

# COMPASS

## Help looks *different* during **PANDEMIC**



by richard cox

*Almost overnight*, life seemed to stop for many local residents. The threat of coronavirus, and a series of county and state measures aimed at preventing COVID-19 from overwhelming hospitals, drastically changed nearly everyone's work or social routine.

But while many things did stop, local health-care needs continued. And some needs even grew more critical. Here's how some Health District programs rushed to make changes to provide the community with a variety of services that can help people through these challenging times.

### Health insurance enrollment

### Mental health & substance use support

### Prescription assistance

### Dental emergencies

#### Larimer Health Connect • 970-472-0444 • 8 a.m. – 5 p.m., M-F

It started March 16 with a governor's order for restaurants to end dine-in service and for many other businesses, including theaters and bars, to close. As more non-essential businesses were temporarily shuttered to help slow the spread of coronavirus, layoffs grew.

Along with their jobs, many people lost their health insurance or a means to pay for the health coverage they had.

Suddenly phones were ringing at Larimer Health Connect, the Health District program that provides free help signing up for lower cost health coverage from Health First Colorado (Medicaid) and Child Health Plan Plus (CHP+), as well as private plans from the Connect for Health Colorado marketplace that offer financial assistance.

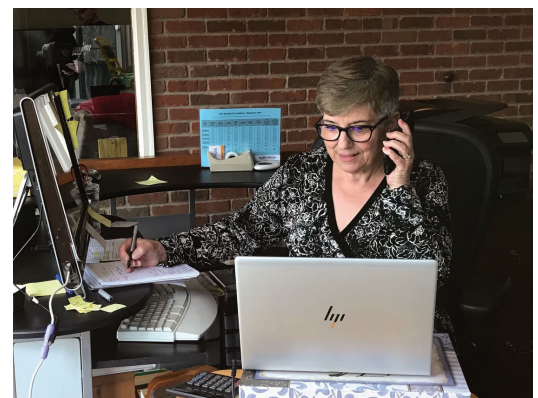
The program now faced a crush of newly unemployed residents seeking health insurance. But new rules for social distancing made it impossible for staff to provide their usual one-on-one appointments.

A system was soon set up to funnel incoming calls to Health Coverage Specialists working from home. Staff are now able to help people get enrolled in Medicaid, CHP+ or Connect for Health Colorado plans entirely by phone appointment or videoconferencing. If a person requires a videoconference for their assistance but lacks a computer or internet access, Larimer Health Connect offers in-person office appointments that allow people to videoconference with staff from a separate room, still maintaining a safe distance.

A lapse in health coverage leaves people financially vulnerable while risks from coronavirus persist, so Larimer Health Connect recommends people seek out new insurance quickly, especially if they want a plan from the Connect for Health Colorado marketplace.



"For anyone looking at a marketplace plan, it's very important they act quickly after losing their employment," says Rosie Duran, team supervisor at Larimer Health Connect. "There is a 60-day window during which they can enroll in a new plan. Otherwise, they'll need to wait for open enrollment in the fall."

In addition, Connect for Health Colorado has extended until April 30 a special enrollment period. Coloradans who are currently uninsured or about to lose coverage due to COVID-19 are able to get health insurance for 2020.



Larimer Health Connect's Trudy Herman explains health insurance options to a resident during a phone appointment.

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**meetings**

Due to COVID-19, board meetings may be held remotely. Details are included on the agenda posted to [healthdistrict.org/board-meeting-schedule](http://healthdistrict.org/board-meeting-schedule) or call 970-224-5209 for more information.

**programs and services**

Heart Health Promotion  
*Cholesterol and blood pressure testing*

Connections  
*Mental health and substance use answers, options, and support*

Family Dental Clinic  
[HealthInfoSource.com](http://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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**Health District of Northern Larimer County**

