INNOVATIVE CARE FOR THE COMMUNITY

Peak Vista continues to ensure that patients have access to the care that they need, when and how they need it. Since March, Peak Vista has responded to this need with telecare care. Peak Vista offers Medical and Behavioral telecare visits to patients via phone call or virtual chats. Thus far, it has been a successful endeavor. However, you may be wondering how the whole process works from start to finish. You can go to our Facebook page to watch a brief, instructional video on how patients use our telecare services.

Peak Vista's Academy campus drive-through COVID-19 testing site remains an important resource for the Colorado Springs community. We have tested thousands of community members needing answers or testing to return to work. As Governor Polis continues to push for everyone experiencing symptoms to be tested, Peak Vista is available and will keep reducing access barriers by allowing nearly everyone to get tested.

There is hope and we are here to help.

BACK-2-SCHOOL PHYSICALS

During times of change and uncertainty, people look for constants. The impact of COVID-19 is seen in restaurants, stores and most importantly, schools. Governor Polis recently announced that schools will re-open this fall in a hybrid fashion, combining in-person and online learning. For that reason, Peak Vista will continue to offer Back-2-School physicals before school is in session.

Back to school physicals include a medical history, vaccinations and a full head-to-toe physical. Peak Vista’s integrated approach to care takes this even further. We also perform behavioral health screenings and starting this year, have a dental check-up included in the physical. Having your child get their physical is the best time to set health and wellness goals for the year.

According to Peak Vista’s Vice President of Medical Services, Randall Seeman, “Back-to-school physicals are an opportunity that sometimes may go missed.” Most physicals ensure that a student can play CHSAA-sanctioned sports or have all the vaccinations they may need, but Seeman adds, “there’s more than just sports and vaccines that goes on during the school year.” Seeman further explains, “At that age, school-age, you're looking at kids between 5 and 21 years of age. What a big transition time frame! There's a lot going on with their bodies. They may have natural questions that they may not know who to ask.”

This is a time to connect with the younger members of our community and help them be their best self. Peak Vista is scheduling appointments now for back-to-school physicals! Click here to schedule your appointment!
REACHING OUT IN HARD TIMES

The staff at our Pediatric Health Center at International Circle completed a routine Well-Child check-up on two-month-old Jack*. When Jack missed his four- and six-month check-ups, staff became worried about his well-being and contacted Peak Vista’s First Visitor program.

Jeanie, a first visitor volunteer, made a home visit to Jack and his mother, Rachel. She explained the circumstances around missing her son’s appointments to the volunteer and asked for help. She had three other children in need of clothes, she didn’t have enough formula or diapers, and was worried about Jack’s left eye, which had trouble staying open.

Jeanie leapt into action and picked up all the items the mother had needed. She set up several appointments for Jack, including one with an eye doctor. During this time, Jeanie also helped Rachel enroll in a GED program! With Jeanie’s help, she was able to work through her difficult situation and get Jack the help he needed.

Thanks to the thoughtful staff at the Pediatric Health Center and the efficiency of the First Visitor program, we were able to provide Jack with the tools he needs to thrive.

*Names of patients have been changed for their privacy.

A MESSAGE FROM OUR CEO, PAM MCMANUS

The road ahead of us may be long and full of unknown trials, but it’s important for us to look at how far we’ve come. It is due to the outstanding efforts of our community that Colorado has avoided a major outbreak of COVID-19.

With our recovery efforts underway, we can look to the future. Our staff are busy everyday brainstorming ways to better accommodate our more than 93,000 patients across the Pikes Peak and East Central regions. We became the first Federally Qualified Health Center in El Paso County to provide a drive-through testing site to the public. We recently expanded our telecare services to include telephone AND virtual visits for medical and behavioral health appointments. And, we recently partnered with The Place to provide behavioral health services to youths experiencing homelessness.

This pandemic has shown us the importance of behavioral health. Children, more than most, need consistent support and guidance during this time. No matter the circumstance, Peak Vista is available and will provide care through several outlets. Whether it’s integrated behavioral health at most health centers or specialized behavioral health at locations such as The Place, we are here for you!

I am continually amazed by the innovation and thoughtfulness of our community. Even when times are tough, we continue to prioritize the patient. Today, I want to recognize our staff and donors for their efforts. YOU make our mission possible.

Thank you,

Providing exceptional health care to people facing access barriers through clinical programs and education.

REACHING OUT IN HARD TIMES
THE PANDEMIC’S AFFECT ON CHILDREN

Maintaining your Behavioral Health is a key component to maintaining your overall health, especially in today’s climate. For children, the need to monitor Behavioral Health is exponentially greater. Peak Vista Vice President of Behavioral Health, Dr. Sherri Sharp says, “Like any changes to a stressor or even traumatic event, reactions to the pandemic vary from boredom to anxiety, depression and overload in managing emotions such as anger and sadness.”

