



# Special Delivery **NLINE**

Colorado Rural Health Center

Holiday 2007

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## CRHC News

### CRHC Donates to Heifer International

The Colorado Rural Health Center is a non-profit 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. Simply call or write for more information. The Special Delivery Newsletter is posted quarterly on the Colorado Rural Health Center's website to give our constituents information about programs and resources available.

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With the holidays just around the corner, CRHC staff started a collection to send to one of our favorite charities! Once again, we decided to donate to Heifer International. Heifer International, a non-profit organization that originated in the 1940's as *Heifers for Relief*, strives to end world hunger by giving farm animals to people in poverty-stricken communities. The organization began when Dan West, a Midwestern farmer volunteering during the Spanish Civil War, realized that giving poor communities a source of food, rather than small rations, would create a sustainable food source rather than a temporary one. Each recipient of a Heifer animal agrees to give a female offspring to another family, continuing the gift of sustainability in the community. Families are also able to raise money through the selling of their animal's offspring and their by-products—honey, eggs, milk, cheese, wool, and much more.

This year, CRHC staff put together \$260 for Heifer International. As a gift to staff, our Board of Directors put in \$400 of their own money. With the total \$660 collected, we were able to donate 3 goats, 2 sheep, and 3 flocks of chicks! More information about Heifer International, their mission, and their history is available online at [www.heifer.org](http://www.heifer.org) or by calling (800) 698-2511.

### Latest Edition of the *Snapshot of Rural Health in Colorado*

The Colorado Rural Health Center has recently published the 2007 edition of the *Snapshot of Rural Health in Colorado*! This publication was prepared to highlight and advance interest in rural health issues in Colorado. For a hard copy of the Snapshot, generously printed by COPIC Companies, please contact CRHC at (303) 832-7493 or (800) 851-6782. This publication is also available online at [http://www.coruralhealth.org/crhc/resources/publications/snapshot\\_2007.pdf](http://www.coruralhealth.org/crhc/resources/publications/snapshot_2007.pdf).

### Time to Renew Your Memberships!

As the end of the year approaches, it's time to renew your memberships to CRHC – or join for the first time! As a 501(c)(3) not-for-profit organization, CRHC is not funded by the state government. Our general activities rely on support provided by membership dues, sponsorships, fee-for-service programs, and contributions. Investing Members receive subscriptions to our quarterly newsletters and monthly bulletins, conference and workshop announcements, discounts on events and publications, notices of rural health funding opportunities, access to scholarships for CRHC events, eligibility for CRHC's Seed Grants Program, and more! Student, Individual, Organizational, and Corporate Memberships are available. Please visit us online at <http://www.coruralhealth.org/crhc/membership>, or call us at (303) 832-7493, (800) 851-6782 for more information.

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## CRHC to Pay for an Online Grant Writing Class!

The Colorado Rural Health Center realizes that there is an ever-increasing need for grant funding. Fort Hays State University in Hays, KS offers an excellent eight-week, online grant writing course. The next course begins January 31st and **CRHC is offering to pay half of the cost of the course for the first five Investing Organizational or Corporate Members** who contact us, and who have not already received funding from us for this course. The course is designed for students to work independently, but also to have the opportunity to converse with other students via chat room. During the eight week course, students will learn, step-by-step, how to build a strong, effective proposal. No travel is involved, as all course activities are over the internet. The cost is \$150 per person and 10 CEUs are provided to those professionals who require them. For more information, please contact Callie Preheim at (303) 832-7493, (800) 851-6782, or [cp@coruralhealth.org](mailto:cp@coruralhealth.org).

For more information, please contact CRHC or visit the Fort Hays State University website at <http://www.fhsu.edu/sociology/8weekgrants.shtml>.

## 9th Annual Rural Health Clinics Forum

Our Annual Rural Health Clinics (RHC) Forum serves as an essential educational, training, and networking place for Centers for Medicare and Medicaid Services (CMS) certified Rural Health Clinics, all members of the clinic team, and clinics interested in becoming Rural Health Clinics. As we begin our ninth year coordinating this meeting for Colorado's Rural Health Clinics, CRHC staff is putting together a comprehensive meeting agenda with a primary focus on the technical assistance features that are essential to the day-to-day operations of a certified Rural Health Clinic (RHC). From survey and certification to cost reporting, coding and reimbursement, the 9th Annual Rural Health Clinics Forum will serve as a true reflection of CRHC's commitment to excellence in RHC education and training.