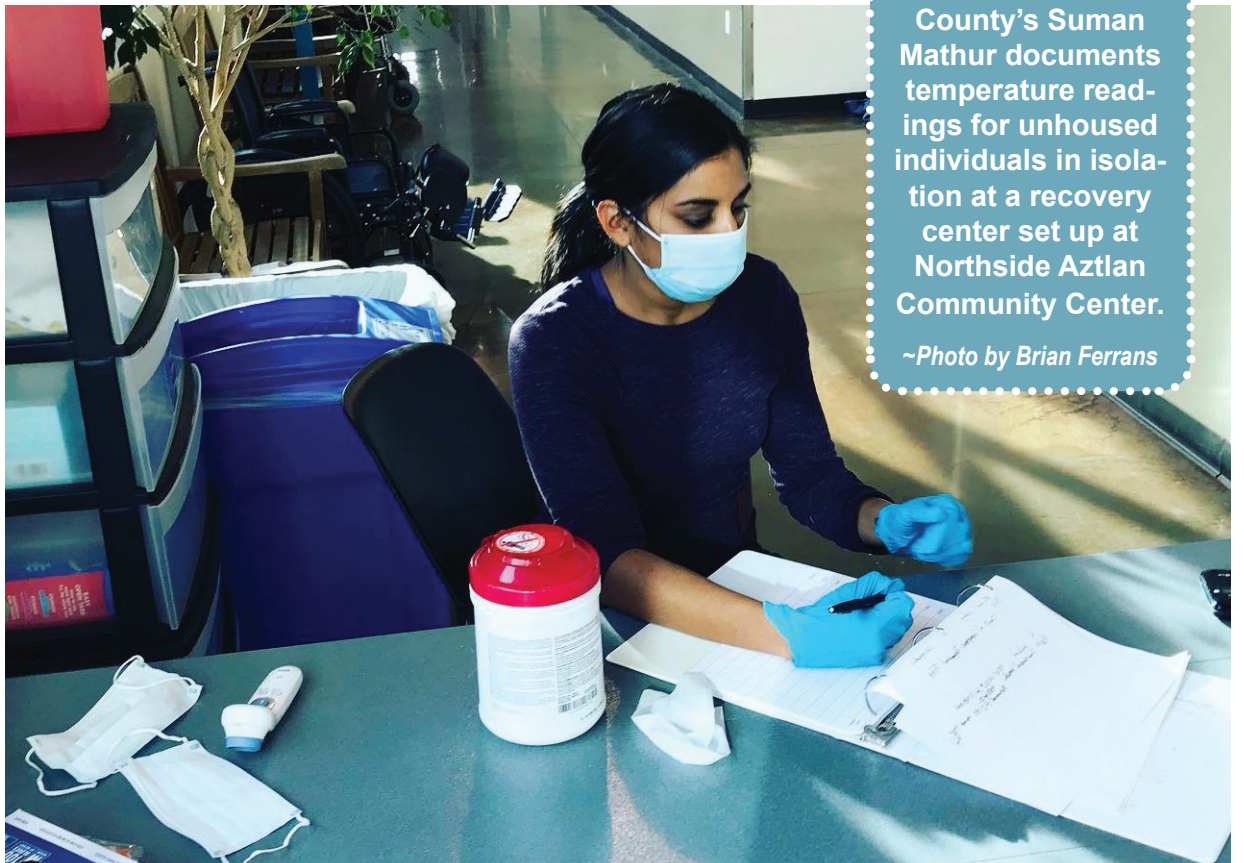
Information in this publication is not a substitute for medical attention from your health-care provider.

# When you don't HAVE a place to 'Stay at Home'

by Julie Estlick

Health District of Northern Larimer County's Suman Mathur documents temperature readings for unhoused individuals in isolation at a recovery center set up at Northside Aztlan Community Center.

~Photo by Brian Ferrans



When the governor issues a stay-at-home order to slow the spread of a deadly virus, where do you go if there isn't a home for you to stay in? For those who are experiencing homelessness in Larimer County, it's a frightening dilemma during the COVID-19 pandemic.

"A significant number of our clients have underlying health conditions and many are seniors, so when this virus became a global health crisis it was clear that the unhoused population would be most vulnerable with no options to be home and avoid people," says Homeward Alliance Executive Director David Rout, whose organization oversees the Murphy Center for Hope.

Then, the City of Fort Collins stepped up and offered the closed Northside Aztlan Community Center (NACC) as a temporary 24/7 shelter. Quickly, community partners Homeward Alliance, Homeward 2020, Health District of Northern Larimer County, SummitStone Health Partners, Catholic Charities of Larimer County, and Fort Collins Rescue Mission sprang into action to create a centralized operations center at NACC.

The large gym provides space for improved social distancing and SummitStone Health Partners is offering mental health support. Health District Medical Director Dr. James Stewart created a triage system at visitor check-in to funnel those with symptoms that could be related to coronavirus to a recovery center in another part of the building. There guests can rest and be monitored in isolation. Six people were in isolation at the end of March. Those with more severe symptoms are evaluated by EMTs for a trip to the hospital.

The shelter served over 480 people in March alone. "It's a containment strategy, and it's allowed us to slow this thing down a little bit at the very least," Rout says.

Homeward 2020 Director Holly LeMasurier, interim project manager for the COVID-19 Homelessness Response in Fort Collins, says, "We're working hard to identify and separate those with a risk of spreading infection and protecting the most vulnerable populations at risk of severe disease."

LeMasurier is coordinating the partner coalition's implementation of recommended health protocols across the city's shelter system, to flatten the curve, or spread out the number of cases over a period of time so hospitals and health-care workers aren't overwhelmed. LeMasurier says, "Our goal is to achieve the best possible outcomes for all the guests, staff members, and the general community."

