

Times-Call #	Title of File Folder	Photo#	Brief Description
H.5.1	Health General 1986-1988	2	Laughter, massage, stress relief, health care legislation. Various ailments and treatments.
H.5.1	Health General 1985	0	Vaccines, phobias, health fairs, exercise, new technologies. Liver transplant needed for child. Babies and bonding.
H.5.1	Health General 1982-1983	0	Various ailments and treatments. Use of microwaves pose minimal threats.
H.5.1	Health General 1979-1981	2	Various ailments and treatments. Flu outbreaks.
H.5.10	Health - Health 1984	0	Human Relations Commission studies affordable medical care for indigent residents. Health, fitness, diet and exercise advice. Local cases of rare childhood diseases. Support groups for various illnesses. Compensation for Agent Orange. Fitness tests at rec center. CAT scans at LUH.
H.5.1	Health - Health General 1989 - 1991	0	MD vs. OD, tourettes case; Boulder County Health Dept. Maternity Home Health; drug info at pharmacies; marketing medicine, sleep apnea, sleep lab at LUH, workplace fitness, therapy pool.
H.5.1	Health - Health Care Directory 1990 - 1991	0	Health Care Directories, 11/25/90, 2/18/90, 2/17/91
H.5.10	Health - Abortion 1984 - 1989	7	Anti abortion protests.
H.5.10	Health - Abuse, Alcohol (see Drug) 1982 - 1991	0	Domestic violence, intervention, child abuse prevention, local safehouse; drug abuse awareness. Jean Elliott co- founded Longmont Coalition for Women in Crisis; PD buys teddy bears for victims of child abuse. Domestic violence workshop for clergy, recovering from domestic violence. Steve Heiling, DSS recognized for child abuse prevention and treatment. Lions Club sponsors child finger-printing; child protection services. Child Abuse Awareness meetings at First United Methodist Church open to public.

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H.5.10	Health - Alcohol and Drug Abuse, 1982 - 1984	1	Students Against Drunk Driving, Alternatives for Youth. Fred Rainguet, PD speaks to Substance Abuse Task Force. Purpose of anti-drug project unclear. Poll split on tax hike for anti-drug programs. Elks Lodge sponsors drug awareness program. DUI arrests increase 176% in 1984. Alcohol Recovery Center seeks volunteers. City Council members join coalition against drug use. Officer destroys 2 DUI tickets for friend. 195% increase in DUI arrests. Three city employees on leave for DUI. Residents create Prevent Alcohol Related Killings and Injuries Today (PARK-IT). "The Chemical People" viewed at town meeting. Women's Christian Temperance Union promotes education on dangers of alcohol. Safe Ride program free on prom night. Lyons students awarded prize for drunk driving video.
H.5.10	Health - Drug Abuse & Alcoholism, 1976 - 1981	9	DMSO for pain not approved by FDA. Series of articles and editorials on drug abuse. Palmer Drug Abuse Program helps families cope with stresses of adolescence. Workshop by Drug Abuse Information Group for teens at Northeast Junior High. First resident graduates from Post House residential treatment. Reporter drunk at PD to experience arrest and jail. Juvenile Alcohol Abuse Awareness Program at BCHD.
H.5.10	Health - Abuse, Child & Wife 1977 - 1981	4	Domestic violence. Melodye Feldman, Longmont Coalition for Women in Crisis. Alcoholism, Abusive Men Exploring New Directions (AMEND) support group, sexual abuse therapy. Panel discussion with 4 local attorneys.
H.5.10	Health - Adoption 1987	0	Nicole Taylor meets birth family. Longmont Adoptive Families support group.
H.5.10	Health - Agoraphobia 1987	0	TERRAP (territorial apprehensiveness comfort zone for persons with fear of open spaces and situations) support group, fear of open spaces and people.
