

# COMPASS

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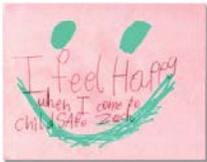
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## An Ounce of Prevention...

How screenings can improve community health

by nancy nichols

**W**hat prompted Paul Prentiss to come in for a heart-health screening was his wife's simple declaration: "You're 54 years old — you need to get your blood pressure checked."

Prentiss, who lives in Fort Collins, had not been to the doctor for several years. Considering that blood pressure screenings are recommended every one to two years for anyone over 18 years old, he was more than overdue. Add to this a family history of heart disease, and Prentiss had little reason to question his wife's advice.

So Prentiss got scheduled. He signed up for a full heart-health screening at the Health District of Northern Larimer County: blood pressure, cholesterol and blood sugar.

What Prentiss learned as a result of the 20-minute screening was that he was walking around with a "silent killer" lurking in his system that he had no idea was there. The screening revealed his blood pressure to be extremely high (174/108, whereas the optimal level is 120/80 or less) and his LDL cholesterol also at an unsafe level — both risk factors for cardiovascular disease.

Based on the screening results, Cheri Nichols, a Health District registered nurse, advised Prentiss to see a doctor immediately.

"Her recommendation was a wake-up call," Prentiss says. "I made an appointment and saw my doctor that same morning after I got the screening."

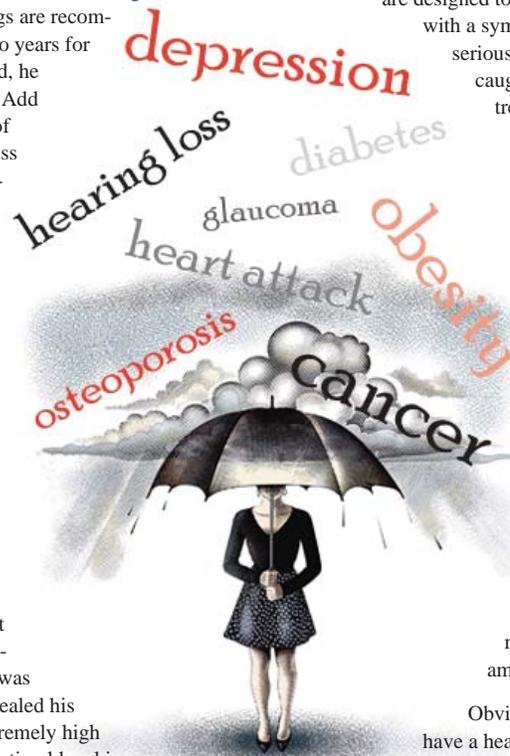
### Why screenings work

Prentiss is exactly the kind of person screenings are designed to help: a community member with a symptomless yet potentially serious medical condition that, if caught early, can be successfully treated to prevent or control disease.

According to the National Prevention Strategy published by the U.S. Surgeon General's office, "Too many Americans do not receive the preventive services that help maintain health, prevent or delay the onset of disease, and reduce health care costs. Each year, injuries and chronic diseases such as heart disease, cancer, and diabetes are responsible for millions of premature deaths among Americans."

Obviously you have to know you have a health issue before you can address it. That's where preventive screenings come in.

The Health District's cardiovascular screening and education service helps detect several risk factors for cardiovascular disease that typically do not have symptoms. It also helps ensure patients get the follow-up services they need. "I've never had so



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<b>meetings</b>	Board meetings are usually held monthly on the fourth Tuesday at 5:30 p.m. at the Health District office. The public is welcome; call 224-5209 to confirm meeting dates and times.
<b>programs and services</b>	Connections  Family Dental Clinic  Dental Connections  Health Promotion  Prescription Assistance  Community Impact Team  Integrated Primary Care/ Mental Health Program  CHP+/Medicaid Outreach Project  Healthcare Matters

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

## Don't Let Flu Get to You

### What you need to know this flu season

by nancy nichols

This year, influenza isn't getting the same headlines as in recent years. But that doesn't mean you can check it off your preventive health list.

