

**My Community Health
Foundation
(MCHF)**

**We are healthcare, fitness and
nutrition professionals that
want to share our passion
with the community.**

MCHF assists providers to improve
the quality of care through
evidence based process outcomes
and add value to the community by
providing for the individual.

We seek to improve health
outcomes, engagement and
participation of care givers and
the individual.

We aim to provide tools,
support and resources to empower
individuals to take a leadership role
in their health by assisting in
establishing care teams that
demonstrate proactive rather than
reactive patient care
and improve workflow.



My Community
Health Foundation

To Learn More or Donate

My Community
Health Foundation

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MCHF is charitable tax-exempt
under section 501(c)(3) of the
Internal Revenue Code



My Community
Health Foundation

Providing assistance to our
community by improving access
to health and wellness,
resources and education with
programs like:

**Roaring Fork Brain Train
(RFBT)**

A 501(c)(3) Charitable Organization

OPERATING SINCE JULY 11, 2016

Program runs Mondays and Wednesdays
9:45am-2:00pm. Participants arrive at 9:45am
and meet at:

Third Street Center
Senior Matters, Room 33
520 S. Third Street
Carbondale, CO 81623

PROGRAM OUTLINE:

1st Hour: Seated yoga/gentle therapeutic
movement

2nd Hour: Support group/sharing hour for
participants to talk about issues. LCSW (Licensed
Clinical Social Worker) leads discussion about
feelings, challenges, what is positive in their lives,
etc. This hour will include an "art directive" for
participants to express and explore what they are
feeling.

3rd Hour: Lunch, social, cards, dominoes, reading,
quiet time

4th Hour on Mondays: A professional music
teacher leads a singing session. Science shows
that there is great correlation between music
and memory recall.

4th Hour on Wednesdays: Licensed Occupational
Therapist or Licensed Professional Counselor leads
current event discussions where no one is wrong,
all opinions are valued. This hour will also include
brain teasers, puzzles and other
cognitive stimulating tasks that strengthen
memory recall.

For more information, go to:
www.mycommunityhealthfoundation.org/programs
or call Marti Barbour at 970-319-8829

Signature Program

ROARING FORK BRAIN TRAIN (RFBT)

The mission of the Roaring Fork Brain Train
is to provide a safe environment where
people with Early Memory Loss can thrive
and to create respite time for caregivers.

RFBT was formally a program under
Senior Matters a 501c3 dedicated to the
improvement of quality of life for seniors
in the Roaring Fork Valley.

Given that the Roaring Fork valley has a
large aging population, MCHF is proud to
be the new home for RFBT, the western
slope's only enrolled support program for
people with memory loss which also
provides respite time for caregivers.



"It is with great pleasure that I
write this letter of support for the
innovative program you are
developing in the
Roaring Fork Valley."

Teresa Black
Western Slope Regional Director
Alzheimer's Association

"We are honored and excited to
continue the great work that RFBT has
provided to the community. We look
forward to working with participants to
further enrich the lives of the people living
with early memory loss in our community."

- Amanda Wagner
President/Founder of MCHF