

COMPASS

PAVING THE WAY FOR dementia journeys

by julie estlick



Betsy Ewall (right) dances with her mom at the community-wide Memory Café in Fort Collins. The cafés are monthly social gatherings for people living with dementia and their care partners.

Photo by Cyndy Luzinski

When Mitchell* kept forgetting trash day and couldn't remember recent conversations, his wife Mary* didn't think too much about it. A few months later, the retired minister was officiating his grandson's wedding and suddenly went off-script, leaving out a beloved aunt who was standing on stage waiting to do a reading.

"In the past, Mitchell never would have made changes to a ceremony on his own like that," Mary says, shaking her head. "When we asked him afterward, he gave an excuse—that's when I knew something was wrong."

The couple went to Cheyenne VA Medical Center where Mitchell was tested and told he had cognitive memory loss. They left that day with some medication and the name of a dementia website. Fortunately, Mary knew about Dementia-Friendly Communities of Northern Colorado®, one of several area organizations offering resources, support, and activities for families on the dementia journey. She joined a caregiver's support group and takes advantage of opportunities for Mitchell to socialize.

As we live longer, healthier lives, the risk of being diagnosed with cognitive decline later in life increases. Nearly 6 million people in the United States age 65 and older are living with some form of dementia, and that number is expected to keep climbing, according to the Centers for Disease Control and Prevention. Larimer County already has one of the fastest aging populations in Colorado, and it's estimated that by 2040 some 80,000 adults over 64 will reside in the county. Preparing ourselves, our public services, and businesses for the surge of older adults living with dementia-related diseases in the community is becoming more urgent, advocates say.

Dementia is not a specific disease, but a general term for a decline in cognitive ability severe enough to interfere with daily life. It includes a group of symptoms that together affect the normal thinking, short-term memory, communication, and the perceptual abilities of an individual, though signs vary from person to person. Alzheimer's disease is the most common type of dementia but there are several others, and people can have more than one type.

While age is the greatest risk factor for dementia-related diseases,

dementia is NOT a normal part of aging. Typical age-related memory loss differs from the early signs of dementia. For example, an older adult forgetting where they put their keys or the mailman's name, but recalling later that day, is not a symptom of dementia. However, a spouse who can no longer keep track of bills and gets confused when leaving the neighborhood is showing dementia-like behavior you should discuss with a medical provider.

Cyndy Luzinski, founder and executive director of Dementia-Friendly Communities of Northern Colorado, uses the SPECAL® photograph album analogy to describe the thought process of someone living with dementia. Think of all of your memories as if they are pictures in one big memory book. When you have dementia, it's as if some of the factual details of the photographs are missing. "A person with cognitive issues must match the feelings of what is going on currently with old photographs, picking through the ones they can still access, to help bring some kind of context (facts) to what they are feeling given what is happening around them—even if it doesn't make sense to others in the moment," Luzinski explains.

*Not their real names

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	SPECIAL PULL-OUT Health Insurance Help				

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meetings Board meetings are usually held monthly on the fourth Tuesday at 4:00 p.m. at the Health District office. The public is welcome; call 224-5209 to confirm meeting dates and times.

programs and services Cholesterol and Blood Pressure Testing
 Connections *Mental health and substance use answers, options, and support*
 Family Dental Clinic
 HealthInfoSource.com
 Community Impact Team *Organizing community efforts to make systemic changes that will improve the health of the community*
 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*
 Quit Tobacco Program

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Brown Bagging Blues


by corey radman

With short lunch periods and multiple food allergies, brown bag lunches are the way to go for many school kids. But cold lunch doesn't have to be bland sandwiches on repeat. Youth Clinic registered dietitian Martha Gooldy Garcia has the secret for healthy, appealing lunch box options your kids will actually eat!

Garcia says the first rule is to involve your child. Get their input on what they're enjoying (or not) and rotate in new ideas to make lunch more appealing. Some kids do sushi bites with seaweed strips, rice, and smoked salmon or tuna. Or, carry the flavor of their favorite dinner foods into lunch. Spaghetti becomes a mini pita filled with sauce, mozzarella, and leftover rotisserie chicken. Include a fun ice pack in their bag to keep cold foods cold until lunchtime. "Just add a couple of fresh ideas every few weeks," Garcia says. "Then the kids will be more excited to eat in that 20 minutes versus racing off to playground time."

When kids start to pack their own lunches, help them balance meals by following the USDA's MyPlate food groups recommendation of fruits, vegetables, protein, grains, and dairy. Garcia says variability is fine. "I might not always have dairy because dairy is a protein too, but every lunch should have a fruit and a veggie in addition to the main dish and a little side. A lot of times we're pretty good on fruits, but potato chips and granola bars often take the place of veggies."

The solution? Preparation. "Sit down together with your kiddo on Sunday and chop veggies." By prepping individual containers of carrots, bell peppers, or cucumbers, those veggie servings are just as quick and easy to grab as a bag of chips—plus you're skipping all that single-use packaging from wrappers. Because veggies start to degrade after two or three days in the fridge, prep twice a week for 15 minutes, and your vegetable woes are suddenly solved.

