

COMPASS



What's in
your
sippy cup?

*New guidelines
focus on
water, milk*

by julie estlick

It's the moment many parents dread. You're at a restaurant and the server turns to your cherub-faced toddler and asks what she wants to drink. Excited shouts of "I want JUICE!" or "Can I pleeease get Sprite/lemonade/root beer?!" ring out before you've even seen a menu.

In that moment, you want to make a healthy choice (at least most of the time). Children are responding to the constant barrage of advertisements for fruit juice and other "kid-friendly" beverages in fun colors and endless flavor combinations. Self-serve soda fountains are now a fixture at all but the fanciest of eateries. Then there's the explosion of plant-based "milks" marketed as healthy, flavorful (often sweetened), and easy to digest. With so many options, what's a parent to do?

Keep it simple. Stick with water or good old-fashioned cow's milk for kids up to age 5. (Babies should be limited to breast milk and formula.) That's the gist of new guidelines created by a panel of experts from the Academy of Nutrition and Dietetics, the American Academy of Pediatric Dentistry, the American Academy of Pediatrics, and the American Heart Association.

The group reviewed research that found almost half of 2-to-5-year-old children consume sugary drinks every day. All that extra sugar and calories can increase a child's risk for type 2 diabetes, cavities, and weight issues that can have serious long-term health impacts.

Last year, 13.9 percent of 2- to-5-year-olds nationwide were considered obese with the numbers increasing with each age group to over 20 percent among 12- to-19-year-olds, according to the Centers for Disease Control and Prevention. Colorado has mirrored these national trends.

The new guidelines, rolled out as part of the Healthy Drinks, Healthy Kids campaign, addresses the confusion people have about what is appropriate for children to drink, and when it's OK to introduce different liquids. (See age-specific chart on page 6.)

"We know that what kids drink early in life is just as important for their healthy growth and development as what they eat," says Jill Kilgore, registered dietitian and nutrition supervisor for the Larimer County Women, Infant, and Children (WIC) program. Women who are pregnant, postpartum, or breastfeeding, and children younger than age 5, who meet certain income guidelines, can qualify for WIC. The WIC program provides healthy food, including fresh fruits and vegetables and milk, as well as nutrition education, breastfeeding support, and referrals to care beyond WIC.

Pasteurized milk and water have huge health benefits for growing bodies. One cup of plain whole milk has over 7 grams of protein and is chock full of calcium, vitamin D, and other vitamins that growing bodies

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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 <i>Mental health and substance use answers, options, and support</i> Family Dental Clinic HealthInfoSource.com Community Impact Team <i>Organizing community efforts to make systemic changes that will improve the health of the community</i> Integrated Primary Care/ Mental Health Program <i>A partnership with Salud Family Health Centers and Family Medicine Center</i> Larimer Advance Care Planning Team <i>Engaging and supporting individuals in completing advance care plans</i> Larimer Health Connect <i>Connect for Health Colorado and CHP+/Health First Colorado (Colorado's Medicaid Program), Prescription Assistance</i> Quit Tobacco Program

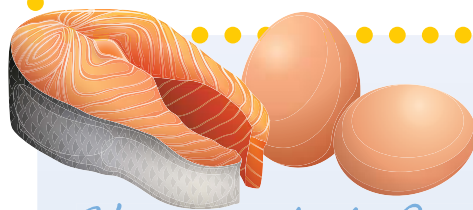


Meeting Needs in Wintertime

Here's your winter vitamin D cheat sheet for optimum health:

Key health benefits:

- Vitamin D keeps the immune system strong to fight off sickness and infection.
- Vitamin D works with calcium to help build bone density as you grow and preserve loss of bone mass as you get older.



How much do I need?

The recommended daily amount of vitamin D is 600 IU (15 micrograms) for ages 1 to 70 years, and 800 IU (20 micrograms) for people over 70 years old.



Get some sun!

Strive for 15-20 minutes of sun on exposed skin 3 times per week when it is warm enough to safely do so.