Flu can show up as a mild illness or can result in complications that are serious and debilitating. Complications of seasonal flu can result in serious illness and thousands of deaths per year in the United States.

The Centers for Disease Control and Prevention recommends that everyone 6 months of age and older get an annual flu shot as soon as vaccines become available.

Seasonal flu usually arrives in Larimer County in late October and peaks in February. Although flu commonly ends by early spring, it can show up as late as May.

"When it comes to protection from the flu, vaccines remain the most important and effective tools. Knowing that, we hope that Larimer County residents, especially those over 65, will get their seasonal flu shots as soon as they are available," says Dr. Adrienne LeBailly, director of the Larimer County Department of Health and Environment.

In addition to older people, flu shots are particularly recommended for certain high-risk persons and the people who live with or care for them. These include young children, pregnant women and people with chronic health conditions like asthma, diabetes, or heart and lung disease.

Can't get your flu shot now? Later in the flu season is okay, too. It's never too early or too late to get your seasonal flu shot. ✨



**Talk to your doctor about getting your flu shot, or see page 8 for a listing of upcoming Health District flu clinics. You can also find local flu clinics at [www.flucliniclocator.org](http://www.flucliniclocator.org).**

## Your Online Link to Health Information



**HealthInfoSource** —  
 the year-round guide to local healthcare providers, topics and events.

- Comprehensive listings
- Quick and easy searching
- Continually updated



Sponsored by Health District of Northern Larimer County, Poudre Valley Health System and Larimer County Health Department.



**W**hen 14-year-old Liz Johnson revealed that she'd been sexually abused as a toddler until age 8, deep down her mother knew who the perpetrator was: the same adult male family member who had also abused her as a child.

Her daughter's revelation brought back Michelle Johnson's suppressed memories of her own abuse.

"I was just devastated for her," Michelle says. "It made it harder that it was [a family member]."

Seven years later, both women (Liz is now 21) have found the courage to live and love with the help of ChildSafe.

Therapists Kandy Moore, Valerie Macri-Lind and Mike Kehl founded ChildSafe in 1986 out of a need for a comprehensive, community-based response to child sexual abuse. It became a nonprofit in 1998.

"We began the program with 10 victims and their families as part of our private practices, and we soon realized that there were far more children and families needing this service than we had ever imagined," says Macri-Lind.

While Kehl has moved on to work with adult sex offenders, Macri-Lind is clinical director of ChildSafe and Moore is a part-time therapist.

"Over the years it has just grown and grown," Moore says, noting that in 2010 ChildSafe saw

502 clients, about half of whom were children and adolescent victims and the remainder were their nonoffending family members and adult survivors of childhood sexual abuse.

ChildSafe offers individual, group and family therapy, all on an outpatient basis and developmentally appropriate, as well as parenting classes.

Liz Johnson's parents attended therapy together and separately to deal with their guilt, and Michelle Johnson is now receiving therapy to deal with the sexual abuse she suffered as a child.

"My daughter is a little ahead of me in therapy," Michelle says. "I look at her and see how great she's doing, and I tell her, 'I'm going to be like you when I grow up.'"

Most child victims will spend 18 to 24 months in therapy as they learn to trust the therapists and their family members again, Moore says.

"Kids think that somehow the nonoffending parent must have known," Moore explains.

Another recipient of ChildSafe's assistance is Tracy (not her real name), whose daughter was just 7 years old when it was discovered her step-grandfather was sexually abusing her.

"I knew I couldn't push it under the rug and forget about it," Tracy says.

With therapy, Tracy says, her daughter has gone from a quiet, timid little girl to standing up for herself. Her family is also stronger and prepared for the setbacks that are sure to arise over time.

"Things are going to come up," Tracy says. "ChildSafe has always said, 'We're a phone call away.'"

ChildSafe is supported by fundraising, public and private grants and crime victim compensation funds, and offers its services on a sliding scale.

"Our goal is to not turn anyone away for lack of resources; we just don't feel that's right," Moore says.

