

# THE COMMUNITY

ColoradoHealthNetwork.org

NEWS FROM COLORADO HEALTH NETWORK, INC | FEBRUARY 2021 | ISSUE 1

## CHNews - Darrell Vigil, Chief Executive Officer



Dear CHN clients, donors, volunteers and friends:

We hope the new year brings wonderful beginnings to you! At CHN, we have many exciting things going on. In this edition of The Community, you'll read about developments with CHN's age-based intervention programs, fundraising successes and upcoming events, of a virtual nature!

January marked the second anniversary of the opening of the CHN Medical Clinic in Denver.

We're proud to have grown to serving 370 unique patients. The services provided include HIV/AIDS treatment and care, HIV prevention (PrEP), Transgender and gender non-conforming affirmative/expansive care and HCV (Hepatitis C) treatment and care. We also offer primary care for patients visiting for one of the above services. Please watch for exciting news in the coming months about the expansion of PrEP services to our regional offices in Colorado Springs, Pueblo, Fort Collins, Greeley and Grand Junction through tele-medicine!

I'm grateful for our clients, patients, staff, friends and donors! Without our partnerships with people like you, we wouldn't be able to provide services to clients and patients. Thank you for your continued support – it is greatly appreciated.

Sincerely,

Darrell J. Vigil, MBA

## EVENTS

February						
Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Gift in Wills on Zoom | Feb 25

March						
Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

SCHN Nat'l Women and Girls HIV/AIDS Awareness Day | Mar 10

NCHN Zoom presentation | Mar 24

Stay up to date with all CHN events at [www.coloradohealthnetwork.org/events](http://www.coloradohealthnetwork.org/events)

## Observing National Black HIV/AIDS Awareness Day

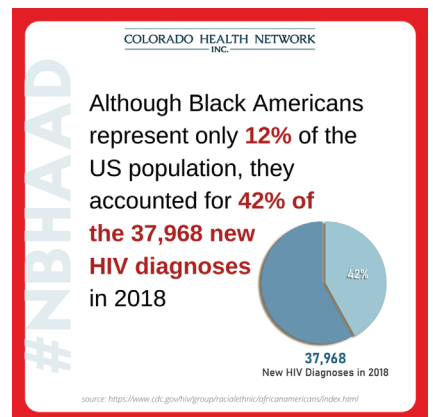
FEBRUARY 7

**NATIONAL BLACK HIV/AIDS AWARENESS DAY**



National Black HIV/AIDS Awareness Day (NBHAAD) is observed every year on February 7 to increase awareness, spark conversations, and highlight the work being done to reduce HIV in Black or African American communities.

CHN commemorates the observance by sharing compelling takeaways from national and state HIV/AIDS studies through its Facebook and Instagram platforms. Follow any of the Colorado Health Network regional pages on Facebook or Instagram @cohealthnetwork to read the NBHAAD posts or for more community news.



## National Women And Girls HIV/AIDS Awareness Day

March 2021 marks the 14th year of the annual observation of the National Women and Girls HIV/AIDS Awareness Day. Southern Colorado Health Network is proud to host an annual event to help raise awareness about the impact of HIV on women and girls, and show support for those at risk of and living with HIV. Tremendous progress has been made against HIV and AIDS in the U.S., but women remain vulnerable to infection—especially Black or African-American and Hispanic women.

This year is the 10th anniversary of SCHN hosting a Women and Girls Day event. The first event was held at the Antlers Hotel as a noon luncheon. Speakers included Susana Calderon, Regional Women's Health Coordinator of the Department of Health and Human Services and guest speaker Betsy Samuel. Sixty-eight guests attended the inaugural event in support of women and girls living with and at risk for HIV.

On March 10, SCHN will host a virtual event highlighting the stories and creating awareness of women living with HIV in our communities. We look forward to you joining us during this event. Please visit the Colorado Health Network events webpage or follow the SCHN Facebook page at [www.facebook.com/SouthernCHN](http://www.facebook.com/SouthernCHN) for more details to join this day of awareness.



Go Green.

Want to receive e-newsletters or stop receiving The Community? Let us know.

Follow Us On Social Media



## Exciting Developments with Age-Based Intervention Programs

COVID-19 was an unexpected challenge for everyone at CHN, including its two age-based programs, Youth #Unfiltered and HealthWell (HIV & Aging). The HealthWell program was adapted to an online format and with proper safety measures being taken into account, the program has still been able to host small, in-person walking groups at the Denver Botanic Gardens (with masks, of course!).

