested in making changes,"

Tompkins says. "They need to be doing it for the right reasons and be in it for the long run."

Once you've decided to make changes, it's time to get specific about what those changes will be.

"You have to start with an acceptance of where you are and be conscious and intentional about your situation," says Cheri Nichols, lead nurse for the Health District's heart-health program. "Then try and unlock the secret of what one or two things will work for you as a starting point."

In the case of weight loss, keeping a food journal can be a real eye opener — I know it was for me. Who knew a scone with my coffee, chips with my sandwich and cheese and crackers while I was making dinner could add up to that many calories?

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Learn how to regulate your body temperature when out-of-doors.

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Health District of Northern Larimer County
120 Bristlecone Drive
Fort Collins, CO 80524
(970) 224-5209 • fax (970) 221-7165
www.healthdistrict.org
compass@healthdistrict.org
Follow us on Twitter and Facebook.

communications director	Richard Cox
editor	Nancy Nichols
graphic designer	Kristen Inman
contributing writers/editors	Chryss Cada Kathy Hayes Pam Klein
executive director	Carol Plock
medical director	Bruce Cooper, M.D.
board of directors	Celeste Kling (president) Bernard Birnbaum, M.D. (vice president) Tim O'Neill (secretary) Steven Thorson, M.D. (treasurer) Joe Hendrickson (liaison to PVHS)
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programs and services	Connections Childhood Immunization Outreach Family Dental Clinic Health Promotion Prescription Assistance Community Impact Team Integrated Primary Care/Mental Health Program CHP+/Medicaid Outreach Project

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Information in this publication is not a substitute for medical attention from your healthcare provider.

Not Too Hot, Not Too Cold

Protect yourself from
hyperthermia and **hypothermia**
and keep your body temperature just right

by kathy hayes

Colorado's gorgeous scenery and generally pleasant weather are the perfect ingredients for enjoying healthy outdoor activities such as hiking, fishing, hunting, cycling and skiing. But when cold, moisture, wind, or excessive heat and humidity are present, your outdoor activity could land you in the emergency room.

Even extreme indoor temperatures can lead to hypothermia or hyperthermia, which can result in irrational thinking, odd behavior, organ failure and, ultimately, death. Children, the elderly and people with certain medical conditions, such as diabetes, are most at risk.

Too Hot: Hyperthermia

What happens

Body temperature rises too high to maintain normal bodily functions.

Causes

In hot weather and humidity, too much exertion, heavy clothing and protective equipment, dehydration and some medications can lead to heat stroke, heat exhaustion and other types of hyperthermia. People over 50 are most at risk.

Symptoms

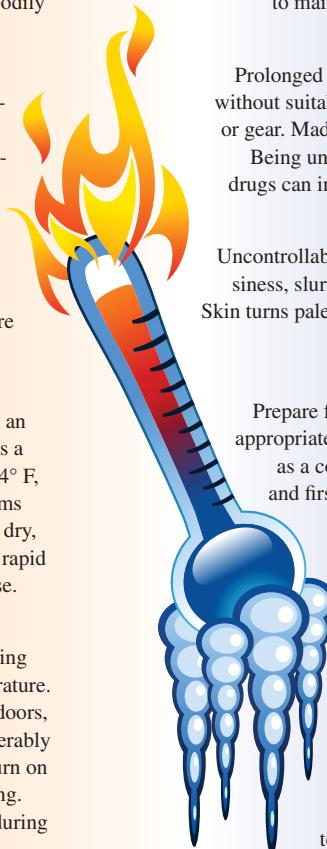
Call for help if you notice an older adult has fainted, has a body temperature over 104° F, is behaving strangely, seems confused or delirious, has dry, flushed skin and a strong, rapid pulse or a slow, weak pulse.

Prevention

Stay hydrated. Wear clothing appropriate for the temperature. If working or playing outdoors, take frequent breaks, preferably in the shade. If indoors, turn on a fan or the air conditioning. Avoid strenuous activity during the hottest part of the day.

Treatment

Rest in a cool place. Drink water or juice. Remove excessive clothing. Sponge off with cool water.



Too Cold: Hypothermia

What happens

Body temperature drops below that required to maintain normal bodily functions.