ChildSafe serves Larimer County, receiving referrals from the nonprofit Child Advocacy Center, Child Protection Services (part of the county's Health and Human Services division), law enforcement, medical clinics and schools. It also has a few clients from Weld, Boulder and Morgan counties.

"[ChildSafe] is a main place we would refer parents to, to take their children to for counseling," says Melissa Funk, Victim Services coordinator for Fort Collins Police Services.

Funk has referred child sexual abuse victims to ChildSafe since 1994 as well as received training from the organization. She says that at ChildSafe, victims and their families receive help to cope with what happened to them and realize it's not their fault. "[ChildSafe therapists] are definitely experts in this field," she says.

Liz Johnson attributes ChildSafe for the fact that she is still alive.

"It just makes you feel worthless, like you're not good enough for anybody or anything good in life," she says of the abuse she endured. "Honestly, I don't think I'd be here [without ChildSafe]. I can now help people who are going through this situation."

ChildSafe is responsible for the fact that her family is still together, closer and stronger, Michelle Johnson adds.

"I can't imagine what it would've been if we hadn't found ChildSafe," she says. "Our lives probably would've been destroyed." 



Michelle Johnson, pictured with her daughter, Liz, says ChildSafe is responsible for keeping her family together.

## Where to get help

ChildSafe offers individual, family and group therapy for victims of child sexual abuse and their nonoffending family members. The organization also provides support for adults molested as children. For more information or to schedule an appointment:

(970) 472-4133

[childsafejb@gmail.com](mailto:childsafejb@gmail.com)

[www.childsafecolorado.org](http://www.childsafecolorado.org)

Office hours: 8:30 a.m.–6:30 p.m. Mon.–Thurs.  
8 a.m.–noon Fri.



## Selected adult health screenings available locally

Research shows that individuals with a regular healthcare provider are more likely to get recommended screenings, and they often do so in their healthcare provider's office. Whether or not you currently have a regular healthcare provider, you can take advantage of these free or low-cost screenings available in our community.

### Health Promotion Services

Health District of Northern Larimer County

Heart-health screenings for total cholesterol, HDL, LDL, triglycerides, blood sugar, blood pressure. See page 8 for upcoming screenings; [www.healthdistrict.org](http://www.healthdistrict.org), (970) 224-5209.

### Connections

A partnership of Health District and Larimer Center for Mental Health

Screening for depression as well as bipolar disorder, anxiety, alcohol issues and eating disorders, 525 W. Oak, Fort Collins; [www.mentalhealthconnections.org](http://www.mentalhealthconnections.org), (970) 221-5551. Online screening test at [www.mentalhealthconnections.org/screening\\_test.html](http://www.mentalhealthconnections.org/screening_test.html).

### Aspen Club

Poudre Valley Health System

Free "The-Nurse-Is-In" drop-in blood pressure check for Aspen Club members, second Monday of every month (excluding holidays), 9-11 am, 1224 Doctors Lane, Fort Collins. Many blood tests also available for Aspen Club members, including blood sugar, lipid panel and PSA. Additional screenings for hearing, vision, lung function, heart health, skin cancer, bone density and other conditions. Aspen Club membership free for anyone 50+ but requires registration; [www.pvhs.org/aspenclub](http://www.pvhs.org/aspenclub), (970) 495-8560.

### 9Health Fair

9Health Fairs are held every April in Fort Collins and Wellington for people 18+. A blood chemistry screening provides baseline information on cholesterol, blood glucose, liver, kidneys, thyroid and more. Many other screenings are available for overweight/obesity, osteoporosis, vision, hearing, colon cancer, mental health, etc. [www.9healthfair.org](http://www.9healthfair.org), (800) 332-3078 (toll-free).

### Other community health fairs

Watch for upcoming health fairs sponsored by your employer or other community organizations.



For information on additional free and low-cost screenings available in our community, visit [www.healthinfosource.com](http://www.healthinfosource.com).

many calls from the Health District about how I'm doing," Prentiss smiles.

