

Safety Tips for Surviving Summer Fun

by julie estlick

A shirtless young man is hiking near the granite dome atop Greyrock Mountain when a thunderstorm blows in and hail pelts his exposed skin. Tom Adams spots the shivering hiker and offers him a poncho and drinking water for the trek back down.

This scene is far from unusual for Adams and his fellow Poudre Wilderness Volunteers, who patrol over 280 miles along a system of 69 trails on foot and horseback to assist the U.S. Forest Service’s Canyon Lakes Ranger District. The area includes Roosevelt National Forest and Pawnee National Grasslands. “People just don’t prepare,” Adams says. “They don’t bring enough snacks or water, and I see so many individuals wearing flip-flops or sandals that don’t cover their whole foot. There are rattlesnakes on these trails and poison ivy grows along the edge. It’s not safe.”

Summertime in northern Colorado means sunshine and lots of daylight, perfect for outdoor exploring and exercise in the fresh air. Proper preparation, though, can be the difference between a successful outing and an uncomfortable, or even downright dangerous one. Staying safe and enjoying some fun in the sun is a breeze if you follow the advice of the experts and keep a few things in mind when planning your summer activities.

Do your research

Whether you’re aiming for a leisurely hike in the foothills, or eager to summit your first 14er, take the time to investigate the areas you want to explore and trace out a route on a map that you’ll carry with you. A printed map in addition to a map app on your phone is ideal in case you lose cellular reception or your phone’s battery dies.

“People do get distracted and miss trail junctions and landmarks,” says Jill Reynolds, education director for Larimer County Search & Rescue (LCSAR). “We’re seeing more and more reliance on cell phones (for directions and help if lost), which is shaky at best and shouldn’t be counted on.”

The nonprofit LCSAR averages 70 calls a year and summertime is particularly busy with the increase in recreational activity and visitors to the region, Reynolds says. You can help visitors avoid altitude sickness by staying at a lower elevation for at least 24 hours before any activity, and go slowly to let their bodies adjust to the thinner air. Headaches and confusion are common signs of altitude sickness, and treatment includes rest, drinking lots of water, and going down to a lower elevation as soon as possible, experts advise.

Other tools for your pack: A geological map that shows an area’s terrain, landmarks, and elevation gain, and a compass are both helpful for any backcountry outing. If biking on local paths is more your speed, carry a map of the bike routes for quick reference, a tire repair kit with an extra inner tube and a pump. There are several bicycle repair stations on trails around the city as well. And don’t forget to wear your helmet!



Hydrate, hydrate, hydrate

Speaking of H₂O, dehydration is not a fun way to spend a carefree summer day! Carry at least one full water bottle and know where you can

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published quarterly by
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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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Eating right at every age

Special dietary needs for seniors


by julie estlick

As our bodies grow into middle age and older, our daily eating habits change. The need for certain nutrients increases and there is a shift in the amount of foods that are recommended from different food groups. Making small adjustments to maintain a healthy weight and diet as we age is not only important to keep up energy levels and mental focus, but also to reduce the risk for broken bones, obesity, type 2 diabetes, and heart disease, among other chronic health issues.

The USDA gives daily dietary guidelines for Americans age 50 and older: vegetables, 2-3 cups; fruits, 1.5-2 cups; whole grains, 5-8 ounces; dairy, 3 cups (low-fat or fat-free); protein, 5-6.5 ounces; and oils, 5-7 teaspoons.

The Academy of Nutrition and Dietetics makes several recommendations of the best sources for meeting these daily requirements for a healthy, balanced diet. First, older adults need three servings of calcium-rich foods and beverages to get enough calcium and vitamin D for strong bone mass. Options include fortified cereal; dark green, leafy vegetables; canned fish; milk; yogurt; hard cheese; or fortified plant-based drinks.