If plain bell pepper slices don't tempt your child, maybe dipping veggies in single-servings of guacamole, hummus, or peanut butter will motivate them. Yes, there may be more plastic and more cost, or take more time if you portion out the dips yourself. But as Garcia says, "If that helps them eat their veggies, it's absolutely worth it to me." 





Serving up healthy food with a side of hope


by kathy hayes





FoCo Cafe Chef Jarrett Parten removes some fresh-baked corn muffins before the lunch rush.

Photo by Valerie Mosley

Everyone who eats at the pay-what-you-can FoCo Cafe receives a tiny, printed inspirational quote with their meal:

- 

"If you light a lamp for somebody, it will also brighten your path."
~ Buddha
- 

"One cannot think well, love well, sleep well, if one has not dined well."
~Virginia Woolf
- 

"Without a sense of caring, there can be no sense of community."
~ Anthony J. D'Angelo

The sayings epitomize the nonprofit cafe's mission: to build community by providing tasty and nutritious meals with dignity to the people of Fort Collins, regardless of their ability to pay, while using local, organic, and sustainably grown ingredients. Meals are served on a donation basis, which can be paid in cash or in time and talent as a cafe volunteer.

Each day the cafe offers fresh homemade lunches and opportunities to participate in the community in ways that lift people up and offer hope. Diners of all means and from all walks of life are welcome. "It truly is a community cafe, a place for everybody," says Pam Autio, FoCo Cafe interim board chairwoman.

Jeff and Kathleen Baumgardner opened FoCo Cafe—it stands for "Feeding Our Community Ourselves"—on Thanksgiving Day 2014, after securing community-wide support and donations. Their goal: create a place that would offer people a seat at the table to eat nourishing foods and

work together to solve our community's hunger issue.

In 2017, the Baumgardners retired, and Mallory Garneau, a former intern and Colorado State University graduate, became executive director.

Since then, FoCo Cafe has partnered with The Growing Project to create an on-site community garden that provides food for the cafe and education and meaningful work for the community; added a greeter stand to welcome patrons and explain how the cafe works; and ramped up its catering and space rental, with different groups using the cafe nearly every night.

Soon to launch is a Work to Ride program that will allow volunteers working 20 hours to earn a recycled bike.

Free resources outside the cafe are available 24/7 for anyone in need: FoCo Freedge (donated fresh produce and breads), a library, a hydration station to refill water bottles, the Kindness Cupboard (donated nonperishable food items), and the Giving Tree (baby wipes, toothbrushes, and other consumables).

Only a third of the cafe's revenue comes from what people pay for their meals. Last fall, the cafe launched a sustaining membership program, Faces of FoCo Cafe. Members donate anywhere from \$10-\$500 a month to ensure the cafe has a stable income.

"We see the growth of this program as our path toward long-term sustainability," says Garneau. She hopes to increase membership from 150 to 200 before the end of the year.

This fall, FoCo Cafe will serve its 100,000th meal and celebrate its 5-year anniversary.

The cafe has had a profound impact on the people who engage with it. A homeless woman with a beautiful voice spent a summer providing live music for patrons in exchange for her meals. She collected the little quotes that came with her lunch each day. Eventually, she landed a job and a place to live. She created a piece of artwork that now hangs inside the cafe. It includes the quotes that had given her hope, and a handwritten note: "I saved these because you saved me."

"Everybody has something to offer," says Garneau. "The food is just a catalyst." 

Volunteer

fococafe.org/volunteer/

Visit

FoCo Cafe

225 Maple St.
11 a.m.-2 p.m. Monday-Saturday.
Open on Veteran's Day, Thanksgiving Day, and MLK Day.
fococafe.org
Daily menu on Facebook @FoCoCafe

Fundraise

Party with a Purpose
Dec. 10 (Colorado Gives Day)
Odell Brewing

Holiday Wreath-making Workshops
Dec. 11
Maxline Brewing and Odell Brewing

Expanding medical treatment for drug and alcohol addiction

by julie estlick



Every time Dr. Lesley Brooks gives a talk or hosts a presentation about substance use disorders, she hears a powerful story from an audience member about a loved one affected by addiction.

“Addiction impacts so many families that I think people just refuse to remain silent any longer,” Brooks says. “They are demanding help.”

Forming an addiction to drugs or alcohol is a process rooted in brain science and has very little to do with will power or moral strength, explains Brooks, who co-chairs the Northern Colorado Opioid Prevention Workgroup (NCOPW). Opioids, for example, are a highly addictive class of drugs that includes prescription pain medicine and illegal street drugs such as heroin.

“One person who started MAT here told me it was the first time his family had ever heard hope in his voice related to addiction.”

— Lieutenant Staci Shaffer,
Larimer County Sheriff's Office

When addiction takes hold, the brain is rewired to function as if drugs are essential for survival. It's a chronic disease like cancer or diabetes, and like those diseases, addiction can be treated with evidence-based medical care such as Medication-assisted Treatment (MAT).