For more information, please visit us online at [www.coruralhealth.org/crhc/events/RHCForum.html](http://www.coruralhealth.org/crhc/events/RHCForum.html) or call Rich Marquez at (303) 832-7493, (800) 851-6782.

## New RHC Technical Assistance Program

The Colorado Rural Health Center (CRHC) is excited to announce our new Comprehensive Technical Assistance Program for Centers for Medicare and Medicaid Services (CMS) Certified Rural Health Clinics (RHCs). The program is designed to help RHCs navigate the essential CMS policies and procedures. The program will provide two types of services—services for prospective RHCs and services for current RHCs. For prospective RHCs, CRHC will help clinics complete the CMS Form 855, prepare a policies and procedures manual, project a cost report, and conduct a pre-survey walk-through. For current RHCs, CRHC will offer help updating the policies and procedures manual, support with Primary Care Fund Dollar applications, creation of a Quality Assessment and Performance Improvement (QAPI) Manual, provide regular billing/coding workshops and annual mock surveys, and create the annual cost report required by CMS. For more information, please contact Rich Marquez, RHC Program Coordinator, at (303) 577-0373, (800) 851-6782, or by email at [rm@coruralhealth.org](mailto:rm@coruralhealth.org).

## 17th Annual Colorado Rural Health Conference

The 17th Annual Colorado Rural Health Conference will be held June 18-20, 2008 at Copper Mountain Resort. Please contact our office at (303) 832-7493, (800) 851-6782, or visit our website, [www.coruralhealth.org/crhc/events/conference.htm](http://www.coruralhealth.org/crhc/events/conference.htm) for more information! Opportunities are available for sponsors and exhibitors.

## EMTS to Donate Proceeds to CRHC in 2008!

Equipment Management and Technology Solutions (EMTS), a Corporate Investing Member of CRHC since 2006, has generously offered to donate some of its proceeds back to the Colorado Rural Health Center (CRHC)! The amount donated, 5.0% of new client revenues, will apply to accounts where CRHC is directly involved.

EMTS helps medical facilities of all shapes and sizes save money on equipment acquisitions and service contracts. Through their many services, EMTS can help a facility save an average of 12-16% annually. EMTS is Colorado-based and works with approximately 450 medical facilities nationwide (mostly rural). Their services are “pay for performance,” so there is no risk for the client.



EMTS has successfully helped several CRHC members save significant dollars over the past few years. To find out how EMTS can help you save money on your capital purchases, please contact Charles George, President, at 1-888-345-1468 ext.22, or visit EMTS online at <http://www.emtsolutions.biz>. Please remember to tell them that you heard about EMTS through the Colorado Rural Health Center!

## The Neenan Company re-builds Kit Carson County Memorial

This is an excerpt of a story by Melissa A. Katsimpalis, “Renewed Rural Hospital for Half the Cost of New.”  
Complete story available online at <http://www.coruralhealth.org/crhc/resources>.

Even middle-aged buildings can benefit from a nip, tuck and overall re-vitalization. Once the work is complete in September 2008, Kit Carson County Memorial Hospital will show off a new face and toned-up facilities for patients who enter the Critical Access Hospital located in Burlington, near the Kansas state line. The hospital’s service area includes a population of approximately 8,650 residents. The Neenan Company, a Corporate Investing Member of the Colorado Rural Health Center, is the design-build firm for the project.

During the construction phase of the hospital renewal, which began in October, the facility will be transformed with the addition of 27,000 square-feet of new acute care space and another 2,200 square-feet of remodeled existing space.



Among other improvements, the hospital will offer the convenience of a new main entry with a covered patient drop off and easier close-in parking, common admitting for in- and out-patient services, private patient rooms, an expanded emergency department and improved and expanded out-patient healthcare and surgical services. In addition, the remodel will allow for better emergency cesarean care; higher quality diagnostic services; expanded laboratory facilities; more points of care for specialty physician visits; and expanded surgical capacity to include two gastrointestinal procedure rooms and the separation of pediatric and adult patients within the surgical pre- and post-operative area.

