

# Creating Futures

UNIVERSITY OF COLORADO COLORADO SPRINGS

PEAK VISTA COMMUNITY HEALTH CENTERS

*Artist's rendering*



Bridging Education and Community Assets

**Lane Center for  
Academic Health Sciences**



# Working Together Toward a **Healthy Future**

America’s senior population is growing at an unprecedented rate. Colorado ranks among the top five states in senior-population growth: between 1990 and 2035, the El Paso County senior population is expected to more than double.

To accommodate this population explosion, we must expand and evolve health care for seniors. Yet as costs increase and the economy struggles, many seniors are now less able to afford it. Others face barriers of mobility and provider access. Even when these barriers are overcome, most senior care targets problems in isolation—rarely addressing all relevant health factors in an integrated way.

Fortunately, the region is home to a remarkable partnership, between the University of Colorado Colorado Springs and Peak Vista Community Health Centers, that has been addressing these challenges for years. **Thanks to the new Lane Center for Academic Health Sciences**, this partnership will better serve seniors as well as cohorts ranging from Olympic athletes, to recreationalists, to citizens seeking better nutrition and mobility.

When completed in 2013, the Lane Center will create innovative interprofessional health models, and deliver them in a convenient location—giving citizens “one-stop shopping” for treatment, prevention, and support. The Lane Center will also spur new research and prepare future professionals for a range of health specialties, guided by acclaimed faculty at UCCS—a “Best of the West” regional university.

**Your support will strengthen the Lane Center— a community partnership that will house:**

- **Lane Family Senior Health Center (Peak Vista)**
- **Beth-El College of Nursing and Health Sciences**
- **CU Aging Center**
- **Gerontology Center**

“Aging adults may experience stresses such as loneliness, health challenges, isolation, or loss of independence. In our model, a physician and a behavioral health specialist can join for a co-visit with a patient. While the physician focuses on the physical health, the behavioral health specialist can provide practical ideas to address some of these stresses during the same visit. This model supports the patient and is also cost-effective.”



**Pam McManus**  
*President & CEO*  
*Peak Vista Community Health Centers*

# A Track Record of Excellence, Service, and Partnership

For over 40 years, the nonprofit **Peak Vista Community Health Centers** has provided exceptional, affordable health care for individuals facing access barriers. With fewer private physicians accepting new Medicare patients, Peak Vista's two senior health centers have become the health care home for thousands of seniors living in the Pikes Peak region. Working with local senior agencies and service providers, Peak Vista has become a key component of the local community senior service network.

These seniors benefit from the expertise, research, and care of UCCS partners such as the **CU Aging Center** and the **Gerontology Center**, whose expertise spans many facets of senior health. UCCS's PhD in psychology with an emphasis on geropsychology is one of the nation's first of its kind. The Gerontology Center conducts research, educates future professionals, and connects UCCS to the community through service. The CU Aging Center is a clinical training ground for future geropsychologists, who provide 6,200 hours of services annually at centers such as Peak Vista Senior Health Centers.

## An Innovative Care Model

Integrated care—in which physical, mental, and other health factors are considered jointly as part of a single clinical experience—can lead to better health outcomes that achieve patient goals.

Increasingly, this model is becoming a vital focus for health educators who call for a new model of interprofessional health education and competency. Such education, according to a consortium of six health professions education associations, will “prepare all health professions students for *deliberately working together*” to build a better health care system.

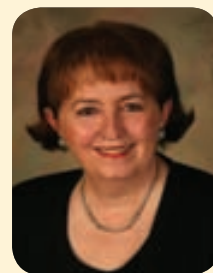
In practice, administrative factors, geography, and coordination challenges can make integrated care difficult to execute. For seniors with limited mobility, it can also be difficult to follow through with multiple providers at multiple locations.

Beyond just seniors, **UCCS's Beth-El College of Nursing and Health Sciences** educates professionals in areas ranging from primary health care, to nutrition, to injury prevention, to chronic disease management, to fitness and wellness programming. Its strengths in athletic training, health promotion, nursing, sport nutrition, strength and conditioning, and clinical research synch well with a region that's home to the U.S. Olympic Training Center and one of America's most active populations. Beth-El faculty and students encourage health care providers to have patients incorporate physical activity into their daily routine.

Beth-El plays a key role in the Lane Center for Academic Health Sciences program model—which will promote an interprofessional model of caring for families and individuals. Through its clinic, medically integrated fitness center, teaching nutrition kitchen, and clinical research facilities, Beth-El faculty partner with other health care providers to provide cutting-edge health and wellness services.

The Lane Center for Academic Health Sciences will bring under one roof primary care, behavioral health, audiology, vision, health education, nutrition, and wellness. And it will promote preventive practices aimed not only toward mitigating existing disease, but on preventing it and promoting healthy lifestyles.

“This partnership has been a ‘win-win-win’ for UCCS, Peak Vista, and our community. Donors to the Lane Center for Academic Health Sciences can build on the outstanding teamwork of the past few years, and expand our ability to serve seniors and their families.”



**Pam Shockley-Zalabak**  
UCCS Chancellor

Artist's rendering of a shared lobby in the Lane Family Senior Health Center, a vital component of the Lane Center for Academic Health Sciences



For more information on the many ways you can make a gift, contact:

**Megan Fisher**  
**University of Colorado Foundation**  
719-255-5104  
megan.fisher@cufund.org  
[www.cufund.org](http://www.cufund.org)

**B.J. Scott**  
**Peak Vista Community Health Centers Foundation**  
719-344-6605  
bj.scott@peakvista.org  
[www.peakvista.org](http://www.peakvista.org)

## Community Partners **Make it Happen!**

Forward-looking individuals and foundations such as the Caring for Colorado Foundation (which seeded the Peak Vista/CU Aging Center partnership in 2005) and the Colorado Health Foundation (whose grants have supported this partnership for many years) have gotten us to the point at which we can launch this ambitious project. Continued community support will lengthen and strengthen the lives of our seniors.

We've only scratched the surface of what we can do, together. By supporting the Lane Center partnership, you will help us keep the golden years shining on.



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“With UCCS behavioral health care providers embedded in Peak Vista’s Senior Health Centers, we’ve seen greater recognition of depression and mild cognitive impairment, more recognition and intervention strategies for seniors experiencing financial stress, rapid correction of worsening psychiatric conditions, and a coordinated effort toward emotional support at reasonable cost. The enhanced partnership to occur in the Lane Center for Academic Health Sciences will benefit a larger group of seniors.”

**Scott Robinson, DO**

*Clinical Director of Senior Health Centers, Peak Vista Community Health Centers*