Causes

Prolonged exposure to cold temperatures without suitable protective clothing, shelter or gear. Made worse by wetness and wind.

Being under the influence of alcohol or drugs can increase susceptibility and risk.

Symptoms

Uncontrollable shivering, confusion, clumsiness, slurred speech, shallow breathing. Skin turns pale blue or white, signaling early stages of frostbite.

Prevention

Prepare for severe weather by bringing appropriate clothing and supplies as well as a companion. Carry a survival kit and first-aid kit and know how to use them. Avoid using substances that can cloud your judgment.

Treatment

Hypothermia is a medical emergency requiring immediate treatment. "We definitely see more cases of hypothermia than hyperthermia," says Dr. Jamie Teumer, emergency room physician and medical director at the Medical Center of the Rockies. "The first thing you want to do is get warm and dry and stay warm. The worst thing is to get warm and then get cold again." Rewarm damaged skin gradually; do not rub frostbitten areas. Drink warm, nonalcoholic liquids. Eat quick-energy foods.

More info: www.nih.gov

Type "hypothermia" or "hyperthermia" in the search window.

Pathways Hospice

Compassionate care at the end of life

by nancy nichols

When a loved one's life is near its end, grief may engulf you while you watch a lovely part of your world begin to fade away.

As you grapple with the reality of losing a person you love, you may also bear the considerable responsibility of doing the right thing for someone who deserves the best.

According to the National Alliance for Caregiving, about 66 million Americans — and nearly a third of all U.S. households — are involved in caregiving for a family member or friend. Many of those receiving care are near the end of life because of illness or old age.

Before becoming overwhelmed by the thought of looking after such a loved one, consider seeking assistance from an organization that specializes in compassionate end-of-life care.

That's the focus of Pathways Hospice, a nonprofit organization serving residents of Larimer County and western Weld County.

Pathways Hospice provides medical and comfort care for individuals navigating the last period of their life as well as support for families, caregivers and those mourning the loss of a loved one.

Pathways got its start in 1978 when a group of Loveland nurses whose friend was dying came together to create a care team for their friend.

Since then, Pathways has grown to encompass a staff of 130 professionals and 280 volunteers who provide expert care to members of our community who are dying.

According to the National Hospice and Palliative Care Organization, at the center of hospice care is the belief that "each of us has the right to die pain-free and with dignity, and that our families will receive the necessary support to allow us to do so."

A recent article in *The New Yorker* titled "Letting Go," by Atul Gawande, M.D., gives insights into the value of hospice care. Dr. Gawande writes, "For all but our most recent history, dying was typically a brief process. Whether the cause was childhood infection, difficult childbirth, heart attack, or pneumonia, the interval between recognizing that you had a life-threatening ailment and death was often just a matter of days or weeks

"These days, swift catastrophic illness is the exception," writes Dr. Gawande. "For most people, death comes only after long medical struggle with an incurable condition — advanced cancer, progressive organ failure

(usually the heart, kidney, or liver), or the multiple debilities of very old age. In all such cases, death is certain, but the timing isn't."

It is at this point, when the patient's condition cannot be reversed (or when the patient chooses not to pursue curative treatment), that hospice professionals can step in to improve the quality of the patient's life for the time that remains.

The Pathways staff includes physicians, nurses, social workers, chaplains, certified nursing assistants and therapists, including art and music therapists. Staff members care for patients wherever they reside — at their house, assisted-living center or nursing home. Patients can also receive care at Pathways Hospice Care Center at McKee Medical Center in Loveland.

In 2009, more than 1,000 patients received care from Pathways, with about 140 people receiving care at any one time.

Martha Fellure of Loveland lost her mother several years ago. During her mother's final days at Pathways Hospice Care Center, Fellure wrote: "I'm so thankful for the provision of this place where I can quietly release my mother. It is a place where I can reflect on our relationship and all she's been to me ... a place where I can honestly face the inevitable regrets and where I can joyfully reminisce, holding close the precious memories of a lifetime."