H.5.10	Health -AIDS 1983 - 1991	9	Aids documentary film by Jeff Eastin. Free AIDS testing at Boulder County Health Dept. (BCHD). AIDS research and treatment at LUH. Dr. Federico Cruz-Uribe, Director, BCHD, on AIDS prevention and substance abuse; controversial needle exchange program. Parents reject HIV video for SVVSD students. Proposed AIDS curriculum on display at Longmont Public Library developed by SVVSD Board. Patients draw and store own blood for surgery at LUH.
H.5.10	Health - Allergies 1983 - 1991	0	Allergies, prevention and treatment. LUH class for diagnosis and management.

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H.5.10	Health - Alzheimer's Disease 1980 - 1990	0	Alzheimer's Program at Homestead Adult Daycare. Support group at Longmont Senior Center.
H.5.10	Health - Anorexia Nervosa 1981 - 1990	0	Anorexia, bulimia treatment. Support group at Longmont Women's Center. Case studies.
H.5.10	Health - Arthritis 1982 - 1990	1	Exercise program at Applewood Living Center relieves arthritis. Support group, 4-year old case study. Catalina Controls markets hydrotherapy unit. Staodynamics markets biofeedback machine to suppress pain.
H.5.10	Health - Asthma 1986 - 1991	0	Respiratory therapy at LUH. Case studies, Fancy Tank oxygen tank covers. Local allergens; Active with Asthma" program.
H.5.10	Health - Attentional Deficit Disorder 1988 - 1990	0	Parent support group, biochemical imbalance is cause.
H.5.10	Health - Biofeedback 1978 - 1983	0	Staodynamics markets Biofeedback machine. Psychiatric Center counsels Biofeedback therapy.
H.5.10	Health - Birth Control 1978 - 1982	1	Early pregnancy test kits at local pharmacies.
H.5.10	Health - Blindness, Eyesight 1978 - 1979	0	Columbine Lions Club help visually impaired.
H.5.10	Health - Blood Pressure 1978 - 1982	1	free blood pressure checks.
H.5.10	Health - Bubonic Plague 1982 - 1987	0	bubonic plague in prairie dogs and other rodents.
H.5.10	Health - Burns 1979 - 1990	0	Longmont Fire Prevention focus of National Burn Awareness Week.
H.5.10	Health - Cancer 1980 - 1991	5	"Cancer Issues Symposium." New mammography unit at LUH. Am. Cancer Society (ACS) targets SVVSD teens for Great American Smokeout. Numerous case studies, support groups, classes at LUH and fundraisers. ACS launches "Great American Food Fight Against Cancer." Volunteer of the Week, Pearl Schipper, ACS. Talk on cancer in pets at Humane Society. Prevention, treatment, support. CanSurMount volunteers help patients and families. Mammography project at LUH. 1987 ACS Volunteer of the Year, Linda Stennette. Road to Recovery and Reach to Recovery provide assistance; free screening at Medicine Shoppe pharmacies. ACS long-term research project. Bobby Anderson, former Bronco, speaks at Fox Hill 1983 golf tournament.

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H.5.10	Health - Cardio Pulmonary Resuscitation (CPR) 1977 - 1991	7	Telephone Pioneers of America donate CPR training mannequin to Mead Fire Dept. First response emergency system. Red Cross CPR classes, case studies of rescues.
H.5.10	Health - Carpal Tunnel 1990	0	State Rehab Services coordinates job development and employment counseling for people with disabilities.
H.5.10	Health - Cerebral Palsy 1976 - 1983	1	SVVSD, Pediatric Intervention Inc., and St. Vrain Early Intervention Center sponsor course to help children lead by Marjorie Adams. Marci Jones teaches pushbutton electronics students with CP. Becky Pelham and Nathan Hardin poster children for March of Dimes. Fundraiser at Carnival on Main St. sponsored by Heart of Longmont.
H.5.10	Health - Chicken Pox 1987 - 1988	0	Symptoms and treatment for children in outbreak of chicken pox.