MAT is the use of FDA-approved medications—in combination with coun-

seling, behavioral therapies, and sustained follow-up care—to treat addiction. These drugs work by relieving withdrawal symptoms and/or blocking the euphoric effects of the substance in the brain. Once a person's cravings are curbed, the brain can gradually recover from the chemical changes caused by addiction.

While MAT can be used to treat alcohol use disorder and smoking, it's also effective in treating everyone from the soccer mom who becomes addicted to narcotic pain relievers after knee surgery to the person serving a jail sentence for crimes committed to support a heroin addiction. In 2017, 2.1 million people in the United States had an opioid use disorder and nearly 68 percent of overdose deaths involved opioids. Year after year, Larimer County residents have also been impacted by fatal drug overdoses that touch countless lives.

Unfortunately, not everyone who needs MAT has been able to access it in northern Colorado. A lack of a system for supporting patients and tracking outcomes after treatments made some doctors hesitant to prescribe it. So, the NCOPW went to work and found a solution: Use federal grant monies to close the gap by developing a team of care coordinators to work directly with patients receiving MAT at clinics in the Colorado Opioid Synergy Larimer and Weld (CO-SLAW) network of care. CO-SLAW is a project that aims to increase access and delivery of MAT to people living with opioid use disorders in Larimer and Weld counties.

The care coordinators are people stationed onsite at clinics who set up appointments for treatment, call patients to check on their progress, and connect them to resources in the community. They are often instrumental in getting patients the right level of care depending on how they respond to different treatments, Brooks adds.

Anyone can reach a MAT care coordinator by calling 1-844-944-7529. In fact, area Emergency Department providers are starting people on MAT who arrive in drug withdrawal or after an overdose and request it, and then calling the 844 number to get people connected with a care coordinator before they leave.

Across the criminal justice system, MAT has been found to reduce criminal activity and arrests, as well as help prevent repeat offenders cycling through the system, according to the federal Substance Abuse and Mental Health Services Administration. Everyone is safer when people living with addiction can get the help they need, and the cost savings can put money back into community coffers.

The Larimer County Jail began offering MAT in the spring, and over 250 inmates have either started addiction treatment or continued following their current program while in jail, according to Larimer County Sheriff's Office Lieutenant Staci Shaffer. While it's too early for any local data on results, inmates report improved mental and physical health.

“One person who started MAT here told me it was the first time his family had ever heard hope in his voice related to addiction.”



Local MAT resources

One Call 1-844-944-7529

MAT care coordination and treatment hotline for Larimer and Weld counties. Appointments are scheduled at a community MAT facility within 24-48 hours.

SummitStone Walk-in Crisis Clinic

Available 24/7.
1217 Riverside Ave., Fort Collins
970-494-4200

changingmindslarimer.org/treatment-works

Information on brain science and local resources.
Contact bferrans@healthdistrict.org or 970-224-5209 to schedule a group presentation.

IT MATTTTs 2

Training for Colorado providers about opioid use disorder and prescribing medication-assisted treatment (MAT).
Email: iltmattrs2@ucdenver.edu

Connections

Offering answers, options, and support for people seeking MAT treatment.
970-221-5551

Everyone
needs it...



Are YOU covered?

Open Enrollment for health insurance runs
November 1 through January 15, 2020

What you need to know:

- Having health insurance protects your health and financial security. One of the top three reasons for bankruptcy is health-care costs. Don't go unprotected.
- There are options. Health insurance plans are available for different needs and budgets.
- Financial assistance is available. Even if you didn't qualify before, you may qualify now for reduced premiums, copays, and coinsurance. Don't leave money on the table.
- Plans change. Plans, rates, provider networks, and prescription drug formularies can change every year. Don't just let your plan auto-renew; make sure it still covers everything you need.

Open Enrollment starts November 1 – Don't miss out!



Start shopping for
your 2020 health
insurance plan!



Deadline to renew or
purchase a plan for
coverage that starts
Jan. 1, 2020.



Last day to buy a 2020
plan, unless you have a
qualifying life-change
event.

Health District

LARIMER HEALTH CONNECT

Your Local Resource.

Se habla español

All appointments are **FREE**.

For an appointment or questions:

970-472-0444

larimerhealthconnect.org

Don't have health insurance?

Many Coloradans can get health insurance through the Connect for Health Colorado Marketplace. You may even qualify for financial help to lower the monthly premiums and other out-of-pocket costs. Don't delay—you must enroll during open enrollment (Nov. 1, 2019 – Jan. 15, 2020) or when an eligible life change happens.

Or, you might qualify for the lowest-cost health coverage options, Health First Colorado (Colorado's Medicaid Program) and Child Health Plan Plus (CHP+). Both programs allow enrollment year-round.