Neenan project manager Michael Curtis heads the design-build project. “Our approach is to involve clients in the design-build aspects of their building from the very beginning so they and we have control over and can closely manage the costs of the construction project. We make a commitment to our client and to their community to build facilities that help support a healthy economic base in the community,” Curtis says. He explains by providing expanded surgical services due to improved building design, Burlington can offer a higher level of patient care and safety and a broader range of services that might otherwise be sought from Front Range medical facilities and practitioners.

“The hospital board and administration believe the design-build solution that The Neenan Company developed can serve the healthcare needs of Kit Carson County for years to come without spending millions of dollars more for a replacement facility,” said Jim Jordan, the hospital’s chief executive officer. “The services of The Neenan Company, RLH Engineering (owner’s representative), Stroudwater Associates and Red Capital Group proved to be invaluable to the hospital as they guided us through the process in a very unpredictable market environment.”



For more information, please contact Michael Curtis, The Neenan Company, 303-710-1873, or visit their website, [www.neenan.com](http://www.neenan.com). More information on Kit Carson County Memorial Hospital and Health Service District is available online at [www.kccmh.org](http://www.kccmh.org) or by calling (719) 346-5311. The Neenan Company is a Corporate Investing Member of the Colorado Rural Health Center. Kit Carson Memorial Hospital is an Organizational Investing Member of the Colorado Rural Health Center.

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**Senior Connections on the Eastern Plains**

Senior Connections on the Eastern Plains is a project that addresses the mental health needs of seniors suffering from heart disease who live in rural communities. This project is located in the Northeast corner of the state and involves 10 counties: Sedgwick, Logan, Phillips, Yuma, Washington, Morgan, Kit Carson, Cheyenne, Lincoln, and Elbert.

Senior Connections on the Eastern Plains uses a community health education approach and involves local seniors, known as Key Informants, who, within the ten counties, place easy-to-read materials throughout the community. These materials state messages about heart disease and depression, list signs and symptoms of depression, and state the importance of speaking with a doctor.

Materials are placed in non-traditional settings such as beauty shops, local restaurants, VFW halls, grain elevators, senior centers, churches, and other locations that are frequented by the senior population. These are familiar and trustworthy sources to the seniors and afford them a comfortable setting in which to obtain information. The project also provides MD education to local physicians in the form of screening tools and pharmacology resources.



Agnes Otteman,  
Key Informant, Flagler

Collaborative partners include: Dr. Nancy McMahon, licensed Geropsychologist; Linda Roth, RN, PHN, director of Cheyenne Public Health; Vonie Weaver, Senior Resource Consultant and board member of the Colorado Rural Health Center; and Dr. Jack Westfall, head of High Plains Research Network; along with numerous local partners within the 10 counties.

This project is funded through the support of the Colorado Department of Public Health and Environment, COPIC Foundation and The Colorado Health Foundation.

If you would like more information regarding this project, please contact Vonie Weaver, Program Manager, at [vonie@plains.net](mailto:vonie@plains.net) or (970) 332-5147.

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**CRHC Welcomes Newest Investing Member: Anthem Blue Cross and Blue Shield!**

*Article provided by: Anthem Blue Cross and Blue Shield*

Anthem Blue Cross and Blue Shield is Colorado's largest health benefits provider – serving over 850,000 members, and offering insurance product in every county in the state. Anthem is committed to increasing accessibility of healthcare services for our members in Colorado's rural markets by developing, enhancing and maintaining relationships with physicians and hospitals.

