



Special Delivery **ONLINE**

Colorado Rural Health Center

Fall 2003

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General News

New Job Creation Effort for Rural America Unveiled

Source: USDA Rural Development Press Release

Bush Administration officials expanded efforts to stimulate job growth in rural areas by announcing the creation of a program to support the financing of new and expanding rural businesses. The signing of a collaborative agreement between officials of the U.S. Department of Agriculture and the U.S. Small Business Administration will provide rural businesses with greater access to venture capital investment funds through a newly created initiative called the Rural Business Investment Program (RBIP). The initiative fortifies efforts to build a strong foundation for business development and job growth to serve as the economic stimulus in rural areas.

The RBIP will allow newly formed venture capital investment companies to leverage private capital funds with government financial assistance and to obtain both government and private grant resources for technical assistance. The RBIP will increase the amount of capital available for investment in rural America businesses, and will provide a new resource for technical assistance to such businesses.

Bush Administration officials expect to begin accepting applications under the new program in about six months. Preparation and publishing of application guidelines for the program must be completed before funds can be expended. SBA has offered to give special consideration to rural applicants in its SBIC program until RBIP is fully operating. Information on program implementation will be published in the Federal Register and available on USDA's web site at: www.rurdev.usda.gov.

HIPAA Update

By David Ginsberg, PrivaPlan Associates

Most rural health practices are probably "HIPAA'd out" by now. However recent surveys have shown that many healthcare providers are actually not complete in their compliance effort. This has been compounded by the recent Transaction and Code Sets deadline of October 16, 2003. In this article we will review some of the basics of the Transaction and Code Sets rule.

The TCS regulation spells out a complex set of requirements for electronic healthcare transactions. The first requirement deals with the actual *digital layout and format* of each of the standard transactions. Using this standard is similar to people of different nationalities speaking the same language--in this case computers everywhere can communicate with each other.

The second set of requirements deals with the actual codes that are used to describe healthcare services and inquiries. The TCS regulation spells out a comprehensive list of code sets to be used.

The TCS regulation is very complex. One of the most important steps to take is to determine if your practice management/billing software vendor is truly ready. We have developed an effective survey tool for this purpose. Please email info@privaplan.com for your copy. We also have a complete guide on CD ROM to the new TCS rule including a crosswalk reference between the HCFA 1500 and the new electronic format. This is only \$50 for existing PrivaPlan users.

(For a complete copy of this article, please call CRHC 303-832-7493 or 800-851-6782.)

The Colorado Rural Health Center is a nonprofit organization whose mission is to enhance healthcare services in Colorado. CRHC does this by providing information, education, linkages, tools, and energy toward addressing rural healthcare issues. There are numerous ways to be involved in CRHC's efforts including membership. Just call or write for more information. The Special Delivery newsletter is posted on the Colorado Rural Health Center's Website quarterly to give our constituents information about programs and resources available.

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2004 Colorado Rural Health Conference



CRHC has finally set the time and place for its 2004 Colorado Rural Health Conference. In an effort to give the conference a new look, CRHC has partnered with the Colorado Rural Development Council (CRDC), a nonprofit entity that focuses on rural economic development, education, and telecommunications. This "Colorado Rural Conference" will be held on July 13 – 15 at the Raintree Plaza Hotel and Conference Center in Longmont. This will be the first conference that focuses exclusively on all rural aspects of Colorado – including healthcare, education, economic development, telecommunications, agriculture, etc. Look for more details in the coming months – you don't want to miss this premier event!

CPR Program Staff Member Attends National Meetings

Megan McCoy, Recruitment Associate for CRHC's CPR (Colorado Provider Recruitment) program, attended two national meetings this fall to help strengthen and enhance the services provided to rural and underserved communities that contract with CPR for recruitment and retention assistance. In early November, Megan attended the 3RNet annual meeting and conference in Nashville, Tennessee. 3RNet (the National Rural Recruitment & Retention Network) is a nation-wide job search website funded in part by the HRSA (Health Resources and Services Administration) federal Office of Rural Health Policy. Forty-seven states currently participate in 3RNet, which assists healthcare providers in searching for opportunities in rural and underserved areas across the country. CRHC's CPR program is the designated statewide 3RNet administrator for Colorado. All CPR opportunities are posted on the 3RNet website, and in turn, 3RNet is the source of many of CPR's hottest candidate leads. At the meeting in Nashville, 3RNet members discussed nursing, dental and mental health recruitment; recruitment of specialists; and learned tips for jazzing up recruitment websites.

