Amid pandemic, clinic offers telehealth option

• River Valley working to limit exposure to virus
• Virtual visits can help many
• Tips for remaining calm

By Katharhynn Heidelberg
katharhynnh@montrosepress.com

The COVID-19 pandemic is driving a local clinic toward more technology, to reduce the need for in-person visits and the potential of exposure.

River Valley Family Health Center is continuing to provide medical and behavioral health services at its Montrose, Olathe and Delta clinics, but is implementing a new strategy — telehealth.

"What we're finding with our shelter in place order from the governor is more and more patients are not wanting to come in because they don't want to get sick, but also, we have called and asked them not to come in because they meet the at-risk population (designation) of COVID-19 really harming them," said Kaye Hotsenpiller, chief operating officer.

River Valley — which accepts all insurance and clients without insurance, as well as offers a sliding-scale fee — has established a secure video option for certain medical services, as well as phone options for those without a computer or good internet connection. Patients can contact River Valley for help in installing the application for the video and how to use it.

The first step is to call 970-323-6141 to obtain a scheduling appointment. More information about the health center can also be found at rivervalleyfhc.com.

"We'll schedule appointments and then have someone call them back and spend some time with the download and explain how everything works," Hotsenpiller said.

"Some people haven't ever used technology like this. Others can completely utilize the app without assistance, but we do have that followup telehealth specialist that's calling them back and getting questions answered before either visit."

Health care providers are an essential service under the state's stay-at-home orders, which limit what businesses can be open and which preclude certain activities. To help reduce transmission of COVID-19, which causes respiratory illness that can be fatal, River Valley is offering telehealth to patients, with the idea that it will be used as often as practical.

River Valley Family Health Center is offering telehealth services to reduce the potential of COVID-19 transmission. (Montrose Daily Press/file photo)

Although the virtual world comes with limits — providers cannot, for example, take a patient's vitals — it is possible to meet some needs via remote video or to discuss conditions.

"For existing patients, they would just call in or message through the patient portal," the clinic's director of quality assurance and quality improvement Jackie Sievers said. "We can use those (virtual) visits if people are sick, managing chronic illness, or for regular followups."

The virtual technology can also be used for the visits required for pharmacy refills, she said.

The drive-through pharmacy at the Montrose clinic off Apollo Road remains open; the walk-in pharmacy is closed.

The clinic has also suspended some services, such as dental hygiene, in accordance with the state order. Emergency dental service can still be provided.

When people do come into any of the River Valley clinics, they will be asked to answer screening questions and if they meet criteria for testing, they will be sent to their vehicle, then put in touch with nursing staff for next steps.

Packages and mail are being dropped off with the staffers who are working as door screeners.

River Valley has not closed, Hotsenpiller said. It is just offering another option during the pandemic.

"All of our clinics are still open. We're still providing services, but if they really feel uneasy about getting out, we have this available," she said.

River Valley also offers tips for those experiencing fear or anxiety as the result of the pandemic. Suggestions include taking breaks from the news; stretching or meditation; eating well-balanced meals, exercising, sleeping enough and avoiding alcohol or drugs.

Although in-person contact is limited during the state's stay-at-home order, try to stay in touch with friends and family by phone or video. Talk about your concerns with those you trust.

Also, when you do talk about COVID-19, obtain facts from reputable sources, such as cdc.org. River Valley's behavioral health services can be accessed by calling 970-874-8981.

Katharhynn Heidelberg is the Montrose Daily Press assistant editor and senior writer.

Nonprofit offers remote services for those dealing with addiction

Staff Report

Face It Together, a nonprofit that helps those dealing with their addiction, or that of loved ones, is offering all of its remote services for free, through May 31, in response to the COVID-19 pandemic.

The most effective strategies for slowing transmission of the virus — social distancing and isolation — are the very things that can be detrimental to addiction recovery, Face It Together's announcement said. The nonprofit wants to be sure everyone in need of support gets it and therefore, has suspended its fees.

The nonprofit has also launched online recovery meetings for addicts and their loved ones, which are open to anyone needing additional support.

For the weekly group schedule, visit wefaceittogether.org/groups.