## How to help

### Volunteers

Contact [phil@homewardalliance.org](mailto:phil@homewardalliance.org). A variety of opportunities are available, including behind the scenes.

### Donations

Go to [homewardalliance.org](http://homewardalliance.org) or send a check to Homeward Alliance, P.O. Box 873, Fort Collins, CO 80522. Homeward Alliance is sharing some donations with partner agencies.

# YOU Count!



## Top 10 Reasons to Complete the Census

by julie estlick

Once every 10 years, each person living in the United States and its territories is counted. The 2020 census counts where you lived on April 1, 2020. These numbers are used to determine federal funding of essential and popular programs including Health First Colorado/Medicaid for the next decade. Larimer County receives \$800 million a year to help pay for things like child care assistance, services for aging adults, public health services, housing, education, employment, and road and bridge repairs.



Colorado even stands to gain an additional seat in the House of Representatives after this count, according to U.S. Census Bureau population estimates.

Most households will receive invitations to fill out the short questionnaire by phone, mail, or—for the first time—online. Due to the COVID-19 pandemic and the ever-changing situation, if you need help filling out the census you can call 1-844-330-2020 or go to [2020census.gov](https://2020census.gov) for more language guides.

[Debido a la pandemia de COVID-19 y la situación en constante cambio, si necesita ayuda para completar el censo, puede llamar al 1-844-468-2020 para español, o visite [2020census.gov](https://2020census.gov) para más guías de idiomas.]

“We are really focused on the tremendous growth in Larimer County and making sure every person gets counted,” says Heather O’Hayre, director of Larimer County Department of Human Services.

Need more motivation to be counted?

### Top 10 Reasons to participate in the 2020 Census:

**1. It's the law.** Everyone living in the United States is required to complete the census.

**2. Census data is safe and secure.** There is NO citizenship question on the 2020 Census. Your personal information is protected—each household form has a special code. And federal law prohibits using any information against you.

[Los datos del censo son seguros y protegidos. No hay preguntas de ciudadanía en el Censo 2020. Su información personal está protegida: cada formulario de hogar tiene un código especial. Y la ley federal prohíbe el uso de cualquier información en su contra.]

**3. It's fast.** There are only 10 questions and it takes about 10 minutes to complete.

**4. It's convenient.** You can complete the census online or call 1-844-330-2020 on your schedule. Call centers are staffed 9 a.m.-4 p.m. MST, but you may have a longer wait time due to limits on the number of employees allowed to work together during the health crisis.

[Es conveniente. Puede completar el censo por el internet o llamar al número 1-844-468-2020 para español en su horario. Los centros de llamadas cuentan con personal de 9 a.m. a 4 p.m. MST, pero es posible que tenga un tiempo de espera más largo debido a la cantidad de empleados que pueden trabajar juntos durante la crisis de salud.]

**5. Help is available!** Once government stay-at-home orders are lifted and public libraries re-open, some area libraries can assist you in filling out the census questionnaire. Special outreach events around the community may be rescheduled.



Check here for updates: [Larimer.org/census-outreach-calendar](https://Larimer.org/census-outreach-calendar).

**6. Access to computers is easy.** In the current health crisis, it may take a while for libraries to re-open to the public. When they do, you won't need a library card or ID to use a public library computer. Census workers or librarians can help you complete the questionnaire online. Laptops will be provided at some regional

events if they are rescheduled. (See resources.)

**7. It's not just for English speakers.** Paper forms are also available in Spanish. Phone assistance is provided in 13 languages. Web pages, videos guides, and word glossaries are available in 59 languages, large print, and braille. (See resource list.)

[No es solo para hablantes de inglés. Los formularios en papel también están disponibles en español. La asistencia telefónica se proporciona en 13 idiomas. Las páginas web, las guías de videos y los glosarios de palabras están disponibles en 59 idiomas. (Ver lista de recursos.)]

**8. Money for essential community programs is at stake.** An accurate count means we get the federal dollars we need to keep our county safe, healthy, and thriving.

**9. Fair representation at the federal level.** Colorado's population has exploded since 2010, according to the State Demography Office. Census counts are used to determine how many seats each state gets in Congress, and an additional representative in Washington would increase the Centennial State's political power.