In order to achieve this goal, Anthem recently joined the Colorado Rural Health Center (CRHC) as a Corporate Investing Member. We did because we believe that CRHC:

- Is a respected organization that has been highly effective in increasing access to healthcare and in building public awareness of healthcare issues in rural Colorado.
- Can facilitate relationship-building and access between Anthem and rurally-located physicians and hospitals that may not already be in our network.
- Can facilitate relationship-building between Anthem and rural County Health Departments.
- Will help Anthem to identify and breakdown barriers that exist between providers and insurers and enhance existing and new insurer/provider relationships.
- Is aware of new providers relocating to rural areas and can provide Anthem with an entrée to recruit new providers and expand our network.
- Can identify low-income children and pregnant women in rural areas that may be eligible for enrollment in government healthcare programs.
- Is a critical contributor to any large-scale healthcare reform effort.

Anthem's representative to CRHC, Carolyn Gonzales-Smith, Regional Director, Provider Contracting, is very excited about Anthem's new involvement with CHRC. "I'm looking forward to our new partnership with CRHC," she says. "I believe it will help us work even more productively and collegially with rural healthcare providers to address their issues and increase access to health services for our members."

Anthem will partner with CRHC in several ways, including participation at the CRHC's Annual Rural Health Clinic's Forum, involvement in ongoing CRHC events and training seminars, submitting articles of interest for the organizations newsletter, and working to identify and resolve critical access issues.

*For more information, please contact Carolyn Gonzales-Smith, Regional Director, Provider Contracting, at (303) 831-2607.*

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**New Medical Complex in Walden**

North Park Medical Clinic in Walden, through a variety of grants and donations, is completing construction on a new medical complex. North Park Medical Clinic is a Centers for Medicare and Medicaid Services (CMS) certified Rural Health Clinic. The building, two blocks away from the clinic's current location, will house the new offices of the clinic, and also hopes to house a physical therapist, dentist, and mental health professional. While the building construction is nearly complete, the clinic itself is in need of equipment and furnishings. If you or someone you know has equipment or furnishings to donate—or available at low cost—please contact North Park Medical Clinic at (970) 723-4255. North Park Medical Clinic is an Organizational Investing Member of the Colorado Rural Health Center.

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**Women's Wellness Advisory Board Seeks Members**

The Women's Wellness Connection Advisory Board at the Colorado Department of Public Health and Environment (CDPHE) is seeking new board members. The Women's Wellness Connection (WWC) Advisory Board has two vacancies specifically designated for individuals familiar with WWC—formerly known as the Colorado Women's Cancer Control Initiative (CWCCI). Board members serve three-year terms. Applicants representing Latina and rural populations are strongly encouraged to apply. The WWC Advisory Board meets quarterly, on the fourth Thursday of each quarter. Applications are due Thursday, January 4th and are available online at [www.coruralhealth.org/crhc/resources/downloads/bccp\\_advisory\\_board\\_app11.07.pdf](http://www.coruralhealth.org/crhc/resources/downloads/bccp_advisory_board_app11.07.pdf).

*For more information, please contact Agnieszka McCort at 303-692-2537 or [agnieszka.mccort@state.co.us](mailto:agnieszka.mccort@state.co.us).*

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**Mended Hearts Expands into Rural Colorado**

Formed in 1951, Mended Hearts is an affiliate of the American Heart Association. A non-profit organization, Mended Hearts offers hope to heart disease patients and their families through services such as visiting programs, support group meetings, and educational forums. Their mission is to "inspire hope in heart disease patients and their families."

There are four chapters of Mended Hearts in Colorado: Greeley, Longmont, Denver, and Colorado Springs. The organization recognizes the void in offering support to rural Colorado communities and is kicking off a Rural Mended Hearts Initiative. Mended Hearts would like to expand their outreach to rural Colorado and make patients aware of their programs and services. For more information, please contact Kevin McCoy, Mended Hearts Northwest Assistant Region Director, at [mccokeyvin@comcast.net](mailto:mccokeyvin@comcast.net) or (303) 736-0764; or, visit Mended Hearts online at <http://www.mendedhearts.org>.



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**The Bright Mountain Foundation**

The Bright Mountain Foundation (BMF), a private, philanthropic foundation, was established to assist children and their families, seniors, and persons living with HIV/AIDS in Colorado. The BMF is a non-profit corporation and is funded through donor contributions. The BMF is a grant-making organization and has three focus-areas: seniors/elders, people living with HIV/AIDS, and children/youth. The foundation has two grant cycles a year; the upcoming grant cycle focuses on projects related to children and youth. Concept letters for potential proposals are due January 15, 2008. Please visit the BMF website at <http://www.brightmtnfdtn.org>, or call the foundation at (303) 381-2245 for more information.