Face It Together began offering phone and video services to Montrose clients last year, with CASA of the 7th Judicial District serving as a host site for those without adequate phone and video access.

wednesday evening

CH=Charter SP=Spring Creek DN=Dish Network DTV=DirecTV

CH	SP	DN	DTV	4/1/20	6 p.m.	6:30	7 p.m.	7:30	8 p.m.	8:30	9 p.m.	9:30	10 p.m.	10:30	11 p.m.	11:30
3	10			CBS	**KREX News at Six** (N) (cc)	**The Big Bang Theory** (cc)	**Survivor** The new-school castaways merge. (N) (cc)		**Garth & Trisha Live!** Garth Brooks and Trisha Yearwood. (cc)		**S.W.A.T.** "Los Huesos" Jessica and Chris go under cover. (cc)		**KREX News at Ten** (N) (cc)	**(:35) The Late Show With Stephen Colbert** (N) (cc)		**Late Late Show/ James Corden**
6	6			PBS	**PBS NewsHour** (N) (cc)		**Nature** "Cuba's Wild Revolution" Cuba's protected habitat. (N)		**NOVA** "Cuba's Cancer Hope" Lung cancer vaccines. (N) (cc) (DVS)		**Earth's Sacred Wonders** Renovating Djenne's Great Mosque. (N) (cc)		**Ancient Invisible Cities** "Cairo" Great Pyramid of Giza; hidden fortress.		**Amanpour and Company** (N) (cc)	
7	12	4		FOX	**Mike & Molly** "Mike's Feet"	**Fox 4 News at 6:30p** (N) (cc)	**The Masked Singer** "The Super Nine Masked Singer Special: Groups A, B & C" The Super Nine hit the stage. (N) (cc) (DVS)				**Fox 4 News at 9** (N)	**Fox 31 News at Nine O'Clock** (N) (cc)	**The Big Bang Theory** (cc)		**Modern Family** "Integrity" (cc)	**Modern Family** "Patriot Games"
9	11	11		NBC	**KKCO 11 News at 6:00** (N) (cc)	**Wheel of Fortune** "Spa Getaway"	**Chicago Med** Halstead's former patient resurfaces. (cc) (DVS)		**Chicago Fire** Dealing with a series of false alarms. (cc) (DVS)		**Chicago P.D.** Ruzek and Burgess' secret affects work. (cc) (DVS)		**The TEN on KKCO 11 News** (N)	**(:34) The Tonight Show Starring Jimmy Fallon** (N) (cc)		**(:37) Late Night With Seth Meyers**
10	8	8		ABC	**Inside Edition** (N) (cc)	**Entertainment Tonight** (N) (cc)	**The Goldbergs** "Island Time" (N)	**Schooled** "Lainey's Mom" (N)	**Modern Family** (N) (cc) (DVS)	**(:31) American Housewife** (N)	**David Blaine: The Magic Way** David Blaine performs magical acts. (N)		**The TEN on KJCT News 8**	**(:35) Nightline** (N) (cc)	**(:05) Jimmy Kimmel Live!** Eric Stonestreet; Jesse Tyler Ferguson. (N) (cc)	
13				CW	**Family Guy** "PTV" (cc)	**Family Guy** "Saturated Fat Guy"	**Penn & Teller: Fool Us** Penn and Teller prank Chris Hardwick. (cc)		**Penn & Teller: April Fool Us Day** Behind-the-scenes footage. (cc)		**Seinfeld** "The Apology" (cc)	**Seinfeld** "The Pick" (cc)	**black-ish** "Charlie in Charge" (cc)	**black-ish** "Crazy Mom" (cc)	**The Goldbergs** "Weird Al" (cc)	**The Goldbergs** "I Drank the Mold"
	2	235		CW	**(5:58) The Big Bang Theory**	**(:28) The Big Bang Theory** (cc)	**Channel 2 News at 7:00pm** (N)	**Channel 2 News Special**	**Penn & Teller: Fool Us** Penn and Teller prank Chris Hardwick. (cc)		**Penn & Teller: April Fool Us Day** Behind-the-scenes footage. (cc)		**Two and a Half Men** (cc)	**Two and a Half Men** (cc)	**Channel 2 News at 11pm** (N) (cc)	**(:35) Modern Family** "Integrity"
basic cable channels																
60	13	182	278	DSC	**Expedition Unknown** (cc)		**Expedition Unknown** (cc)		**Legends of the Wild** (cc)		**(:10) Expedition Unknown** (cc)		**Expedition Unknown** (cc)		**Expedition Unknown** (cc)	