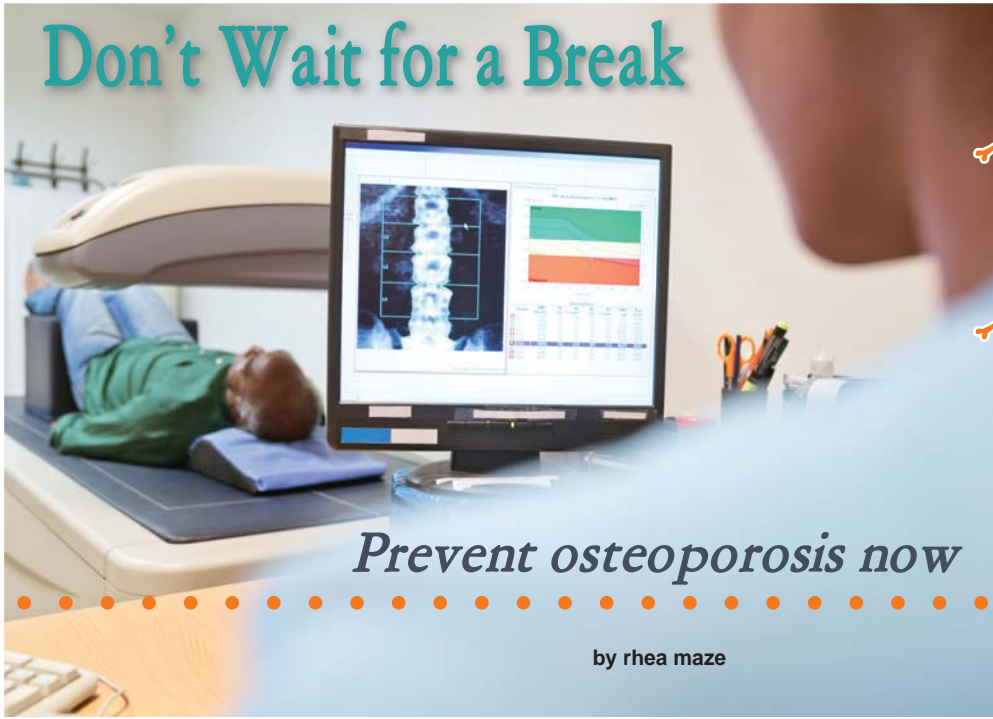
Next, take a look at your vitamin B12 intake. People older than 50 often don't get enough of this essential nutrient, which keeps the body's nerve and blood cells healthy, helps maintain a healthy digestive system, and protects against heart disease, stroke, and high blood pressure. Find this heavy hitter in protein like lean meats, some fish and seafood including cooked salmon, wild rainbow trout, and canned sardines, as well as in fortified cereal.

Getting enough fiber in our diet is another important factor as we age. Consuming fiber-rich foods helps lower the risk for heart disease and type 2 diabetes. Dietary fiber is the portion of plant-based foods that the body can't digest or absorb, which helps move material through the digestive tract. Choose whole-grain breads and cereals, and eat more beans and peas in addition to your daily intake of fruits and veggies. If slicing or chopping is a challenge, look for pre-sliced fruits and vegetables on sale to add to meals and snacks. 



For healthy meal and snack ideas for every age, go to choosemyplate.gov.

Don't Wait for a Break



Prevent osteoporosis now

by rhea maze

It's a disease you can't feel.

Osteoporosis, a condition characterized by a loss of bone density resulting in the bones weakening, is one of the most under-diagnosed health problems in the U.S. because it has no symptoms.

“Low bone density is not painful. For many people, the first clue is a broken bone,” says Daen Scott, a family nurse practitioner specializing in osteoporosis and diabetes at UHealth. “This is why prevention and screening are key.”

Aging can lead to a gradual loss of bone density, and due to estrogen changes during menopause, women tend to develop osteoporosis earlier than men. The most common risk factors for developing osteoporosis or osteopenia, which is lower than normal bone density that has not yet become osteoporosis, include aging, having a low body weight, malnutrition, smoking, excessive alcohol intake, a relevant family history, and some medical conditions and treatments.