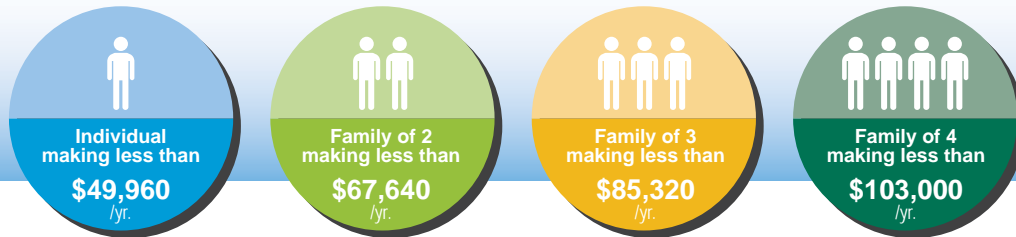
Larimer Health Connect can help you understand your options and if you qualify for financial assistance. We can also help you enroll, report changes in your income or household size, and help with redeterminations or re-enrollments.

How do I know if I qualify for financial assistance?

Below are some general guidelines to help you understand if you qualify, but **it is best to schedule an appointment to let us help you find out.**

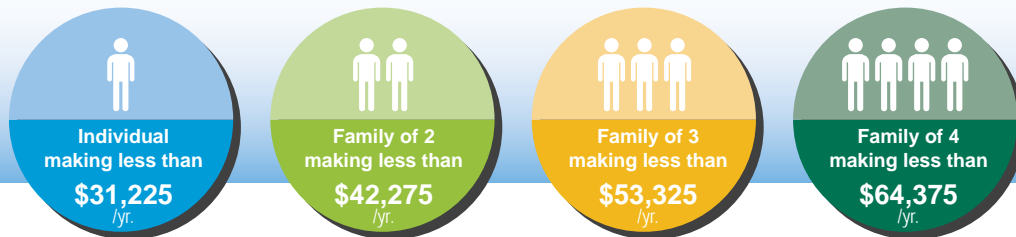
YOU MIGHT QUALIFY FOR FINANCIAL HELP with a plan from the Connect for Health Colorado Marketplace. These plans can have big discounts, and shopping around can help you find a plan that meets your needs and budget. Below are some examples of how individuals and families, if eligible, can reduce their costs when purchasing health insurance:

Premium tax credits – If your annual income falls within the ranges below, you may qualify for financial assistance in the form of premium tax credits that you can take in advance to reduce your monthly premium or you can receive it when you file your taxes for 2020.

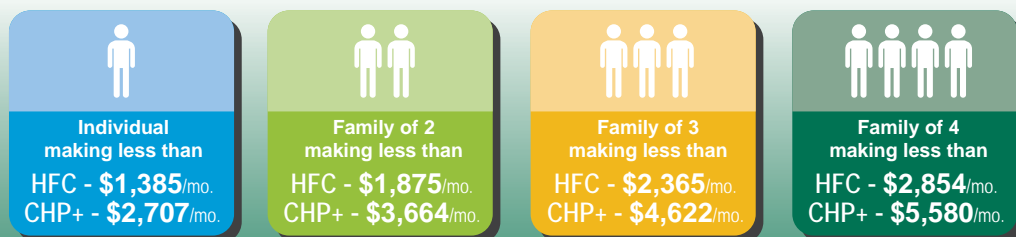


Cost-sharing reductions – A discount that lowers the amount you pay when you receive care. In addition to premium tax credits, cost-sharing reductions are available to those with low-to-moderate income who qualify and who enroll in a **silver plan** through Connect for Health Colorado. Health insurance plans typically require some form of cost-sharing (also called out-of-pocket costs) when you receive covered health-care services. Cost-sharing reductions help you save on these expenses, which are in addition to your monthly premium and come in a variety of forms, including:

- **Copayments:** Fixed dollar amounts for covered services
- **Coinsurance:** A percentage of the allowed cost for covered services
- **Deductibles:** Fixed dollar amounts that enrollees must pay before their plan will cover the service or a group of services



FREE OR LOW-COST HEALTH COVERAGE THROUGH HEALTH FIRST COLORADO (HFC - Colorado's Medicaid Program) OR CHILD HEALTH PLAN PLUS (CHP+)* – If eligible, you can enroll in these plans **year-round.**



*CHP+ is for eligible children and pregnant women only.

Connect for Health Colorado

Health First CO/CHP+

Already have health insurance through the Connect for Health Colorado Marketplace?

Letting your plan auto-renew or selecting the “suggested plan” from Connect for Health Colorado may not be your best choice. NOW is the time to check—if you do not act, your plan may renew automatically and you may be stuck in a plan that does not meet your needs. Your situation may have changed, the plan you are in may be changing, or you may find a plan that costs less and works better for you. Check to see if:

- The premium, copays, or coinsurance has changed
- Your prescriptions are still included in the drug formulary
- Your health-care providers are still in-network
- It's still the best plan for you if your situation has changed

Check carefully – Some people who did not check last year were surprised when their plan had higher rates or their provider was no longer covered.

Don't delay – You have only a short time to decide. If you want help from Larimer Health Connect, call NOW to be sure we can reserve an appointment between Nov. 1 and Dec. 15 in order to stay covered in a plan that meets your needs and starts Jan. 1, 2020. Open Enrollment ends Jan. 15.