***When skiing or exercising at higher elevations, you are exposed to more UV rays and at greater risk of UV-related skin and eye damage. Always wear sunglasses or goggles with UV protection. Apply sunscreen of at least SPF 30 on face, ears, and neck. Reapply every 2 hours or after excessive sweating.*

Mix it up!

"Eating a mixture of foods that are both naturally high in vitamin D and fortified with vitamin D is a great way to meet your daily vitamin D requirement." – Shelby Cox, MS, RDN, and director of Kendall Reagan Nutrition Center at Colorado State University

Best sources of vitamin D include:

Mushrooms, salmon (wild caught), and mackerel (wild caught). Kendall Reagan Nutrition Center recommends that adults eat 2-3 servings a week (8-12 oz.) of a variety of fish and shellfish.

Choose fish that are low in mercury such as salmon, sardines, pollock, flounder, cod, tilapia, shrimp, oysters, clams, scallops, and crab.



Other foods rich in vitamin D:

- Tuna canned in water
- Sardines canned in oil
- Beef or calf liver
- Egg yolks
- Cheese

Add these foods to your diet or increase the amount you already eat.



Signs/symptoms of Vitamin D deficiency (can be subtle):

- Getting sick more frequently
- Fatigue
- Bone pain and lower back pain
- Muscle cramps and/or weakness
- Mood changes

Vitamin D deficiency is common and can keep us from feeling our best. If you think you may have a deficiency, it's important that you speak to your doctor and get your blood levels measured. You may be a candidate for vitamin D supplements.

Foods fortified with vitamin D:

- Milk, yogurt, cereal, orange juice, and margarine.





Behavioral Health Urgent Care

Helping people cope, manage, recover from a mental health crisis

by kathy hayes

A family conflict left Devon* homeless, socially isolated, and struggling to cope.

Devon is not alone. Each year, one in five people experiences a mental or behavioral health issue that impairs their ability to function in daily activities.

Fortunately, help is available. SummitStone Health Partners' Behavioral Health Urgent Care provides immediate help, 8 a.m. to midnight, 7 days a week, for anyone who is experiencing a mental health or substance use crisis. (While the center is not a detox facility, it serves as a resource for anyone who may need detox services, or for their loved ones.)

The crisis center was established in 2014, after the Aurora theatre shooting prompted efforts across the state to provide crisis service intervention for behavioral health. SummitStone Health Partners became a partner in providing services to individuals in Larimer County.

SummitStone provides many ways to access help: through a local crisis line, a mobile response team, a Crisis Stabilization Unit (CSU) that provides short-term residential care for people 18 or older, and the Behavioral Health Urgent Care walk-in facility. Both the urgent care and CSU are located at 1217 Riverside Avenue in Fort Collins. From 2014-2018, over 18,000 crisis services were provided.

"SummitStone provides care for anyone experiencing a self-defined crisis," says Cassie Damato, director of Acute Services. "This could be the first signs of depression, anxiety, panic attacks, suicidal or homicidal thoughts, or any other

self-defined behavioral health crisis. SummitStone is here to provide a full spectrum of care.

"The crisis center is a

"I am thinking more clearly and I am focused on tomorrow, when before I wasn't sure if there would be a tomorrow."
 ~ SummitStone Health Partners client

warm, comfortable environment with trained mental health professionals who can connect people with appropriate resources in the community."

Upon arriving at the center, a client is greeted by the front desk staff and then meets privately with an urgent care clinician to assess the client's crisis and determine the level of care that will be most helpful.

"Care ranges from developing a safety plan to be used at home in collaboration with loved ones, to connecting the client with community resources, to engaging with outpatient services, to being admitted to the Crisis Stabilization Unit," explains Sonny Pickowitz, manager of both the Behavioral Health Urgent Care and the Crisis Stabilization Unit.

"We often work with Connections to link clients to resources that we might not be able to provide," she adds. The Connections team is a partnership between the Health District of Northern Larimer County and SummitStone Health Partners that provides answers, options, and support for adults in need of mental health or substance use services.

The overwhelming majority of people who receive help for a mental health crisis are able to effectively function in daily activities again, Pickowitz says.