Pathways Hospice places a strong emphasis on helping those in grief. Visitors to the Fort Collins office (305 Carpenter Road) will find an expansive bereavement center serving people of all ages, from children too young to express their feelings with words to senior citizens who may need to learn new life skills to be able to live alone for the first time. Resources include various counseling and therapy programs, an extensive lending library of books and audiovisual materials, and an outdoor garden labyrinth for contemplation. *



(970) 663-3500 • (970) 292-2388 (referrals)
info@pathways-care.org • www.pathways-care.org

Pathways Hospice, formerly known as Hospice of Larimer County, is a nonprofit, United Way affiliate agency with offices in Fort Collins/Loveland and Windsor, and a care center at McKee. Payment options include Medicare, Medicaid and most commercial insurance plans. All local hospice-appropriate patients accepted regardless of financial or insurance circumstances.



Because a good goal is also a realistic one, it's better to cut back than cut out.

"Start with an awareness of what you're doing," says Nichols.

"You know you eat ice cream every day, but how much are you really eating? Put the amount you think you usually eat in a measuring cup and be conscious of how much it is."

Next, set a small, obtainable goal, say, cutting back by 25 percent, the amount you have and the days you have it, Nichols advises. Once you reach that goal, cut back another 25 percent.

"The important thing is to find a goal you can commit to 100 percent," Nichols says. "Find something that is doable for you, and then let nothing derail you."

Stick with it

In the nearly two decades I've been going to the gym, I've questioned, "Who needs someone to cheer them on to do their workout?" What I learned this year is: me.

Jennifer, a trainer from my gym, gave me a plan and, perhaps more important, someone to be accountable to. Although a trainer is valuable in setting up a program, a friend can step in and provide that "someone to answer to" role.

"It's so important to find a buddy to work out with," Tompkins says. "We're so quick to

cancel on ourselves. But if we have somebody waiting at the gym or to go for a walk, we won't cancel on others."

Remember, forming new habits takes time. In fact there's a growing body of research that our brains are wired to hold onto old habits.

A 2005 study at the Massachusetts Institute of Technology sought to simulate the learning and forgetting of a habit in mice. It found that a learned pattern remains in the brain even after the behavior is stopped. Triggers, like walking

into a bar where you used to drink, can instantly take your brain back to its old familiar pattern.

And what about the old, "It takes six weeks to break a habit" rule? It could be much longer than that, according to a study published in the October 2010 *European Journal of Social Psychology*. For the study, 96 volunteers chose a new behavior to carry out at the same time each day. The time it took for the participants to automatically carry out the habit ranged from 18 to 254 days.

Registered dietitian Dianne Moeller, who has taught the nutrition portion of the Healthy Weighs program for the past 12 years, puts an emphasis on long-term change.

"People eat like they live — on the run," she says. "When you're in a hurry, you make poor food choices and take bigger portions."

Through the years, Moeller has seen people enjoy "great success" by slowing down the

eating process. Steps to mindful eating include preparing meals at home, having a nice place to sit and eat, and being thankful for your food.

"It's not just saying, 'I'm going to buy low-fat food,'" Moeller says. "It's about forming a whole new relationship with food."

Try, try again

"Changing a habit is a process that never ends," Nichols says. "We make choices every day that affect our well-being, and some days are better than others."

Although I've spent more than a few days off the wagon, I stuck with counting calories and the exercise routine the trainer set up for me, and now I weigh in at 140 most days — even without squinting my eyes.

"People have a bad day or a bad week and they think they're done," Tompkins says. "I tell them, 'It's going to happen. Don't give up, just start again tomorrow.'"



When a resolution isn't enough

When dealing with a serious health issue tied to an addiction, deciding you are ready for change is an important first step — but it is only the first step.

It's important to take an honest look at your motivations for changing a habit, including realizing why you started the habit in the first place. "Smokers know that smoking is bad for us; that's not the issue," says Bear Gebhardt, a smoking cessation counselor with the Health District's "Step Free" program. "Usually they smoke because it makes them feel good. I want to help them find other ways to access their joy."

While support is helpful with forming a new healthy habit, it is crucial with addiction. Connections, a partnership of the Health District and the Larimer Center for Mental Health that provides information, referral and assistance for people dealing with addiction issues, is a good place to start when you want to stop.

"Get support," says Dee Colombini, coordinator of the Connections program. "When substance abuse is an issue — hands down, a 12-step group such as Alcoholics Anonymous or Narcotics Anonymous is the No. 1 thing that works." If you've tried a 12-step program and still need help, it's essential that you find a strong, ongoing source of support to help you make healthy changes and then stay on track.