Don't forget – You will need your username and password for your appointment. To reset your password for Connect for Health Colorado, please call 1-855-752-6749. To reset your password for PEAK, please call 1-800-250-7741. Passwords can also be reset online at each site. Please do this **BEFORE** you come in for your appointment with us.



We're here to help!

Larimer Health Connect is a free service that helps people find the best options for health insurance to meet their family's health needs and budget. It is a program of the Health District of Northern Larimer County. Our trained staff provides free, impartial, in-person assistance with free and lower-cost health insurance plans.

We can help you:

- Understand how health insurance works
- Sort through your options
- Find out if you are eligible for financial assistance
- Assist with enrollment and work with you until you are covered
- Help you understand your new coverage

Other resources available to help:



Connect for Health Colorado by Phone or Online

(State-run Health Insurance Marketplace)

Call the Customer Service Center at **855-PLANS-4-YOU (855-752-6749)** or visit **connectforhealthco.com** to apply and enroll. Live Chat is available to help you with questions along the way.



Brokers and Other Assistors

Find other certified brokers or assistors who are trained to help you apply and enroll in a Marketplace plan.

Visit **connectforhealthco.com/we-can-help** to find someone near you.

If you're not sure what's right for you or you have questions, contact us!

We will help you sort it out.

Schedule your **FREE** appointment now:

Health District

LARIMER HEALTH CONNECT

970-472-0444

larimerhealthconnect.org



Open Enrollment starts November 1 – Don't miss out!



Start shopping for your 2020 health insurance plan!



Deadline to renew or purchase a plan for coverage that starts Jan. 1, 2020.



Last day to buy a 2020 plan, unless you have a qualifying life-change event.



Walk-In & Enroll events will be held at the Old Town Fort Collins Office at 144 N. Mason St., Unit 7, Fort Collins, CO

You can walk in anytime during these hours—first come, first served.

Date of Event*	Time of Event
Saturday, Nov. 2	9 a.m. – 2 p.m.
Saturday, Nov. 9	9 a.m. – 2 p.m.
Saturday, Nov. 23	9 a.m. – 2 p.m.
Saturday, Dec. 7	9 a.m. – 2 p.m.
Saturday, Dec. 14	9 a.m. – 2 p.m.
Sunday, Dec. 15	9 a.m. – 2 p.m.
Saturday, Jan. 4	9 a.m. – 2 p.m.
Saturday, Jan. 11	9 a.m. – 2 p.m.
Wednesday, Jan. 15	9 a.m. – 2 p.m.

* Visit our website at larimerhealthconnect.org for additional walk-in dates and locations.

Things to note:

- The Marketplace is a state-run exchange and is not affiliated with the Health District.
- Though we can help you understand important factors to consider, we cannot offer advice on which plan to choose. If you need help making a final decision, see the Connect for Health Colorado website for a list of certified brokers.
- **MEDICARE:** If you have questions or need help with Medicare, please call 970-495-8560 to talk to a trained Medicare counselor with the Aspen Club at UCHealth. If you are a current Larimer Health Connect customer, your Health Coverage Guide can assist you with a Medicare appointment. All others, please call the Aspen Club for assistance.

Larimer Health Connect locations

LoveLand

Community Life Center
1511 E. 11th St.
Loveland

By appointment only. Call 970-472-0444 or check larimerhealthconnect.org for available appointment times.

FTC Old Town

144 N. Mason St., Unit 7
Fort Collins

Regular Hours
M–F 8 a.m.–5 p.m.

Open Enrollment Hours
(Nov. 1, 2019–Jan. 15, 2020):
M, W, F 8 a.m.–5 p.m.
T, Th 8 a.m.–8 p.m.

Appointments strongly encouraged. Walk-ins may be accommodated depending on staff availability. Call 970-472-0444 or check larimerhealthconnect.org for available appointment times.

FTC North

Health District
120 Bristlecone Dr.
Fort Collins

M–F 8 a.m.–5 p.m.
By appointment only.

Additional locations and times may be added throughout Larimer County. Please call 970-472-0444 or check larimerhealthconnect.org for more information or to schedule an appointment at any of our locations.



Health District

LARIMER HEALTH CONNECT

Your Local Resource.



All appointments are FREE.

For an appointment or questions:

970-472-0444

larimerhealthconnect.org

School Out Daze



by julie estlick

You survived the start of the school year, the leaves are tinged with red and gold, and summer break feels like a distant dream. The kids are kept busy all day with classes and enrichment activities and you've settled into a good routine. Then the first School Out Day (SOD) in September sneaks up on you, and you realize that at least one day every month you'll need a Plan B (and C for backup care).