Sonny Pickowitz chats with a staff member at SummitStone Health Partners Crisis Stabilization Unit and Walk-in Crisis Center in Fort Collins. Pickowitz took over as center manager in the fall.

~ Photo courtesy of SummitStone Health Partners

After seeking help at the crisis center, Devon worked with his crisis team and embarked on a treatment plan that included being admitted to the Crisis Stabilization Unit, medication management, learning coping skills, and participating in one-on-one and group therapy sessions. Several days later, upon leaving the crisis center, he reported feeling much better on his medications and much more motivated about his future. ✨

*Not his real name.

How to get help

SummitStone Health Partners provides evidence-based treatment to help people transform their own lives through recovery, renewal, and respect. No cost with Medicaid. Sliding fee scale for self-pay. Some private insurance accepted. summitstonehealth.org

Get help fast in a mental health or substance use crisis:
 Walk-In Crisis Service or Mobile Response
Behavioral Health Urgent Care
 Walk-in hours 8 a.m. – midnight, 7 days a week
 1217 Riverside Ave, Fort Collins
 970-494-4200 – answered 24/7/365, call for support or to request a mobile response team

Call or Text
Statewide Crisis Hotline
 Call 1-844-493-8255 - answered 24/7/365
 Text TALK to 38255

Services are free and confidential.

The 2,500-year-old Asian practice of acupuncture is one of the most time-tested methods for regaining balance, strength, and healing in the body, and recent research has shown that it can help ease chronic pain, nausea, migraines, anxiety, and other health conditions. In fact, many doctors and patients in the United States have begun embracing acupuncture as a non-opioid treatment for pain.

Dee Gorski, who practices at Thrive CommUnity Acupuncture in Fort Collins, says it's gratifying to see acupuncture relieve pain in patients who may have tried everything else, to no avail. "I worked with someone who was really struggling with ongoing lower back pain that affected his ability to walk. He was living a sedentary lifestyle because of his pain. But after two weeks of acupuncture, he stopped using his cane, and said his pain level went down from an 8 or 9 to a 1 or 2. Now he is more active, goes hiking, and has lost weight."

Acupuncture works by applying needles, heat, and/or pressure to specific points on the body. Because many opioid addictions begin with people desperate for pain relief, acupuncture is increasingly seen as a way to avoid the use of highly addictive pain pills in the first place. "The opioid crisis has fueled a reliance on acupuncture in this country because it helps patients improve pain management," Gorski says.

A typical visit to Gorski's office might begin with an examination of your tongue, taking your pulse, and a discussion of your overall health and symptoms, she says. Then, you will either sit in a chair or lie on a massage table and fine needles are inserted into specific points in your body that fall on certain pathways called meridians, according to Chinese medicine.

to Chinese medicine.

"Once the needles are inserted, patients will then sit quietly for about 30 minutes. If someone is experiencing a migraine, I encourage them to take as much time as they need. Acupuncture can help migraine pain go from mind-numbing throbbing to very mild throbbing. Then, if patients can go home and get a nap after acupuncture, it can completely relieve their migraine pain."

A license is required to perform acupuncture in Colorado. The Acupuncture Association of Colorado

lists licensed acupuncturists at acucol.com and you can check that a provider's license is in good standing at colorado.gov/dora.

Research is still emerging on exactly why acupuncture is effective. Traditional explanation holds that this stimulation releases and unblocks energy, or "qi" (pronounced "chee"), that may be causing imbalances and restores the body's natural balance. Another theory is that acupuncture may relieve pain by releasing endorphins, the body's natural pain-killing chemicals, and by affecting the part of the brain that governs serotonin, a brain chemical involved with mood.

Some researchers believe acupuncture may change cells in connective tissue around the pressure points in lasting ways that lead to less pain. There is also evidence, according to a 2016 study, that stimulating the vagus nerve, which runs from the brain stem to the colon, may lower inflammation throughout the body.

Acupuncture has become so commonly accepted that the World Health Organization now recognizes its effectiveness in treating more than 60 conditions including high blood pressure, irritable bowel syndrome, depression, colds, and infertility. Many illnesses, such as anxiety, are linked to higher rates of inflammation, and acupuncture reduces that inflammation and can settle the nervous system, Gorski says.

