October 2020 - In This Issue:

VOTE 2020: MESSY AND PARTICIPATORY DEMOCRACY

HONORING JENNY LANG BURNS FOR 20 YEARS OF SERVICE

SCHOOL-BASED HEALTH CENTERS: CARING FOR STUDENTS

OPEN ENROLLMENT BEGINS ON NOVEMBER 1

HOW TO REGISTER TO VOTE

ON GETTING HELP AND GIVING

SILVIA SANTANA ON COLORADO HEALTH FIRST ENROLLMENT

WORDS TO REMEMBER

OCTOBER 2020 MARIPOSA AWARD WINNER

WHAT WE’RE READING AND EVENTS

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VOTE 2020: MESSY AND PARTICIPATORY DEMOCRACY

By Ross Brooks, CEO, Patient

My grandparents JoAnne and Jim Brooks were married for more than 60 years and never, save one-time, voted for the same United States Presidential candidate. My grandfather, Jim, was a conservative business leader, who reliably voted Republican throughout his life. My grandmother, JoAnne, was a liberal peace activist, who reliably voted Democratic throughout her life. One of Grandpa Jim’s favorite sayings was “Grandma can vote however she wants, as long as I get to take the ballots to the ballot box.” One of Grandma Jo’s favorite political acts was getting arrested for protesting nuclear power development in their small Midwestern town. I remember the holiday story of my grandfather being forced to leave his corporate board meeting to pick up grandma from the local jail after she was arrested post-protest. That was a fun Christmas dinner.
Despite their opposite and strongly held political views, Jim and JoAnne were lovingly married from their early 20s to the day they left the Earth. They gave birth to three children, seven grandchildren, and 14 (and counting) great grandchildren. Their disparate political beliefs are alive and well as most of the extended Brooks family today continues to cancel each other's votes with a roughly 50/50 split in the progeny's Democratic and Republican voting patterns. And while politics remains a hotly debated issue around our holiday dinner tables, it's far from defining who we are. Family, community, faith, curiosity, and our natural surroundings bind us together much more than who we vote for. Yet we still discuss, listen, debate, and vote, and then repeat it all again each election cycle.

Read more

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HONORING JENNY LANG-BURNS FOR 20 YEARS OF SERVICE
Jenny Lang-Burns is our September 2020 Exemplary Care Award Winner

Jenny (and Wendy Flottmeyer) came over to my home, one Saturday, last year. I was in the initial stages of cancer treatment (chemotherapy) and feeling very weak and vulnerable. They made me feel very loved and cared for. They brought flowers and herbs with them and spent a good three hours planting them on my deck and did yard clean up, because I could not do it myself. I think they even brought a meal for me. Jenny has also checked on me intermittently and encouraged me through the past year and a half as I worked to complete all my treatments and surgeries. I feel very blessed and cared for and amazed that she (and Wendy) would give up a Saturday morning for me. I hope to one day, pay it forward, like she did. Jenny you ROCK and I love you girl! -Siouxsanne Mease, BSN

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SCHOOL-BASED HEALTH CENTERS: CARING FOR STUDENTS

Mountain Family Health Centers is pleased to be partnering with the Roaring Fork School District to open five new school-based health centers this coming fall/winter serving Basalt, Carbondale, and Glenwood Springs.

School-based Health Centers are compact health clinics that are located near or in a school, operate during school hours, and partner closely with the schools for the benefit of the students. Mountain Family School-Based Health Centers provides quality, comprehensive health services. Each SBHC is staffed with qualified healthcare professionals and is focused on prevention, early identification, and treatment of medical, dental and behavioral health concerns that can interfere with a student's learning or overall health. SBHCs are not urgent care clinics and do not replace a primary care provider or a school nurse's office. Instead, SBHCs partner with these other teams to ensure kids have excellent health outcomes. Children and adolescents are at the heart of the mission.

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OPEN ENROLLMENT BEGINS ON NOVEMBER 1

Connect for Health Colorado is the state’s official health insurance marketplace. It is the only place to apply for financial help to lower your health insurance costs. If you do not have insurance through your job and do not qualify for Medicaid, Mountain Family Health Centers’ Enrollment Team is here to help you find a plan that fits your budget. You can only apply for health insurance through Connect for Health Colorado during Open Enrollment unless you experience certain life changing events like losing your Medicaid or your health insurance from your job. The next Open Enrollment Period is November 1, 2020- January 15, 2021. For coverage to begin January 1st you must enroll by December 15th. Mountain Family Health Centers has certified Health Coverage Guides to assist you in-person or virtually. Call us to schedule an appointment and allow us to help you with all your health insurance needs, including applying for Medicaid. Don’t miss the Open Enrollment deadline, make an appointment today or visit our website www.mountainfamily.org.