When diagnosed with osteoporosis or osteopenia, health-care providers may advise patients to increase calcium and/or vitamin D intake, exercise, improve their diet, and continue to monitor the condition with regular screening. Medications may also be prescribed.

“The most important thing to keep in mind is that the majority of osteoporosis treatments do a better job of keeping the bone you have than increasing it, so the earlier it's caught and dealt with the better your odds are of avoiding a broken bone,” Scott says.

To preserve or improve the bone mass you have, Scott recommends making sure you get plenty of vitamin D and calcium as part of an overall healthy diet, quit smoking, and talk with your health-care provider about screening. Doing weight-bearing exercise such as working out with weights, resistance training, or yoga that includes all the major muscle groups, at least two times per week is key to prevention as well.

And it's never too early to incorporate these prevention practices, because childhood health can affect bone density later in life.

“Osteoporosis is silent until the bones start breaking,” Scott says. “Talk to your health-care provider about screening and consider what you can do to maintain good nutrition and lots of activity.”

Get screened

It is recommended that women start getting bone density scans every other year starting at age 65 or after menopause. There are currently no set screening guidelines for men.

Both women and men who are at a higher risk of developing osteoporosis or who have experienced fractures that are not easily explained by the level of trauma they experienced may need to start getting screened sooner, depending on the advice of their health-care practitioner.

Did you know?

About 54 million Americans have osteoporosis and low bone mass.

Studies suggest that around 1 in 2 women and 1 in 4 men age 50 and older will break a bone due to osteoporosis.

Osteoporosis is responsible for two million broken bones and \$19 billion in related costs every year. By 2025, experts predict that osteoporosis will be responsible for approximately three million fractures and \$25.3 billion in costs annually.

~ *The National Osteoporosis Foundation, nof.org*

Osteoporosis, a condition characterized by a loss of bone density resulting in weakened bones, is one of the most under-diagnosed health problems in the U.S. because it has no symptoms.



In 1970, Lou Stitzel rallied the support of her neighbors to help keep a local family from being evicted. From that act of kindness grew the nonprofit organization Neighbor to Neighbor, which works to prevent homelessness and make homeownership more attainable through programs that focus on eviction prevention and navigating the affordable housing market in Larimer County.

“Lou Stitzel, our founder and first director, was very community-minded and she kept that family from becoming homeless. And that is exactly what we still do today,” said Kelly Evans, Neighbor to Neighbor’s executive director.

From frantic renters with an eviction notice in their hand facing a two-year wait list for affordable housing, to a young couple trying to figure out how to buy their first home, Neighbor to Neighbor provides individualized, case-by-case counseling and services to people of all income levels to help them achieve stable housing. Services are provided through main offices in Fort Collins and Loveland as well as several satellite locations.

Neighbor to Neighbor’s primary effort is its homelessness prevention program, which provides rental assistance and served 1,237 Larimer County households in 2018. “We distribute over \$225,000 in housing



NEIGHBOR TO NEIGHBOR

n2n.org | 970-484-7498 | 1550 Blue Spruce Dr., Fort Collins

by rhea maze

assistance each year,” Evans says.

In addition to providing rental assistance, help navigating rental options, education programs for home ownership, and matching up clients in their homeshare program, Neighbor to Neighbor owns 132 affordable housing units in Larimer County that are provided to clients on a sliding-scale basis and include full-time resident support services by a social worker.

With the population rising across the Front Range, affordable housing continues to be a problem. “One-third of all local renters are paying more than half of their income on rent, and ideally all households would pay no more than a third of their income on rent,” Evans says. “And the average wage needed to afford a two-bedroom apartment in Larimer County is \$21.27 per hour.”

In the early 1900s, the concept of “rent parties” originated as a way for neighbors to help neighbors avoid eviction. They typically consisted of music, dancing, and “passing the hat” for donations. Neighbor to Neighbor encourages community members, businesses, churches, and other groups to help support the local housing crisis by hosting a rent party. “Rent parties are a great way for neighbors to gather and help neighbors and they are a lot of fun,” Evans says. “And for every \$300 raised, that’s one family that we can prevent eviction for.”