She notes that cancer patients undergoing chemotherapy have found that acupuncture can trigger their lymphatic system to move toxins out of the body. "Many people are often depleted by their second week of chemo, so we use acupuncture ideally two to three times a week for several weeks to help them get their energy back."

The U.S. Department of Veterans Affairs and the Department of Defense are training their medical providers in simple acupuncture techniques for pain control, and several VA and military medical facilities offer treatments. Some private insurance companies have also added acupuncture as a covered benefit. ✨

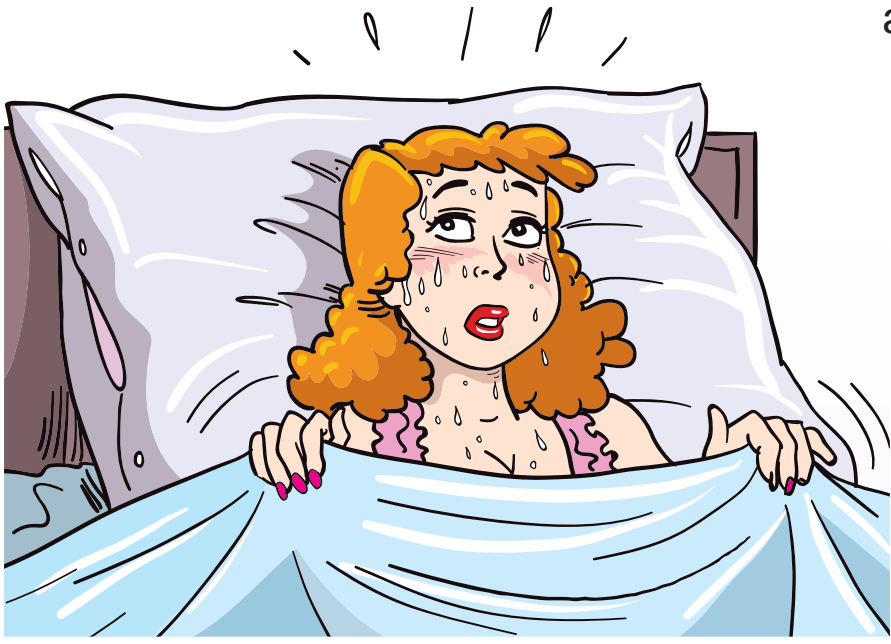
Acupuncture offers PAIN RELIEF without the pills

by susan skog



~ Photos courtesy of Thrive CommUnity Acupuncture

Acupuncturist Dee Gorski places needles on a military veteran's feet. The ancient Asian therapy is gaining acceptance in the U.S. as an alternative to opioids for pain relief.



Making sense of menopause

by susan skog

Hello, Menopause. It often arrives just as you're juggling many other major life changes: career shifts, college-bound teens, and aging parents.

But better understanding menopausal symptoms can help women manage the transition, stay healthy and strong, and ease the confusion that can surround menopause, says Roxanne Slayden, a physician assistant at The Women's Clinic of Northern Colorado.

"It's good to remember that menopause is a natural physiological process that every woman goes through. It marks a time when our ovaries stop producing eggs, our estrogen levels decline, and menstrual cycles start becoming irregular," Slayden says.

Most women enter into perimenopause, or the transition period before menopause, in their 40s. It can last from about four to 10 years. Changes in menstrual cycles and flow are often the first sign, Slayden says. "Time between menstrual periods may be longer or shorter, and the flow can be heavier, lighter, or just spotting. It's also common to skip periods. You may skip cycles for a month or months."

Women are fully in menopause when they've had no menstrual cycle for 12 consecutive months. "The average age for menopause is 52, but the range can be from 40 to 55."

Life changes, normal aging, and stress can easily cause symp-

toms similar to menopause: weight gain, fatigue, mood swings, irritability, sleep issues, and thyroid disorders.

"Also, remember that each woman is unique and will not have every symptom of menopause. Some may have only one symptom. Some may have 10," Slayden adds.