In mid-November, Megan exhibited at the Robert Wood Johnson Resident Job Fair in New Jersey. This job fair, sponsored by the RWJ Medical School, provided CPR with exposure to healthcare organizations affiliated with the Robert Wood Johnson Health Network, medical school/residency program faculty members, and third year residents in over 36 disciplines including EMS, Family Medicine, and Internal Medicine. The Robert Wood Johnson Medical School employs over 440 residents and fellows.

CPR currently has positions posted in Dentistry, Dental Hygiene, OB/GYN, Internal Medicine, Family Medicine, Cardiology, Gastroenterology, General Surgery, Orthopedics, and Anesthesiology (both physician and CRNA.) CRHC recently celebrated two more successful placements: a Family Practitioner in Kremmling and an Internist/Pulmonologist in Brighton. CPR staff members are visiting residency and training programs across the state this fall to discuss career options and the benefits of rural practice. For more information about CPR, call CRHC or visit www.coruralhealth.org/cpr.

December Breakfast Club Meeting



Jillian Jacobellis, Prevention Services Division Director and Shannon Breitzman, Injury and Suicide Program Director, both of the Colorado Department of Public Health and Environment, will present data relative to suicide and suicide prevention efforts in Colorado. They will focus on issues particular to those prevention efforts and to cultural norms surrounding suicide, suicide prevention and intervention efforts in rural communities.

The December Breakfast Club meeting will be held Friday, December 5th at 8:00am. The meeting is generously sponsored by COPIC Companies and will be held in their boardroom. For more information or to RSVP, please call 303-832-7493. Please RSVP by Monday, December 1st!



2003 "For the Health of It" Winner

The 2003 "For the Health of It" winner was Linda Erickson of Durango. "For the Health of It" is given each year during the conference. One lucky participant wins a \$500 voucher to be used at their discretion for some type of travel within the following year. The only requirements: it has to be fun and for the health of it!! Memorial Hospital in Colorado Springs generously sponsored this year's travel voucher.

Linda used her voucher to visit her mother in New York. Linda's mother recently fell and broke her hip and had to be placed in a nursing home. Linda's son (who lives in Florida) and Linda's daughter (who lives in California) both came to New York to visit their mother and grandmother. As it turned out, Linda hadn't seen her children in quite some time, so this trip to New York provided valuable time with family that she doesn't often see.

CTAP Colorado Technical Assistance Program

\$\$\$Money for Travel\$\$\$

See Funding Opportunities for more information

Marva Jean Jackson Rural Community Health Scholarships Program Makes First Awards

The Marva Jean Jackson Rural Community Health Scholarships Program made five awards in its first grant cycle. CRHC created this scholarship program to support rural "grow your own" efforts. Small grants - up to \$500, are available to match scholarship awards that help rural communities grow the providers they will need tomorrow. Community scholarships awarded this cycle ranged from supporting an "LPN Grow Our Own Program", to helping the VNA train their Home Health Manager to become a Wound Ostomy Certified Nurse, to helping a community health center train two of their employees to become pharmacy assistants. Proposals for the next grant cycle are due January 1, 2004. For more information or to receive an application packet, please call CRHC.



Colorado Rural Outreach Program Awards 9 Grants in the Fall Cycle

The Colorado Rural Outreach Program (CROP) is a program of the Colorado Medical Society Foundation and is managed by CRHC. The purpose of CROP is to strengthen the ability of rural communities to recruit and retain physicians. In the fall grant cycle, twelve applications from eleven communities across Colorado were received. The grant review committee funded nine applications; seven with the full amount requested. A breakout of the grants follows:

1 Partial Loan Repayment	\$ 4,098
1 Partial Locum Tenens	\$ 5,520
6 Practice Environment Enhancement	\$37,350
1 Grow Your Own	\$ 7,200
1 General Recruitment	\$ 5,000

CRHC thanks The Colorado Trust, Boettcher Foundation, COPIC Medical Foundation, and Colorado Medical Society as major contributors for CROP.

