



# Spring 2010 Quarterly Newsletter

*Published May 14, 2010*

## ***Thank you CHAMPS Members!***

The CHAMPS 2010-2011 membership year has begun. A big thanks to the organizations who have renewed their membership, and welcome to all new member organizations. Organizational membership in CHAMPS provides education and networking opportunities and support for your Community Health Center or Primary Care Association. Specific member benefits include:

- ★ **Free access to all online CHAMPS Live and Archived Webcasts** (staff from non-member organizations will be charged \$75 per computer link and \$15 per person for CE credit)
- ★ **CD-ROM copies of CHAMPS Archived Webcasts developed in 2010-2011** including the three-part Managing Change in CHCs series and other events developed during the fiscal year
- ★ One free copy of the **2010 CHAMPS Region VIII Health Center Salary, Benefits, Turnover, and Vacancy Survey Report** to be released in fall 2010
- ★ **Discounted** registration fees for CHAMPS-sponsored face-to-face trainings including:
  - The May 2010 Spanish Language for Health Professionals training in Denver, CO
  - The October 2010 CHAMPS/NWRPCA Annual Conference in Denver, CO
- ★ **Reimbursement** for clinicians to travel to the Annual Conference (\$700 per clinician)
- ★ Access to the **Members Only section of the CHAMPS Website** including a searchable Region VIII health center directory and printable CHAMPS salary survey reports

*If you have interest in becoming a member of CHAMPS please contact [Julie@CHAMPSonline.org](mailto:Julie@CHAMPSonline.org)*

## ***CHAMPS/NWRPCA Annual Primary Care Conference***

CHAMPS and the **Northwest Regional Primary Care Association (NWRPCA)** of Region X, are holding their **Annual Primary Care Conference (Annual Conference)** October 23-27, 2010 in Denver, CO. The Annual Conference is an opportunity for education and to network among health professionals from community health centers in **Region VIII** (Colorado, Montana, North Dakota, South Dakota, Utah and Wyoming) and **Region X** (Alaska, Idaho, Oregon and Washington). Clinicians, board members and health center staff are all encouraged to attend. Experts from HRSA, NACHC and other national health organizations will be leading sessions, and with multiple tracks available the sessions will be relevant for all levels.

*For information on the 2010 Conference visit [www.CHAMPSonline.org/Events/Conference.asp#looking](http://www.CHAMPSonline.org/Events/Conference.asp#looking)*

### ***Inside this Issue:***

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## CHAMPS Celebrates 25<sup>th</sup> Anniversary During NACHC P&I



Members, founders, leaders, partners, staff, and friends of CHAMPS gathered for a festive dinner celebration during the **National Association of Community Health Center's Policy & Issues Forum** (NACHC P&I) in Washington, DC in February to commemorate **CHAMPS' 25<sup>th</sup> anniversary**. It was a wonderful opportunity to thank supporters of CHAMPS and honor all who have contributed



to CHAMPS' success over the last quarter century. CHAMPS President Kate McIvor acknowledged CHAMPS partners at HRSA and BPHC, CHAMPS' State Primary Care Association partners in Region VIII as well as nationally, CHAMPS' Regional PCA partner NWRPCA, and national partner NACHC, as well as many other partners who've collaborated with CHAMPS over the years. A special tribute was made to CHAMPS' founders: Jerry Brasher, Lil Anderson, John Mengenhausen, and Alan Strange; what a testament that they are all still active in CHAMPS and the CHC movement. Kate also offered sincere appreciation to the staff of CHAMPS. CHAMPS Executive Director Julie Hulstein extended enormous gratitude to organizational and individual members of CHAMPS and the leadership of CHAMPS: CHAMPS' Executive Committee and Board of Directors, and Mountain/Plains Clinical Network Steering Committee members.



National Association of Community Health Centers (NACHC) Chair Anita Monoian presented CHAMPS Board and staff with a 25<sup>th</sup> Anniversary commemorative plaque from NACHC which read in part: "Celebrating 25 years of excellence in supporting the provision of quality, comprehensive primary and preventive health care to your region's most vulnerable populations".