Take the chill out of winter by adding soups and stews to your cooking repertoire. You'll be rewarded with warmth, nourishment and comfort throughout the season.

Traditionally soups and stews have provided families of all sizes with hearty yet economical meals. These easy-to-make, one-pot dishes also deliver excellent nutrition.

Soups and stews blend high-quality protein from meats or beans with the vitamins and minerals of vegetables. Add to that the phytonutrients of herbs and spices, and you have an incredibly nutrition-packed meal.

Seasonal winter vegetables will be abundant during the coming weeks and are perfect ingredients — beets, carrots, parsnips, rutabagas, turnips, potatoes, squash and greens such as chard, kale and mustard.

"One of the best things about soups and stews is that they often taste even better the second day," says Dianne Moeller, a registered dietitian at the Health District of Northern Larimer County. "This makes them perfect for packing in the lunchbox," she says.

"It's easy to cook soups and stews in large quantities, put them in containers and freeze them for reheating as quick, nutritious meals any day of the week," Moeller adds.



Because of their high water content, soups and stews also satisfy your hunger and make you feel full more quickly than many higher calorie foods. So adding more soups and stews to your diet in winter may help prevent unwanted weight gain.

The adventurous cook will find plenty of room for creativity. Use leftovers from the refrigerator, make your own stock from the bones and skin of a roasted chicken, experiment with whole grains, and spice up the presentation with garnishes such as parsley, chives, cilantro, lemon and crushed peanuts.

Your family will love the wonderful aroma wafting from the kitchen while you cook up a homemade soup or stew. And you'll enjoy a more "mindful" eating experience because soups and stews can't be consumed quickly, demanding a more relaxed approach to eating. *

African sweet potato stew with red beans

2 tbs. olive oil
1½ c. chopped onion
1 garlic clove, minced
4 c. (½-in.) cubed, peeled sweet potato
½ c. vegetable broth
1 c. chopped red bell pepper
½ c. water
1 tsp. grated, peeled fresh ginger
½ tsp. salt (or to taste)

½ tsp. ground cumin
¼ tsp. black pepper
1 can (14.5 oz.) diced tomatoes, drained
1 can (4.5 oz.) chopped green chilies, drained
1½ c. cooked small red beans
4 tbsp. creamy peanut butter
3 tbsp. chopped dry-roasted peanuts
6 lime wedges

Heat oil in a Dutch oven or large pot over medium heat. Add onion and garlic; cover and cook 5 minutes or until tender. Reduce heat. Add sweet potato and next 10 ingredients (through beans). Cover and cook on low until sweet potato is tender (about 15 minutes). Spoon 1 cup cooking liquid into a small bowl. Add peanut butter; stir well with a whisk. Stir peanut butter mixture into stew. Top with peanuts when serving; serve with lime wedges. Garnish with cilantro (optional). Serves 6.



Butternut squash and quinoa soup with sage-walnut pesto

2 tsp. unsalted butter
1 c. minced onion
2 c. diced butternut squash
¼ c. quinoa
3 c. chicken broth
Salt and freshly ground pepper

Sage-walnut pesto
3 tbsp. fresh sage leaves
1 large garlic clove, minced
½ c. walnuts
Salt and freshly ground pepper
Extra virgin olive oil
½ c. freshly grated Parmesan cheese

Wash quinoa in 3 changes of cold water in a bowl, draining in a sieve between changes of water.

Melt the butter in a medium saucepan over medium heat. Add the onion and sauté until translucent, about 5 minutes. Add the squash and sauté for 5 minutes more. Add the quinoa, chicken broth, salt and pepper, and bring to a boil. Cover, reduce heat and simmer for 15 minutes, or until the squash is quite soft. Remove from heat.

While squash mixture is cooking, prepare pesto. In the small bowl of a food processor, combine sage, garlic and walnuts; process until chunky. Add olive oil in a stream, scraping sides of bowl occasionally, until mixture is moistened and cohesive, but still chunky. This will probably take 2 to 3 tbsp. of oil. Scrape out of processor into small bowl; add Parmesan cheese, stirring until combined. Season with salt and pepper to taste.