17	16	139	247	TBS	**The Big Bang Theory**	**The Big Bang Theory**	**The Big Bang Theory**	**The Big Bang Theory**	**The Big Bang Theory**	**Full Frontal With Samantha Bee**	**Conan** Actor Jesse Eisenberg.	**Full Frontal With Samantha Bee**	**New Girl** "Quick Hardening Caulk"	**Conan** Actor Jesse Eisenberg.	**2 Broke Girls** (cc) (DVS)	**2 Broke Girls** (cc) (DVS)
61	30	108	252	LIFE	**Married at First Sight** "Fight or Flight?" The remaining couples go on a retreat. (N) (cc)				**(:03) Bride & Prejudice: Forbidden Love** Dinner with both sets of parents.		**(:03) Married at First Sight** The remaining couples go on a retreat.		**(:01) Married at First Sight** "Fight or Flight?" The remaining couples go on a retreat. (cc)			
33	14	241	241	PARMT	**(5:00)** ★★★ **Shrek** (2001) (cc)		★★ **Shrek Forever After** (2010) Voices of Mike Myers. Premiere. (cc)				★★★ **Shrek** (2001, Children's) Voices of Mike Myers, Eddie Murphy. (cc)				★★★ **Coming to America** (1988)	
24	34	131	254	AMC	**(5:00)** ★★★ **Home Alone** (1990) Macaulay Culkin. A left-behind boy battles two burglars in the house. (cc)			★★ **Jumanji** (1995, Children's) Robin Williams, Bonnie Hunt, Kirsten Dunst. A sinister board game puts its players in mortal jeopardy. (cc)					★★ **Ace Ventura: Pet Detective** (1994, Comedy) Jim Carrey, Courteney Cox. A goofy gumshoe probes the kidnapping of the Miami dolphin. (cc)				
25	24	105	242	USA	**WWE NXT** (N) (Live) (cc)				**Law & Order: Special Victims Unit** Detectives receive a lead from a killer.		**Law & Order: Special Victims Unit** Witnesses of a rape don't call for help.		**Modern Family** "Aunt Mommy"	**Modern Family** "Virgin Territory"	**Modern Family** (cc) (DVS)	**Modern Family** "Tableau Vivant"
26	36	136	248	FXP	★★ **Despicable Me 3** (2017) Voices of Steve Carell, Kristen Wiig. Animated. Gru and his twin brother battle a former 1980s child star. (cc)				★★ **Peter Rabbit** (2018) Voices of James Corden. Premiere. Live action/animated. Mr. McGregor tries to vacate Peter Rabbit from his garden. (cc)				★★ **Peter Rabbit** (2018) Voices of James Corden, Fayssal Bazzi. Live action/animated. Mr. McGregor tries to vacate Peter Rabbit from his garden. (cc)			
27	29	170	299	NICK	**Young Dylan**	**SpongeBob**	**SpongeBob**	**SpongeBob**	**Friends** (cc)	**Friends** (cc)	**Friends** (cc)	**Friends** (cc)	**Friends** (cc)	**Friends** (cc)	**Friends** (cc)	**(:35) Friends**
28	53	176	296	TOON	**Home Movies**	**Bob's Burgers**	**Bob's Burgers**	**Rick and Morty**	**American Dad**	**American Dad**	**Family Guy** (cc)	**Family Guy** (cc)	**Robot Chicken**	**Aqua Unit Ptrl**	**The Venture Bros.**	**Family Guy** (cc)
29	3	180	311	FREE	**The Simpsons** (cc)	**The Simpsons** (cc)	★★★ **The Blind Side** (2009, Drama) Sandra Bullock, Tim McGraw, Quinton Aaron. A well-to-do white couple adopts a homeless black teen. (cc)						**Motherland: Fort Salem** Male witches arrive at Fort Salem. (N) (cc)		**Motherland: Fort Salem** Male witches arrive at Fort Salem. (cc)	
32	33	118	265	A&E	**Ghost Hunters** Paranormal activity in Albion, N.Y. (cc)		**Ghost Hunters** The team travels to a seminary in Ohio. (cc)		**Ghost Hunters** Grant returns to a haunted lighthouse. (cc)		**Ghost Hunters** Strange doings at a Mississippi mansion. (cc)		**Ghost Hunters** Paranormal activity in Albion, N.Y. (cc)		**Ghost Hunters** The team travels to a seminary in Ohio. (cc)	