Colorado Provider Recruitment Places Hygienist in Lamar



Dina Alengi Storz, CRHC and Maria Antonia McKenzie

Maria Antonia McKenzie, a dental hygienist who had been practicing in Aurora for several years, was recently hired by the High Plains Community Health Center in Lamar. Maria relocated to Lamar with her husband in September 2003. According to Annie Gibbs, an employee at HPCHC, "We are truly lucky to have her in our community. Thanks again for finding Antonia!"

The Colorado Provider Recruitment (CPR) program works to place healthcare providers in rural or underserved communities in Colorado. For more information about this program, please call 303-832-7493.

2004 Membership Renewals Underway

It's that time of year again – time to renew your membership with the Colorado Rural Health Center! Invest in Colorado's nonprofit office of rural health by becoming a member. Membership funds give CRHC flexibility to address rural health needs and issues as they arise. Membership levels begin at the Student level (\$15) and work up to the Corporate level (\$1500). Members receive a variety of benefits including discounts to CRHC events, access to CRHC resources and library, just to name a few. For more information about membership, please call Dina at CRHC.

If you've already renewed your membership for 2004, thank you for your support. Your investment not only provides valuable resources toward building and strengthening rural healthcare, it enables CRHC to remain a strong advocate for rural health issues.

Friends of the Dunes Partners with Urbanites to Buy Wheelchair



A unique collaboration and the support of three urban colleagues, has helped place a "dune buggy" wheelchair at the Great Sand Dunes National Monument and Preserve. The Friends of the Dunes, a nonprofit citizen's support group for the Great Sand Dunes, started an initiative several years ago to purchase a special wheelchair that would be able to navigate the sand trails at the Dunes. They began collecting local donations and were finally close to achieving their goal. That's when CRHC stepped in.

CRHC sponsors the Used Supplies With A Purpose (USWAP) program, which places donated medical equipment and supplies in rural Colorado communities. While a few wheelchairs had passed through the USWAP program, none met the special needs of the sandy terrain. So CRHC called upon two of its members, Craig Hospital in Englewood and Spalding Rehabilitation Hospital in Aurora for help. Each hospital made a generous donation toward the purchase, to which CRHC added a contribution, and the wheelchair is a reality.

Hundreds of physically challenged visitors, who might not be able to enjoy and explore the beauty of Colorado's Great Sand Dunes National Park, now have access thanks to the dedication and contributions of many local "Friends" and a little help from some urban

Lancaster Pollard— Newest Corporate Member



Alan Spidel, VP
Lancaster Pollard

Lancaster Pollard, a Columbus, Ohio-based investment banking firm, has expanded its operations to better serve the Rocky Mountain region by opening an office in Denver. The expanded presence will help the company provide financing solutions for rural development in the area.

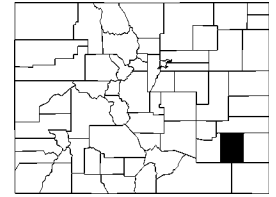
Lancaster Pollard provides capital funding and financial advisory services to the healthcare, senior living, and affordable housing sectors. The company participates in mortgage insurance programs provided by the Department of Housing and Urban Development and the U.S. Department of Agriculture. These programs provide many funding opportunities for rural development.

Lancaster Pollard is a leading provider of investment and mortgage banking services. As a leading underwriter of bonds and mortgage loans, Lancaster Pollard provides services to a full range of client profiles, from start-up single-site facilities to established multi-site organizations. Lancaster Pollard Mortgage Company participates in mortgage insurance programs provided by government agencies such as FHA, GNMA, and the USDA. Lancaster Pollard also provides board-level investment oversight and investment management services for nonprofit organizations through its affiliated company Lancaster Pollard Asset Management. For more information about Lancaster Pollard, visit www.lancasterpollard.com or call the Denver office at 720-318-6959.