Prentiss's follow-up includes regular visits to his doctor, taking prescribed medications, exercising, and eating healthier by cutting down on salt and coffee and adding more lean meats, fruits and veggies to his diet.

If he hadn't come in when he did, "I probably would have had a heart attack," Prentiss says matter-of-factly.

"I've really had a good experience doing this screening," he adds. "Whatever additional screenings my doctor recommends, I'll certainly do."

But screenings aren't just for people with serious health conditions. They're for healthy people, too.

"Certainly, when we do a screening and help someone discover a cholesterol abnormality, diabetes or high blood pressure, the next step is to help them get treatment," Nichols says. "But we also see individuals who come to a screening for the first time because they have a parent or sibling who has had a heart attack or is on medication for high cholesterol, and they are fearful they will learn they have the same condition."

For these individuals, when the screening results show no problems, "This is often an opportunity for a rich discussion about what

the client is doing right in terms of healthy lifestyle behaviors and disease prevention," Nichols says. "There is great value in reassurance and positive reinforcement."

### Local screening rates

The Community Health Survey, conducted by Health District researchers every three years, sheds light on the health status and practices of Larimer County residents.

According to data from the 2010 survey, local residents are doing a comparatively good job of getting recommended screenings for cardiovascular disease and diabetes. The survey indicates that 78 percent of local adults had their blood cholesterol checked within the past five years and 90 percent had a blood pressure screening within the past two years. Additionally, more adults age 45 and older are being screened for diabetes within guidelines recommended by the American Diabetes Association — from 66 percent in 2001 to 80 percent in 2010.

Local residents are also on track for cancer screenings, though there is room for improvement, especially for those who do not have health insurance coverage. Overall, 79 percent of women age 50 and older had mammography in the past two years to screen for breast cancer (compared to only 39 percent of uninsured women over 50). Eighty-one percent of women over age 18 had a Pap test to check for cervical cancer in the past three years (only 70 percent

of uninsured women did). Finally, almost three out of four local adults over age 50 (72 percent) report having a colonoscopy or sigmoidoscopy to check for colon cancer (compared to just 35 percent of uninsured adults).

The survey also shows that older adults tend to be more up to date on recommended checkups and screenings than younger adults, females more so than males, and people with higher incomes more so than people with lower incomes.

### What screenings are recommended?

The U.S. Preventive Services Task Force, a division of the Department of Health and Human Services, provides a set of recommended screening guidelines for all Americans. These screenings target some of the leading causes of premature death, including cardiovascular disease, cancer and diabetes. The recommended screenings also encompass depression and other mental-health issues.

For a complete list of recommended screenings for adults as well as information on children's screenings and immunizations for both children and adults, start by visiting [www.healthfinder.gov/prevention](http://www.healthfinder.gov/prevention). Other helpful websites include [www.mayoclinic.com](http://www.mayoclinic.com), [www.womenshealth.gov](http://www.womenshealth.gov) and [www.ahrq.gov/healthymen](http://www.ahrq.gov/healthymen). 

# The

# TRUTH

## About Squash

As nutritious as it gets

by nancy nichols

Squash are one of the world's oldest crops, dating back 10,000 years or more, and a native food of the Americas. Along with corn and beans, squash are part of the legendary three sisters of Native American agriculture.

Like tomatoes, squash are technically fruits rather than vegetables (in that they contain the seeds of the plant).

In North America, squash are loosely grouped into two categories: summer and winter. Besides the different length of growing season, summer and winter squash also differ in how they are harvested and eaten. Summer squash (think zucchini) are harvested and eaten when immature and the rind is soft; they require very little or no cooking. Winter squash (think acorn, butternut and pumpkin) are harvested when the fruit is fully mature and the rind is hard; they are normally cooked but also can be used raw, for example, shredded in salads and wraps.

Winter squash are harvested beginning in the late fall and continuing into the winter. They are easy to store for use all winter long (uncut squash can be stored in cool basements or root cellars for several weeks at a time; cut squash needs to be refrigerated for storage). They are excellent for baking, roasting, steaming and inclusion in soups and casseroles.