The youth program #Unfiltered has also transitioned to an online setting, with sexual health training for youth leaders conducted over Zoom and using social media channels like Instagram Live to host peer-led education sessions on HIV and STI prevention.

We are excited to continue moving forward in 2021! Phase II of HealthWell will explore virtual exercise options for its participants, including group yoga and Zumba online. A comprehensive plan is in development to integrate aging services within CHN's client services – especially for individuals over 65.

By February, #Unfiltered will move its curriculum to an interactive online learning platform that will centralize its training modules and foster digital community-building across rural, suburban, and urban regions.

*"It has made me more aware of making healthy choices about food. And reminded me of the importance of staying hydrated. It has motivated me to do more walking as often as I can during the week. Walking is great exercise for someone my age. It has also increased my attention to the details of the natural world around us and our walks at the Gardens are a highlight of my week."*  
~HealthWell Participant



physical exercise

social support

nutritional counseling

#UNFILTERED

## Universal Charitable Deduction In Effect for 2021

When millions of people in the U.S. were affected by the economic impact of COVID-19, many people responded with a generous outpour of philanthropy to help individuals and communities. Those who donated may claim cash deductions when filing for taxes without itemizing.

The CARES Act extends the \$300 universal, above-the-line deduction for non-itemizers through 2021 and also allows joint filers to deduct up to \$600. This deduction only applies to cash gifts and does not apply to cash gifts to donor-advised funds or supporting organizations. The bill also extends the temporary increase of the adjusted gross income limits for cash gifts through 2021 (100% of AGI for individuals, 25% for corporations). Visit the [irs.gov](https://www.irs.gov) website for more information.

## Clients Benefit from a Grant Award From The CO Food Pantry Assistance Grant Program

Clients will soon have access to nutritional products produced in Colorado! The Food Pantry Assistance program a product of Hunger Free Colorado's recently granted \$5,200 to CHN to support all of its regional food banks. Because of the benefit to not only clients of food banks, but also farmers and Colorado's local economy, benefits from this program. Through this grant clients will have access to high-quality, fresh protein, dairy, and produce. This is the fourth year the program has supported clients state-wide.

## Fashion Event Benefiting WCHN Clients Moved To This Summer

The historic Telluride AIDS Benefit (TAB) fashion show has been moved from its traditional February dates to later this summer – dates to be announced. TAB is a long-time supporter of clients living with HIV who access services and programs through the Western Colorado Health Network office. For more information on TAB and the 2021 Fashion show please visit <https://www.tellurideaidsbenefit.org>

## Coloradans Have Another Way to Support What Matters Most

Now Colorado residents have another way to support charitable causes that matter most. Last year a new state law passed that allows Coloradans to donate some or all of their eligible state income tax return to Colorado charitable organizations of their choice.



Consider donating a portion of your state income tax refund to support thousands of Coloradans living with HIV and other health conditions. Simply elect Colorado Health Network as your Colorado Nonprofit and allocate your contribution up to the full amount of your tax refund.

When you file to support Coloradans living with HIV, enter "Colorado Health Network", the 11-digit registration number "20023003064", and the amount you wish to donate – up to the amount of your eligible return. More information is available at [www.RefundWhatMatters.org](http://www.RefundWhatMatters.org).

## Free HIV/STI Testing at CHN

The only way you know your HIV or STI status is to get tested. This piece of information is essential to getting access to care. All CHN locations offer free and confidential HIV/HVC/STI testing. Find out more about testing at <https://rebrand.ly/CHN-testing/> or call your regional office for more information.

## Gift In Wills Program

During these uncertain times many people are thinking about creating a personal inventory of what's important to them or when is the best time to add that special someone to their Will. Join us on Thursday, February 25, at 12:30 pm MST for a 30-minute program to find answers to your questions about Wills in a special Gift in Wills program with guest speaker Erica Johnson, JD. Erica is a partner at the law firm of Ambler Keenan Mitchell Johnson where her practice emphasizes estate planning, probate, trust administration & second parent adoption.

Register today at <https://rebrand.ly/CHNwills>  
February 25, 12:30 pm – 1 pm