Use a potato masher to mash the squash until coarsely textured and creamy. Taste and adjust the seasonings. Serve in bowls with a dollop of sage-walnut pesto. Serves 4.

Want to learn more? See page 8 for an upcoming Health District cooking class featuring soups and stews.

New Health Reforms to Cost Little Next Year

Other factors account for most of projected rate increases

by richard cox

Many factors are contributing to higher health insurance costs in Colorado next year. Among them are rising doctor and hospital fees, increased use of medical and lab tests and a population that is growing older and sicker.

National healthcare reform legislation, however, currently does not appear to be adding much to the bill, as some might have feared.

This year, several elements of healthcare reform went into effect as part of the Patient Protection and Affordable Care Act signed into law last March. These included a ban on denial of coverage for children with pre-existing conditions; no lifetime limits on benefits; restricted annual benefit limits; a ban on policy cancellations except in cases of fraud; and allowing dependents to remain on their parents' insurance up to age 26.

Those parts of the new law that went into effect this year will increase rates by a maximum of 5 percent and often by much less, according to state regulators.

Recently a Denver insurance brokerage firm projected an overall increase in health-insurance costs of 14.4 percent for Colorado in 2011, the biggest jump in six years and higher than the national average.

Despite the jump, double-digit price increases for health insurance are nothing new in Colorado. Rates have gone up by around 12 to 14 percent

each year for at least a decade, including a whopping 19 percent increase in 2003.

The Colorado Division of Insurance, which must approve all rate increases, has been reviewing rates submitted by health carriers, according to Marcy Morrison, the state insurance commissioner.

"What we found isn't surprising — health insurance premiums continue to rise," Morrison says.

Morrison says that a variety of factors contributed to health insurance increases in past years, and for the most part those same factors are driving current increases. For example, people are scheduling more doctor visits, receiving more tests and more expensive lab tests. In addition, the population overall is aging, and the average health status of Americans is decreasing.

"What may be eye-opening for some people is that federal health reforms have contributed from zero to a maximum of 5 percent of those increases. It's not the primary cause for increasing rates," Morrison says.

State law specifies which factors an insurance company can review when it adjusts healthcare premiums each year. The allowable factors include such things as previous claims, changes in benefit plans and new state or federal laws. Guidelines vary based on whether insurance is offered through a large-group employer (50 or



more employees), small-group employer (fewer than 50 employees) or to individuals.

Insurers were allowed to take the new healthcare legislation into account when they adjusted their rates for next year. Despite asking for rate increases of up to 30 percent in some cases, insurers on average blamed little of that increase on healthcare-reform requirements. For example, large-group insurers sought rate increases of only 0.4 percent for covering dependents up to age 26.

But as the proposed rate increases show, many of the factors that have been driving healthcare cost increases in past years will continue to be an issue in 2011.

WORD SEARCH

Health in the New Year

Find these words related to "Turning Over a New Leaf" on page 1. Words may appear horizontally, vertically, diagonally and backward.

ACCEPTANCE
ADDICTION
AWARENESS
BEHAVIOR
BRAIN
BUDDY
COMMITMENT
GOAL
HABIT
NEW

OBTAIENABLE
PERSISTENCE
PLAN
PREPARATION
PSYCHOLOGY
REALISTIC
SUPPORT
WELL-BEING
YEAR

P	Y	R	D	W	T	B	O	H	A	G	J	U	E	T
E	R	F	O	I	E	F	U	D	U	A	X	L	Y	R
R	S	E	B	I	Y	N	D	D	C	U	B	N	E	O
S	C	A	P	J	V	I	V	C	D	A	O	L	A	P
I	H	Z	L	A	C	A	E	X	N	Y	E	W	R	P
S	Y	W	M	T	R	P	H	I	B	M	R	N	I	U
T	E	G	I	G	T	A	A	E	L	A	E	B	P	S
E	F	O	O	A	K	T	T	R	B	Q	A	Y	D	F
N	N	A	N	L	B	G	N	I	E	B	L	L	E	W
C	L	C	Z	O	O	E	V	D	O	K	I	L	O	P
E	E	O	Q	F	C	H	B	U	J	N	S	H	T	A
B	I	J	X	C	D	K	C	A	O	X	T	A	N	G
B	R	A	I	N	H	N	J	Y	A	I	I	V	M	Q
S	S	E	N	E	R	A	W	A	S	V	C	M	H	K
C	O	M	M	I	T	M	E	N	T	P	N	A	L	P

New program helps local families enroll in public health insurance

The Health District of Northern Larimer County has launched a program to help more Larimer County residents obtain healthcare coverage through Medicaid, which serves adults and children, and Child Health Plan Plus (CHP+), which serves qualifying children and pregnant women.