Winter squash are highly nutritious and excellent sources of beta-carotene (pre-vitamin A) and potassium and good sources of many other nutrients. Squash are filling, low in calories and sugar, with good fiber to keep you feeling satisfied a long time. Winter squash also have a low glycemic index, making them a good choice for people who have diabetes.

"All winter squash varieties are great substitutes for potatoes and rice," says Dianne Moeller, a registered dietitian at the Health District of Northern Larimer County.

If you're new to winter squash, a perfect variety to experiment with in your cooking is the butternut. "It's sweet, it has a beautiful orange color and a dense meat," Moeller says. "It's also one of the longest-keeping varieties and perfect for hearty, satisfying cold-weather meals."

nutrition

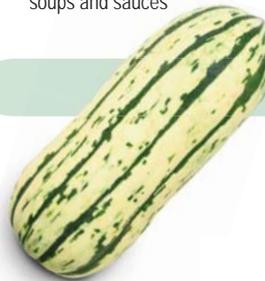


### ACORN

- Light-colored flesh, less sweet than most squash
- Mild, nutty flavor
- Texture best when baked or microwaved: don't puree
- Perfect for stuffing

### BANANA

- Large, oversized banana shape, usually sold in cut chunks
- Bright-golden flesh
- Sweet, creamy, moist flavor
- Bake, roast, grill, steam or puree for soups and sauces



### DELICATA

- Small, elongated, oval shape with ridges
- Sweet, creamy, nutty flavor with thin, edible skin
- Excellent baked or stuffed

### BUTTERNUT

- Reminiscent of peanut in shape and outside color
- Sweet, nutty, buttery flavor
- Dense, orange flesh with lovely smooth texture: ideal for pureeing
- Long, fleshy, seedless neck makes it perfect for recipes requiring chunks of squash



### SPAGHETTI

- Yellow, medium-sized, oval-shaped
- Mild flavor, bland on its own, best combined with flavorful ingredients
- When cooked, flesh forms translucent strands that resemble spaghetti
- Bake, boil whole or steam, then remove strands with fork

### PUMPKIN

- Familiar round variety with deep-orange color
- While mostly used in pies, pumpkins can be baked, sauteed, steamed, pureed and roasted



For more information about cooking squash and an abundance of tasty recipes, visit [www.eatingwell.com](http://www.eatingwell.com) or [www.allrecipes.com](http://www.allrecipes.com). See page 8 for info on "The Squash of Winter" cooking class.

# Perils of Modern Living



**Use computers wisely to avoid repetitive stress**

by chryss cada

Instead of the heavy lifting and exertion our bodies were designed for, work for most of us in the computer age means pressing down on little keys with the tips of our fingers.

“The body likes movement to keep the blood flowing,” says Brenda Cummings, an occupational therapist and certified hand therapist with Harmony Hand and Physical Therapy. “Instead of using major muscle groups at work, most of us spend the majority of our time using the smallest muscles in the body quickly and repetitively.”

Placing too much stress on joints as the result of the repetitive motions required to operate

a computer has led to a generation of workers suffering from repetitive stress injuries (RSIs).

Also called “overuse injuries,” RSIs occur when stress is placed on a joint, pulling on the tendons and muscles around that joint. When the stress occurs repeatedly, the body does not have time to recover and becomes irritated. In reaction to that irritation, the body increases the amount of fluid in the area.

Despite common perception, RSI is not synonymous with carpal tunnel syndrome, the pain, tingling and numbness that occurs when there is swelling inside the narrow “tunnel” formed by bone and ligament in the wrist.

“Carpal tunnel has become a catch phrase for all overuse injuries,” Cummings says. “In reality about 25 percent of RSIs are carpal tunnel, and the rest are a variety of other conditions resulting from overuse of the small muscles in the hand.”

A few of the many other RSI conditions include ganglion cysts, a swelling in the wrist; reflex sympathetic dystrophy, characterized by dry, swollen hands and loss of muscle control; and tendonitis, the tearing and inflammation of tendons connecting bones to muscles.