Neighbor to Neighbor also welcomes community participation in their volunteer programs and accepts donated items such as dressers and vacuums for their residents.

“Being part of a connection in someone’s life toward having a stable home is so rewarding,” Evans says.

“Because a stable home is the foundation for opportunity and success in other areas of life.”



The Jaramillo Family



Photo courtesy of Neighbor to Neighbor

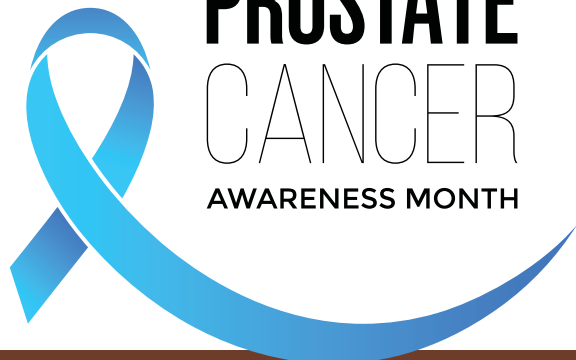
“ Before moving into housing with Neighbor to Neighbor, we were homeless. My son was struggling and missing school. Now, we have a stable place to live and my son is excelling. He is in advanced math and English, with straight As. ”

~ Bethany Jaramillo

Neighbor to Neighbor’s 50th birthday bash

Saturday, July 27, 5-8:30 p.m.
Carnegie Center for Creativity
200 Mathews St., Fort Collins

September is



What you need to know

by kathy hayes

Around age 60, Jack* began waking up in the night urgently needing to urinate. During his annual wellness visit, the doctor performed a rectal exam. Aside from an enlarged prostate, the physician also discovered a concerning firm spot in the prostate, which could indicate cancer. He recommended Jack have a special blood test done and meet with an urologist.

The prostate gland is located just below the bladder in men and surrounds the top portion of urethra, a tube that drains urine from the bladder. The prostate's primary function is to produce the fluid that nourishes and transports sperm, but because the urethra runs through the prostate, an enlarged prostate can cause difficulty with urination.

One in nine men will be diagnosed with prostate cancer during their lifetime. While it is the second leading cause of cancer death in men in the United States, more serious forms of prostate cancer, when detected and treated early, are often curable. Even better, many men have a slower growing form of prostate cancer that can often be watched closely rather than treated.

"Between the ages 45 and 55, men should start having an informed discussion with their primary doctor or urologist about prostate cancer screening and their risk factors," says Dr. Michael Lee, a UCHealth urologist.

A prostate-specific antigen (PSA) blood test can provide your doctor with an additional piece of information that can be considered with other factors to assess your risk of having prostate cancer. Be aware, though, that a PSA test is not a perfect test. Some men's PSA may be elevated due to reasons other than cancer, while other men may have a normal PSA, yet they still can have prostate cancer.

Because a man's risk of developing prostate cancer increases with age, a discussion of the pros and cons of prostate cancer screening

becomes more important as men approach their 50s. Other important factors include a family history of prostate cancers and ethnicity: African American males are 76% more likely than white men to develop prostate cancer, and more than twice as likely to die from the disease.

"Urologists frequently consider additional factors, such as their digital rectal exam (DRE), their PSA trend, or even their PSA relative to their age, to determine whether a man has prostate cancer," says Lee.

If there's a concerning rise in a man's PSA levels over time, ongoing PSA testing or even a prostate biopsy may be advised.

"For many men, prostate cancer is so slow growing that it can be observed for some period of time, if not indefinitely," says Lee.