34	26	140	206	ESPN	**MLB Baseball**						**SportsCenter With Scott Van Pelt** (N)		**SportsCenter With Scott Van Pelt**		**SportsCenter With Scott Van Pelt**	
35	27	144	209	ESPN2	**Billiards** From Dec. 27, 2015.		**College Football** From Sept. 18, 2010.				**College Football**				**College Football** From Dec. 31, 2019.	
36	64	200	202	CNN	**Anderson Cooper 360** (N) (cc)		**Cuomo Prime Time** (N) (cc)		**CNN Tonight with Don Lemon** (N)		**CNN Tonight with Don Lemon** (N)		**Anderson Cooper 360** (cc)		**Cuomo Prime Time** (cc)	
37	44	172	291	DISP	**(:05) Jessie** (cc)	**(:35) Jessie** (cc)	**(:05) Jessie** (cc)	**Raven's Home**	**Raven's Home**	**(:35) Bunk'd** (cc)	**Bunk'd** (cc)	**Gabby Duran**	**Sydney-Max**	**Just Roll With It**	**Coop & Cami**	**Sydney-Max**
38	47	205	360	FNC	**Tucker Carlson Tonight** (N) (cc)		**Hannity** (N) (cc)		**The Ingraham Angle** (N) (cc)		**Fox News at Night With Shannon**		**Tucker Carlson Tonight** (cc)		**Hannity** (cc)	
40	32			ATTSP	**(5:00) College Basketball**		**Rockies Rewind** Trevor Story's first career walk-off. From July 15, 2018.				**Rockies Rewind** Charlie Blackmon's walk-off versus the Astros.				**Fight Sports MMA**	
42	17	138	245	TNT	**All Elite Wrestling: Dynamite** (N) (Live) (cc)				★★★ **Dumb & Dumber** (1994, Comedy) Jim Carrey, Jeff Daniels, Lauren Holly. Two witless wonders take a cash-laden briefcase to Aspen. (cc) (DVS)				**(:15)** ★★★ **The 40-Year-Old Virgin** (2005) Steve Carell, Catherine Keener. Three co-workers unite to help their buddy get a sex life. (cc) (DVS)			
44		107	249	COM	**South Park** (cc)	**South Park** (cc)	**South Park** (cc)	**South Park** (cc)	**South Park** (cc)	**South Park** (cc)	**South Park** (cc)	**South Park** (cc)	**South Park** (cc)	**South Park** (cc)	**South Park** (cc)	**Crank Yankers** (N)
45	25	122	244	SYFY	**(5:45)** ★★★ **The Goonies** (1985, Children's) Sean Astin, Josh Brolin. (cc)				**The Magicians** "Fillory and Further"		**(:04) Vagrant Queen** (cc)		**(:03) The Magicians** (cc)		**(:07)** ★★ **Point Break** (2015, Action)	
48	37	120	269	HIST	**Forged in Fire: Cutting Deeper** (N)		**Forged in Fire** "Game of Forge" (N)		**Eating History** (N)	**Eating History** (N)	**(:03) Forged in Fire** (cc) (DVS)		**(:03) Forged in Fire** "Game of Forge"		**Eating History**	**Eating History**
49	52	183	280	TLC	**My 600-Lb. Life** "Megan's Story" Megan is 24 years old and over 600lbs. (N)				**Dr. Pimple Popper**		**Save My Skin** "Bye-bye Lumps!"		**My 600-Lb. Life** "Megan's Story" Megan is 24 years old and over 600lbs.			
50	45	184	282	ANPL	**My Cat From Hell** (cc)		**My Cat From Hell** "Baby the Bully"		**My Cat From Hell** "Posey the Terror"		**My Cat From Hell** "Ferocious Foster"		**My Cat From Hell** (cc)		**My Cat From Hell** "Bad Cat Karma"	
51	57	110	231	FOOD	**Tournament of Champions** (N) (cc)		**Tournament of Champions** (N) (cc)		**Tournament of Champions** "A Champion is Crowned"			**Diners, Drive**	**Tournament of Champions** (cc)		**Tournament of Champions** (cc)	
52	59	196	277	TRAVEL	**These Woods Are Haunted** A boy pursued by supernatural predator. (N)				**True Terror With Robert Englund** (N)		**True Terror With Robert Englund**		**These Woods Are Haunted** A boy pursued by supernatural predator. (cc)			