As CHAMPS celebrates 25 years of service to Region VIII, it thanks member health centers and SPCAs for their support of and belief in the value of a regional association!

*For more information about CHAMPS please visit our website at <http://champsonline.org/About/CHAMPS/default.asp>*



### ***Congratulations to Andrea and Family!***

Andrea Martin, Workforce Development and Member Services Director for CHAMPS, gave birth to **Asha Gwyn Martin** on April 8, 2010. Asha weighed 6 lbs, 10 oz, and measured 18 inches long when she was born.

Andrea is enjoying her time at home and is expected to be back in the office in mid-June.

*Congratulations to Andrea, Dusty and Sophie!*



## WORKFORCE DEVELOPMENT NEWS

Encouraging successful careers and strong, cutting-edge organizations by providing live and archived continuing education, recruitment and retention tools, and the latest information on current trends and statistics



### Grant Opportunities from RGK Foundation

The **RGK Foundation** offers grants averaging \$25,000 to non-profits, hospitals and education centers who are involved in education, community, human service and health/medicine initiatives. Eligible organizations must be certified as tax-exempt under Sections 501(c)(3) or 170(c) of the Internal Revenue Code and are classified as "not a private foundation" under Section 509(a). Grants are awarded on a rolling basis and there is no application deadline. To receive a grant, a letter of inquiry must be sent first and upon approval organizations are asked to submit a formal application to be reviewed by the Foundation.

For more information on the Grant Program visit [www.rgkfoundation.org/public/guidelines](http://www.rgkfoundation.org/public/guidelines)

### Cultural Competency Training

Staff from **CHAMPS**, **Colorado Community Health Network (CCHN)** and **Colorado Community Managed Care Network (CCMCN)**, all of whom share office space in Denver, have been participating in lunch-time cultural competency training. Once a month, interested staff members from the three organizations view a **Kaiser Permanente Colorado Diversity Department** video on one of the following populations:

- ★ African-American
- ★ Asian and Pacific Islander
- ★ Latino/Hispanic
- ★ Persons with disabilities
- ★ Lesbian, Gay, Bisexual, Transgender and Intersex
- ★ Native Americans

The videos are followed by a discussion facilitated by Shannon Kolman, CHAMPS Clinical Programs Director, and Heather Stocker, CCMCN Director of Clinical Programming & Development. Both Shannon and Heather are certified by Kaiser to present the **Diversity and Health Video Series**.

The six videos are each approximately 30 minutes in length and offer high quality footage of the history of the specific population in the US, health disparities, cultural traditions, norms and preferences, and dialogues from both primary care providers and patients regarding their health care experiences and suggestions for improving those experiences.

Comments from staff who have viewed these videos and participated in facilitated discussions include:

- ★ "These videos open us up to an awareness of our vulnerabilities and shortcomings."
- ★ "I realized that our world is biased toward able-bodied people."
- ★ "I learned there are over 20 different Asian cultures and each has unique traditions."
- ★ "I learned it can be helpful to ask about a person's heritage or what culture they most identify with."

**These facilitated diversity video trainings are available to all CHAMPS member organizations through CHAMPS as part of CHAMPS' cultural competency training and education services.**

If your staff is interested in learning about one or more of the above populations through facilitated video training, please contact [Shannon@CHAMPSonline.org](mailto:Shannon@CHAMPSonline.org)

To review additional cultural competency resources on the CHAMPS website visit [www.CHAMPSonline.org/Tools/CrossDiscResources/CulturalCompetency/default.asp](http://www.CHAMPSonline.org/Tools/CrossDiscResources/CulturalCompetency/default.asp)



## **Collecting Data for Region VIII Salary, Benefits, & Turnover Survey**

CHAMPS and Region VIII State Primary Care Associations have worked in collaboration since 2004 to design and distribute the **Region VIII Health Center Salary, Benefits, and Turnover Survey**. Published every two years, the resulting report of collected data will be:

- ★ A valuable component for evaluating existing salary and benefits structures for all health center employees
- ★ Useful when addressing Executive compensation questions
- ★ A component for determining the economic impact of health centers
- ★ A source for monitoring regional health center workforce trends
- ★ Completely CONFIDENTIAL; all reported data will be in aggregate

We hope that all Region VIII community, migrant, and homeless health centers will participate in this opportunity to provide a regional snapshot of salary and benefits structures and workforce trends across the Mountain/Plains states. The 2010 survey tool was emailed to health center Executive Directors, Finance Directors, and Human Resources contacts on May 3<sup>rd</sup>, and responses are due back to CHAMPS by June 15<sup>th</sup>. The report will be published and available in October 2010.

Please contact [Andrea@CHAMPSonline.org](mailto:Andrea@CHAMPSonline.org) with any questions about this valuable project

## **Conference Webinars Available Online**

During the **2009 CHAMPS/NWRPCA Annual Primary Care Conference** three events were broadcasted as webinars to members unable to attend the conference. These webcasts are now available as archived distance learning resources on the CHAMPS website. The webcasts are:

- ★ Safety Net Medical Home Initiative: Transforming Practices into Medical Homes
- ★ Recruitment for Diversity
- ★ Making CHIPRA Work: Options for Enrolling Eligible Children in Health Coverage

There is a \$65 access fee for CHAMPS Organizational Members and a \$95 access fee for non-members to view these webcasts.

### **Comments from conference attendees:**

*Fantastic session - great speaker, really well informed, loved her sharing her staff examples. My favorite session of the conference so far.*

#### **Making CHIPRA Work**

*Terrific content presented by a dynamic and competent speaker.*

#### **Recruitment for Diversity**

*Great overview of patient centered medical home.*

#### **Safety Net Medical Home Initiative**

For information on how to access these archived events and the accompanying handouts, please visit [www.CHAMPSonline.org/Events/Distance\\_Learning.asp#2009conf](http://www.CHAMPSonline.org/Events/Distance_Learning.asp#2009conf)

## **Publication for Board Members**



**Across the Board** is a quarterly publication that educates and assists CHC board members with communication and development. *Across the Board* is published in English and Spanish. The Spanish publication is titled *Desde La Junta Directiva*. The winter issue explores overcoming generational differences. It observes that the workforce is currently composed of four generations, and suggests the best strategy for accommodating all of them is to understand the differences, appreciate the strengths of each, and find mutually beneficial ways to address those differences. The most recent edition focuses on developing a good relationship between the board of directors and leadership staff.

Download *Across the Board* at [www.vacommunityhealth.org/across\\_the\\_board.cfm](http://www.vacommunityhealth.org/across_the_board.cfm)

### Managing Change Webcast for CHCs

Even without the passage of healthcare reform, the amount of change impacting CHCs is staggering. To address these changes, the Primary Care Associations of Region VIII (AUCH, CCHN, CHAD, MPCA, WYPCA, and CHAMPS) have collaborated to produce a series of webcasts entitled **Managing Change Series: Empowering CHCs to Succeed**. The webcasts will be presented by Patricia Moten Marshall of SynerChange Chicago and are directed towards health center staff and Board of Directors members.

Before the webcasts, registrants will identify a change project within their area on which to focus. Throughout the webcasts participants will be guided through how to successfully achieve their change objectives. Participants may attend any combination of sessions; however, participants interested in Staff Sessions 2 and 3 are strongly encouraged to attend Staff Session 1 on August 25, 2010, as those events will build upon concepts and skills.

*Advance registration is required. For more information or to register visit [http://CHAMPSonline.org/Events/Distance\\_Learning.asp#change](http://CHAMPSonline.org/Events/Distance_Learning.asp#change)*

### Looking for Something you Missed?

**ARCHIVED WEBCASTS AND TELECONFERENCES:** CHAMPS webcasts are archived online for one year, and recordings of CHAMPS teleconferences are available for at least 90 days. Access is free for staff and board members of CHAMPS Organizational Members (including continuing education credit). Other participants will be charged \$75 per computer link, \$50 per teleconference access, and \$15 per person for credit unless otherwise indicated.