H.5.10	Health - Child Care 1983 - 1990	2	Before and after school child supervision at SVVSD. Employers consider day care. Affordable child care options for working parents. Guidelines for choosing day care; regulations. Advice for latchkey kids. Classes and reference books available.
H.5.10	Health - Children Misc. 1987 - 1991	2	Community Forum: "Planning for Our Children - A Vision for the 1990s" event. Dwight Wederquist is Educational Surrogate Parent. Candlelight vigil at Loomiller Park for world children who are suffering. Health Dept. screens for cholesterol, promotes healthy eating. Jana Mendez co-sponsored SB151 that will automatically deduct child support payments from paychecks. Mayor Al Sweeney presented "Say Yes to Youth" awards to kids for positive summer activities. Dr. Charles Fishman key speaker at workshop for troubled teens. Local agencies address needs of latchkey kids. "Week of Young Child" highlights quality early childhood programs. Linda Kraskey develops cards to help children identify complex emotions.
H.5.10	Health - Cholesterol 1988 - 1990	1	Reading labels and heart healthy advice. Students screened for cholesterol at Longmont High School. Health Dept. offers screening at Twin Peaks Mall.
H.5.10	Health - Cystic Fibrosis Foundation 1983 - 1990	0	local fundraisers.
H.5.10	Health - Death, 1985 - 1991	2	Senate bill gives family voice in life or death decision. Compassionate Friends support group for grieving parents. Hospice, grief support. Case studies. Widowed Men's Breakfast Club at Senior Center.

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H.5.10	Health - Dental Health, 1988 - 1990	0	Sunshine Club provides "urgent" dental care to low-income 4th graders in SVVSD. Dental Aid provides care to low-income people. Tooth sealants prevents tooth decay in children.
H.5.10	Health - Diabetes, 1979 - 1991		Workshop on diabetes by Drs. David Podlecki and John Williams. Marilyn Graff, RN, runner-up for Diabetes Educator of 1990. Scott Crossen rides bicycle 600 miles for diabetes awareness. Living with Diabetes classes at LUH. Fran Pierpont, American Diabetes Assoc. (ADA) accepts donation from Moose Lodge benefit. Diabetes education by Drs. Mark Laitos, Stephen Kroger, David Podlecki. Diet study by Dr. Podlecki. Various case studies and fundraisers. Free screening by ADA. Dieticians, RNs lead seminars. Jamie Tonkinson, LUH Board member and IBM systems analyst shows computer to aid in record keeping and program development for Diabetes Youth Group at LUH.
H.5.10	Health - Downs Syndrome	0	support groups for parents of special needs kids. Boulder County Infant, Toddler and Preschool program provides support for parents. Help with Downs Syndrome at Tiny Tim day care.
H.5.10	Health - Drug Abuse and Alcoholism 1985 - 1988	6	Anti-drug programs in schools, Project DARE, case studies, Sunrise Stampede raises money for drug abuse programs, dangers of drunk driving, Moose Club fights drugs abuse, Believe It Or Not, I Care (BIONIC) teen group offers peer support. Local drug hotline. Olde Columbine alternative students make anti-drug video. Boulder County Health Dept. drug and alcohol counselor interacts with students at Skyline High School. McDonalds sponsors "Living Drug Free" national program, numerous workshops on prevention and intervention. Drinking age raised to 21 in Colorado 1987. Free cab rides on New Years Eve. Liquor retailers oppose tax to fund substance abuse program. Driving Under the Influence Enhanced Enforcement Program (DEEP) boosts arrests. Local docudrama featured on NBC. Operation ALERT (Action, Leadership, Education, Responsibility and Training) promotes awareness. Federal Aviation Administration (FAA) employees tested for drugs and alcohol. Chemical Dependency Project included in fight against drug and alcohol abuse.