Health District staff will educate local families about public health insurance options and assist them in enrolling, or re-enrolling, in an appropriate program. The service is designed to make it easier for eligible families in Larimer County to get health coverage and includes home visits, if needed, to help people complete enrollment paperwork.

"We follow up with clients throughout the entire process to ensure that it all goes smoothly for them," says Rosie Duran, project coordinator.

The CHP+/Medicaid Outreach Project is funded by a \$66,000 grant from the Colorado Department of Health Care Policy and Financing and is part of the state's Maximizing Outreach, Retention and Enrollment (MORE) project. The Health District was one of 13 community organizations statewide to receive funding. This new outreach and enrollment service is a partnership between the Health District and the Larimer County Department of Human Services.

From 2001 to 2006, the Health District operated a similar program that successfully enrolled nearly 5,000 local children in CHP+, Medicaid or both.



"I'm very excited to be back at the Health District serving the families in our community," says Duran, who also coordinated the previous program.

CHP+ and Medicaid are state and federal programs offering full-coverage health insurance for uninsured Colorado children, up to age 18, who meet income guidelines. Coverage includes checkups and shots, other doctor's visits, dental care, vision and hearing services, prescriptions, hospitalization and hospital services, and mental-health services. For CHP+, a family of two can earn up to \$36,000 a year, or a family of four can earn up to \$55,000 a year, and still qualify. There are no monthly costs, and the co-pay for routine services is up to \$10. There may be a small annual fee, depending on income.

Families needing information or assistance can call Rosie Duran with the CHP+/Medicaid Outreach Project at (970) 472-0444. Se habla español.

Improved dental care for disabled adults nearly ready to launch

Remember the last time you had a bad toothache? Now try to imagine having several problem teeth and being unable to explain your pain to those who care for you. Worse still, imagine being in pain for months, and then having to endure a long, difficult car ride to get relief.

That's the situation faced by more than 100 Larimer County adults with disabilities. It is a situation that has been described as "criminal" and "inhumane" by local patient advocates and health and human service providers. Now a local coalition staffed by the Health District of Northern Larimer County is seeking donations to help change that.

Individuals with severe disabilities, either physical or developmental, sometimes require general anesthesia for any dental treatment at all. Currently there are no options in Larimer County for disabled adults who need dental care under general anesthesia. As a result, these local patients need to wait for months, sometimes more than a year, and then be transported to Denver or Colorado Springs for access to care.

"The waiting list is long, and finding dentists who can work on these patients is difficult," says Fort Collins resident Donna Kling, who has a 35-year-old son with disabilities. "It just becomes a monumental task. That's why these people need to be able to get care in their own backyard."

Members of the Dental Health Partnership of Larimer County have devised a solution as local caregivers, dentists, anesthesiologists and the Harmony Surgery Center have come together to create a local response. This group is now seeking to raise \$23,000 to purchase the equipment and supplies necessary to begin serving residents in January 2011.

"Dedicated family members, caregivers, dentists and medical professionals have worked long and hard to create a workable local solution," says Jim Becker, resource development coordinator for the Health District. "Now we just need to get this final piece in place so we can end the delays that prolong suffering."

If you would like to learn more or contribute to this program, go online to www.healthdistrict.org/anesthesiafund or call Jim Becker at (970) 224-5209.

CDC public health apprentice joins Health District



The Centers for Disease Control and Prevention has funded a two-year public health apprentice position for the Health District of Northern Larimer County. Chelsea Williams, who started work at the Health District this summer, is one of 65 public health professionals nationwide chosen for the CDC program, which is designed to give future managers broad experience in the day-to-day operation of public health programs. A graduate of the University of California-Berkeley and Tulane University, Williams will divide her time at the Health District between the Dental Health Partnership of Larimer County and the agency's community obesity initiative.



live and learn: classes & screenings

heart-health screenings

Find out your total cholesterol, HDL, LDL, triglycerides and blood glucose.