For working parents of school-aged kids, it can be a never-ending scramble to find an open slot at a day camp or a friend or family member to cover care on a week day. Booking ahead gives you more options, since many places require advance registration or a tour before a child can attend. But never fear—there are choices available to keep even the pickiest child from whining about getting off the couch (or electronics) when school's out:

Artistic types

Art House—No School Camps

Art/sensory stations and seasonal craft projects.
970-231-0109 | arthouse-studio.com

Wild Roots Studio—Schools Out Art Day Camps

Nature-based art and movement activities.
970-412-4523 | wildrootsstudio.com

Camps with variety

Northside Aztlan Community Center

Crafts, gym time, field trips. Open to non-residents.
970-221-6655 | fcgov.com/recreation/day-camps

Chilson Recreation Center

Adventure Bound Day Camp – sports, swimming, crafts, field trips. Open to non-residents.
970-962-2386 | cityofloveland.org/chilson

Friends will be there

BASE Camp Child Care School Out Day (SOD)

BASE Camp is a before/after school program based at 35 elementary schools across Larimer County. The SOD camps have special themes, visiting speakers, and play time. You don't have to be a regular BASE Camp user to book your kids for a SOD. **Every-one (even BC regulars) must register in advance** and be a BASE Camp member. First, create your membership account and pay the annual fee (tuition assistance available). It takes 48 hours after signup before a child can attend BASE Camp, and members are alerted by email when a SOD registration opens. Generally, registration is open from 3 weeks ahead of the SOD to 3 business days before, or when full. Space is limited.

970-266-1734 | mybasecampkids.org

Boys and Girls Clubs of Larimer County

Flat \$20 membership fee is the only cost to attend the Club. Hot lunch and snacks included. A family orientation is required before attendance.

970-484-5198 | begreatlarimer.org/join-a-club

Physical activity required

The Edge Sports Center

Multi-sports day camp.
970-472-0048 | edgesportscenter.com

Mountain Kids

Gymnastics and swimming. Winter and summer break dates only.
970-235-1336 | mountain-kids.com/programs/day-camps

Game On! Sports Camp 4 Girls

Multi-sport classes and activities for girls.
970-829-8899 | gameonsports4girls.com

Last-minute solutions

Funshine Early Learning Center in Fort Collins offers drop-in care for ages 1 to 13. Call ahead that morning and reserve a spot (some spots are held for drop-ins, but call before driving over). Reservations can also be made in advance. \$50 annual enrollment fee plus hourly rate - enroll online or onsite.
970-377-2824 | funshinefc.com

Share the care!

Get some families together and have parents rotate taking a day off to watch the kids at their house. Instant playmates and you don't have to use up all your vacation time.

Cheap outings if the crew gets restless

Mulberry Pool

Swimming with child-friendly interactive play area.
970-221-6657 | fcgov.com/mulberrypool

Edora Pool Ice Center (EPIC)

Swimming or ice skating.
970-221-6683 | fcgov.com/epic

Northside Aztlan Community Center

Open gym hours. Outdoor skate park, basketball court, and playground.
970-221-6256 | fcgov.com/northside

Foothills (Mall) Activity Center

Open gym hours.
970-416-4280 | fcgov.com/foothillsactivitycenter

Windsor Community Rec Center

Swimming (lazy river, pool, hot tub, water slide).
Open gym hours.
970-674-3500 | windsorgov.com/176/recreation

Chilson Rec Center

Swimming (lazy river, pool, speed slide). Open gym hours.
970-962-2386 | cityofloveland.org/chilson

Library day

Poudre River Public Libraries

Hosts SOD movie matinees.
970-221-6740 | poudrelibraries.org

Loveland Public Library

970-962-2665 | lovelandpubliclibrary.org

Windsor-Severance Public Library

970-686-5603 | clearviewlibrary.org



SPECAL stands for Specialized Early Care for Alzheimer's and is a method of communicating with people with dementia taught by Contented Dementia in the UK. Luzinski is currently the only credentialed SPECAL coach in North America.

She teaches employees at local businesses and public service agencies about techniques for interacting with people living with dementia, such as approaching from the front, using simple statements, avoiding contradiction or rushing, giving just a few options, and seating them in quieter areas.

Luzinski also organized the region's first intergenerational Memory Cafés, where people living with dementia and their care partners can socialize with others on the journey and members of the larger community.

Is it dementia?

While there is not one conclusive test for a dementia diagnosis, a neuropsychological assessment is an important tool doctors use in making a diagnosis, explains Deana Davalos, a neuropsychologist and director of the Aging Clinic of the Rockies.

The clinic is a partnership between the Columbine Health Systems Center for Healthy Aging and Colorado State University. Graduate students from CSU train under Davalos at the clinic, which is open to the public and offers the assessments on a sliding-scale basis. Counseling sessions for caregivers and peer counseling for older adults who may be struggling with life changes are also available on a donation basis.

Since cognitive decline can start slow and gradually get worse, it's important to recognize changes in yourself or a loved one and take action, Davalos advises. "The earlier you can come in for an assessment, the better. Even people just over age 50 or 60, if they are noticing anything different, don't put it off. We can get a good baseline and a more accurate diagnosis later on."

So you have a diagnosis, what next? Understandably, family members want to keep their loved one living at home for as long as possible, but extra care may be needed. A spouse or adult child often takes on the role

of caregiver which can become hard to balance with other family and work obligations.

A helping hand

When caregivers decide they need some assistance, they may start with a nonmedical care provider who can spend time at home with their loved one. "A companion offers another social relationship for the person living with dementia and gives the caregiver precious time to themselves to get errands done, rest, or do self-care," says Lynette McGowan, family caregiver support program coordinator for the Larimer County Office on Aging.