#### Lifestyle Modification for Prevention and Management of Diabetes Mellitus - Webcast

- Online archive available through 04/14/10
  - CME is no longer available
- [www.vcall.com/replay](http://www.vcall.com/replay), # 2146003387

#### Customer Service in Health Centers Series – Teleconference and Webcast

##### Session 1 – The Culture of Customer Service Teleconference (for HR staff and managers)

- Archived online through 07/21/10
  - CME is not available
- Contact [Andrea@CHAMPSonline.org](mailto:Andrea@CHAMPSonline.org) to access this archive

##### Session 2 – Customer Service: The Art of Caring Webcast (for all staff)

- Online archive available through 07/21/10
  - CME available through 07/21/10
- [www.vcall.com/replay](http://www.vcall.com/replay), # 2146003844

#### Successful Recruitment in Challenging Times – Webcast

- Online archive available through 01/20/11
  - CME available through 01/20/11
- [www.vcall.com/replay](http://www.vcall.com/replay), # 2146004736

#### Multimodal Approach to the Treatment of Chronic Pain – Webcast

- Online archive available through 02/17/11
  - CME available through 02/17/11
- [www.vcall.com/replay](http://www.vcall.com/replay), # 2146004841

*For more details about each archived event, including speakers, topics, and available follow-up materials, visit [www.CHAMPSonline.org/Events/Distance\\_Learning.asp](http://www.CHAMPSonline.org/Events/Distance_Learning.asp).*

**BORROW OR PURCHASE CHAMPS RESOURCES:** Borrow previous training events on CD, DVD, and video for up to four weeks at a time through the **CHAMPS Lending Library!** Resources include past CHAMPS webcasts plus Spanish language, chronic condition, and clinical leadership resources (free for CHAMPS Organizational Members). **Purchase** publications, archived educational events, and reference materials (discounted for members)! Available resources include past CHAMPS webcasts on CD, clinical reference resources, patient education materials, and more.

*Learn more about the CHAMPS Lending Library at [www.CHAMPSonline.org/Tools/PubsElectronicMedia/LendingLibrary/](http://www.CHAMPSonline.org/Tools/PubsElectronicMedia/LendingLibrary/)*

*Download a CHAMPS Products Order Form at [www.CHAMPSonline.org/Tools/PubsElectronicMedia/PubsMediaDocs/CHAMPSProductsOrderForm.pdf](http://www.CHAMPSonline.org/Tools/PubsElectronicMedia/PubsMediaDocs/CHAMPSProductsOrderForm.pdf)*

# MOUNTAIN/PLAINS CLINICAL NETWORK (MPCN) NEWS

*Providing professional, administrative, and educational support to all clinicians that practice in Community, Migrant, and Homeless Health Centers in Region VIII to ensure the delivery of the highest possible quality of care to poor and underserved populations*

## ***New MPCN Mission Statement and Strategic Plan***

The **Mountain/Plains Clinical Network (MPCN)** is a program of CHAMPS that encompasses all health care providers working at Region VIII community, migrant and homeless health centers, and also includes National Health Service Corps (NHSC) participants working in Region VIII. The MPCN Steering Committee, which is comprised of up to four health care providers representing each state in Region VIII, has recently approved a new mission statement and three-year strategic plan for MPCN:

**The mission of MPCN is to facilitate the professional, administrative, and educational development of all Region VIII CHC providers to ensure the delivery of the highest quality of care, eliminate disparities, and increase access.**

You can help to shape the outcome of these goals by **joining the MPCN Steering Committee**. There are currently various positions open on the Steering Committee for medical, oral, and behavior health providers in each of the six states in Region VIII (CO, MT, ND, SD, UT, WY).

The four goal areas of the **MPCN Strategic Plan** are:

1. **Touch/Reach Out to Network Members** – to increase membership awareness and participation in MPCN.
2. **Education and Training** – to provide continuing education to MPCN providers and support staff so they can be more effective in their jobs and maintain credentials.
3. **Partnerships and Outreach** – to increase the value of MPCN and support to MPCN providers.
4. **Provider Resource Library** – to improve resources available to providers and create efficiencies in providing resources.