Common menopausal symptoms include hot flashes, night sweats, mood swings, irritability, sleep issues, anxiety, depression, vaginal dryness, decreased libido, fatigue, weight gain, foggy thinking, loss of collagen and elasticity in the skin, changes in hair texture and amount, headaches, frequent urinary tract infections (UTIs), joint pain, body aches, low stamina, and low motivation.

Contrary to common belief, changes in memory are associated with natural aging, but no evidence links them to menopause, Slayden says. "Some women report foggy thinking and difficulty remembering during menopause. It could be that sleep issues are affecting brain function. Midlife stressors can also cause memory issues."

Fortunately, women can choose many options to help ease menopausal symptoms including exercise, getting plenty of sleep, eating well, maintaining healthy weight, reducing stress, and not smoking. Avoiding or reducing sugar and alcohol consumption can help with sleep.

In addition to lifestyle changes, many treatment options also help ease perimenopausal and menopausal symptoms, such as

dietary supplements, hormone replacement therapy, antidepressant medication, and other non-hormonal drug therapies. "The first line of treatment should be lifestyle changes/modifications and then medication if the symptoms become so bothersome they interrupt your normal life," Slayden advises.

It's important during this stage of life for women to stay healthy and take care of themselves as much as they care for others, Slayden says. Relaxation, meditation, yoga, massage, leisurely baths, or taking slow, deep abdominal breaths can help reduce hot flashes. "Choose something fun to do and stay active."

Stigmas once led women to believe that the quality of their lives wanes after menopause.

But many women now find that menopause is actually the beginning of a strong, confident phase, Slayden says.

"Some positive things associated with menopause are a sense of freedom with no longer having to worry about birth control, premenstrual syndrome symptoms, or menstrual problems. At this stage of life, children are also getting older, and you are able to pursue more professional and personal ambitions. Many women report feeling empowered with a greater sense of confidence."



cover story continued from page 1

need, as well as 8 grams of fat, which is key to brain development in toddlers. Low-fat and skim milk contain less fat but are still high in protein, calcium, and nutrients. Getting enough water is also essential from the very earliest ages. A toddler weighing 30 pounds or less requires 32 to 40 ounces of water per day to stay properly hydrated, and some may come from milk and juice.

The recommendations stress avoiding flavored milks, toddler formulas, and beverages containing caffeine, added sugar or sugar substitutes, and plant-based “milks,” while limiting consumption of 100 percent juice to a few ounces a day.

The scoop on milk

While evidence is growing that whole milk (3.5 percent milk fat) may be better overall than 1 percent or skim (non-fat) milk, many nutrition experts still recommend whole milk be given only between 1 and 2 years of age to provide the fat needed for proper brain development.

Kilgore explains, “After 24 months, we work with families to switch from whole milk to 1 percent or skim milk because we get the fat in other parts of our diet like yogurt and cheese, and this minimizes the risk of weight gain.”

The concern with plant-based “milks” made from things like almond, rice, and coconut is that they aren’t nutritionally equivalent to cow’s milk, with the exception of soy. Also, plant seeds contain phytic acid that weakens absorption of iron, zinc, and calcium—vitamins a child’s growing body needs. For those who are allergic to cow’s milk, fortified soy milk is recommended as well as working with a registered dietitian nutritionist that specializes in children. (Fortified soy milk has vitamin D and calcium, making it the most similar to cow’s milk.)

Lactose-free milk is an option if your little one suffers from digestive issues after consuming milk but doesn’t have a dairy allergy. It has the same amount of protein as regular milk and plenty of calcium and vitamins.

Families that follow a vegan or vegetarian diet for health, environmental, or religious reasons are encouraged to examine the child’s overall diet

to ensure they are getting the nutrients that would otherwise be consumed through cow’s milk. And if plant-based beverages are a part of their diet, stick to unsweetened varieties, the panel recommends.

Changing course

Even if your child is used to having strawberry milk with lunch, or getting soda pop as a treat, it’s not too late to reverse course. Cut back gradually on sugar-sweetened drinks rather than stopping all at once, Kilgore advises. And choose water or milk for yourself and other family members so little kids don’t feel like they are missing out. “It’s challenging, but parents and caregivers can change through exposure and repetition and modeling that behavior.”