While all of these conditions are painful and difficult to recover from, the good news is that you can protect yourself from developing an RSI.

“Big picture? We’re actually seeing the numbers [of RSIs] slightly decreasing, because we’ve learned so much about how to avoid injury,” says Cummings, who has worked in the field for 25 years.

Start with proper ergonomics (see sidebar), and keep in mind that at the computer it’s not one size fits all.

“Workstations have been designed to serve people better,” Cummings says. “But just be-

cause an employer gets wave keyboards or split keyboards doesn’t mean the situation is taken care of for everybody. You have to find the best setup for you.”

In addition to customizing your workstation, taking breaks is key to avoiding an overuse injury.

“It’s recommended to take your hands off your computer every 20 minutes,” Cummings says. “That doesn’t mean taking a 10-minute break, just taking a break and doing something different — even if it’s just for 30 seconds.”

One of the best uses of a break is getting up and moving.

“Increasing general blood flow by getting your core or other major muscle groups moving is a big help,” she says. “Bodies often can heal with regular movement.”

It’s also important to stay in tune with your body.

“Your ability to recover is directly proportional to how soon you seek treatment,” Cummings says.

Be aware of any numbness or tingling in your hands.

“The sensation usually occurs at night when the body slows down,” she says. “But because it doesn’t happen when they are at the keyboard, people don’t associate the pain at night with the work they do during the day.”

It’s not just too much work but also too much play that can lead to RSIs. Children who play a lot of video games need to take the same precautions to avoid injury.

“We’re seeing overuse trauma earlier and earlier,” Cummings says. “Children have it in their thumbs from pushing buttons repeatedly — that’s something we didn’t see 15 years ago.”

## Safe at the keyboard



Proper ergonomics are crucial to avoiding RSIs. Here’s a checklist to ensure your computer workstation is protecting you from overuse conditions.

- Hands, wrists and forearms are straight, in-line and roughly parallel to the floor.
- Head is level, or bent slightly forward, forward facing, and balanced. Generally it is in-line with the torso.
- Shoulders are relaxed and upper arms hang normally at the side of the body.
- Elbows stay in close to the body and are bent between 90 and 120 degrees.
- Feet are fully supported by the floor, or a footrest may be used if the desk height is not adjustable.
- Back is fully supported with appropriate lumbar support when sitting vertical or leaning back slightly.
- Thighs and hips are supported by a well-padded seat and generally parallel to the floor.
- Knees are about the same height as the hips with the feet slightly forward.

Source: Occupational Safety and Health Administration. Visit [www.osha.gov/SLTC/etools/computerworkstations](http://www.osha.gov/SLTC/etools/computerworkstations) for more info, including the use of standing workstations.

## Bike ride nets assistance for dental patients

Earlier this year, on April 30, Health District employees and volunteers, Colorado State University volunteers, and Fort Collins Cycling Club members joined forces to host the club's annual Spring Warm-up Ride. This year, proceeds from the ride benefited patients at the Health District's Family Dental Clinic.

Although the weather was chilly, more than 160 individuals registered to ride. Net proceeds totaled over \$1,780 and went into the Health District's Tooth Fairy Fund.

The Tooth Fairy Fund helps patients like Maria (not her real name), who came to the Family Dental Clinic with a probable fibroma on the tip of her tongue. The tissue was removed and required a \$240 biopsy report, which the patient could not afford. The dental assistance funds helped Maria to have the procedure at the clinic and to have the biopsy completed through the pathologist's lab.

Donations such as those received from the Spring Warm-up Ride help to alleviate a huge unmet need for dental care in our community. For more information or to get involved in helping fellow community members such as Maria get the dental care they need, contact Jim Becker, (970) 224-5209 or [jbecker@healthdistrict.org](mailto:jbecker@healthdistrict.org).



## HHS regional director to speak on healthcare reform

Marguerite Salazar, Region 8 director of the U.S. Department of Health and Human Services, will give two public presentations in Fort Collins on the national Patient Protection and Affordable Care Act on Tuesday, Nov. 1.