**10. EVERYONE deserves to be counted.** In the past, infants, people living in rural areas, unhoused people, and people of color have been undercounted. Just a 1 percent undercount in Larimer County could mean losing \$80 million in federal funds over the next 10 years! ✨

**Sources:** *Counting for Dollars 2020: Colorado* (George Washington University Study), Larimer County Budget Office, Larimer County Department of Human Services, NoCoCounts, U.S. Census Bureau Denver Regional Office

## Resources

- [2020census.gov](https://2020census.gov) – language guides and general information
- **Denver Regional Census Center** 1-800-852-6159, questions or concerns; [Denver.Regional.Office@census.gov](mailto:Denver.Regional.Office@census.gov)
- **NoCoCounts** – [Ourcity.fcgov.com](https://Ourcity.fcgov.com); census videos, news, and fact sheets
- [Larimer.org/census-outreach-calendar](https://Larimer.org/census-outreach-calendar) – regional events held around the community to help residents complete the census

## Recursos

- [2020census.gov](https://2020census.gov) – guías de idiomas e información general
- **Centro Regional del Censo de Denver** – 1-800-852-6159, preguntas o inquietudes; [Denver.Regional.Office@census.gov](mailto:Denver.Regional.Office@census.gov)
- **NoCoCounts** – [Ourcity.fcgov.com](https://Ourcity.fcgov.com); videos del censo, noticias y hojas informativas
- [Larimer.org/census-outreach-calendar](https://Larimer.org/census-outreach-calendar) – eventos regionales que se realizan alrededor de la comunidad para ayudar a los residentes a completar el censo

# Remember to VOTE

## What's being decided?

The Health District is governed by a five-member, publicly elected board. Eight candidates are running for two three-year seats in the May 5 election.

## Who can vote

To vote in this election, a person must be an eligible elector in the Health District, someone who is:

- Registered to vote in Colorado; and
- A resident of the district or someone who owns, or whose spouse owns, taxable real or personal property within the district, regardless of whether he or she lives in the district.

## How to vote

The Health District Board of Directors election was scheduled as a polling-place election before the COVID-19 pandemic. At the time of publication, by law, we must still make in-person voting available. We also are not permitted to cancel or postpone the election.

**Voting by mail is available and is strongly encouraged. If you have not already received a ballot, you will need to send in a form in order to get a ballot. Please see page 7 for details on how to vote by mail.**

To allow for better social distancing, in-person voting will be available at a single, large polling place location, May 5, 7 a.m. – 7 p.m.:

- Drake Center  
802 W. Drake Rd., Fort Collins\*

This location replaces all previously published polling place locations for this election.

\* pending Board of Directors decision

## More about the candidates

Vote411.org, a website from the League of Women Voters, has additional candidate profile information.

# Health District Board Election – May 5, 2020

healthdistrict.org/2020-election



## Christy Bush

Age: 47

**Occupation:** Business Manager for a custom design-build firm in Fort Collins; formerly worked in public health field in Colorado (including 5 years with Larimer County government), Maine, and Washington, D.C.

**Education:** Master of Health Science degree in Health Policy, Johns Hopkins Bloomberg School of Public Health; B.S. in Psychology, Colorado State University

**Family:** Married; mother of two teenage boys

### Why are you running for the Health District board of directors?

Our community is fortunate to have a special tax district to address unmet community health needs. I want to serve as a connector between our community and our government by engaging in conversations about health-related issues and translating that, in conjunction with data, into organizational strategy for the Health District.

### What special skills or qualifications will you bring to the board?

- Broad knowledge of community health issues; 20+ years related professional experience
- Experienced with policy governance model
- Thoughtful about taking on responsibilities—only do so if I believe I can follow through
- Careful listener; weigh all sides of an issue before determining my position
- Balanced perspective to complex, challenging issues

### What do you hope to accomplish?

I hope to bring education and awareness about this great community resource, and to engage residents in participating in our government to address community need. I hope to use my knowledge and experience to encourage learning, both by community about government, and government about community.

### What is the most pressing health-related issue facing our community?

I believe the most pressing health-related issue facing our community is apathy. When we view issues like systemic racism, poverty, affordable housing, or communicable disease as someone else's issue to solve, our apathy contributes to more suffering for some and a less meaningful human experience for all.



## Johanna Ulloa Girón

Age: 40

**Occupation:** Community Services Manager at Poudre River Public Library District, Adjunct faculty in the School of Social Work at Colorado State University (CSU)

**Education:** Master's degree in Social Work

### Why are you running for the Health District board of directors?

As an immigrant to this country, a woman of color (WOC), and a mother of children in Fort Collins, I have been committed to promoting health and wellness. I see the possibility to use

my experience and connect to traditionally marginalized constituents to advance the mission and vision of the Health District.

### What special skills or qualifications will you bring to the board?

My varied work in locations in the United States, Central and South America, my education as a psychologist in Colombia, and as a social worker at CSU provides a diverse perspective to enhancing health. This will be an asset to the Health District as it seeks to improve services to historically marginalized communities.