*If you are interested in joining the MPCN Steering Committee, have questions about the Committee or the programs of MPCN, or have ideas for the development of MPCN, please contact [Shannon@CHAMPSonline.org](mailto:Shannon@CHAMPSonline.org)*

## ***Handouts for Treating Chronic Pain Available***

In February, CHAMPS presented the webcast “Multimodal Approach to the Treatment of Chronic Pain” which was widely received by over 107 participants from 12 different states. In addition to providing the webcast, CHAMPS compiled a **supplementary information packet with over 20 handouts** to assist CHC healthcare providers in treating patients with chronic pain. The supplementary packet contains:

- ★ Pain inventories, assessment forms and pain scales
- ★ Opioid risk assessment and screening tools
- ★ Patient education handouts on using the Relaxation Response
- ★ Patient pain logs and diaries
- ★ Articles, guidelines and briefs

### **Comments about the handouts from participants:**

“Handouts and pain scales as well as the articles were excellent!”

“Handouts are VERY helpful as are the list of resources.”

“Very useful pain management tools to use.”

In post webcast evaluations, over a third of participants who sent in evaluations commented on the usefulness of the handouts.

*The packet of handouts is available by viewing the archive version of the webcast at [www.CHAMPSonline.org/Events/Distance\\_Learning.asp#chronic](http://www.CHAMPSonline.org/Events/Distance_Learning.asp#chronic); charges may apply*

*CHAMPS members may receive a copy of the handouts by contacting [Shannon@CHAMPSonline.org](mailto:Shannon@CHAMPSonline.org)*

## ***Texting All Moms to Be***



**Text4baby** is a new service from **National Healthy Mothers, Healthy Babies Coalition (HMHB)** that sends text messages three times a week to expectant mothers educating them on health issues. Topics include nutrition, flu prevention, immunization schedules, and even information on public clinics and infant support services. Topics are timed to the mother's due date and continue through the child's first year. The service is free and can be accessed in both English and Spanish.

Text4baby was conceptualized to encourage healthy habits in pregnant women and in part to address the high premature birth rate in the United States. It is anticipated that Text4baby will discourage risky behaviors such as smoking and alcohol use in mothers - two known factors in premature births.

Voxiva, the firm providing the texting service, has launched 150 similar health campaigns, but Text4baby is the first free health text messaging service in the nation. Free services have been offered successfully in other countries, and have educated communities with limited access to health providers on topics such as obesity, AIDS, smoking and diabetes.

*To sign up for the service text **BABY** to 511411 or **BEBE** for messages in Spanish*

*HMHB is looking to engage community health centers as outreach partners. Outreach Partners are asked to add information regarding Text4baby to their website and newsletters, and promote the service. To learn more about becoming an Outreach Partner email [partners@text4baby.org](mailto:partners@text4baby.org)*

*For additional information regarding the service visit <http://text4baby.org>*



## ***Listserv and Weekly Update for Clinicians***

In this new age of technology it is easier than ever to stay current. Online newsletters and email listservs have become especially popular for providing up-to-date information and keeping members of professional organizations in touch. In keeping with this trend, CHAMPS continues to maintain the **CHAMPS Clinicians Listserv, available to all CHC health care providers in Region VIII and beyond.**

The email listserv allows members to receive news and updates relevant to CHC clinicians other than those already sent through organizations such as NACHC and HRSA. Listserv members are also welcome to post information or ask questions of their colleagues on the listserv simply by sending an email.

*Becoming a member of the CHAMPS Clinicians Listserv is easy; simply contact [Shannon@CHAMPSonline.org](mailto:Shannon@CHAMPSonline.org) and ask to be added; members can unsubscribe at any time*

Clinicians can also subscribe to the **Clinician Outreach and Communication Activity (COCA) Weekly Update** to assure they are kept apprised of **updates from the Centers for Disease Control and Prevention (CDC).**

This email newsletter **provides information and guidance through the CDC Emergency Communications System.** Weekly updates include topics such as immunizations, emergency preparedness and response, food and drug safety, and infectious diseases.