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H.5.10	Health - Drug Abuse and Alcoholism 1989 - 1991	1	Familias de Base works with children to prevent chemical use. DARE drug awareness program targets 5th graders. Coalition for Women in Crises receives \$40,000 grant for prevention and treatment. Red Ribbon campaign promotes awareness. LUH outpatient program for working substance abusers. \$48,000 grant for city toxic inhalant (huffing) prevention program at Columbine and Spangler schools. Former Bronco promotes DARE. Grant funding targets dealers. Peer counseling, enforcement programs. Sunrise Stampede raises money for school district. Police earn award from Communities for a Drug-Free Colorado. Steroid abuse in body builders. Organized activities for youth groups. Designated Driver program established. Youth Center shut down for drug use. Needle exchange program would prevent AIDS. "High Stakes" news series.
H.5.10	Health - Dystonia 1987	0	Local man has rare disease.
H.5.10	Health - Emphysema 1986 - 1989	1	LUH rehab program for severe breathing difficulties. Trip to Glenwood Springs made possible for people with lung disease by healthcare professionals. Respiratory therapy at LUH. Oxygen tank covers made by 2 women with lung disease.
H.5.10	Health - Encephalitis 1977 - 1990	1	City and county spray for mosquito control to prevent disease. Confirmed cases of equine encephalitis
H.5.10	Health - Epilepsy 1977 - 1987	0	Epilepsy Assoc. of Longmont educates community.
H.5.10	Health - Eyesight (Blindness) 1980 - 1991	14	Teacher helps visually impaired; doctor directs vision therapy. August is National Eye Exam Month. Medical providers travel to Nepal to provide health care and establish Health Treks Ltd. Radial keratotomy surgically corrects nearsightedness. Eye care for needy, busy streets made safe for the blind. Seeing eye dogs, Optimists present Braille books to Girls Scouts. Laser eye repair at LUH. Volunteer Optometric Services to Humanity travel to Mexico to distribute eyeglasses. Free vision screenings. Former mayor records 400 books for the blind. Discounted telephone service for deaf and blind. Guide dogs raised by 4-H. Red Cross offers Braille Christmas cards. Glaucoma awareness.
H.5.10	Health - Fitness 1985 - 1991	3	Walkers at Twin Peaks Mall; body fat testing at LUH. Fitness craze creates healthy lifestyle. Longmont Rec and employers offer fitness and health classes. Jazzercise, aerobics, yoga, various fitness classes for all ages.

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H.5.10	Health - Flu 1986 - 1991	0	Vaccine prevents seasonal flu
H.5.10	Health - Guillain-Barre 1987	0	Epstein Barr virus also causes mono.
H.5.10	Health - Handicapped 1982-1988	10	Parking and restroom policies for handicapped considered. Wheelchair road racer. Handicapped puppet used to teach about handicapped people. Center of People with Disabilities (formerly Sheltered Workshop) finds jobs for disabled. Horse riding therapy. Employer Services Program, Early Intervention Center helps disabled. Midwest Children's Home closes. Gadgets help with occupational therapy. Improved access to buildings. Special Population Program offers programs to handicapped. Ability Consultants helps disabled live independently. Extra Special Programs and New Dimensions (EXPAND) helps find recreational activities. Therapy pool at LUH. Special Transit provides transportation. Student video shows a day in the life of a disabled person. Survival skills taught on field trip. Front Range Family Services works with learning disabled.
H.5.10	Health - Handicapped 1989 - 1991	5	Handicapped help at Eco-Cycle. Project Rustic help impaired students in phys ed classes. Handicapped in sports. Developmental Disabilities Center enables disabled people to integrate into their community. New Freedom Riders horse riding therapy. Residents support Adopt-a-Park. Personal stories and advocates. World of Difference workshop. Rebate program benefits disabled. Public transportation, summer camps, housing renovation programs.
H.5.10	Health - Head Injuries 1989 - 1990	0	Peer support for head injury survivors. Family support at Spaulding Rehab.