### What do you hope to accomplish?

I hope to amplify the voices at the board level of those traditionally marginalized in regard to health promotion in our community. I will facilitate understanding among different constituents from levels usually excluded from decision-making processes and bring my perspective as WOC provider and a customer of health systems in Larimer County.

### What is the most pressing health-related issue facing our community?

A profound lack of information and connection to people on the margins who are over-represented in all the illness charts in our county by decision-makers is the most pressing health issue facing our community. This includes social isolation, mental health stigma, and lack of cultural attunement on the provision of care.



## Erin Hottenstein

Age: 46

**Occupation:** Communications corporate trainer and coach

**Education:** Bachelor's degree from Goucher College, plus various certifications

**Family:** Married; son, daughter, step-daughter

### Why are you running for the Health District board of directors?

I learned about the many wonderful services of the Health District while serving for two years on the Compass newsletter advisory committee. By running for the Board of Directors, I would be able to continue my public service, promote the Health District, and share my expertise in communications and community outreach.

### What special skills or qualifications will you bring to the board?

As a journalist early in my career, I covered government at every level and worked to ensure accountability and transparency. I have been active as a community leader, including serving as president on a board of trustees. Also, I founded Colorado 50-50, a group that encourages women to become leaders.

### What do you hope to accomplish?

When I started telling people I was interested in running for the Health District board, many didn't know we had one, nor what it does. I hope to raise the visibility of the Health District, while representing all areas. This is especially important so we can reach underserved groups.

### What is the most pressing health-related issue facing our community?

Coronavirus is most pressing today, but the Health District isn't the lead on that. For the district, access to health care is critical. People need resources to access mental health providers, substance use treatment, insurance coverage, and dental services (when they don't have insurance). The Health District can impact the incidence of chronic illnesses, such as heart disease, diabetes, and asthma.



## Celeste Holder Kling

Age: 62

**Occupation:** Attorney/Mediator

**Education:** J.D., University of Kansas Law School; B.A. in Economics, Davidson College

**Family:** Husband, Bob Kling; 2 adult children and partners; 1 grandchild

### Why are you running for the Health District board of directors?

Our Health District is one of the most impactful and best-run entities in our community and state. I am passionate about improving public health, including mental health, by focusing our human and financial resources effectively and collaborating with community partners to leverage our efforts to maximize healthy outcomes for all.

### What special skills or qualifications will you bring to the board?

I have participated actively in our community for decades as a mediator, children's advocate, CSU instructor, and a member of non-partisan boards and commissions. I bring analytical skills and compassion to decision-making. As a current and past Health District board member, I believe my historic involvement brings perspective with added value.

### What do you hope to accomplish?

The Health District just completed its triennial survey to identify the most pressing needs in our community. Staff will help clarify programmatic gaps and evidence-based approaches to address them, often with community partners. I hope to collaborate in determining Health District priorities for programs, expenditures, and policy positions for the next three years.

### What is the most pressing health-related issue facing our community?

Access to affordable health care is our most pressing issue for individuals and families in virtually every sector of our community. This includes medical and dental care, connection to affordable health insurance coverage, mental health and substance use disorder diagnosis and treatment services, and collaborative support systems for people facing multiple challenges.



## H. Faraz Naqvi, M.D.

Age: 54

**Occupation:** Physician, businessperson

**Education:** M.D., Harvard Medical School; M.S., Massachusetts Institute of Technology; M.A. in Economics, Trinity College, Cambridge University; B.A., Colorado College

**Family:** Married; two children

### Why are you running for the Health District board of directors?

I am currently a board member for the Health District. Having served nearly 4 years, I would

be honored to serve another term to accomplish the goals I set forth at the beginning of my service to the organization: Broadening the reach of the Health District to all members of the county and addressing missing components in the current health-care continuum.

### What special skills or qualifications will you bring to the board?

I am a practicing physician and have experience in the business world in consulting, investment banking, fund management, entrepreneurial endeavors, and organizational management.

### What do you hope to accomplish?

I would like to broaden the programs of the Health District to address the larger Larimer County community, introduce greater participation into the social determinants of health, and strengthen the relationship between the Health District and UHealth.

### What is the most pressing health-related issue facing our community?

The cost of health care. In terms of the individual, organizational, and community impact, the cost of health care is not only oppressive, but has the potential to be catastrophic. This large and growing problem needs to be addressed with reasonable, actionable, and fair plans.



## Lisa Poppaw

Age: 51

**Occupation:** Executive Director of Crossroads Safehouse

**Education:** B.A. in English, University of Northern Colorado

**Family:** Partner Tom Ehlers; son Alex Poppaw, daughter Halle Marascola, son-in-law Gary Marascola

### Why are you running for the Health District board of directors?

As an executive director who's also served

as an elected board member, I have experience maximizing organizational effectiveness and will work with fellow board members to set a clear and achievable strategic direction for the Health District that addresses the needs of the constituents we represent.