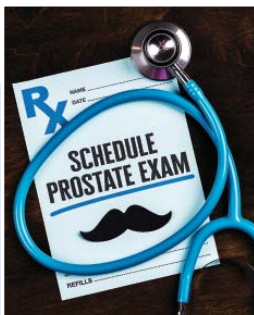
This strategy of monitoring rather than treating prostate cancer is referred to as "active surveillance." Regular PSA monitoring, repeat prostate biopsies, and even advanced imaging studies are frequently used to determine whether active surveillance is safe. The ultimate goal is to avoid treatment when possible, while still recognizing men who should seek active treatment to avoid serious complications from prostate cancer or even death.

Recommendations on PSA screening differ among medical authorities.

"My general recommendation is that any male with a life expectancy exceeding 15 or 20 years should consider a PSA screening, especially as they enter into their 50s," says Lee. "In addition, many experts now believe that PSA screening can safely be done every 2-3 years rather than yearly, assuming that a person's PSA is comfortably within the normal range with no concerning upward trend."

Jack's story has a happy ending. An imaging test showed that he did not have prostate cancer but a different prostate issue that is being managed with inexpensive medications. ✨

**Not his real name.*



PSA SCREENING GUIDELINES BY AGE

- **Men under age 40 years:** Screening not recommended
- **Men 40-54 years old who are at average risk:** Routine screening not recommended
- **Men under age 55 who are at higher risk:** Discuss pros and cons of screening with their doctor
- **Men 55 to 69 years old:** Discuss pros and cons of screening with their doctor
- **Men 70 and older or any man with a less than 10-15 years' life expectancy:** Routine screening not recommended
- **Men 70 and older who are in excellent health:** May benefit from prostate cancer screening

Source: The clinical guideline on Early Detection of Prostate Cancer, American Urological Association

cover story continued from page 1

refill it on your route. If you're hiking or camping near a lake or stream, be sure to take a water purification device. Lakes, ponds, and streams should be considered suspect because they may contain one or more disease-causing organisms that can sicken you or your pet, according to Colorado Parks and Wildlife. For example, giardiasis is an intestinal illness caused by a parasite, which can spread through contact with infected people. Water purification tablets will eliminate most water-borne diseases. A person should drink at least 2 liters of water per day (half a gallon), more if exercising strenuously. Children have less fluid in their bodies so dehydration has a bigger effect on them, according to the Centers for Disease Control and Prevention (CDC).



Don't forget to pack high-energy snacks like granola bars, nuts, dried fruit, and jerky even for planned short treks. Food breaks are a great incentive for young children who are getting antsy or tired, and if you get lost you'll need the calories.

Be sun savvy

The sun's rays are more intense in northern Colorado because of our high altitude. Even on a cloudy day, protect yourself from sunburn and skin damage by putting on sunscreen with SPF30 around 30 minutes before you go into the sun, and bring the bottle to reapply every 2 hours. Wear a hat that covers the back of your neck (or a bandana if you're wearing a helmet). Protect your peepers with UV protection sunglasses that block out the dangerous rays of the sun.

Loose, breathable clothes are good options to wear against your skin to stay comfortable in the summer heat. Bring a jacket to layer for warmth if the temperature drops and to protect against wind and rain.

Did you know that children are more sensitive to heat than adults? Heat tolerance is directly affected by body size. Children have more skin per pound of body weight, as well as thinner skin, making them less able to tolerate heat or cold stress, according to the CDC. Take frequent breaks in the shade to cool down.

Stay weather-ready

Check the weather forecast for your destination before you head out. No rain predicted? Put a poncho or wind/waterproof jacket in your backpack anyway. Afternoon rainstorms occur regularly in the summertime and daily weather changes are the norm. And if you're headed to the mountains, pack warm clothes including hats, gloves, and long pants as temperatures are cooler up high even on nice days.



One rule to memorize: If you hear thunder, you get out—lightning isn't far away, notes Adams. Head back down the mountain or seek shelter. This principle applies whether you're hiking, biking, swimming, or on the baseball diamond.