H.5.10	Health - Health Care Services 1987 - 1991	10	Health Care directories 1990 - 1997. Salud Community Health Center treats low-income, uninsured people. Emergency room charges at LUH increase. Many lack health insurance; rising cost of health care. Free health checks. Kaiser opens in Longmont.
H.5.10	Health - Health Fair 1987 - 1991	10	9 Health Fair in April.
H.5.10	Health - Hearing 1983 - 1991	0	Free hearing tests sponsored by Quota Club. Sign language used for sermon in First Congregational Church. Hearing aid seminar at Senior Center. Local teacher is role model for hearing-impaired students. Cochlear implants help deaf to hear. Treatment for tinnitus. TDD equipment enables deaf to call police.

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H.5.10	Health - Heart 1982 - 1990	0	Heart disease, recovery from heart attack scenarios. Heart Fair and screenings hosted by LUH; also cardiac rehab available. Heart disease varies in men and women. Cholesterol tests sponsored by Health Dept. at Twin Peaks. Heart transplant recipients in Longmont. Heart healthy diets and recipes.
H.5.10	Health - Heimlich Maneuver 1976 - 1989	4	First aid for choking victims.
H.5.10	Health - Hepatitis	0	Hepatitis B linked to potluck, artificial insemination. Vaccines available.
H.5.10	Health - Herpes 1982 - 1984	0	Health Dept. answers questions about genital herpes and advice on prevention. "Each Other" dating service for herpes victims.
H.5.10	Health - Homeless 1990 - 1991	0	Help for homeless at OUR Center, food and clothing banks for families and others. Private Industry Partnership (PIP) helps job search. Attention Homes teens. Case studies. Need for shelter explored.
H.5.10	Health-Homosexual 1987-1991	1	Various articles on the rights of homosexual people.
H.5.10	Health - Hyperactive/Hyperkinetic 1977 - 1978	0	Feingold diet removes artificial ingredients and sugar to calm hyperactive kids. Dr. Feingold at Longmont Learning Center.
H.5.10	Health - Hypothermia 1979 - 1990	0	Surviving arctic cold, tips on how to avoid hypothermia.
H.5.10	Health - Laetrile 1977 - 1978	2	Laetrile in apricot pits not proven as cure for cancer.
H.5.10	Health -Learning Disabilities 1986 - 1987	0	Help for adults with learning disabilities available at Front Range Community College.
H.5.10	Health - Legionnaires Disease 1982	0	Cases tested for Legionnaires disease negative.
H.5.10	Health - Leukemia 1980 - 1990	1	Cases studies and treatments for childhood leukemia. Fundraisers for Rocky Mountain Chapter of the Leukemia Society of America. Treatment for Hodgkin's disease. Leukemia symptoms mimic a bad cold and sore throat. Vaccine prevents feline leukemia.
H.5.10	Health - Lupus 1979 - 1989	0	Lupus Foundation sponsors program on how nutrition affects lupus patients. Lupus support group meets monthly.
H.5.10	Health-Massage Therapy 1990-1991	0	New city ordinances streamlined the process of acquiring a license in massage therapy and allowed for treatments to take place at private homes.

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H.5.10	Health-Measles 1982-1990	1	On August 22, 1989, five teens were diagnosed with measles in Longmont. In the weeks that followed, health officials attempted to quarantine all the people that had come into contact with the infected people while hundreds of vaccination shots were administered. By November 4, the outbreak was over, with a total of 29 cases confirmed in Longmont. Several more cases of measles occurred in April, 1990.
H.5.10	Health-Measles 1975-1979	1	On July 1, 1974, Colorado passed a law requiring all students registering for school for the first time to have a certificate of immunization for polio, diphtheria, and measles. Schools throughout the Longmont area proceeded to host the administration of shots for new students. At least 45 cases of measles were confirmed amongst the Colorado student population in May, 1975. Immunization shots were distributed on a wide level in response.