Bent County Healthcare Assessment Finds Limited Resources Available

By: High Plains Research Network

A comprehensive community healthcare assessment of Bent County found that its residents are healthy overall, but that healthcare resources are often limited and there is general lack of knowledge of which resources are available. Researchers conducted the assessment with the High Plains Research Network through the University of Colorado Health Sciences Center's Department of Family Medicine.



The eight-month assessment consisted of multiple community discussion sessions, a community-wide healthcare survey in which more than 520 participated, and an analysis of hospitalization records for all Bent County residents.

The final report gave an overview of the services that people would use if they were available locally; identified the barriers to care that currently exist in the county; gave ideas from community members about how the barriers could be overcome; and detailed which issues residents felt greatly affected their community.

In addition to citing limited healthcare resources, the assessment concluded that a major health concern in the county was a lack of dental care, and researchers recommended Bent County officials work diligently to bring accessible dental care to the community. The findings also note that many residents are unhappy with their healthcare, citing access, cost and travel as major barriers to their health, in addition to language and translation services as barriers to care for the county's Hispanic population.

The assessment concluded that residents of Bent County overwhelmingly reported that they would use healthcare services in Bent County if they were made available, with the exception of obstetrical care. Dental care, urgent and emergency care, and laboratory services were among the resources that residents would like to have available. To view the report in full, visit the High Plains Research Network's website at <http://fammed.uchsc.edu/highplains>. To request a printed copy, please contact Carina Estrada, NP, Director of the Bent County Nursing Service at 719-456-0517.

Decision Resources – A CRHC Member

By: Jean Sidwell

Healthcare providers, administrators and organizations are seeking ways to decrease litigation risk and medical errors and improve employee relations. Mediation intervention provides a way for resolving conflicts early and directly while preserving professional relationships. Mediation techniques have been used successfully to resolve disputes in clinical settings, space allocations, visitation disputes, scheduling, diversity issues, and difficult family dynamics.

One of the most satisfying parts of my work is assisting individuals and groups to become more skillful with the tools of building their decisions and solving problems more effectively. For more information about Decision Resources, please call Jean A. Sidwell at 303-388-9706 or Sidwellj@aol.com or visit www.mediate.com/decisionresources.



Where in Colorado can you see this sign?

Be the first person to call with the correct answer, and win a prize from CRHC's prize box!

On the Road Again

“Who Done it? Mystery Theatre Dinner” Strasburg, Colorado

High Five Plains Foundation

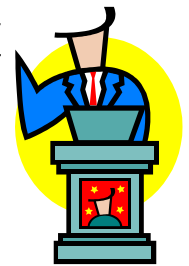
By Dory Switzer, Administrative Assistant, CRHC

During the silent auction held in conjunction with the Colorado Rural Development Council's annual conference, Denise purchased two tickets to the “Who Done it? Mystery Theatre Dinner” put on by the High Five Plains Foundation in Strasburg, Colorado. Luckily for me, Denise wasn't able to attend, so my sister and I gladly took her place. The event was held in the Comanche Crossing Museum. We were welcomed by down-home music and the smell of home cooking coming from the barn behind the museum. We felt right at home as we filled our plates with scrumptious food, listened to the “We 3 Band”, and chatted with the other guests. After we enjoyed our meal and the music, my sister and I toured the grounds and buildings of the museum. The volunteers and exhibits of the museum served to bring the heart and history of eastern Colorado alive. The museum features formal and casual clothing dating back to the 1800's; a typical 1800's household furnishings and appliances; an old time beauty salon with its curling irons and perm appliance; machinist tools of the 1800's; a old time barber shop complete with the razor sharpening strap; an old time dentist's office and his tools of the trade; the Strasburg Stationmaster's combination home and office (moved from its original location one mile south); and an original headlamp from the front of a locomotive engine. The Comanche Crossing Museum is open during the summer 1:00 p.m. to 4:00 p.m. daily. We were thankful for the opportunity to be invited to such a wonderful warm event of the High Five Plains Foundation.