*To subscribe to the COCA Weekly Update email [coca@cdc.gov](mailto:coca@cdc.gov)*

## REGIONAL AND NATIONAL NEWS

To submit an article about state, regional, or national news,  
please contact [Andrea@CHAMPSonline.org](mailto:Andrea@CHAMPSonline.org)

### ***Impact of Health Reform on CHCs***

The new health care reform package, composed of the Reconciliation Act of 2010 and Patient Protection and Affordable Care Act, was passed in March 2010. The **National Association of Community Health Centers** has developed a one-page summary regarding what impact the legislation will have on community health centers. Changes of note are:

- ★ CHCs will be provided sufficient funding to expand their operational capacity to accommodate 20 million new patients
- ★ Over five years, high-need areas will be able to employ 15,000 new primary care providers through funds provided by the National Health Service Corps
- ★ Medicaid coverage will expand to include 16 million new people
- ★ Private Insurers will pay CHCs their Medicaid PPS rate or higher, and all CHCs will be included in all new insurance products
- ★ New Title III and Title VII programs will increase opportunities for residency programs located at health centers

<b>Community Health Center Operations Funding, 2011-2015</b>				
<b>Fiscal Year</b>	<b>Trust Fund</b>	<b>Current Appropriated Funding</b>	<b>Total Annual Funding (est.)</b>	<b>Total Annual Increase</b>
FY 2011	\$1 Billion	\$2.19 Billion	<b>\$3.19 Billion</b>	\$1 Billion
FY 2012	\$1.2 Billion	\$2.19 Billion	<b>\$3.39 Billion</b>	\$200 Million
FY 2013	\$1.5 Billion	\$2.19 Billion	<b>\$3.69 Billion</b>	\$300 Million
FY 2014	\$2.2 Billion	\$2.19 Billion	<b>\$4.39 Billion</b>	\$700 Million
FY 2015	\$3.6 Billion	\$2.19 Billion	<b>\$5.79 Billion</b>	\$1.4 Billion

Health Center Trust Fund

This summary is part of the **NACHC Health Reform Hub** (The Hub). The Hub consists of quick references and links to press releases, fact sheets, testimonials and much more.

View the NACHC Health Reform Hub at [www.nachc.com/healthreform.cfm](http://www.nachc.com/healthreform.cfm)

For a pdf of the Community Health Centers and Health Reform summary visit [www.nachc.com/client/Summary%20of%20Final%20Health%20Reform%20Package.pdf](http://www.nachc.com/client/Summary%20of%20Final%20Health%20Reform%20Package.pdf)

### ***May is National Physical Fitness and Sports Month***

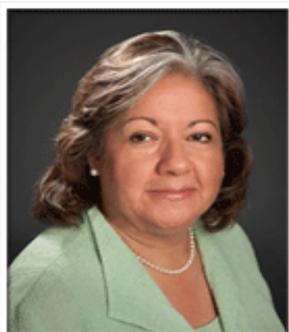
On April 29, 2010 President Barack Obama proclaimed May as **National Physical Fitness and Sports Month**. Obama asks Americans to recommit to living a healthy lifestyle, calling attention to the physical and mental benefits of exercise.

For the complete press release click here [www.articleant.com/p/gov/77418-presidential-proclamation-national-physical-fitness-and-sports-.html](http://www.articleant.com/p/gov/77418-presidential-proclamation-national-physical-fitness-and-sports-.html)

For information on how to get started with a fitness program visit <http://fitness.gov/>

South Dakota has its own website on fitness and nutrition which can be found here [www.healthysd.gov/](http://www.healthysd.gov/)

## ***Marguerite Salazar Appointed to Represent Region VIII***



Marguerite Salazar

Kathleen Sebelius, Secretary of the **Department of Health and Human Services** announced the appointment of five new regional directors in early April; **Marguerite Salazar** was appointed to represent Region VIII.