Health District residents who have never received our cholesterol screening are eligible to receive their first screening for free. Cost for all others is \$15. Reduced fees are available depending on income for people living in northern Larimer County.

All screenings are 8:15–10:30 a.m. unless otherwise indicated.

Appointments are required; call **(970) 224-5209**. No walk-ins accepted for cholesterol tests. A 12-hour fast is required; water and medications are permitted.

Blood-pressure checks are free, and no appointment is necessary.

Visit www.healthdistrict.org/heart for more information.

Colorado State University
Lory Student Center
Feb. 9 and 10
(Students, faculty & staff only)

Fort Collins Club
1307 E. Prospect
March 15

Fort Collins Senior Center
1200 Raintree
Dec. 16 Feb. 17
Jan. 4 March 1
Jan. 20 March 17
Feb. 1

Harmony Library
4616 S. Shields
Jan. 25
March 22

Health District
120 Bristlecone
Jan. 27
Feb. 24
March 24

Larimer County Courthouse
200 W. Oak
Jan. 11 March 8
Feb. 8

Miramont South
901 Oakridge
Feb. 15

Spirit of Joy Lutheran Church
4501 S. Lemay
Jan. 6
Feb. 3
March 3

wellness

Sign up today! Classes are held at the Health District, 120 Bristlecone in north Fort Collins. Discounts on class fees are available depending on income. Prepayment is required to reserve a seat in Healthy Weighs. Call **(970) 224-5209** to register.



Healthy Weighs
Tuesdays, Jan. 11–April 5
(no class March 15)

9:30–11:30 a.m. or
5:30–7:30 p.m.

This 12-week weight management program emphasizes a balanced, healthy lifestyle without dieting.

Cost: \$190 (less than \$16 per week). **Sign up with a friend and both of you get half your fee back.** Both participants must be Health District residents and complete the program.

Soups and Stews to Warm You in Winter

Thursday, Jan. 20
Noon–1:30 p.m. or 6–7:30 p.m.
Nothing comforts on a cold winter night like a steaming hot bowl of soup or stew. It can be one of the healthiest and easiest meals to prepare, too. Join us as we make and sample some delicious, nutritious soups and stews. We'll also discuss the basics of making broth, building a flavor base and garnishing.
Cost: \$10 per person.



Wisdom of the Ancients: Grains That Have Withstood the Test of Time

Thursday, Feb. 10
Noon–1:30 p.m. or 6–7:30 p.m.

There are many wonderful grains besides wheat, oats and rice. Many ancient grains are just as nutritious for today's generation as they were a thousand years ago. And they are more versatile

than you might think. In this class, we'll feature some less commonly used whole grains — such as millet, buckwheat, quinoa and farro — and discuss ways to make them a part of your regular diet.

Cost: \$10 per person.

Step Free From Tobacco

Our stop-smoking coaches assist adults in reclaiming their natural freedom from tobacco, using free

nicotine patches, lozenges or gum, as appropriate, and with more than 30 proven quitting techniques and strategies. Our program is known for its straightforward, entertaining and supportive manner, with no coercion, guilt or shame. Take part in a group, or enjoy self-paced individual or couples sessions.

Our next six-week **Step Free** quit-smoking class starts Wednesday, Jan. 19, 6–7:30 p.m. The class will run through Feb. 23. The next class after that will start in April. Individual



and couples sessions are offered continuously, and on-site classes are available for work groups (6 or more).

For residents of northern Larimer County, the cost for the six-session

Step Free program is \$10 to \$100, depending on household income.

A \$5 to \$50 rebate is awarded to people who attend all six sessions.

For a free introductory session, to determine if the **Step Free** program might work for you, contact the Health District at **(970) 224-5209**.

Freedom from tobacco is easier now than ever before! The first step is: *just call!*

blood-pressure checks

Free 5- to 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 on the third Monday of the month from 10 a.m. to noon at the Fort Collins Senior Center, 1200 Raintree. No appointment necessary.

Visit www.healthdistrict.org/heart for more information.



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PVHS & Larimer County Health Department.