### What special skills or qualifications will you bring to the board?

I served for eight years on the Fort Collins City Council and have a decade of nonprofit experience spanning services addressing the needs of citizens of all ages. I have a knowledge of existing resources and gaps, and I will work to maximize partnership opportunities.

### What do you hope to accomplish?

It is critical that we look at health in the broadest sense and consider factors such as race, access to affordable childcare and housing, transportation limitations, and income levels, to name a few. We need to create a strategic vision that incorporates all aspects of health.

### What is the most pressing health-related issue facing our community?

We must adopt a more holistic definition of health that includes not only physical considerations, but also mental, emotional, and spiritual well-being. Access to health care in the broadest sense must be accessible to ALL in our community.



## Daniel L. Sapienza

Age: 39

**Occupation:** Law Clerk

**Education:** B.A., Colorado State University; Juris Doctor, George Mason University School of Law

**Family:** Wife Vanessa Fewell; son Emmett, 13 months

### Why are you running for the Health District board of directors?

For more than a decade, I have worked in public health and health policy and it is truly a

passion of mine. As I transition into a career in private legal practice, I want to stay involved in the health community and continue to contribute my knowledge and experience.

### What special skills or qualifications will you bring to the board?

I am an experienced community health advocate and policy professional: in Washington, D.C., as health advisor in Congress during the passage of the Affordable Care Act, as state and local health policy advisor to the Health District board, and teaching advocacy and policy in the School of Public Health at CSU.

### What do you hope to accomplish?

After six years advising the Health District leadership and board, I have a unique understanding of the organization and its needs. My primary goal will be to increase transparency around the use of Health District taxes and ensure its \$15 million annual budget is effectively used to improve the health of the community.

### What is the most pressing health-related issue facing our community?

Major gaps in the continuum of care for our rapidly growing senior population are an issue that must be addressed soon locally. It's also vital that local organizations support state and national efforts to increase health coverage for all and equity in health access.



## Carol Wittmer

Age: 63

**Occupation:** Retired Medical Practice Administrator, Eye Center of Northern Colorado

**Education:** B.S. in Business Management, University of Northern Colorado

**Family:** Husband, Mike; children, Marty and Nancy

### Why are you running for the Health District board of directors?

I want to give back to the community where I've

lived, worked, and raised my children over the past 40 years. I want to apply my years of experience working in health-care administration to improving access and affordability of health care in Larimer County.

### What special skills or qualifications will you bring to the board?

The majority of my career has been in health-care administration where I've worked with the various stakeholders of the system including patients, physicians, staff, insurance companies, pharmaceutical companies, device manufacturers and facilities. I have a strong background in finance and an understanding of the challenges of balancing needs and resources.

### What do you hope to accomplish?

I would like to contribute to policy and budget decisions to effectively use resources to remove some of the barriers to access to care. Advocating for education, cost reduction, and simplification of the complex maze of our health-care system are things I believe will improve the health of our community.

### What is the most pressing health-related issue facing our community?

Cost is the greatest constraint to accessing the health-care system. Structural changes in how care is paid for as well as ongoing community education are needed in order to effectively expand access to care. The increasing age of our community also requires attention to affordable long-term care.

Chrissy Chard withdrew from the race after ballots were printed, so her name will still appear.

## Mental health & substance use issues support

**Connections Adult Team and CAYAC • 970-221-5551 • 8 a.m. – 8 p.m., 7 days a week (Temporary hours during the pandemic)**  
**SummitStone Crisis Support, 970-494-4200, ext. 4**

One of the biggest impacts of the COVID-19 pandemic may be invisible. Many will struggle to cope emotionally as they live through a completely unprecedented time. For those already struggling with mental health or substance use issues, the challenge may be especially difficult.

Fortunately, Larimer County has a collaborative Mental Health Disaster Response system already put to the test by the High Park Fire in 2012 and the flood of 2013. It is ready for the challenge of COVID-19.

The Connections program at the Health District is designated as the community resource for non-crisis behavioral support. The program has an Adult Team and a Child, Adolescent, and Young Adult Connections (CAYAC) Team that serves youth up to age 24 and their families.

“These are challenging times as we all adjust to this new ‘normal.’” says Kristen Cochran-Ward, director of behavioral health services. “We understand that people are struggling with increased anxiety, depression, and significant loneliness. These reactions are completely normal

in an abnormal time. Our Adult Team and CAYAC Team are here to help.”

