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MFHC NURSES ARE THE BEST

National Nurses Day and Week May 6 to 12

By Bart Carnoali, RN

"To do what nobody else will do, a way that nobody else can do, in spite of all we go through; that is to be a nurse."

-Rawsy Williams, BSN, RN

Mountain Family Health Center nurses deserve recognition for the skill and care they bring to our patients every day.

National Nurses Day is celebrated annually in the United States on May 6, to raise awareness of the important role nurses play in society. It marks the beginning of National Nurses Week, which ends on May 12, the birthday of Florence Nightingale. This English nurse became known as the founder of professional nursing,

National Nurses week is a special time to celebrate our nurses, who play a critical role on our clinical teams. The American Nursing Association (ANA) has designated the theme for the week as "Nursing: the Balance of Mind, Body and Spirit." Our nurses "lead the charge for health and wellness," helping our patients to achieve this balance, and Mountain Family, through our Strategic Plan Pillar "Promote and Engaged and Empowered Workforce" is building our wellness programs to support our nurses and the entire Mountain Family staff. Ross Brooks, Mountain Family CEO has this to say, "MFHC's nursing corps is the backbone of our organization, providing steady, compassionate, and personal care to our community. It's an honor to work alongside such talented individuals who are in daily service to those in need. Take a bow MFHC nurses."

In keeping with the MFHC mission, nursing is the protection, promotion, and optimization of health and abilities, prevention of illness and injury, facilitation of healing, alleviation of suffering through the diagnosis and treatment of human response, and advocacy in the care of individuals, families, groups, communities, and populations.

Thank a nurse today!

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MAY IS MENTAL HEALTH MONTH

Risky Business May Signal Mental Health Problems

By Gary Schreiner, PhD

May is Mental Health Month, which was started 68 years ago by Mental Health America, to raise awareness about mental health conditions and the importance of good mental health for everyone. Mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable. People experience symptoms of mental illnesses differently, however, and some engage in potentially dangerous or risky behaviors to avoid or cover up symptoms of a potential mental health problem. The first step for improved mental health is to be aware of any issue you may have and to realize, YOU are not the only one. You may not have a significant "illness", but rather have other problems coping, handling stress or dealing with relationship issues with family members. MFHC's Behavioral Health providers are very well educated to help our patients begin to ameliorate symptoms of most common mental health issues as well as many types of relationship issues.



For our employees, we have an excellent Employee Assistance Program (EAP) where one can pick the therapist that they would like to see with a specific specialty for what concerns them. If one has a question about any behavioral health issue, please feel free to consult with our behavioral health providers and they can guide you in the right direction for more services. As a family does, our Mountain Family family is here to help anyone who is experiencing a tough time. And, as a family, we look out for each other. So if you see a fellow employee struggling with something, ask them how they are doing and support them in their efforts to seek professional treatment. Let May be a starting point for being more aware of mental health issues with our patients and our "family" and continue the awareness throughout the year.

CELEBRATING OUR PROVIDERS

May 30 is National Doctors Day

By Amy Ryn, DO, CMO

May 30th is a day to celebrate Providers. Set as "National Doctor's Day", at Mountain Family we recognize all of our providers including Physicians, Nurse Practitioners, and Physician Assistants. Primary care has become very complex, including not only diagnosing and treating patients, but also intricate computer systems, quality measures, and billing systems (to name just a few). Providers work each day integrating all of these things to make a difference in the lives of our patients. On this day, we say "thank you" to all of our providers for the amazing work they do every day.



ASTHMA AND ALLERGY MONTH

Staying Healthy in Springs

By Chris Tonozzi, MD

The month of May is Asthma and Allergy month. Most of us aren't celebrating our asthma or allergy problems, but here are some tips to keep you healthy this spring.

It is common to experience "seasonal allergies" at this time of year. Common seasonal allergy symptoms are itching, burning eyes, runny nose, and/or sneezing. There is no great treatment for seasonal allergies, but there are several things you can try at home:

- A steroid nasal spray (fluticasone or brand name Flonase, mometasone or brand name Nasonex, etc.) will help with upper airway symptoms for those over 12 years of age, and this is available over the counter. It needs to be used for 1-2 weeks before you will notice the full effects of the spray.
- Oral anti-histamine medications can also help. This includes diphenhydramine (Benadryl), fexofenadine (Allegra), or cetirizine (Zyrtec).

Be patient with these treatments, as you may need to use them for up to two weeks before they will start to help. If you've tried these treatments, and your symptoms aren't improving, call us for an appointment at Mountain Family Health Centers.

Asthma can be a more serious issue than seasonal allergies. Asthma not only causes a lot of discomfort, it is also a major cause of emergency room visits and hospitalizations. Our goal in the medical field is to help those with asthma prevent "flare ups" (times when you have wheezing, cough and/or difficulty breathing). These flare ups can be dangerous, so it is important to use preventive or control measures to avoid them. At an asthma visit with your medical provider, he or she will outline methods for asthma prevention or control. This commonly includes the use of a steroid inhaler (fluticasone/Flovent, budesonide/Pulmicort,



beclomethasone/QVar) or steroid combination medications (Advair, Symbicort, etc.). Be sure you have an "Asthma Action Plan". This is a plan you make with your medical provider that outlines what to do as your symptoms get worse.