One way to make water less boring is to jazz it up with fruits and vegetables. UHealth’s Healthy Kids, Healthy Start program teaches kindergarteners how to make “spa water” as part of a lesson on how different types of drinks can affect their body. The 5-week curriculum also covers healthy food choices, getting enough exercise and sleep, and limiting screen time in line with state education standards.

“We talk about how when your body gets too much sugar it can feel like being on a roller coaster, or it can make you grouchy, or even a little sick,” says Katie Castillo, community health educator for UHealth. Water, on the other hand, “is good for us because all living things need water. Drinking water throughout the day helps us function by keeping us hydrated.”

As an experiment, Castillo and fellow educators added frozen berries and lemon slices to water—like you get at a health spa—and served it to students. “The water was colored like a rainbow which was really fun, and the kids gave the flavors a thumbs-up.”

Students are taking the lessons to heart. “We hear from parents that their kids start asking more questions like ‘is this a healthy choice for my body?’ Or they will request different things to eat and drink. Children are being their own advocates which is so encouraging.”



Best drinks for 0- to 5-year-olds

- *Under 6 months of age:* Give only breast milk or formula.
- *Babies 6 to 12 months:* Give breast milk or formula, and offer sips of water at mealtime after beginning solid foods. Avoid juice.

- *At 12 to 24 months:* Give whole milk and water. A small volume of 100 percent fruit juice with no sugar added is OK.
- *At 2 to 5 years,* “milk and water are the go-to beverages,” stressing milk that is low-fat (1 percent) or skim (fat-free).

- *When adding juice:* Between 1 and 3 years old, OK to serve up to 4 ounces of 100 percent fruit juice (no sugar added) per day in a cup during a meal. At 4 to 5 years old, OK to serve up to three-quarters of a cup of 100 percent juice (no sugar added) per day at mealtime. Never serve juice in a bottle.

~ Recommendations from Healthy Drinks, Healthy Kids campaign developed by a panel of experts from the Academy of Nutrition and Dietetics, the American Academy of Pediatric Dentistry, the American Academy of Pediatrics, and the American Heart Association. healthydrinkshealthykids.org



New service focuses on blood pressure education, monitoring

The Health District is offering a new, free service to help clients take control of their health and improve their blood pressure.

High blood pressure (HBP), also known as hypertension, is a common, dangerous, and controllable condition. Nearly five out of ten American adults have HBP, and of those five with the condition, only about half have it under control, according to the American Heart Association.

Left untreated, hypertension can lead to heart attack, stroke, heart failure, kidney disease, and even dementia—but these are often preventable when safe blood pressure levels are achieved and maintained.

“You can’t feel your blood pressure, you have to check it to know what it is and then understand what to do if it’s high,” explains Cheri Nichols, RN and clinical nurse manager for the Health District’s Heart Health Promotion program. Getting your blood pressure checked only during doctor’s office visits isn’t enough. Many things affect your blood pressure, and it is normal for it to change throughout the day. It is valuable to get a sampling of blood pressure readings that shows what it is over time and under various circumstances and then share those readings with your provider.

The new blood pressure program gives clients a chance to work one-on-one with a registered nurse to learn the basics of blood pressure and how to

correctly use a blood pressure cuff to measure and record blood pressure at home. Discussions include how HBP can be improved by medications, diet, exercise, stress reduction, and other lifestyle factors, as well as how to prepare for an effective discussion with your health-care provider about your concerns and treatment options.

Nurses will lend clients a cuff for 2-3 weeks to practice self-monitoring or help them choose the best one to purchase. If you already monitor your blood pressure at home, they will compare results manually to ensure you’re getting accurate readings.

“Getting hypertension under control has a wide-spread positive impact on your health because high blood pressure affects your entire body,” Nichols says.

If you’re interested in participating in the program or have questions, call 970-224-5209.