Accustomed to serving people by phone, appointment, and walk-in visits, Connections also turned to a remote model. Staff working from home field calls from an anxious public, answering questions, providing support, giving referrals, and doing brief therapy sessions via telehealth. There is no charge for pandemic-related support services. If needed, the Connections Team response can expand with the help of the Crisis Counseling and Resilience Enhancement (CARE) Team which includes community mental health providers trained in disaster response.

SummitStone Health Partners is meeting the community’s crisis support needs by phone at 970-494-4200, ext. 4, and through its Crisis Services Center at 1217 Riverside Avenue.

People don’t have to face the challenges alone; help is a phone call away.

## Prescription assistance

**970-416-6519 • 8 a.m. – 5 p.m., M-F**

Filling prescriptions is a challenge for many local residents during ordinary times. Almost one in 10 residents of the Health District skips medications because they can’t afford it, according to the most recent Community Health Survey.

With many more people now likely to lose health coverage at least temporarily, the Health District’s Prescription Assistance program is available to help people get the medicine they need to stay healthy.

When affordability is a barrier, the program helps people get their medications at reduced cost/free when possible. Often times people are not aware of other options that are available that may help to reduce the cost of their prescriptions. Staff can help people of all incomes to see if they can find lower-cost options for their prescriptions. Financial assistance may also be available for district residents with limited incomes and without health insurance, or whose medications are not covered by insurance.

By phone and mail delivery, the program aims to keep filling this critical health-care gap.



## Emergency dental needs

**Family Dental Clinic • 970-416-5331**  
**By appointment • 8 a.m. – 4 p.m., M-F**

There is never a good time to have a dental emergency, but they happen—even during a pandemic.

To reduce possible spread of coronavirus, the Health District’s Family Dental Clinic suspended routine dental care in mid-March. It remains open by appointment to see patients who have a dental emergency—including pain, swelling, or bleeding—and who do not have acute respiratory symptoms or a fever.

Normally, the clinic provides a full range of acute, preventive, and restorative dental services to Health District residents who lack dental insurance, have limited income, or are covered by Medicaid, CHP+ or the state senior dental plan.

While the clinic is open to treat true dental emergencies, staff have been able to triage many more patients over the phone, minimizing unnecessary trips to the clinic. It also gives patients a chance to speak directly to a dentist, get their questions answered, receive expert advice, and gain some peace of mind during an uncertain time.

“We hope to get back to serving all of our patients’ needs as soon as we can,” says Dana Turner, director of the clinic. “Once we’re fully operational again, patients with highest priority dental treatments will be rescheduled so they can be completed with as little delay as possible.”



## COVID-19 Information and Resources

### ► Larimer County Department of Health and Environment

- [larimer.org/health](http://larimer.org/health)  
(Follow the link for COVID-19 Information)
- Joint Information Center  
970-498-5500  
9:00 a.m. - 4:30 p.m., M-F
- Text questions to: 970-999-1770  
Response typically received within 4 hours during the day.
- Get texts with the latest information related to COVID-19 in Larimer County:  
Text COVID19LC to 888777

### ► United Way of Larimer County

- [uwaylc.org](http://uwaylc.org) – Includes local information on family resources, food assistance, medical assistance, mental health resources, senior support, small business support, unemployment resources, and utilities/rent assistance

### ► Colorado Department of Public Health and Environment

- [covid19.colorado.gov](http://covid19.colorado.gov)

### ► Tips for coping with COVID-19

- [cdc.gov/coronavirus/2019-ncov/daily-life-coping](http://cdc.gov/coronavirus/2019-ncov/daily-life-coping)

# VOTE BY MAIL In the Health District Board of Directors Election



**To do so, IF YOU HAVEN'T ALREADY RECEIVED A BALLOT YOU WILL NEED TO REQUEST ONE. See information below.**

The Health District Board of Directors election was scheduled as a polling-place election before the COVID-19 pandemic. At the time of this publication, by law, we must still make in-person voting available. We also are not permitted to cancel or postpone the election.

**However, we are asking everyone who can to please vote by mail for their health, safety, and convenience.**

Because Special District election regulations are different than other elections, those who have not previously requested to be on the Health District's permanent absentee voter list will not automatically receive a ballot in the mail, even if they normally vote by mail in all other local elections.

You must use an **absentee ballot**, even if you plan to be in town during the election. This is the only way to vote by mail.

If you voted by mail in a previous Health District Board of Directors election, AND you requested to be on the **permanent absentee voter list**, the Health District will automatically send you a ballot for this and all future Board of Directors elections. **If you haven't already received a ballot by the time of this publication, you will need to request one for this election by completing and submitting an Application for Absentee Ballot.** If you don't have access to a computer and need another absentee ballot application, call 970-224-5209.

**1. Clip and complete the Application for Absentee Ballot** at right or download an application from [healthdistrict.org/2020-election](http://healthdistrict.org/2020-election). For questions call 970-224-5209.