If you see lightning and no shelter is available, it's important to avoid fields and the tops of mountains or hills. If you're hiking, hike downhill while you can. Stay low so you aren't the tallest thing around. Get in a ditch or depression, and never stand under a lone, tall tree, or under a tent or pavilion with metallic frames that could spread electricity in a strike. Also, avoid bodies of water which conduct electricity and can send lightning traveling far. Remember: lightning can strike very far from a thunderstorm, even without rain, so if you hear thunder ACT IMMEDIATELY.

The Buddy System

For safety's sake, it's good to take a partner on your summertime adventures, and ALWAYS stick together. If you're recreating with a group of friends, stay with the group and never leave anyone behind. Know your limits and don't overestimate anyone's abilities, yours or members of the group.

"Getting too focused on the summit, or a particular end point, can lead to poor decisions," says Dr. Alison Sheets, group leader and medical director for the Rocky Mountain Rescue Group. "Don't be ashamed to turn around if it's too hard or too late in the day."

Volunteers with the Rocky Mountain Rescue Group provide technical mountain search and rescue services in Boulder County but are sometimes called for mutual aid in Rocky Mountain National Park. Sheets, an emergency medicine physician in Boulder, participated in 98 missions with the group last year, often helping those who had suffered leg or foot injuries and couldn't walk out on their own.

Share your plans

Emergency responders say the most important thing you can do to ensure your safe return home when enjoying a summer outing is to make a plan—and then share it.

Create a detailed trip plan that includes your route, your destination, when you plan to arrive and return, and the names and contact information of everyone you're with. Then give the information to a family member or trusted friend who is not on the trip. Also, be sure to leave some sort of identification in your vehicle.

Finally, don't rely on having cell phone service in the mountains. Satellite phones and personal locator beacons are a safer option to communicate an emergency (see breakout box). While you are busy recreating, conserve battery charge on your cell phone by putting it in "airplane mode" setting so it doesn't get drained searching for a signal. Plus, it eliminates the screen distractions and the temptation to post photos to social media immediately. Instead, breathe in the fresh air, smile at your companions, and savor the sweetness of summertime. ✨

For more information:

- ▶ Larimer County Search & Rescue – larimercountysar.org
- ▶ Poudre Wilderness Volunteers – pww.org
Website includes free maps and information on trails with descriptions, and directions to the trailheads.
- ▶ Rocky Mountain Rescue Group – rockymountainrescue.org
- ▶ National Safety Council – nsc.org
Download free NSC First Aid Quick Reference app.

A few safety items to consider for your backpack depending on your outing:

Topographical maps – free downloads available from the U.S. Geological Survey: usgs.gov/products/maps/overview

Fort Collins Bike Map 2018 – fcgov.com/bicycling
Bike safety classes are also offered.

Personal Locator Beacon – The National Park Service recommends having a PLB if you'll be in a remote area on land or in a boat. Once activated, these devices transmit a distress signal that is relayed to emergency response agencies along with your location. Rentals are available at local outdoor recreation stores and online.

Satellite Phones – have an SOS button, and also allow you to make and receive phone calls to family or friends in most environments. Satellite phone companies offer rentals.



Medical Director Bruce Cooper retires



Dr. Bruce Cooper

Dr. Bruce Cooper has retired after 23 years as the first medical director for the Health District of Northern Larimer County, a position in which he often shaped, and reshaped, the role the Health District played in meeting local health-care needs.

A Greeley native, Cooper received his medical degree from the University of Nebraska School of Medicine and did his internship and residency in family medicine at the Mayo Graduate School of Medicine in Rochester, Minnesota.

After 15 years in private practice as a family physician, Cooper pursued an interest in public health, receiving his master's degree from the Preventive Medicine Program at the University of Colorado Health Sciences Center in 1996. That led to his joining the Health District.

Initially, Cooper divided his time between seeing patients on the Health Van—the Health District's mobile medical clinic that operated until 2002—and helping lay the foundation for the Health District's data-driven approach to program development and evaluation.