The Health District also offers a free monthly walk-in blood pressure reading and consultation with a registered nurse on the second Monday of the month from 10 a.m.–12 p.m. at the Fort Collins Senior Center, 1200 Raintree. No appointment is necessary and you are encouraged to bring your blood pressure record.

Delta Dental grant increases access to specialty dental care

The Delta Dental of Colorado Foundation (DDCOF) awarded a \$79,544 grant to the Health District to address barriers community members face in accessing specialty dental care and dental care under general anesthesia for the next three years.

The Health District’s Family Dental Clinic provides general dentistry and often encounters patients with severe oral health conditions requiring specialty dental care, such as oral surgery, and refers those patients to community-based providers.

Funding from DDCOF will support collaboration for the next three years between the Health District and specialty dental providers in our community to reduce the financial barriers patients face in accessing the care they need to stabilize their oral health.

For more information, call the Family Dental Clinic at 970-416-5331.

CAYAC moves to Mulberry location

The Child, Adolescent, and Young Adult Connections (CAYAC) Team has a new home at 425 W. Mulberry St., Suite 112, in Fort Collins. CAYAC, a service of the Connections program, is a partnership of the Health District, SummitStone Health Partners, and the Poudre School District that provides answers, options, and support for families and youth struggling with mental health or substance use issues. The CAYAC Team is made up of professionals including therapists, child/adolescent psychiatrists, a child psychologist, and care coordinators who can assist families with assessment and connections to the best services for their unique situations.

The move puts CAYAC in the same building as the Connections adult mental health and substance use team. CAYAC is open Monday–Friday, 8 a.m.–5 p.m. For an appointment, please call 970-221-3308. For more information go to healthdistrict.org/cayac.

Health District lauded as risk management leader

The Health District of Northern Larimer County has received the inaugural Risk Management Leadership Award by the Colorado Special Districts Property and Liability Pool.

A recent cybersecurity assessment led by the Health District’s Safety Committee confirmed that the Health District’s internal security network processes and procedures are sound and that the organization has a strong commitment to safeguarding the data privacy of patients, clients, and employees.

As a healthcare provider, the Health District complies with the Health Insurance Portability and Accountability Act (HIPAA), a 1996 federal law that restricts access to individuals’ private medical information.

Other examples of excellence included committee members using grant monies to pay for automatic external defibrillators and ergonomic desks that provide a safe working environment for Health District staff as well as clients. In addition, all drivers of the organization’s vehicles undergo mandatory training through a program called TargetSolutions.

Safety Committee members (shown below, L to R) are Support Services Director Chris Sheafor, Finance Director Lorraine Haywood, Information Systems/Network Manager Chris Roth, and Dental Services Director Dana Turner. “Continuing to address risk remains one of the Health District’s most important goals throughout this year and beyond,” Haywood says.



classes, screenings, and services

cholesterol tests

Find out your total cholesterol, HDL, LDL, triglycerides, glucose and blood pressure results; learn what they mean and what to do about them. Health District residents receive their test for free. Cost for all others is \$15. The Health District boundaries include Fort Collins, Laporte, Wellington, Red Feather Lakes, Livermore, Bellvue, and Timnath.

Cholesterol tests of 25 minutes are available 8-10:30 a.m.
Appointments required; call 970-224-5209.

January

- Tues., Jan. 14** – Health District, 120 Bristlecone
- Thurs., Jan. 16** – Senior Center, 1200 Raintree
- Wed., Jan. 22** – Harmony Library, 4616 S. Shields

February

- Tues., Feb. 4** – Senior Center, 1200 Raintree
- Wed., Feb. 5** – Raintree Athletic Club, 2555 S. Shields
- Thurs., Feb. 6** – Spirit of Joy Church, 4501 S. Lemay
- Sat., Feb. 8** – Senior Center, 1200 Raintree
- Tues., Feb. 11** – Saint Joseph Church, 300 W. Mountain
- Wed., Feb. 12** – Front Range Community College, 4616 S. Shields
- Thurs., Feb. 13** – Health District, 120 Bristlecone
- Wed., Feb. 19** – Fitness1, 8017 First, Wellington
- Thurs., Feb. 20** – Senior Center, 1200 Raintree
- Tues., Feb. 25** – Me Oh My Pie, 3310 W. County Rd. 54G, Laporte
- Wed., Feb. 26** – Northside Aztlan Center, 112 E. Willow
- Thurs., Feb. 27** – Timnath Presbyterian Church, 4020 Main, Timnath