An afternoon presentation will focus on the act's impact on retirees and is hosted by the Poudre Retired School Employees Association. The program will take place at 1:30 p.m. in the Poudre School District Administration Building Boardroom, 2407 Laporte Ave.

At 7:30 p.m., Salazar will speak on the campus of Colorado State University in A-102 Clark Building, hosted by the CSU Premedica Club and cosponsored by District Nurses Association No. 9 of Larimer County. Her evening presentation will focus on

impacts of the reform legislation on students and healthcare professionals.

The presentations will clarify new benefits available through the Affordable Care Act, such as consumer protections in health insurance coverage, prevention and wellness, tax credits for businesses and an explanation of the new health insurance exchange.

Both presentations are sponsored by the League of Women Voters of Larimer County as a community service and are open to the public at no charge.

For more information, call the League of Women Voters at (970) 416-5873 or visit [www.lwv-larimercounty.org](http://www.lwv-larimercounty.org).



## CDC stations another associate at Health District



The Health District is pleased to welcome Jillian Jetter, its second CDC public health associate.

The CDC Public Health Associate Program (PHAP) is a nationwide service that pairs college graduates who have an interest in public health with local health agencies for hands-on training during a two-year placement.

During her stint at the Health District, Jetter will work with the Mental Health and Substance Abuse Partnership for one year and then shift to an obesity prevention program for the second year. Both projects are managed through the Health District's Community Impact Team.

"My background is in mental health and substance abuse research, and I'm excited to continue this work at the Health District," Jetter says. "My placement couldn't be a better fit."

Jetter recently earned a B.S. in public health and psychology from the University of Washington in Seattle, where she minored in global health.

This is her first time in Colorado, and she's struck by the friendly, open demeanor of local residents and their active lifestyles. "I'm impressed with all the activities like NewWestFest and the Tour de Fat that bring the community together," she says. "It's also exciting to be so close to Rocky Mountain National Park."

Jetter joins Chelsea Williams, the Health District's first public health associate. Williams is finishing up her first year at the Health District, where she has worked on an expanded community dental program. During her second and final year, Williams will work on obesity prevention and coordinate the Healthcare Matters Project, planning and conducting community discussions centering on healthcare access.

To learn more about the CDC Public Health Associate Program, visit [www.cdc.gov/phap](http://www.cdc.gov/phap).



# live and learn: classes and screenings

## heart-health screenings

Find out your total cholesterol, HDL, LDL, triglycerides and blood glucose. Health District residents who have never received our screening are eligible to receive their first screening for free. Cost for all others is \$15. Sliding fees available.

In recognition of National Cholesterol Education Month, screenings are **FREE** in September for those who have not been tested in the previous six months!

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.

Visit [www.healthdistrict.org/heart](http://www.healthdistrict.org/heart) for more information.

### Colorado State University

Lory Student Center  
Oct. 19

### The Family Center/La Familia

309 Hickory #B  
Sept. 29

### Fort Collins Club

1307 E. Prospect  
Nov. 15

### Fort Collins Senior Center

1200 Raintree  
Sept. 17 (Sat. clinic!) Oct. 20  
Sept. 22 Nov. 1  
Oct. 4 Nov. 17

### Front Range Community College

4616 S. Shields  
Sept. 21

### Harmony Library

4616 S. Shields  
Sept. 27  
Nov. 22

### Health District

120 Bristlecone  
Oct. 27

### Larimer County Courthouse

200 W. Oak  
Sept. 13  
Oct. 11  
Nov. 8

### Saint Joseph Church

300 W. Mountain  
Sept. 20

### Spirit of Joy Lutheran Church

4501 S. Lemay  
Nov. 3

### Wellington Senior Center

3800 Wilson (Wellington)  
Sept. 28



**OFFERED MONTHLY!** Free 5- to 10-minute **blood pressure 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.

## flu shots

Seasonal-flu immunizations for all ages (except infants under 6 months old). All vaccine is injectable (no FluMist or preservative-free vaccine).