H.5.10	Health-Meningitis 1969-1979	0	Two cases of meningitis were reported in 1969, one of which resulted in the death of six year old Richard Joseph Romero.
H.5.10	Health-Mental Health 1982-1990	0	From 1980-1982, the number of clients at the Longmont annex of the Boulder County Mental Health Center doubled. In 1986, new state laws were passed that held mental health centers liable for negligent release and failure to commit patients. In 1988, state funding for various support programs for the mentally ill were cut. Various communal efforts to raise awareness and support for the mentally ill.
H.5.10	Health-Mental Health 1976-1979	0	Inquiry into the Boulder Psychiatric Institute.
H.5.10	Health-Mental Retardation 1982-1990	2	Various reports on how to help mentally handicapped people. The St. Vrain Adolescent and Elementary Day Treatment Programs were established in 1986 to allow for the care of several emotionally disturbed children in Longmont, rather than the typical practice of sending them to treatment centers in Boulder. In 1990, Longmont joined Colorado's Special Olympics' Unified Team Sports.

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H.5.10	Health-Mental Retardation 1976	4	On July 1, 1976, a state bill was passed that granted all mentally handicapped citizens the same rights as other citizens, such as the right to marry, fair employment, and voting. Also in the bill was the requirement that the mentally handicapped could only receive involuntary treatment and confinement if they were a threat to themselves or others or if they were gravely disabled. Furthermore, no mentally handicapped person over the age of 18 could be sterilized without giving their consent.
H.5.10	Health-Midwives 1983-1989	1	A proposed bill that would have legalized the work of midwives was voted down by the state government in 1983. Liability insurance for medical practitioners rose in 1987, leading to a number of family physicians leaving the practice. During the same year, Pat Fredricks opened a midwifery clinic at Longmont United Hospital. From 1978 to 1988, the number of nurse-midwifery education practices in Colorado rose from 2 to 16.
H.5.10	Health-Mononucleosis 1987	0	Description of Mononucleosis.
H.5.10	Health-Multiple Sclerosis 1982-1990	0	Various communal efforts to raise awareness and support for those with M.S. Several reports on those afflicted with M.S.
H.5.10	Health-Muscular Dystrophy 1982-1990	0	Various communal efforts to raise awareness and support for M.D. In 1982, there were 40 known cases of M.D. in the Longmont area.
H.5.10	Health-Osteoporosis 1986-1988	0	Various reports on what Osteoporosis is and how to avoid it.
H.5.10	Health-Parenting 1983-1990	1	Several newspapers and inserts present. Articles on how to be a good parent. Several parent classes available. A daycare center was created in 1989 by the Outreach United Resource Center in Longmont to help teenage mothers care for their children while they attend school.
H.5.10	Health-Phobias 1987	0	Article on aquaphobia and Recovery Inc., a group that helps people overcome their phobias.
H.5.10	Health-Physical Therapy 1987	0	A bill was proposed that would expand the availability of physical therapy to patients.
H.5.10	Health-Plastic Surgery 1989	0	Dr. Scott Replogle of Longmont acquired a computer imaging system that could show patients an approximate image of how they would look after plastic surgery.
H.5.10	Health-Poisoning 1983-1988	0	In 1988, budget cuts put 59 counties, including Boulder County, at risk of losing free telephone access to the Rocky Mountain Poison and Drug Control Center.

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H.5.10	Health-Polio 1986-1989	0	Various communal efforts to raise awareness and support for those with polio.
H.5.10	Health-Pregnancy 1980-1991	3	In 1979, the Longmont office for Planned Parenthood saw 117 pregnant teen-agers and served 520 teens aged 17 and under for contraception. In 1982, all federally assisted family planning clinics had to notify the parents of teens 17 and under that the teens were receiving prescription drugs. In 1984, the pregnancy rate for girls aged between 10 and 17 in Boulder County was 15.9 per 1,000. That same year, publically funded abortions were banned.