Cooper oversaw the Health District's Research and Evaluation department, including its most significant ongoing project, the Community

Health Survey. Conducted every three years, the survey is one of the largest ongoing community health assessments of its kind, generating a massive trove of local health data.

Cooper's team also conducted annual evaluations of the effectiveness of Health District programs and services.

In 2001, Cooper coordinated a panel of local experts convened at the request of the City of Fort Collins to assess the current science around water fluoridation. And when the bipartisan Blue Ribbon Commission for Health Care Reform was created by the Colorado legislature in 2006 to help increase health-care access, Cooper joined a select group of health policy experts to draft a plan for the state.

Over the years, Cooper dove deeply into research on a number of health topics to help inform Health District programs or assist public policy-makers, investigating everything from tobacco smoke and radon mitigation, to the health impacts of marijuana and the physiology of pain and pain relief.

"Dr. Cooper's deep breadth of knowledge about health and health-care issues, his incredible research and analytic skills, and his enthusiastic yet humble commitment to improving health services and health have been priceless gifts to our community," says Carol Plock, executive director of the Health District. "He has left a major mark by improving services for the thousands of people who have unknowingly benefitted from his work."

We thank Dr. Cooper for his years of service and wish him well in his retirement!

Health District names new Medical Director

The Health District of Northern Larimer County welcomes Dr. James Stewart as its new medical director. He will be joining the Health District in late July, replacing Dr. Bruce Cooper who is retiring.

Stewart brings to the community more than 10 years of education, experience, and leadership in public health. Most recently, he was Chief Resident in General Preventive Medicine and Public Health at the Icahn School of Medicine at Mount Sinai in New York City, where he had several responsibilities, including overseeing the resident-led Tobacco Cessation Clinic.

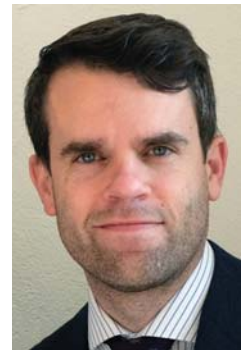
Stewart has an undergraduate degree in exercise science from Brigham Young University and a Doctor of Osteopathic Medicine degree from the University of New England College of Osteopathic Medicine in Biddeford, Maine.

In June, he completed his master's of public health degree in health promotion and disease prevention at Mount Sinai and was inducted into Delta Omega, the national public health honor society.

For four years, he was a flight surgeon/medical officer for the U.S. Army, where he earned a medal for meritorious service in 2017.

"The kind of high-impact, results-driven work the Health District is doing is exciting to me and where I feel I can make the most difference is in promoting the health of a community while leaving no one behind," Stewart says. "I am humbled and honored to work side by side with a team of collaborative, mission-driven, and service-oriented health workers and advocates."

Welcome, Dr. Stewart!



Dr. James Stewart

End the Silence – Local Overdose Awareness Day events on Aug. 30

For the second year in a row, the Health District is a sponsor of Overdose Awareness Day on Aug. 30, 4 p.m. to 8 p.m., at Civic Center Park in Fort Collins. Event organizers are the Naloxone Champions Workgroup of the Mental Health and Substance Use Alliance of Larimer County and the NOCO Opioid Prevention Work Group.

Singer-songwriter Graham Good of Graham Good and the Painters will perform songs about his personal experience of losing loved ones to drug addiction.

Free Naloxone training and distribution will be available along with other resources. Naloxone is a synthetic drug that reverses the effects of an opioid overdose. "Overdose Awareness Day allows us to shed light on the issue of addiction and recovery, and share the many voices and faces of addiction to combat the stigma associated with it," says Jess Fear, manager of behavioral

health strategy and implementation for the Health District's Community Impact Team.

Attendees will hear directly from local people who have dealt with substance use disorders. "An event like this gives us an opportunity to increase awareness of each person's role in preventing overdose and addiction in our community," adds MJ Jorgensen, the Community Impact Team's project implementation coordinator.