54		106	304	TVLAND	**Love-Raymond**	**Love-Raymond**	**Love-Raymond**	**Love-Raymond**	**Two and Half Men**	**Two and Half Men**	**King of Queens**	**King of Queens**	**King of Queens**	**King of Queens**	**King of Queens**	**King of Queens**
55	54	132	256	TCM	★★★★ **Seven Samurai** (1954, Action) Toshirô Mifune, Takashi Shimura, Yoshio Inaba. Seven warriors defend feudal Japanese villagers.							**(:45)** ★★★★ **Rashomon** (1950, Drama) Toshirô Mifune, Machiko Kyo, Masayuki Mori. Oscar-winning tale of four perspectives on a rape-murder.				★★★★ **Yojimbo** (1961, Adventure)
56	19	185	312	HALL	**Just My Type** (2020, Romance-Comedy) Bethany Joy Lenz, Brett Dalton. A pop culture writer lands the interview of a lifetime. (cc)				**The Golden Girls** (cc)	**The Golden Girls** (cc)	**The Golden Girls** (cc)	**The Golden Girls** (cc)	**The Golden Girls** "Rose the Prude"	**The Golden Girls** "Transplant"	**Frasier** "The Club" (cc)	**Frasier** (cc)
premium cable channels																
318	20	303	504	HBOP	**(:10)** ★★ **Quantum of Solace** (2008, Action) Daniel Craig, Olga Kurylenko. James Bond seeks revenge for the death of Vesper Lynd. 'PG-13' (cc)				**Westworld** "The Winter Line" People put up a lot of walls. (cc)		**Westworld** "The Absence of Field" Some do not like what they see.		★★ **Alita: Battle Angel** (2019, Science Fiction) Rosa Salazar, Christoph Waltz. Animated. A futuristic cyborg combats deadly forces. 'PG-13' (cc)			
349	22	311	516	MAXP	**(5:30)** ★★ **Grudge Match** (2013) Robert De Niro. Retired boxing rivals return to the ring for one last fight. 'PG-13'		**(:25)** ★★★ **The Old Man & the Gun** (2018, Comedy-Drama) Robert Redford, Casey Affleck. 'PG-13' (cc)				★★★ **Thank You for Smoking** (2005, Comedy-Drama) Aaron Eckhart, Maria Bello, Cameron Bright. 'R' (cc)			**(:35)** ★★★ **The American** (2010, Suspense) George Clooney. A hit man hides out in Italy. 'R' (cc)		
379	18	318	545	SHOW	★★ **Be Cool** (2005, Comedy) John Travolta, Uma Thurman. Premiere. Chili Palmer runs afoul of record-industry players. 'PG-13' (cc)				★★★ **Analyze This** (1999) Robert De Niro. An angst-ridden mobster seeks a psychiatrist's help. 'R' (cc)			**(:45) Desus & Mero** "That Rona"	**(:15)** ★★ **Rambo** (2008, Action) Sylvester Stallone, Julie Benz. A clergyman persuades Rambo to rescue captive missionaries in Burma. 'R' (cc)			
421	21	351	528	STZP	**(:10)** ★ **Miss Bala** (2019, Action) Gina Rodriguez, Ismael Cruz Córdova. A woman must save her friend from a Mexican drug cartel. 'PG-13' (cc)				**(7:56)** ★★★ **Spider-Man** (2002, Action) Tobey Maguire. Premiere. A bite from a mutant spider gives a teen unusual powers. 'PG-13' (cc)				★★★ **Spider-Man 2** (2004, Action) Tobey Maguire. Premiere. Peter Parker fights a man who has mechanical tentacles. 'PG-13' (cc)			
445	15	341	535	STZENC	**(5:21)** ★★ **Spaceballs** (1987, Comedy) Mel Brooks. 'PG' (cc)		★★ **Legally Blonde 2: Red, White & Blonde** (2003, Comedy) Reese Witherspoon, Sally Field. 'PG-13' (cc)				**(:37)** ★ **The Animal** (2001) Rob Schneider. Transplanted animal organs bring out the beast in a man. 'PG-13' (cc)		**(:04) The Professor and the Madman** (2019) Mel Gibson, Sean Penn. Premiere. James Murray's work on the Oxford English Dictionary. 'NR' (cc)			