Dr. Sharp noted an increase in children/teens having issues with headaches, stomach aches, sleep, bad dreams, anxiety and grief due to the loss of significant life events such as graduations and proms. This life disruption causes regression in patient behavior such as tantrums, difficulty listening, lack of concentration and lack of interest in normal hobbies.

Peak Vista offers integrated Behavioral Health care at nearly every health center, allowing our providers to focus on whole-person health. Our Behavioral Health providers also perform telecare visits to provide care to children and adults alike: “With the opening of telecare options, patients have been eager to engage in services, as they find it convenient and easy. In addition, teens seem to be much more interested in services due to this option,” comments Dr. Sharp.

We know it takes a village to raise and support children. Dr. Sharp suggests several resources for children, teens and families to cope with the pandemic:

- The CDC: Detailed information on how children can cope with the pandemic and a fun activity book to complete.
- The National Association for School Psychologists: Informational sheet for parents on helping their children cope.
- Sesame Street: Episodes to help explain the pandemic to children
- Substance Abuse and Mental Health Services Administration: Tips for social distancing, quarantine and isolation during an Infectious Disease Outbreak.
- YMCA: Free virtual classes that are easy to access via their website, for improving physical activity in the comfort of your own home.

THE PLACE - A POSITIVE IMPACT ON COS YOUTH

The Place, formerly Urban Peak Colorado Springs is an organization that ignites the potential in youth to exit homelessness and create self-determined, fulfilled lives. Peak Vista provides medical staff on site twice weekly and Behavioral Health on site 5 days per week.

The COVID-19 pandemic has had a largely negative impact on children ages 15 - 24 experiencing homelessness. “These youth have broken family/friend relationships and are trying to heal and get on their own feet. That means finding jobs, getting/finishing their education and finding housing. They generally do not have much in the way of support system, and do not have traditional guidance (parents, family) to help them through this transition to adulthood,” comments Anne Beer, Director of Health Equity. “The pandemic is making the process that much more difficult, and they don't have a place, except The Place, to weather the storm safely.”

Cassidy Palermo, Director of Care Coordination, says that, “Anxiety and depression are on the rise, and this population needs someone helping to meet their needs ‘where they’re at.’ Our behavioral health providers are doing individual BH, as well as group sessions.” Patients are also able to seek care at Springs Rescue Mission.

To learn more about The Place and the young people it serves, visit www.thelacecos.org. You can be a positive impact on the at-risk youth of Colorado Springs. Call (719) 630-3223 or go online today to find out how you can donate and/or volunteer.
NONPROFIT SUPPORT HAS ITS BENEFITS

Coronavirus Aid, Relief, and Economic Security Act (CARES Act) provide incentives for donors to support nonprofit organizations during the COVID-19 crisis. Specifically, the CARES Act provides the following charitable contributions deduction modifications:

- Individual taxpayers who don’t otherwise elect to itemize deductions are allowed an above-the-line deduction in 2020 for up to $300 for charitable contributions made in cash (not stock) to any qualifying §501(c)(3) public charity, excluding donor-advised funds and supporting organizations.

- For individual taxpayers who itemize deductions, the CARES Act temporarily increases the limitation on deductions for charitable contributions made in 2020. The 60 percent of adjusted gross income limitation is suspended for 2020 for cash contributions to qualifying organizations. For contributions of food inventory, the limitation is increased from 15 percent to 25 percent. Excess contributions may be carried forward to future years based on the existing charitable contribution carryforward rules.

In addition, the CARES Act increases the limitations on deductions for charitable contributions for corporations that make cash contributions in 2020 from 10 percent of taxable income to 25 percent of taxable income. Contributions must be made to a public charity, but contributions to a supporting organization or a donor-advised fund wouldn't qualify for the increased limits. The relevant percentage limitation applicable to donations of food inventory also is increased for donations made in 2020, from 15 percent to 25 percent.

WAYS TO GIVE

The Peak Vista Legacy of Care Circle was created to recognize those special individuals whose vision for Peak Vista and our community extends beyond their lifetime. To become a member, these individuals commit a gift to Peak Vista in their estate plans - whether in their will, as the beneficiary of a retirement account or current life insurance policy, or by establishing a charitable trust to benefit Peak Vista Community Health Centers.

It is not about how much you invest – it's about believing in the mission enough that you want Peak Vista to continue caring for future generations. To join, or for more information, please contact (719) 344-6605 or Development@peakvista.org.

You can text to donate!

1. Text “Peak Vista” to 345345.
2. Follow the prompts to donate.
*Standard message/data rates apply

Amazon Smile is a simple & automatic way for you to donate to Peak Vista without any additional charges. You will find the exact same low prices and vast selection but with the added bonus that Amazon will donate 0.5% of your purchase to Peak Vista!

Once you have visited smile.amazon.com, search for Peak Vista Community Health Centers and select Ambulatory Health Center, Community Clinic.

We’d love to hear from you!

To contact the Development department, e-mail us at Development@peakvista.org or call (719) 344-6605.