Good luck taking control of your asthma or allergy symptoms, so you can get out and enjoy our beautiful Western Colorado spring!

MFHC GLENWOOD SPRINGS CLINIC GARDEN

Employees Learn About Vegetable Planting, Harvest and Preparation

By Elise Thatcher

Illène Pevac instructed how deep to place seeds for peas, squash, spinach, lettuce, cilantro, keeping an eye on several volunteers at the same time.

"This is our second year doing the clinic garden," said Family Nurse Practitioner Jenny Lang-Burns. She's the grand master of volunteer activities at the vegetable patch. "Last year we tried to do it with more of a focus on patients, but this year we've decided to focus on employees and trying to impact employee health," she continued. Key goals include teaching employees how to garden and prepare and enjoy fresh vegetables.

"Last year it was successful without a lot of effort," said Jenny. But there's room for improvement, especially after Jenny noticed how employees interacted with the garden. "I was like, why is no one picking lettuce? Why? Because I don't think anyone knew how to pick it."

Volunteer and community member Jesus is an essential contributor to the homegrown operation, watering the vegetables every day.

Everyone gathered at the April planting seemed to appreciate the therapeutic nature of preparing and tending a garden.

"We're here to get our families outside, as well as to teach them about planting food and playing in the dirt," said Mountain Family CEO Ross Brooks. "I'm on the road all the time, so my favorite time is being back in the clinic, back in the garden."

"Everyone should know that what we eat is the best medicine of all," said Jenny. She says Mountain Family employees can harvest ripe vegetables later this year, even if they haven't helped with the planting or weeding.



RIDING THE GREAT CYCLE CHALLENGE

Responding to the Tragedy of Childhood Cancer

By Danyelle Carlson

Last year was the first year I participated in the Great Cycle Challenge. I figured it would be a good way to motivate myself to ride my bike, and possibly raise money for research on children's cancer, but I had another motivation as well.

Many people living in this area were aware of Delaney Clements. She was a young girl in Grand Junction who was diagnosed with stage IV neuroblastoma at age eight. In 2015 she quit treating her disease and

went into hospice care. Delaney was an outspoken advocate for children with cancer. She had an outgoing personality and was well known in Colorado. Her biggest wish was to see Taylor Swift in person. Amazingly, in December 2015, Swift flew to Grand Junction to meet Delaney at her home. On March 21, 2016, Delaney passed away at the age of 13.

Though I had never met her, Delaney was the face of childhood cancer for me. She was a great motivation for me. I had watched interviews where this girl, this child, was speaking about her own death in such a calm manner. She had an understanding of mortality that I, at age 37, still can't achieve. A child shouldn't have to go through that. That's why I'm riding.

The Great Cycle Challenge lasts for the month of June and riders, like myself, set fundraising and mileage goals. Last year, I did not meet my mileage goal of 220 miles, but I far exceeded by fundraising goal of \$300. I raised well over \$800, and that was completely due to my friends and co-workers at MFHC. Even people I'd not yet met who worked here donated to my page. I was touched and completely blown away by the generosity of my peers.

I'll be taking part in the Great Cycle Challenge again this year and am asking again for donations to this worthy cause. Any amount is a good amount, and no amount is too small. You can donate by clicking on the link below to see my page and see the stories of other riders who have been touched by childhood cancer.

<https://greatcyclechallenge.com/Riders/DanyelleCarlson>



COME MEET YOUR MOUNTAIN FAMILY TEAM

Upcoming Events

Celebrate: Cinco de Mayo
Date: Sunday, May 7th, 2017
Location: Eagle River Center, Eagle
Times: 1:00 to 7:00 pm

Celebrate: Dandelion/Arbor Day
Date: Saturday, May 13, 2017
Location: Sopris Park, Carbondale
Times: 10:00am to 5:00 pm



GIVE FROM YOUR HEART

Join the Heartbeat Society Today

By Garry Schalla

"It is the heart that does the giving; the fingers only let go"
-Nigerian saying

Giving from the heart feels good. Please consider joining me as a Mountain Family Health Centers Heartbeat Society Member, with a commitment to a monthly contribution. For as little as \$10.00 per month, far less than that mocha latte you bought this morning, you can make a difference at Mountain Family. As a Heartbeat Member, you will receive "insider" quarterly updates from CEO Ross Brooks, and you will be honored at the annual Heartbeat



Society Dinner. Most importantly, you will be helping your neighbors receive high quality medical, dental and behavioral health care. [Click HERE](#) to [make a donation](#) or to [become a Heartbeat Member](#) today. Won't you give from your heart?

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