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**New Colorado Loan Repayment Program**

*Source: <http://www.collegeinvest.org/default.aspx?pageID=131>*

Funded by the State of Colorado, CollegenInvest and the U.S. Department of Health and Human Services, Colorado's Health Care Provider Loan Repayment Program helps healthcare professionals working in shortage areas repay their student loans. Qualified healthcare providers can get up to \$25,000 a year to help repay their student loans for a minimum two-year employment commitment in a designated Health Professional Shortage Area (HPSA) in Colorado.

*For more information on the loan repayment program, please visit [www.collegeinvest.org/default.aspx?pageID=131](http://www.collegeinvest.org/default.aspx?pageID=131).  
HPSA information is available on the Primary Care Office's website: [www.cdphe.state.co.us/pp/primarycare](http://www.cdphe.state.co.us/pp/primarycare)*

## CAFP LAUNCHES “GIVING KIDS THEIR BEST SHOT” CAMPAIGN

This is an excerpt of the press release, CAFP Launches “Giving Kids Their Best Shot” Campaign to Boost Children’s Immunization Rates in Colorado,” October 29, 2007

The Colorado Academy of Family Physicians (CAFP) is conducting a statewide public education effort to boost children’s immunization rates in Colorado. CAFP has launched its “Giving Kids Their Best Shot” campaign to inform patients and the general public about the importance of children receiving immunizations to prevent diseases such as whooping cough, chicken pox and the mumps.

The campaign is a component of the association’s ongoing goal of promoting the concept of the personal medical home that can provide comprehensive, continuing and cost-effective patient care. The patient-centered medical home is an approach to providing comprehensive primary care for children, youth and adults through partnerships between individual patients and their personal physicians, and when appropriate, the patient’s family.

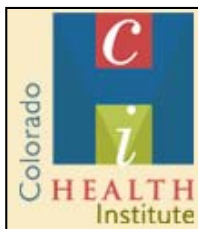
“Public education is crucial to prevent diseases such as polio from making a comeback,” said Dr. Bender [president-elect of CAFP and a member of the Colorado Children’s Immunization Coalition], adding that people die every year of diseases that could have been easily and less expensively prevented. “We’re just one generation from having contagious diseases such as polio, measles, mumps and rubella come back. Whooping cough, for example, has been back every year in Colorado for at least a decade.”

More information on CAFP is available online at <http://www.coloradoafp.org> or by calling 800-468-8615. This full press release is available online at: [http://www.coruralhealth.org/crhc/resources/downloads/Immunization\\_Campaign\\_Release1\\_3\\_.pdf](http://www.coruralhealth.org/crhc/resources/downloads/Immunization_Campaign_Release1_3_.pdf).

On January 29, The Colorado Children’s Immunization Coalition and the Colorado Rural Health Center are happy to sponsor an “Immunization Update Webinar.” Please visit <http://www.coruralhealth.org/crhc/events> for more information!

## Colorado Health Institute LPN Survey

Source: Colorado Health Institute



On November 26, 2007, the Colorado Health Institute (CHI) sent a licensed practical nurse (LPN) workforce survey to a stratified and random sample of approximately 2,500 LPNs licensed to practice in Colorado. The purpose of this survey is to identify the most relevant workforce policy issues from a state health policy perspective. This summer, 39 individuals were interviewed to identify key policy issues related to the LPN workforce... In addition, individuals in provider associations, academic institutions and on the Board of Nursing were interviewed. As a result of these interviews, survey questions were developed based on the following key policy themes: optimal role of LPNs in today’s health care delivery system; LPNs’ preparedness for their first LPN position; LPNs who were previously CNAs; retention of LPNs in the health care workforce; LPNs’ perception of their work environments including satisfaction with their work; and health insurance status of LPNs.

For more information, please visit the Colorado Health Institute’s website, [http://www.coloradohealthinstitute.org/resourceHotissues/workforce\\_LPN.htm](http://www.coloradohealthinstitute.org/resourceHotissues/workforce_LPN.htm), or contact CHI at (303) 831-4200.