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HOW TO REGISTER TO VOTE

Colorado offers online voter registration. You can register by mail to vote in Colorado by printing a voter registration form, filling it out, and mailing it to your local election office. You can also register to vote in person if you prefer. Here are some important dates and deadlines:

Election day is Nov. 3

Registration deadlines:
Click here to register to vote
Online: Oct. 26
By mail: Received by Oct. 26
In person: Nov. 3

Absentee ballot deadlines:
Return by mail: Received by Nov. 3 by 7:00 p.m.
Return in person: Nov. 3 by 7:00 p.m.

Early voting:
Oct. 19 - Nov. 2, but dates and hours may vary based on where you live

Additional information:
If you miss online or mail registration deadlines, you will not receive a ballot by mail, but you can still vote in person at a voter service and polling center.

Polling place locations and local election information:
Garfield County
Eagle County
Pitkin County

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ON GETTING HELP AND GIVING
By Jan Jennings, Development Director

When our five-year-old daughter Sophia started to exhibit symptoms of COVID, I was certain that I wished to get some medical help right away. While we already had a doctor for her whom we had gone to for years in Basalt, our pediatrician was not available that day for a telemedicine visit. As our daughter had a rash, diarrhea, and an ongoing fever, I knew I did not want to wait.

I called Mountain Family to see if we could get an appointment that day. I was able to secure a telemedicine appointment in the morning with pediatrician Dr. Maria Roques. Although I was not certain how a telemedicine appointment would go, I was able to use my phone and video chat with Dr. Roques. Her approach was gentle, also engaging Sophia to talk about how she was doing and to show her the rash.

Read more

FOR MORE INFORMATION ON GIVING:
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(617) 595-8500
jjennings@mountainfamily.org

MAKE A GIFT

SILVIA SANTANA ON COLORADO HEALTH FIRST ENROLLMENT
Watch the short video to see how you may benefit from health insurance

Silvia Santana- Colorado Health First

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WORDS TO REMEMBER

"Perfection is achieved, not when there is nothing more to add, but when there is nothing left to take away."

-Antoine Jean-Baptiste Marie Roger de Saint Exupéry, Author of The Little Prince

OCTOBER 2020 MARIPOSA AWARD WINNER
This month’s award goes to Marita Huerta

"I am only one of many providers here at Mountain Family Health Centers. I don’t really know the exact amount of us there are, but I know we are getting larger in numbers by the day. I think I must send Marita several emails each week to change something on my own schedule or for members of my team. As a mid-level leader here, I realize I might ask for more schedule changes than some others. I also realize there are other leaders, who are also providers, that are routinely having their schedules changed for this meeting or that event. With the behavioral health team growing at a rapid rate, our schedules are constantly changing. Those changes must become challenging and frustrating at times for our schedulers. I sometimes imagine Marita banging her head against her desk when a new email about the schedule comes to her inbox. She never shows it though. Marita is quick to respond with her help, even though she must be feeling over-worked and overwhelmed at times. I can’t imagine what Marita’s job is like or what she does day in and day out. What I do know is I could not do my job without her help. The BH team would be lost without her teamwork and hard work. Her kindness, professionalism, and efforts are essential to the successful operation of the Behavioral Health Team, and surely integral for all of us providers. I value Marita as a human and an awesome teammate and wish her the very best of everything as she grows with us and continues on this shared journey here at Mountain Family. Thank you Marita for all that you do!" -Oyen Hoffman

WHAT WE’RE READING AND EVENTS
COLORADO MOUNTAIN COLLEGE AND MOUNTAIN VOICES PROJECT HOSTING EVENTS

Colorado Mountain College is offering webinars to provide information specifically for DREAMers, DACA and undocumented students, but they are open to families, educators, community members, and all those who are interested in learning more about what’s available at CMC.

CMC will share information regarding admissions, financial assistance, and other unique funding opportunities, like Fund Sueños, available at CMC.
There are four sessions in October. Two of those will be offered in English and two will be offered in Spanish. Below are links for each event. If those signing up are not prospective CMC students, they can sign up through Facebook.

- **Monday, Oct. 5 from 3 PM - 4:30 PM:** Attending CMC Undocumented
- **Wednesday, Oct. 7 from 5 PM - 6:30 PM:** Estudiantes Indocumentados
- **Monday, Oct. 19 from 5PM - 6:30PM:** Estudiantes Indocumentados
- **Thursday, Oct. 22 from 3 PM - 4:30 PM:** Attending CMC Undocumented

Mountain Voices Project Accountability Session with Local County Commissioner Candidates

**WHEN:** Tuesday, October 13, 2020 6:30 pm to 8:00 pm Via Zoom [Link here to register](#)

**WHO:** Mountain Voices Project leaders and guests, join us for a Candidates Accountability Session.

This is a non-partisan event. The purpose of this action is to hear from candidates about how they view MVP issues, including Caring for Children, Equitable Access to Health Care Locally, Aging in Community, the Glenwood Springs Quarry Expansion, and Covid Pandemic Relief.

[Click here to see flyer in English and Spanish](#)

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