March

- Tues., March 3** – Senior Center, 1200 Raintree
- Thurs., March 12** – Health District, 120 Bristlecone
- Tues., March 17** – Spirit of Joy Church, 4501 S. Lemay
- Thurs., March 19** – Senior Center, 1200 Raintree

Cholesterol Testing now FREE for all Health District residents!



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

Thurs., Feb. 6 (youth-focused), 8 a.m. - 5 p.m.

The training takes place at the Health District, 120 Bristlecone. Register online at healthdistrict.org/classes-trainings-and-talks or call Emily at 970-530-2883.

QPR Suicide Prevention Training taught by Connections staff

Wed., March 11, 12 - 1 p.m.

Class takes place at the Health District, 120 Bristlecone. Snacks provided. Feel free to bring a sack lunch. Register with Ana Pasini at apasini@healthdistrict.org or 970-530-2842.

Parent Dinner and Education Speaking Series taught by the CAYAC psychiatric team

Childhood Irritability (Is this normal?)

with Dr. Aaron Meng

Wed., Feb. 12, 5:30 - 6:30 p.m.

Bipolar Disorder in Children

with Dr. Joseph Gottfried

Wed., Feb. 19, 5:30 - 6:30 p.m.

The Risks and Benefits of Medicating Children

with Dr. Usha Udupa

Wed., Feb. 26, 5:30 - 6:30 p.m.

All classes are held at the Community Foundation of Northern Colorado, 4745 Wheaton Drive. Participants can choose to attend individual classes or the entire series. Dinner is provided.

RSVP to Ana Pasini at apasini@healthdistrict.org or 970-530-2842.

Workshops for Parents taught by CAYAC staff

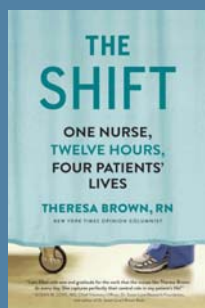
Anxiety in Children

Sat., March 7, 9 a.m. - 1 p.m.

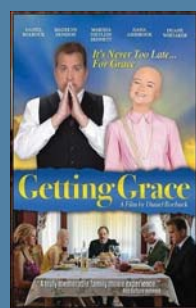
ADHD in Children

Sat., April 4, 9 a.m. - 1 p.m.

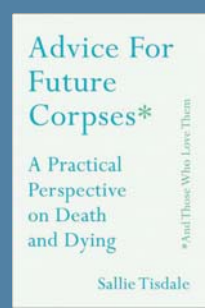
Both workshops are held at the CAYAC office, 425 W. Mulberry, Suite 112, Fort Collins. Attend one or both. Lunch provided. No childcare is available. RSVP to Ana Pasini at apasini@healthdistrict.org or 970-530-2842.



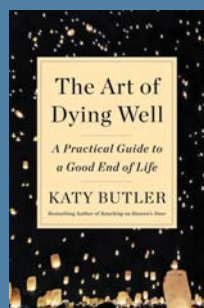
JANUARY 15
"The Shift: One Nurse, Twelve Hours, Four Patients' Lives"
 by Theresa Brown



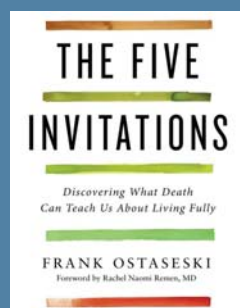
FEBRUARY 19
"Getting Grace"
 Film & Discussion



MARCH 18
"Advice for Future Corpses"
 by Sallie Tisdale



APRIL 15
"The Art of Dying Well"
 by Katy Butler



MAY 20
"The Five Invitations: Discovering What Death Can Teach Us About Living Fully"
 by Frank Ostaseski

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, see monthly calendar.
www.poudrelibraries.org, 970-221-6740

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