## Colorado Receives Funding from the FCC

Colorado Health Care Connections – a consortium consisting of the Colorado Hospital Association, the Colorado Rural Health Center, the University of Colorado at Denver Health Sciences Center, Denver Health, Banner Health, and Qwest Communications – recently received \$4,621,554 from the Federal Communications Commission (FCC) for the commission’s Rural Health Care Pilot Program. The Rural Health Care Pilot Program is a new program created to fund a nationwide broadband network dedicated to healthcare. The proposal by Colorado Health Care Connections will establish and fund a network connecting 75 public and non-profit hospitals and clinics via Ethernet to Internet2 or National LambdaRail within two years, at speeds ranging from 40-100 Mbps.



For more information, please visit <http://www.fcc.gov/cgb/rural/rhcp.html>.

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## Rural Health Seed Grant Program

A digital projector, a CNA mentoring program, Medic Alert Kits, and a county-wide health-needs survey – what do all of these things have in common? They were all partially funded by CRHC Seed Grants! Seed money of up to \$500 is available to our Organizational and Corporate Investing Members in rural areas. Eligible projects must fit CRHC’s mission, “enhancing healthcare services in Colorado by providing information, education, linkages, tools and energy toward addressing rural healthcare issues,” and the organization must match the grant funds received. Please visit our website, [www.coruralhealth.org](http://www.coruralhealth.org) and go to “Seed Grants” under our programs page for project ideas and programs that we have funded. Additional information on criteria, eligibility, and the application process are available on our website or by calling us at (303) 832-7493 or (800) 851-6782. Applications are accepted year-round.



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## The Colorado Health Foundation’s Grant Programs

The Colorado Health Foundation’s grant deadlines fall twice a year—the next application cycle deadline is January 15, 2008. The Foundation funds proposals that address one of the following three health strategies: health policy agendas, access to healthcare, and personal health empowerment. Grants may be used to support projects, for general operating costs, and for capacity-building. Multiyear grants are available. For more information and to view the grant guidelines, please visit The Colorado Health Foundation’s website, [www.coloradohealth.org](http://www.coloradohealth.org), or contact the Foundation by calling (303) 953-3600.

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## Apply for a State EMS Provider Grant

Each year, the Colorado Department of Public Health and Environment (CDPHE) distributes approximately \$1.6 million dollars to support improvements and expansion throughout Colorado’s emergency medical and trauma services system. The Emergency Medical Services (EMS) Provider Grants Program is designed to support Colorado EMS agencies with the patient care and transportation services.

The 2008 grant cycle (fiscal year 2009) began on Dec. 15, 2007. Local Regional Emergency Medical and Trauma Advisory Councils (RETACs) offer grant workshops. Contact your local RETAC coordinator or the Colorado Department of Public Health and Environment for a list of dates and locations. There are 10 grant categories available including vehicles, training, communication, data collection, EMS equipment, recruitment/retention, injury prevention, defibrillation, extrication equipment, and other. You may apply in a maximum of two categories. Grant applications are due **February 15, 2008**.

Your local RETAC coordinator’s contact information is available at [www.cdphe.state.co.us/em/retac/index.html](http://www.cdphe.state.co.us/em/retac/index.html). For more information on the Colorado Department of Public Health and Environment’s Emergency Medical and Trauma Services, please visit [www.cdphe.state.co.us/em](http://www.cdphe.state.co.us/em). For more information on the EMS Provider Grants, please contact Jeanne-Marie Bakehouse, EMS Provider Grants Program Manager, at (303) 692-2987 or [Jeanne.bakehouse@state.co.us](mailto:Jeanne.bakehouse@state.co.us).

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## Health Careers Opportunity Program



The U.S. Department of Health and Human Services’ Health Resources and Services Administration (HRSA) has announced its Health Careers Opportunity Program (HCOP). HCOP aims to help people from disadvantaged backgrounds attain education for a health career. Schools of medicine, osteopathic medicine, public health, dentistry, pharmacy, allied health, public or non-profit private schools that offer graduate programs in behavioral and mental health, and programs for the training of physician assistants are eligible to apply. Average grant size is estimated to be \$932,016. The grant deadline is February 22, 2008. Please visit <https://grants.hrsa.gov> for more information.

