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To our patients, staff, community, and supporters,

Thank you for choosing Mountain Family Health Centers as your healthcare home. We are honored to be part of a local, state, national, and global network of Community Health Centers focused on caring for the medical, dental, and behavioral health needs of the community. While the past two months have tested our collective resolve, we have been so impressed by the generous character of our communities.

In the midst of the COVID-19 pandemic and as we start to slowly and safely re-open our communities, we want you to know we are here for you. Please call us at 970-945-2840 to schedule your medical, behavioral, and/or dental health visit with a Mountain Family provider. We have a team of talented medical, behavioral, and dental health clinicians that can serve you via telehealth or via safe in-person
care at one of our convenient locations in Garfield, Eagle, or Pitkin Counties.

For more information on MFHC's services and sites, visit us online at: www.mountainfamily.org. Thank you for allowing our family to care for yours.

-Ross A. Brooks, CEO, Mountain Family Patient

THANK YOU TO OUR SUPPORTERS
Your gifts are having an impact

Mountain Family Health Centers wishes to celebrate our federal, state, and local partners along with generous individuals who have made gifts during this exceptional time with the COVID-19 pandemic.

Every gift has made a difference. Grants and donations are helping Mountain Family address a variety of evolving needs related to COVID-19, from acquiring more Personal Protective Equipment to increasing our medical and mental health telehealth visits, to increasing our pro-active outreach to our patients by telephone and in our clinics.

Read more

FOR MORE INFORMATION ON GIVING:
Jan Jennings, Development Director
617-595-8500
jjennings@mountainfamily.org

MAKE A GIFT

TAKING CARE OF CHILDREN AT MOUNTAIN FAMILY
by Dr. Maria Roques

My passion for medicine started when I was a child. I come from a long line of family physicians. I completed my training in Pediatrics and Neonatology at the La Fe University Hospital in Valencia, Spain, where I worked as an attending Neonatology Physician for two years. After completing Pediatric Residency in Florida and Colorado, I provided pediatric care at Denver Health from 2010 until I joined Mountain Family Health Centers in January 2020. I have a special passion for newborns, which is why I started an Outpatient Lactation program at Denver Health that is currently expanding to other clinics within their network.
I was delighted to join Mountain Family Health Centers earlier this year and to provide pediatric care at the Glenwood Springs clinic. As a pediatrician bi-lingual in both English and Spanish, I treat newborns from birth to age 18. Read more

To make a gift to help support pediatrics and integrated medical, behavioral, and dental care, please click here. Thank you for your consideration and support of healthy families.

**MAY IS MENTAL HEALTH MONTH**
**Know that it's OK not to be OK**

May is Mental Health Awareness Month, so join Mountain Family Health Centers in elevating awareness of mental health services and breaking down stigma. With the COVID-19 pandemic continuing to change life as we knew it, let’s work together to normalize the fact that it is OK to not be OK and to support each other by connecting and sharing resources.

Mountain Family’s licensed professional therapists and licensed addiction counselors offer a wide range of mental health and substance use disorder therapies, along with counseling for psychological, social, marriage and family challenges. Our therapists are part of your care team, working closely with medical providers to improve your total health. Behavioral health services include:

- Counseling
- Marriage and Family Therapy
- Depression
- Anxiety
- Trauma
- Substance Use Disorders

Click here to meet our counselors.

**CORONAVIRUS AND RESOURCES FOR YOU ON OUR WEBSITE**
**We have compiled a list of resources and information for you**

Mountain Family’s focus is to slow the spread of the virus, protect the local healthcare infrastructure, and care for the most vulnerable members of our community. We also want to provide you with as much information as possible during these challenging times.

Click here to see a list of COVID-19 resources and links to more information.

To set up a virtual telemedicine or tele-behavioral health visit with your MFHC provider, please call us at 970-945-2840. If telehealth is not an option for you/your needs, please contact us at MFHC to speak to our nurses to schedule a phone consultation as needed.
EXEMPLARY CARE AWARD: MAY 2020
This month’s award goes to Dr. Chris Tonozzi

"I have had the pleasure of working with Dr. Chris Tonozzi for the past 20 years, and I want to nominate Dr. Chris Tonozzi for the Exemplary Care Award. He recently had a patient that tested positive for HIV. I was so impressed how he handled this very sensitive diagnosis. He first called the patient and I could hear in his voice great kindness and concern. He later that day had the patient come to the clinic. Chris first saw the patient and then had every department ready to meet with the patient. A stream of people went through the room from behavioral health to care coordination giving great resources and care to the patient. Watching this incredible orchestrated care made me proud to be part of MFHC and a colleague of Dr. Chris Tonozzi." - Jenny Lang, FNP, Chief Medical Team

MARIPOSA AWARD: MAY 2020
This month’s award goes to Veronica (Roni) Morales

"Roni has shown extraordinary resiliency in a time where things are changing rapidly in Care Coordination and all of our clinics. She is working tirelessly as the default go to leader for the day to day tasks of the Care Coordination Team (CCT). She didn't hesitate to assess the complex problems that have been ongoing with workflows, contracts with outside companies, and integrations with clinical teams, but instead has leaned in to figure out what improvements we can make as Care Coordination turns the page into a new era. I appreciate her diligence and communication, and am grateful for her friendship in such a potentially nerve-wracking time. Thank you for all you do Roni!" - Dr. Anneliese Heckert

MOUNTAIN FAMILY’S PATIENT PORTAL IS A VALUABLE TOOL

Mountain Family’s Patient Portal allows you to communicate easily, safely and securely over your computer or mobile device. It is a valuable tool to provide you with the best medical care and to take an active role in your health care.

You can access these services via the Patient Portal:

1. Access your medical record
2. Request and view your appointment & appointment record
3. View lab results
4. Communicate with your provider and care team

Learn how to enroll
SIGN UP FOR HEALTH SOLUTIONS
New Members Enrolling Now

Have you heard about Health Solutions? Our new medical, dental and behavioral health service offers affordable health care for employers, employees and dependents. No deductibles, copays or limits. We’re signing up members now.

For more information click here, call 970-456-1233 or email HealthSolutions@mountainfamily.org.

WHAT WE’RE READING
Pandemic Shows Why Medicaid, a Health Insurance Program for the Poor, Is So Valuable to Rural Colorado, Say Experts
by Jason Salzman

"Earlier this year, just before the coronavirus pandemic, the Trump administration launched a program allowing states to opt out of traditional Medicaid, the state-federal health insurance program for low-income people, and instead receive a block grant from the federal government.

Trump’s block grant program, widely seen as a back-door way of killing Obamacare, is billed as giving states more flexibility to address local needs because it allows them to spend the federal dollars with far fewer restrictions."

Read entire article

CONGRATULATIONS TO THE HECKERT-BURCH FAMILY
Dr. Anneliese Heckert is on maternity leave with her son, Wyatt

Wyatt Burch with MFHC Family Nurse Practitioner Mary Patterson
Wyatt Burch having a telehealth visit
Dr. Anneliese Heckert and spouse Zack Burch, in face masks, pictured with Wyatt Burch