McGowan meets one-on-one with caregivers and tries to lift their strain by getting families connected with the many resources and support groups in the community.

Adult day centers like Elderhaus in Fort Collins and Stepping Stones in Loveland offer a chance for people living with dementia to be engaged, safe, and out socializing with others while the caregiver can continue working outside the home or enjoy a respite. It's also useful for visiting relatives who need a safe place to go when the rest of the family is at school or work, notes Tim McLemore, executive director of Elderhaus (not a house or an overnight facility as the name might imply).

As dementia progresses, supplementing with in-home therapy and skilled nursing care is another option for families.

Safety is the key, experts say. When a person living with dementia becomes a threat to themselves or others, or if a caregiver is not able to rest because of their constant fear and anxiety, it's time to find more secure housing.

The Office on Aging keeps a list of nursing homes, assisted living, and memory care communities, and families can meet with a case manager for 'options counseling' to help navigate the long-term care service and support system.

Making such decisions for Mitchell may be years away, but Mary knows where to find help when the time comes—and that is a relief.



To hear more stories about people living the dementia journey, check out the documentary "Revolutionizing Dementia Care" on Friday, Nov. 8, at 5 p.m. at Timberline Church. A panel discussion with film participants will follow. Register at dementiafriendsNoCO.org.



10 Warning Signs of Alzheimer's

1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks at home/work/leisure
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality

Source: Alzheimer's Association

Dementia resources

Larimer County Office on Aging Family Caregiver Support Program
Connecting caregivers to programs, services, and support. Options counseling for long-term care.
larimer.co.networkofcare.org/aging or 970-498-7750.

Alzheimer's Association Colorado Chapter
Information and support for people living with dementia and their caregivers. Online answers and support at alz.org/co or 970-472-9798. 24/7 Helpline 1-800-272-3900

Aging Clinic of the Rockies
(part of the Columbine Health Systems Center for Healthy Aging at Colorado State University)
A nonprofit mental health clinic that offers neuropsychological testing and counseling for older adults, family members, and caretakers. Sliding-scale fees.
970-491-6795 or psychology.colostate.edu/acor

Dementia-Friendly Communities of Northern Colorado®
Provides life enrichment opportunities and dementia-friendly business training.
dementiafriendlycommunitiesnoco.org or 970-213-4548

Elderhaus
Adult day center providing direct care for adults living with dementia or special needs. Weekly caregiver support groups. Transportation available. Medicaid accepted, scholarships available.
elderhaus.org or 970-221-0406

Stepping Stones Adult Day Program
Sponsored by Banner Health in Loveland, direct care for older adults who have some cognitive or physical disability.
bannerhealth.com/locations/loveland/stepping-stones-adult-day-program or 970-820-6871

Community Foundation grant helps older adults afford dental care

The Community Foundation of Northern Colorado awarded a \$10,000 grant to the Health District to address the unique barriers that older adults living on a low income in Fort Collins face when trying to access dental care.

The Health District's Family Dental Clinic is a critical lifeline for older adults in our community who lack insurance and have no other option to remedy painful and serious oral health problems. However, the needs of some older adults can be quite costly. This funding will help older adults finally receive affordable dental care. For more information, contact the Family Dental Clinic, 970-416-5331.

The Denver Foundation grant helps fund MAT in jail

In partnership with the Larimer County Jail, SummitStone Health Partners, and the North Colorado Health Alliance, the Health District received a three-year, \$588,724 grant award from The Denver Foundation. The grant will help incarcerated adults living with substance use disorders to access medication-assisted treatment (MAT) within the jail.

MAT is the use of medications, in combination with behavioral therapies, for the treatment of opioid and alcohol use disorders. Studies show that MAT reduces drug use, disease rates, and overdose-related deaths; promotes addiction recovery; and reduces criminal activity, arrests, probation revocation, and re-incarcerations.

This funding will support individuals with substance use disorders by allowing them to continue treatment during their incarceration, or give individuals the opportunity to begin evidence-based treatment while in jail, increasing the chances of recovery from addiction, and reducing the likelihood of relapse and overdose-related deaths upon release.

Health survey, discussion groups offer chance to be heard

It's time for the community to get a check-up, and the Health District of Northern Larimer County is asking for residents' help.

This fall, 12,000 randomly selected households in Larimer County will receive a letter inviting them to participate in the 2019 Community Health Survey. The survey covers a wide range of subjects across the spectrum of health and health care, including new and updated questions related to vaping, behavioral health, housing, childcare, environmental health, and more.

Responses to the survey will help the Health District better understand the health, and health-care needs, of area residents. Information gathered will guide the planning and design of programs and services at the Health District. Results also will be made available to other local agencies and organizations working on health-related issues.

Participants will be asked to complete the survey online through a secure website. A printed survey booklet that can be filled out and returned by mail also will be available. More than 2,300 county residents took the last survey in 2016.

All responses are completely confidential. The Health District keeps no personal information on individual participants.