Resources & Meetings

HIFA Waiver Public Forum

The state of Colorado will be seeking a federal Health Insurance and Flexibility Accountability (HIFA) waiver to dramatically change the CHP+ and Medicaid programs. The state department of Health Care Policy and Finance is holding six forums around the state to solicit public input about the Medicaid and CHP+ programs. The purpose of these forums is to determine avenues to increase CHP+ and Medicaid enrollment while remaining budget neutral. Public input dates and locations:



- **Alamosa**, December 2nd, 2-4:30 pm, Valley Wide Health Systems, Inc. 719-589-5161
- **Pueblo**, December 3rd, 1-3:30 pm, Pueblo County Conference Room, 719-565-0430
- **Denver**, December 5th, 9:30-12:00 pm, Rita Bass EMS Institute at Denver Health, 303-436-4182
- **Grand Junction**, December 9th, 9:30-12:00 pm, City Auditorium, 970-243-0190
- **Ft. Collins**, December 11th, 1-3:3 pm, Ft. Collins Public Library, 970-224-5209
- **Colorado Springs**, December 15th, 1-3:30 pm, El Paso County Health Department, 719-578-3233

For more information on the HIFA waiver, visit www.chcpf.state.co.us and click on current projects.

Palliative Care Training Available

Thanks to a program funded by the National Cancer Institute, located in the University of Colorado School of Nursing, regional workshops called, "Palliative Care: Beyond Hospice, A Nursing Education Model" are being offered. These workshops would be appropriate for nurses in hospital, long-term care, and home health settings. The workshop would cover such topics as communication skills - with patients, families and other providers; symptom and pain assessment; symptom management - agitation, dyspnea, fatigue; and much more. Call CRHC if you're interested in hosting a regional workshop.

Colorado Rural Workforce Consortium

The Colorado Rural Workforce Consortium is comprised of eleven sub-regions. Each sub-region consists of a county or group of counties that have joined together through intergovernmental agreements to guide workforce development efforts in their area. It is one of the nine federally designated workforce regions in the state of Colorado. The region serves 52 rural counties by providing a wide array of employment and training services at *no charge*. These services are provided to both job seekers and employers throughout the 11 sub regions and 35 offices. Supervision of the Consortium activities and policies is provided through the Rural Consortium Board and the Board of Local Elected Officials. For more information about the Colorado Rural Workforce Consortium, please visit <http://workforcecenters.state.co.us/rc/>.



BenefitsCheckUp of Colorado



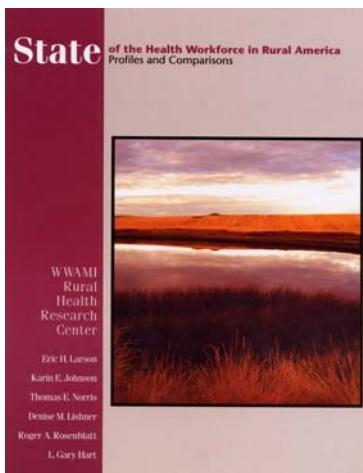
The National Council on the Aging has developed a tool that provides one place to learn about local, state, and federal programs. The service is fast and FREE – www.benefitscheckup.org.

When a person visits this website, they'll answer about 50 questions that will generate a report that shows program eligibility and will also note the locations to apply and what documents to bring. The service is confidential and a person does not provide name, address, or Social Security number. It will also provide contact information if more assistance is needed. The National Council has seven model-sites and their national office to assist.

The basic assistance/programs include: financial, healthcare, prescription drug, housing, property tax, home energy, in-home services, legal, nutrition, training, volunteer, and education. The information is designed to identify benefits and services available for those ages 55 and older. For more information, please call Linda Whittington at 720-932-0824 or linwhitbcu@msn.com.

National Health Service Corps Ready Responder Program

The National Health Service Corps (NHSC) Ready Responder Program seeks assistance and support developing NHSC sites for Ready Responders. Sites that apply for a NHSC Ready Responder must be located in a Health Professional Shortage Area (HPSA) and submit a Proposal for use of a Commissioned Officer 2004. Application materials are available for downloading at <http://nhsc.bhpr.hrsa.gov> or by calling the NHSC Call Center at 800-221-9393. Completed site applications must be post-marked or delivered to the NHSC no later than March 31, 2004.