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## Nancy L. Gelman Foundation Breast Cancer Seed Grants

The Nancy L. Gelman Foundation has announced its Breast Cancer Seed Grants Program—a grant program offering seed grants of up to \$3,000 towards projects aimed at improving results for women with breast cancer. Applications are due February 20, 2008. For more information, please visit <http://www.nrgf.org/grants.html>.

## New Report on Rural Communities and Low-Income Families

A new report, "Rural Prosperity: A Longitudinal Study of Rural Communities and Rural Low-Income Families," examines qualitative and quantitative data from 524 rural low-income families in 30 counties and 17 states. The report, by Jean W. Bauer and Mary Jo Katras, was funded by the United States Department of Agriculture's (USDA) National Research Initiative Cooperative Grant Program (NRICGP) and looks at several key issues, including labor force, health, food, and social support. The report is available online at <http://fsos.cehd.umn.edu/img/assets/16501/NRICGP%20Final%20Report.pdf>.

### Overburdened and Overwhelmed: The Struggles of Communities with High Medical Costs

Below is an excerpt from the article "Overburdened and Overwhelmed: The Struggles of Communities with High Medical Cost Burdens," Peter J. Cunningham, Center for Studying Health System Change, The Commonwealth Fund, November 2007.

The number of people with potentially high medical cost burdens varies widely across the nation, reflecting differences in the number of people who lack health insurance coverage and people who have coverage but nevertheless have high costs relative to their income. To address this problem, many states are undertaking expansions of insurance coverage, but federal support will be critical, particularly in states with large numbers of low-income residents... Communities with high cost burdens were more likely to be in rural areas and the South. Among people living in the 15 communities with the highest medical cost burdens (the upper quartile of communities), 31.5 percent were in nonmetropolitan areas [rural areas] (compared with 19.5 percent of the total U.S. population), and almost 80 percent were in the South (compared with 34.1 percent for the general population).

For the full article, please visit <http://www.coruralhealth.org/crhc/resources>.

### Pay for Performance in Rural Hospitals

The Upper Midwest Rural Health Research Center has put together a policy brief on Pay for Performance in Rural Hospitals. The brief, "Implementation of Pay-For-Performance in Rural Hospitals: Lessons from the Hospital Quality Incentive Demonstration Project," is available online at [www.uppermidwesthrc.org/pdf/policybrief\\_p4p.pdf](http://www.uppermidwesthrc.org/pdf/policybrief_p4p.pdf).



## Happy Trails

### A Fortunate Discovery in Craig

#### Serendipity Coffee Shop & Bakery, Craig ★★★★★

A few doors down from the Museum of Northwest Colorado lies a gem waiting to be discovered - the Serendipity Coffee Shop and Bakery. Since the new owner, Katrina, took over the café a year and a half ago, the place has boomed. The menu has expanded to include – not only an assortment fresh, homemade pastries and granola – but also hot breakfasts, a lunch menu that changes daily, and weekly lunch specials. Some of the delicious offerings include spicy chorizo breakfast burrito, eggs benedict, chicken pot pies, and spicy shrimp and pasta. The recipe for the popular (and fat free!) apple-berry muffin is at right.

While sitting at the café, slowly sipping your hot cup of coffee and nibbling at the fresh pastry that you just couldn't resist, you can take advantage of the free wireless internet that Serendipity is pleased to offer to its patrons. The café also boasts a large back room – formerly a neighboring bookstore – available for parties and meetings.

So, whether you plan your visit or just stumble across it on your next trip to Craig, you're sure to find the Serendipity Coffee Shop and Bakery a most pleasant discovery.

#### Fat Free Apple-Berry Muffins

2 cup whole wheat flour  
 1 tbsp. baking powder  
 1 ¼ cup unsweetened applesauce  
 ½ cup maple syrup  
 2 lg. egg whites  
 ½ cup raspberries - frozen is fine, and you can experiment w/ different berries!  
 ½ cup peeled, chopped apple  
 1 tbsp. raw sugar for sprinkling

\*Pre-heat oven to 375°. Line muffin tin w/ papers.