The survey is one of two opportunities for local residents to have their voice heard on health-care matters. Both are part of the Health District's Community Health Assessment, which also includes public discussion groups that allow community members to share their views on health-related topics. The Health District has conducted an assessment every three

Jorgensen selected for prestigious leadership program

MJ Jorgensen, project implementation coordinator for the Health District of Northern Larimer County, is one of 40 individuals selected for the Robert Wood Johnson Foundation's Culture of Health Leaders program from a pool of more than 800 applicants.

Jorgensen was the only applicant selected from Colorado.



MJ Jorgensen

Photo by Lin Wilder

The Culture of Health Leaders is a leadership development opportunity for people who want to use their influence to advance health equity and build a Culture of Health to help enable everyone to live longer, healthier lives. Health equity means that everyone has a fair and just opportunity to be as healthy as possible. This requires removing obstacles to health such as poverty, discrimination, and their consequences, including powerlessness and lack of access to good jobs with fair pay, quality education and housing, safe environments, and health care.

Through this three-year grant program, Jorgensen will receive the leadership skills, coaching, and networking opportunities to effectively provide leadership in addressing health equity in our community.

years since 1995, making it the longest-running project of its kind in northern Colorado. Partial support for this year's survey comes from Larimer County Department of Health and Environment, North Colorado Health Alliance, and the City of Loveland.

More information on the Community Health Assessment, including dates for upcoming discussion groups, is available at www.healthdistrict.org/community-health-assessment. Those invited to take the health survey can visit www.larimercountysurvey.org to complete the survey online.

Community discussion groups

Monday, Oct. 28 • 5:30 p.m. – 7:00 p.m.
Spanish interpretation; dinner and childcare provided.

Wednesday, Oct. 30 • 5:30 p.m. – 7:00 p.m.
Dinner and childcare provided.

Thursday, Oct. 31 • 11:30 a.m. – 1:00 p.m.
Targeted to older adults; lunch provided.

Reservation required—*space is limited*. Call 224-5209.
\$20 gift card provided to all participants.

classes, screenings, and services

cholesterol tests

Find out your total cholesterol, HDL, LDL, triglycerides, blood glucose and blood pressure results; 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 of 25 minutes are available 8-10:30 a.m. **Appointments required**; call 970-224-5209.

November

- Tues., Nov. 5** – Senior Center, 1200 Raintree
- Thurs., Nov. 7** – Spirit of Joy Church, 4501 S. Lemay
- Tues., Nov. 19** – Harmony Library, 4616 S. Shields
- Thurs., Nov. 21** – Senior Center, 1200 Raintree

December

- Tues., Dec. 3** – Senior Center, 1200 Raintree
- Wed., Dec. 11** – Northside Aztlan Center, 112 E. Willow
- Tues., Dec. 17** – Health District, 120 Bristlecone
- Thurs., Dec. 19** – Senior Center, 1200 Raintree

January

- Tues., Jan. 7** – 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. 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.

free mental health classes

QPR Suicide Prevention Training taught by Connections staff

Wed., November 13, 12 p.m. – 1 p.m.

Tues., December 10, 12 p.m. – 1 p.m.

All classes are at the Health District, 120 Bristlecone. Snacks provided. Feel free to bring a sack lunch. Contact Emily at eleetham@healthdistrict.org or 970-530-2883 to register.

Do you have Medicaid? You may also have dental coverage.



Medicaid • CHP+ • Sliding fee scale

Health District

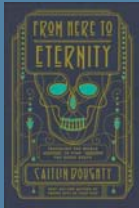
FAMILY DENTAL CLINIC

Call to see if you qualify!
970-416-5331

healthdistrict.org/dental

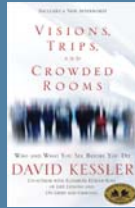
Patients must live in the Health District, have no private dental insurance, and meet income guidelines.

OCTOBER 16



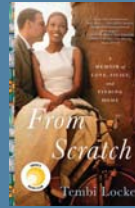
From Here to Eternity
by Caitlin Doughty.
Caitlin sets out to discover how other cultures care for their dead.

NOVEMBER 20



Visions, Trips and Crowded Rooms
by David Kessler.
People in the dying process share stories of hearing from deceased loved ones. Are these visions real?

DECEMBER 18



From scratch: a memoir of love, Sicily, and finding home
by Tembi Locke.
Tembi's story reminds us that having The Conversation is a tremendous act of love. The Conversation Project starter kits will be available.

BOOK CLUB & MORE for Mortals

3:00 - 4:30 PM, WEDNESDAYS
OLD TOWN LIBRARY, 201 PETERSON ST.
Join us in powerful, joyful and even humorous discussions about the end of life journey and how others have navigated this event.



Presenter:
Mindy Rickard,
Larimer Advance
Care Planning Team



For more information: poudrelibraries.org, 221-6740



Confused about Health Insurance?

Drop in and bring
your questions!

Oct. 24, 5:30-6:30 pm
Loveland Library
300 N. Adams Ave., Loveland

Health District

LARIMER HEALTH CONNECT

larimerhealthconnect.org
970-472-0444