State of the Health Workforce in Rural America Profiles and Comparisons

The State of the Health Workforce in Rural America (put together by the WWWAMI Rural Health Research Center supported by the federal Office of Rural Health Policy) is available through CRHC. These books are FREE to any CRHC member. If you are interested in learning more about workforce issues in Colorado or other states, this is a great resource. Call CRHC to receive your FREE book!

Gates Family Foundation adds Oral Health Component to Grant Making Objectives

The Gates Family Foundation makes grants toward funding comprehensive capital projects for a variety of organizations. One of their interests is “to support programs (capital campaigns) that encourage individuals to improve and maintain their good health and physical well being.”

At its most recent meeting, the Foundation decided to consider proposals from nonprofit dental clinics undertaking comprehensive capital campaigns. Trustees decided to add this area to its funding list because oral health plays such an important role in people’s physical and social well being.

Gates share of a project is generally 10% of private funds needed. Trustees will consider a request after one-third of the necessary money has been raised.

For more information, please call 303-722-1881 or visit www.gatesfamilyfoundation.org.



Community Service Block Grants Available for Healthcare Needs



Working cooperatively with the Governor’s Office, the Colorado Rural Development Council, the Colorado Rural Health Center, the Department of Local Affairs is making grant funds available to communities to identify and address the healthcare needs of persons living in poverty. Healthcare is very broadly defined and might include immunizations, dental or mental services or screenings, transportation, drug or alcoholism prevention or treatment, etc. Proposed projects can include ongoing efforts or new activities. Projects can also include direct service delivery, restructuring, needs assessments, or planning. Projects must target or address the needs of low-income people - defined as living at or below 125% of the federal poverty level - and must include collaboration with at least two other “partner” entities. Letters of Intent are due Friday, November 21st and full applications are due Friday, December 12th by noon. For more information or to receive the grant guidance, please call 303-832-7493.

The Colorado Rural Health Center is a nonprofit organization whose mission is to enhance healthcare services in Colorado. CRHC does this by providing information, education, linkages, tools, and energy toward addressing rural healthcare issues. There are numerous ways to be involved in the Center’s efforts including membership. Just call or write for more information. The Special Delivery newsletter is posted on the Colorado Rural Health Center’s Website quarterly to give our constituents information about programs and resources available.

Critical Access Hospital Emergency Medical Services Technical Assistance Grant Program

Colorado was awarded the Rural Hospital Flexibility (Flex) grant from the federal Office of Rural Health Policy to support the Critical Access Hospital Program. One major component of the Flex grant is strengthening EMS in rural communities. Technical Assistance grants are available to assist Colorado’s rural communities conducting EMS-related activities. To be eligible for EMS Technical Assistance a facility must be: 1.) A certified Critical Access Hospital, or 2.) A facility that is eligible and seriously considering converting to CAH status, or 3.) An EMS agency that is located in a county or service area where there is a certified CAH or a facility that is eligible and considering converting to CAH status AND that provides transport to the CAH or CAH-eligible facility. For more information or to receive a copy of the grant guidance, please call CRHC at 303-832-7493. Grants are due **December 1, 2003**.



CTAP

Colorado Technical Assistance Program \$\$\$Money for Travel\$\$\$

Thanks to the generosity of the *Caring for Colorado Foundation*, we are able to resume our CTAP program. This program reimburses travel expenses for folks from rural Colorado traveling to a different rural community to learn about or provide assistance for a healthcare issue (rural to rural visits only). The intent is to build mentor-type relationships between rural communities.

Easy to apply! Must have requests submitted by **December 1st** and travel must take place before **December 31st**! For more details see our website or call Suzi Herbka at 1-800-851-6782.

Colorado Rural Health Center

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DATE	EVENT	ORGANIZATION/CONTACT
12/2/0	HIFA Waiver Public Forum <i>Alamosa</i>	Valley Wide Health Services 719-589-5161
12/5/03	Breakfast Club Meeting <i>COPIC Companies, Denver</i>	CRHC 303-832-7493 or 800-851-6782
1/30/04	Colorado Rural Health Council Meeting <i>National Western Complex, Denver</i>	CRHC 303-832-7493 or 800-851-6782
7/13-7/15/04	Colorado Rural Health Conference <i>Raintree Plaza Hotel, Longmont</i>	CRHC 303-832-7493 or 800-851-6782