**2. Sign and return the application** to the Health District by **Tuesday, April 28**. You may return your application by mail to Chris Sheafor, at 120 Bristlecone Dr., Fort Collins, CO 80524; by fax at 970-221-7165; or by email (as a scanned attachment) at [kfagan@healthdistrict.org](mailto:kfagan@healthdistrict.org).

**3. Mail your completed ballot.** Or drop it off in the lobby ballot box at the Family Dental Clinic, 202 Bristlecone Dr., Fort Collins, 8 a.m. – 4 p.m., M-F.

**Your ballot must be received at the Health District by 7 p.m. on Election Day, May 5, 2020, in order to be counted.**

## APPLICATION FOR ABSENTEE BALLOT IMPORTANT!

- Application must be filed by the close of business on Tuesday, April 28, 2020.
- Absentee ballot must be received by Election Judge or Designated Election Official by 7:00 p.m. on Election Day, Tuesday, May 5, 2020, to be counted.

Applications may be mailed to: Health District of Northern Larimer County, ATTN: Designated Election Official, 120 Bristlecone Drive, Fort Collins, CO 80524; faxed to 970-221-7165; or by email (as a scanned attachment) to [kfagan@healthdistrict.org](mailto:kfagan@healthdistrict.org).

TO: Designated Election Official  
Health District of Northern Larimer County ("District"):

I, \_\_\_\_\_, whose date of birth is \_\_\_\_\_, 19\_\_\_\_, am requesting an absentee ballot on behalf of (select one):

- myself, or
- \_\_\_\_\_ (enter name), a family member related by blood, marriage, civil union or adoption to the applicant

who is an eligible elector of the Health District of Northern Larimer County, State of Colorado, eligible by virtue of:

- Being a resident of the District, with an elector **residence** address of:

\_\_\_\_\_  
(Address) (City) (ZIP) (County), CO

Or

- Ownership (or spouse or civil union partner) of the taxable real or personal property (described below) situated within the boundaries of the District, or a person who is obligated to pay taxes under a contract to purchase taxable property within the District

Physical address or description of property:

\_\_\_\_\_  
(Address) (City) (ZIP) (County), CO

- ← Check box if elector wishes to be on District's **permanent absentee voter** list. Applicant will receive an absentee ballot for every election conducted by the District if checked.

Mail elector's absentee ballot to this address:

\_\_\_\_\_  
(Address) (City) (State) (ZIP)

I am applying for an absentee ballot for use by me or the person noted above per §1-13.5-1002(1)(a)(II) in voting at the District's regular election to be held on the 5th day of May, 2020.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Name Printed

\_\_\_\_\_  
Date

\_\_\_\_\_  
\*Witnessed By

\*In case of elector's inability to sign her/his name, the elector's mark shall be witnessed by another person.



**Lost job?**

**No health insurance?**

We can help you enroll in lower-cost health coverage, including Medicaid, CHP+ and private health plans from the Connect for Health Colorado marketplace that offer financial assistance.

If you've lost your health insurance, you have 60 days to enroll in a marketplace plan.

Connect for Health Colorado also has a special enrollment period until April 30 that allows Coloradans who are currently uninsured or about to lose coverage due to COVID-19 to get health insurance for 2020.

Call for an appointment and get covered now.

**Health District**  
LARIMER HEALTH CONNECT

**970-472-0444**  
larimerhealthconnect.org



# Thinking of QUITTING?

We're still here to help you quit tobacco, with counseling by phone and free nicotine patches, gum, or lozenges by mail.

- Experienced tobacco treatment specialists
- Positive, supportive approach
- Sliding fees for those who qualify
- Covered benefit for Health First Colorado (Medicaid) enrollees

**970-224-5209**

healthdistrict.org/quitsmoking

**Health District**  
QUIT TOBACCO PROGRAM



## What's your plan?



**Talk to your loved ones before you or they become ill.**

Larimer Advance Care Planning is a free service that provides guidance in completing your advance directives so your preferences for medical care are honored if you are unable to speak for yourself.

Call **970-482-1909** or **970-278-6812** for a phone or web consultation.

**Health District**  
ADVANCE CARE PLANNING TEAM

LarimerAdvanceCare.org

## Dental Emergency?



We're still here to help, although the Family Dental Clinic is currently seeing only patients who have a dental emergency (pain, swelling, bleeding) and no acute respiratory symptoms or fever. We hope to be back serving the rest of your dental needs soon.

**Health District**  
FAMILY DENTAL CLINIC

Call us for an appointment, 8 a.m. – 4 p.m., M-F. We're sorry, but walk-ins are not being taken at this time.

**970-416-5331**

healthdistrict.org/dental

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