Since 1989 Marguerite Salazar has served as the President/CEO of Valley-Wide Health Services, Inc. (VWHS), one of the largest rural Community Health Centers in the US. VWHS is located in Southern Colorado and has been recognized for using Convenient Care to reduce ER visits and for administering exceptional prenatal care. Salazar is also a Fellow in the National Hispana Leadership Institute, a Livingston Fellow in the Bonfil Stanton Foundation, a Trustee for the Temple Hoyne Buell Foundation, a Policy Board Member for Colorado Children's Basic Health Plan, and has recently been appointed to the Board of Governors for Colorado State University by Colorado Governor Bill

Ritter, Jr.

In an April 6, 2010 press release Governor Ritter said, "*Marguerite is a brilliant leader. She is one of the most remarkable people who understands the challenges of serving the un- and under-insured...I thank her for all she's done to serve the people of San Luis Valley and Colorado, and I know she will serve with distinction in this new role.*"

*The complete HHS announcement can be found here*  
[www.hhs.gov/news/press/2010pres/04/20100406c.html](http://www.hhs.gov/news/press/2010pres/04/20100406c.html)

*Governor Ritter's Press Release can be viewed at*  
[www.colorado.gov/cs/Satellite/GovRitter/GOVR/1251573603650](http://www.colorado.gov/cs/Satellite/GovRitter/GOVR/1251573603650)

## ***Chronic Disease Management Programs***

Colorado and Utah are receiving Recovery Act Grants through the **Communities Putting Prevention to Work Initiative**. The initiative is focused on increasing the overall health of communities in order to decrease preventable diseases and disabilities. A large portion of the programming is intended to address obesity and tobacco use. Colorado and Utah are both receiving funding for Nutritional Services programs for seniors. This funding is estimated to provide 14 million meals nationwide.



Vice President Joe Biden stated, "*Across the country, older Americans depend on senior centers and home delivery programs for regular, healthy meals. Today, more senior citizens are in need, but the programs they depend on are on the brink of reducing their services or closing down,*" Biden continued on to say, "*The Recovery Act will help ensure older Americans are not forced to choose between paying bills and buying food.*"

Colorado is receiving additional funding for a **Chronic Disease Self-Management Program** geared towards obesity and tobacco use prevention. Tri-County Health Department, the grantee, has received obesity prevention funds and is planning to oversee the implementation of sustainable changes in schools and communities that will increase access to healthy food and increase physical activity levels.

*For more information on the Communities Putting Prevention to Work Initiative visit*  
[www.hhs.gov/recovery/programs/cppw/factsheet.html](http://www.hhs.gov/recovery/programs/cppw/factsheet.html)

*Information on Recovery Act funding can be found at* [www.hhs.gov/recovery](http://www.hhs.gov/recovery)



## Let's Move Promotes Healthy Kids

First Lady Michelle Obama recently launched the **Let's Move** program to eliminate obesity through educating the nation's youngest generation. Program initiatives include:

- ★ Providing every community in the country access to nutritious affordable food
- ★ Compiling resources to educate health professionals, parents and educators to combat obesity
- ★ Giving parents and educators the information they need to be conscious consumers
- ★ Encouraging physical activity

The Let's Move website has links to recipes, grocery shopping tips, BMI and calorie counters, and resources for creating a healthy home. The site also outlines the **Healthier US Schools Challenge Program**, which encourages schools to educate their students about nutrition, serve healthy meals, and increase physical activity.

The Let's Move blog is updated regularly with stories from around the country and encouraging words from former Olympians, National Hunger Fellows, and other prominent figures in the United States. The site also has a **Kid's Corner** which has links to coloring pages, YouTube videos, and family activities

The Let's Move program encourages the use of other government and non-profit health resources. One such resource, **Mypyramid.gov**, is a website devoted to helping individuals of all ages meet the Dietary Guidelines for Americans. These guidelines are established every five years. The Mypyramid.gov site has menu planners, information on nutrition for expectant mothers and many other resources for healthy living.

