

December 2011 Coordinator Report
Michelle Sharp

Women's Wellness Connection

- 12/1: Followed up with women that were scheduled in November to see how their appointments went, followed up with the other navigators on the women they scheduled in, in November.
- 12/5: Visited with Cindy Killip from YDH a couple of women we had gotten screened in with her in November. She informed me that she has about \$1,300 left in WWC funds and that will not last very long. Went to Murdock's in Ft. Morgan to talk with the manager about having a table for Ladies Night on Wednesday the 7th, checked with Good Will about having a table at their store, visited with Silvia from Morgan County Family Center about setting up mammograms for some of her clients.
- 12/7: Went to Holyoke and handed out WWC info at the mobile food bank at the fairgrounds.
- 12/8: Went with a woman to her WWC exam at Fort Morgan Salud, took the opportunity to visit with Irene Bustamante she is the WWC contact at that clinic.
- 12/12: Went to Fort Morgan to work with Silvia at Morgan County Family Center, with some of her clients. Screened two women in, one who qualifies and one who did not because of her age. Went to Salud here in Sterling to talk with them about the woman I scheduled in and they aren't putting any women in the WWC or Komen program, because they are running short on funds. Left a message with Laura Montoya who oversees the WWC program at all of the Salud clinics, to talk to her about what is going on with their WWC funding.
- 12/13: Went to CPMC with a woman for her WWC mammogram. Stopped at Morgan County Family Center and screened another of Silvia's clients. Visited with Laura Montoya and they still have WWC funding so scheduled in the new woman at Fort Morgan's Salud. Followed up with a woman who missed her appointment in November again.
- 12/14: Participated in the conference call with the other WWC navigators, talking about the grant, providers and that YDH is close to being out of money. Suggested to Rose to make sure she stays in contact with her providers to make sure where she can send women. Talked with Lisa Ault at Sedgwick County DHS about having a WWC table when they do commodities, she said I would be able to have a table. Updated the narrative for Rose, made copies for her to take to her local phone company to mail out. Scheduled 2 women from Holyoke for appointments in January.
- 12/15: Started writing an article for January for Cervical Cancer Awareness Month.
- 12/16: Worked on the article for January, followed up with a woman who had to go back for diagnostic breast screening.
- 12/28: Went to Brush and handed out WWC info at the mobile food bank at the fairgrounds, went over to Ft. Morgan to try and catch Gail at Good Will to see if I could have a table at their store once a week.

Healthier Living

- 12/12: Left brochures with Morgan County Family Center and talked with Mary about having a class at her office in January.
- 12/13: Took brochures for the class in January to the physical therapy clinics and chiropractor offices in Fort Morgan and Brush.

Other

- 12/05: Record with the radio station in Holyoke to play on December 6 to promote Colorado Gives Day.
- 12/06: Spoke on KPMX about Colorado Gives Day on December 6, promoting the day to fundraise for the different organizations that have Giving First profiles in the area, record with Janice for Coffee break to play that afternoon. KSTC played the recording I made in November again for Colorado Gives Day.

- 12/09: Did a presentation to the Sterling High School Freshman about Volunteerism, Rural Solutions and how they can be active in their community, Thank You, Thank You Maranda for letting me update and use your PowerPoint that you had already created a couple of years ago. That was so helpful.
- 12/12: Opened the office for Heartbeat for their monthly meeting.
- 12/15: Went to Dene Carter's from Area Agency on Aging's Retirement party at the Heritage Center in Sterling.

**December 2011 Coordinator Report
Submitted by Glenda Bang**

Healthier Living

- 12/02: Met with Christin Sutter regarding the contacts in Akron for the Healthier Living Class that we are scheduling in January.
- 12/05: Facilitated Healthier Living Colorado class in Yuma at Yuma District Hospital. Visited with Rhonda Metcalf regarding co-facilitating class in Akron. Will try to schedule Akron class for January 19, 2012
- 12/06: Attended Morgan County Older Adults Resource meeting at Valley View in Ft. Morgan
- 12/09: Had conference call with Jackie, myself and representatives from COAW regarding the Healthier Living Classes for Limon
- 12/12: Facilitated Healthier Living Colorado class in Yuma.
- 12/13-14: Worked on the yearly report for the Colorado Health Foundation Grant – Healthier Living in Northeastern Colorado. Report was submitted.
- 12/15: Sent out information to Ft. Morgan community regarding upcoming HLC class that will begin January 10, 2012
- 12/19: Was scheduled to facilitate last Healthier Living class in Yuma but due to weather most of the participants called to say they wouldn't attend. Rescheduled class for January 5, 2012
- 12/20: Went to Akron to deliver Healthier Living brochures for upcoming Akron class to Washington County Connections to handout with their Christmas baskets. Talked with Washington County Connections regarding possible meeting place for HLC class.
- 12/20: Coordinated with Elodia Lopez in Ft. Morgan to have a meal for their final Tomando Control class on 12/21
- 12/20: Sent out holiday greetings to all who have participated in HLC classes this year

Other:

- 12/15: Attended retirement reception for Dene Carter at the Heritage Center
- 12/19-21: Provided coverage for the Second Wind Fund phone

**December 2011 Program Updates
Submitted By: Maranda Miller**

Office of Suicide Prevention Grant, The Colorado Trust Preventing Suicide Initiative and Project Safety Net

- 12/1- Participated in the Bridging the Divide Conference call to continue planning the 2012 conference.
- 12/2- I was a guest on the KPMX radio morning show.
- 12/6- Presented More Than Sad to the Sterling High School Freshman Foundation's class. This was my last time presenting for the year.

Second Wind Fund

During the month of December, we accepted 3 referrals for services.

Wrote thank you letters to everyone who supported Colorado Gives Day and to those who made donations directly to us. We made a total of \$1,815. This includes donations from Jackie's wine party. Thanks Jackie!

Also received a check for \$5,000 from Burlington Northern Railroad Foundation. I wrote the grant in August and was absolutely thrilled by their donation.

Other Activities

Wrote the United Way of Logan County grant and submitted it.

Took 52 hours of vacation time this month. It was fabulous to have some time off!

Began preparing for an ASIST training to be held in Elizabeth and also preparing for an ASIST training for University of Northern Colorado psychology students. The UNC training is not covered by any of our grants, but UNC will be reimbursing a trainer from Weld County and Rural Solutions to have this training on campus.