Events are also planned in Estes Park and Greeley. Other event sponsors include UCHealth, SummitStone Health Partners, North Colorado Health Alliance, Front Range Clinic, and Colorado Opioid Synergy of Larimer and Weld.

For more information, please contact MJ at mjorgensen@healthdistrict.org or 970-224-5209.

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.

July

Thurs., July 18 – Senior Center, 1200 Raintree

August

Thurs., Aug. 1 – Spirit of Joy Church, 4501 S. Lemay

Thurs., Aug. 8 – Health District, 120 Bristlecone

Thurs., Aug. 15 – Senior Center, 1200 Raintree

Tues., Aug. 20 – Senior Center, 1200 Raintree

September

Wed., Sept. 4 – Senior Center, 1200 Raintree

Thurs., Sept. 5 – Spirit of Joy Church, 4501 S. Lemay

Tues., Sept. 10 – Fitness1, 8017 First, Wellington

Wed., Sept. 11 – Me Oh My Pie, 3310 W. Co. Rd. 54G, Laporte

Thurs., Sept. 12 – Jax Outdoor Gear, 1200 N. College

Sat., Sept. 14 – Senior Center, 1200 Raintree (starts at 8:15 a.m.)

Tues., Sept. 17 – St. Joseph Church, 300 W. Mountain (starts at 8:15 a.m.)

Wed., Sept. 18 – Raintree Athletic Club, 2555 S. Shields

Thurs., Sept. 19 – Senior Center, 1200 Raintree

Tues., Sept. 24 – Harmony Library, 4616 S. Shields

Wed., Sept. 25 – Timnath Presbyterian Church, 4020 Main, Timnath

Thurs., Sept. 26 – Health District, 120 Bristlecone

FREE in Sept. for all Health District residents!

October

Tues., Oct. 1 – Senior Center, 1200 Raintree

Thurs., Oct. 3 – Spirit of Joy Church, 4501 S. Lemay

Thurs., Oct. 10 – Health District, 120 Bristlecone

Thurs., Oct. 17 – 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

Mental Health First Aid Training taught by Connections staff

Tues., August 13 (Adult-focused)

Wed., September 11 (Youth-focused)

All trainings run 8 a.m. - 5 p.m. at the Health District, 120 Bristlecone.

Contact Emily at eleetham@healthdistrict.org or 970-530-2883 to register.

QPR Suicide Prevention Training taught by Connections staff

Thurs., July 18, 12 p.m. – 1 p.m.

Mon., August 12, 12 p.m. – 1 p.m.

Fri., September 6, 12 p.m. – 1 p.m.

Tues., October 8, 5:30 p.m. – 6:30 p.m.

All classes are at the Health District, 120 Bristlecone.

Snacks provided. Feel free to bring a sack lunch or dinner.

Contact Emily at eleetham@healthdistrict.org or 970-530-2883 to register.

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



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Health District

FAMILY DENTAL CLINIC

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970-416-5331

healthdistrict.org/dental

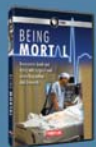
Patients must live in the Health District, have no private dental insurance, and meet income guidelines.

JULY 17



"Smoke Gets in Your Eyes" by Caitlin Doughty

AUGUST 21



"Being Mortal" by Atul Gawande

SEPTEMBER 18



The Death Deck Card Game

BOOK CLUB & MORE for Mortals

3:00 - 4:00 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.

Call 970-482-1909 for more information.

Presenter:
Mindy Rickard,
Larimer Advance Care
Planning Team

Health District
ADVANCE CARE PLANNING TEAM



Confused about Health Insurance?

Drop in & bring your questions!

Aug. 20

5:30-6:30 pm

Old Town Library
201 Peterson St.

Sept. 19

5:30-6:30 pm

Harmony Library
4616 S. Shields St.

Oct. 24

5:30-6:30 pm

Loveland Library
300 N. Adams Ave., Loveland

larimerhealthconnect.org
970-472-0444

Health District
LARIMER HEALTH CONNECT