Explore the Let's Move website at [www.letsmove.gov/index.html](http://www.letsmove.gov/index.html)

To find out more information about the Healthier US Schools Challenge Program visit [www.fns.usda.gov/tn/healthierus/index.html](http://www.fns.usda.gov/tn/healthierus/index.html)

To learn more about eating a healthy diet visit [www.mypyramid.gov/](http://www.mypyramid.gov/)

## National Health Center Week August 8-14<sup>th</sup>

**National Health Center Week** is an annual event the second week of August. This year marks the 45<sup>th</sup> anniversary of the creation of the **Health Centers Program**, and the theme of National Health Center Week is "Celebrating America's Health Centers: Turning the Vision into Reality".

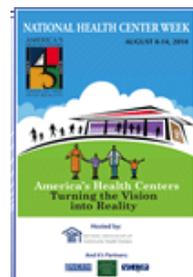
Three days of the week are dedicated to recognizing populations who are often overlooked; this year the days are:

- ★ August 10<sup>th</sup> -- Health Care in Public Housing Day
- ★ August 11<sup>th</sup> -- Health Care for the Homeless Day
- ★ August 12<sup>th</sup> -- Farmworker Health Day

Health centers around the country will be hosting events to increase community awareness and celebrate. Events in the past have included free health screenings, clinic tours, press conferences and award presentations. Health centers serve over 20 million people in the US and are an integral part of the national healthcare system.

To learn more about National Health Center Week visit [www.healthcenterweek.org/](http://www.healthcenterweek.org/)

For activities and event ideas, a media toolkit, tips on finding local sponsors, Spanish materials and order forms for National Health Center Week paraphernalia visit [www.healthcenterweek.org/tools.html](http://www.healthcenterweek.org/tools.html)



## UPCOMING EVENTS – MARK YOUR CALENDARS

Visit the interactive online CHAMPS calendar – [www.CHAMPSonline.org/Events/Calendar.asp](http://www.CHAMPSonline.org/Events/Calendar.asp)

### JUNE & JULY

**June 3 – 5, 2010**

#### 2010 National Health Care for the Homeless Conference & Policy Symposium

San Francisco Marriott Marquis, San Francisco, CA

[www.nhchc.org/2010conference/](http://www.nhchc.org/2010conference/)

**June 20 - 24, 2010**

#### National AHEC Organization 2010 Conference

The Las Vegas Flamingo, Las Vegas, NV

[www.nationalahec.org](http://www.nationalahec.org)

**June 28 - 30, 2010**

#### 2010 Health Care for Residents of Public Housing National Training Conference

InterContinental Boston, Boston, MA

[www.regonline.com/builder/site/Default.aspx?eventid=805275](http://www.regonline.com/builder/site/Default.aspx?eventid=805275)

*Flag Day, June 14<sup>th</sup>  
Father's Day, June 20<sup>th</sup>  
Summer Solstice, June 21<sup>st</sup>  
Independence Day, July 4<sup>th</sup>  
Ramadan Begins, August 11<sup>th</sup>*

### AUGUST & SEPTEMBER

**September 14 - 16, 2010**

#### 3RNet 15<sup>th</sup> Annual Conference and Member Meeting

Hotel To Be Announced, Charleston, SC

[www.3RNet.org](http://www.3RNet.org)

**September 10 – 14, 2010**

#### NACHC Community Health Institute

Hilton Anatole, Dallas, TX

[www.nachc.com/conferences-and-trainings.cfm](http://www.nachc.com/conferences-and-trainings.cfm)

**September 21 – 23, 2010**

#### National Indian Health Summit

To Be Announced

[www.nihb.org/news\\_events/conferences\\_events.php](http://www.nihb.org/news_events/conferences_events.php)



### Looking Forward

#### CHAMPS/NWRPCA Annual Primary Care Conference

**October 23-27, 2010**

[www.CHAMPSonline.org/Events/Conference.asp](http://www.CHAMPSonline.org/Events/Conference.asp)

#### National Primary Oral Health Conference

**October 24-27, 2010**

[www.nnoha.org](http://www.nnoha.org)

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*Please contact Andrea Martin with any questions or comments about this newsletter.*

**Please let us know if your email address has changed. Thank you!**