In lg. bowl, mix dry ingredients, making a well in the center. Stir in the liquid ingredients until just combined. Batter may be lumpy. Gently fold the berries and the apples into the batter. Top w/ sugar crystals.

Bake for 18 to 20 mins. until lightly golden brown, or toothpick comes out clean. Be careful to not over bake!

Enjoy!!!

~courtesy of Serendipity Coffee Shop and Bakery

**CRHC Welcomes New Investing Members**

The Colorado Rural Health Center wishes to thank our Investing Members. As a 501(c)(3), not-for-profit organization, CRHC is not funded by the state government. Our general activities are supported by membership dues, sponsorships, fee-for-service programs, and contributions. The commitment and interest in rural healthcare by our investing members enables us to provide an array of programs and services that reach numerous communities throughout Colorado. If you wish to become an Investing Member of CRHC, please visit our website, <http://www.coruralhealth.org/crhc/membership/index.html>, or call us for more information: (303) 832-7493, (800) 851-6782.

*Thank You to Our New Members!*

Jackie Bernstein	Colorado Rural Health Center, Denver
Ed Hawkins	Exempla St. Joseph Hospital, Denver
Aaron Ortiz	Colorado Rural Health Center, Denver
Janet Pogar	Anthem Blue Cross and Blue Shield, Denver
Kristy Reuss	Mesa State College, Grand Junction

*Please note that all member-types: Corporate, Organizational, Individual, and Student, are listed together.*

**Trivia Question**

**Colorado History Trivia Question!**

*Who Am I? I was one of the first female doctors in Weld County. I dedicated my career to the health and wellness of women and children. I served as a City Health Officer, Medical Society President, and chairman of the Board of Councilors for the Colorado Medical Society. Do you know who I am?*

The first person to correctly guess the identity of this historical Coloradoan will win a prize! Please call or email Callie Preheim with your answer — (303) 832-7493, (800) 851-6782, cp@coruralhealth.org.

**Congratulations** to Audrey Danner, Yampa Valley Partners and Marilyn Hehr, Colorado Northwestern Community College, for correctly guessing the location of the mystery photo in the late fall 2007 edition of the Special Delivery Newsletter! The correct answer is: Hayden, Colorado.

**Calendar of Events**

DATE	EVENT	ORGANIZATION / CONTACT
January 16	Medications for Diabetes and Its Complications Webcast 11:30m—1:00pm, Mtn time	CHAMPS <a href="http://www.coruralhealth.org/crhc/events">www.coruralhealth.org/crhc/events</a>
January 28-30	Rural Health Policy Institute Capital Hilton, Washington, DC	National Rural Health Association <a href="http://www.nrharural.org/conferences">www.nrharural.org/conferences</a>
January 30	Being Ready for a Medicare CoP Survey WebEXpert webinar, 1:00-2:30pm Mtn time	Rural Health Innovations <a href="http://www.coruralhealth.org/crhc/events">www.coruralhealth.org/crhc/events</a>
February 8	Essential Perspectives on CO's Health Care Safety Net COPIC Insurance, Lowry, Denver	CinicNET <a href="http://www.coruralhealth.org/crhc/events">www.coruralhealth.org/crhc/events</a>
February 27	Recruitment & Retention in Small Communities WebEXpert webinar, 1:00-2:30pm Mtn time	Rural Health Innovations <a href="http://www.coruralhealth.org/crhc/events">www.coruralhealth.org/crhc/events</a>
February 28	Governor's Forum on Colorado Agriculture DoubleTree Hotel, Denver	Governor Ritter's Office <a href="http://www.coruralhealth.org/crhc/events">www.coruralhealth.org/crhc/events</a>
March 31 - April 2	9th Annual Rural Health Clinics Forum Radisson Hotel Denver Southeast, Aurora	Colorado Rural Health Center <a href="http://www.coruralhealth.org/crhc/events">www.coruralhealth.org/crhc/events</a>

***Please visit our online calendar for more events!***