### Fort Collins Senior Center

1200 Raintree  
Sept. 26  
1–3 p.m.

### Health District

120 Bristlecone  
Oct. 21  
9–11 a.m.



### Health District

120 Bristlecone  
Oct. 8 (Sat. clinic)  
9 a.m.–1 p.m.

### Glacier View Fire Station

1414 Green Mountain (Gate 8, CR74E)  
Oct. 29 (Sat. clinic!)  
10 a.m.–noon

Cost: \$24. Sliding fees available for eligible Health District residents. Medicare and Medicaid accepted with program card. Appointments recommended: **(970) 224-5209**.

## stop smoking

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.**

**Group Sessions** — Our next six-week Step Free stop-smoking class starts Thursday, Sept. 22, 6–7:30 p.m. The class runs through Oct. 27. The next class after that will start in January.

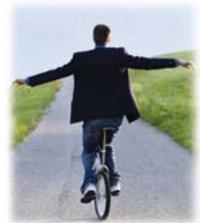
**Individual and Work-group Sessions** — Individual and couples sessions are offered continuously at the Health District, and on-site classes are available for work groups (six or more).

**Step Free Follow-up Support** — A new support group is available free of charge for people who have completed the Step Free program. Participants will have a chance to discuss strategies for staying free from tobacco with others sharing the quitting experience. This group meets 6–7 p.m. on the first Wednesday of each month at the Health District. Please call **(970) 224-5209** to register.

For residents of northern Larimer County, the Step Free program (group or individual) costs \$10 to \$100, depending on household income. **A \$5 to \$50 rebate may be awarded to eligible participants who attend all six sessions.**

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

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



## nutrition & weight management

### Individual Nutrition Counseling

Ever wish you could improve your diet but didn't know how? Our registered dietitians are available for individual counseling. Whether you'd like to optimize your diet to help manage a health issue, shed a few pounds, or simply improve your nutrition, our dietitians will work with you to create a customized plan for success. **A special \*3 for 2\* offer is available through Dec. 31 — work with a dietitian one on one for 3 sessions and pay for only 2!** Call for details and to make an appointment, **(970) 224-5209**.

Cost: \$25/session (sliding fees available, depending on income).



**SIGN UP TODAY!**

### “Healthy Weighs” Class — Tuesdays, Sept. 20–Dec. 13 (no class Nov. 22) • 9:30–11:30 a.m. or 5:30–7:30 p.m.

Healthy Weighs is for you if you want to lose or maintain (stop gaining) weight, eat for better nutrition, eat fewer processed foods, increase your level of activity, and make changes to reinforce a healthier lifestyle! Healthy Weighs is led by registered dietitians and has outstanding client satisfaction for over 12 years. Cost: \$190 (sliding fees available, depending on income).

### “A Seasonal Feast” Cooking Class — Thursday, Sept. 22 • Noon–1:30 p.m. or 6–7:30 p.m.

In this class, we will prepare an entire meal with seasonal produce from local farmers. We will discuss how to choose, store and prepare the produce. Cost: \$10.

### “The Squash of Winter” Cooking Class — Thursday, Oct. 13 • Noon–1:30 p.m. or 6–7:30 p.m.

Winter squash, the slow-growing siblings of cucumbers and summer squash, are harvested in the autumn. Most varieties, if kept in cool, cellar temperatures, can be stored throughout the winter. They come in a vast variety of shapes, colors, tastes and textures, and can be used in every course of a meal. Join us as we explore these tasty, satisfying winter vegetables. Cost: \$10.

### “Holiday Nibbles” Cooking Class — Thursday, Nov. 10 • Noon–1:30 p.m. or 6–7:30 p.m.

Appetizers need not be greasy, deep-fried offerings. We will prepare and sample some lighter, more delicious and, of course, healthier pre-dinner and party appetizers to serve this holiday season. Cost: \$10.

Classes and counseling sessions are held at the Health District, 120 Bristlecone Drive in north Fort Collins.

Prepayment required to reserve a seat in Healthy Weighs. Call **(970) 224-5209** for more information or to register.