H.5.10	Health-Pre-Menstrual Syndrome (PMS) 1986-1989	0	Various reports and personal accounts of PMS.
H.5.10	Health-Rabies 1984-1989	0	Various rabies clinics held to deliver shots to pets. Articles on the threat of rabies from bats.
H.5.10	Health-Rabies 1979-1983	0	Reports of rabies in several animals.
H.5.10	Health-Rape 1980-1990	0	One insert. In 1980, nine rapes were reported in Longmont. Various support groups created for rape victims. 1985, 14 rapes in Longmont, 1986, 11 rapes, 1987, 26. Longmont police claimed the increased numbers were due to an increased ease in reporting rapes for victims. In 1988, there were over 30 cases of rape in Longmont. 1989, 16. 1990, over 7.
H.5.10	Health-Rape 1977-1979	0	Articles on rape avoidance and community efforts to support rape victims.
H.5.10	Health-Reye's Syndrome 1980-1984	0	One insert. In 1980, nine year old Scott Chiluck of Longmont recovered from Reye's Syndrome.
H.5.10	Health-Rolfers 1989-1990	0	Descriptions of Rolfing.
H.5.10	Health-Scoliosis 1985-1987	0	Article on Paula Walker and how she copes with Scoliosis.
H.5.10	Health-Senior Citizens 1989-1991	9	Two newspapers. In 1989, budget cuts led to a cap being placed on the number of people that could receive support from the Home and Community Based Service Program. reducing the availability of health care at homes. The same year, there were 7,200 people in Longmont over the age of 65. In 1990, Life Care Center was opened in Longmont as a nursing-home.
H.5.10	Health-Senior Citizens 1982-1988	6	A wind storm in 1981 damaged the office of the Special Transit System, straining their ability to provide rides for those in need. Various support programs and interviews regarding seniors. In 1982, the Hover Village retirement community in Longmont expanded. The Longmont Regent retirement center was opened in 1986.

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H.5.10	Health-Smoking 1982-1991	4	Various programs to help people quit smoking. On January 1, 1986, it became illegal in Longmont to smoke in common areas and public places. In 1987, Boulder County passed laws restricting the ability of people to smoke in public and work places. In 1988, the Boulder County Sheriff's Department adopted a non-smokers only hiring policy. On January 1, 1990, Longmont United Hospital banned smoking within the building. The same year, smoking was banned in Longmont city government buildings.
H.5.10	Health-Spina Bifida 1990	1	Article about Nathan Williams and his disease.
H.5.10	Health-Stress 1982-1989	2	Various programs to help those in stress.
H.5.10	Health-Stroke 1987	0	Article on stroke and areas in Longmont to support those who suffered a stroke.
H.5.10	Health-Sudden Infant Death 1980-1990	2	In 1981, Governor Richard Lamm declared October as SIDS Awareness Month. In 1986, the annual rate for SIDS cases in Colorado was 140.
H.5.10	Health-Sudden Infant Death Syndrome (SIDS) 1979	0	Various support groups available. Pediatrician David T. Fitzgerald said the Longmont area suffered from one or two cases of SIDS a year.
H.5.10	Health-Suicide 1985-1990	9	Various suicide prevention and awareness programs. From January 1985 to August 1986, there were seven teenage suicides in Boulder County.
H.5.10	Health-Survival 1989-1990	0	Survival class offered in Longmont.
H.5.10	Health-Teens 1982-1991	4	Various articles about teenage pregnancy, runaways, drinking, abuse, suicide, gangs, and employment. In 1987, the Teen Health and Wellness Center was opened in Longmont. The same year, 60% of juvenile arrests in Boulder County occurred in Longmont. In 1990, the construction of a group home for young girls in Longmont was approved and would be managed by the Boulder County Mental Health Center.
H.5.10	Health-Test-Tube Baby 1984	0	In 1984, a Longmont couple received a test-tube baby, the second such child ever conceived in a Colorado program.
H.5.10	Health-Therapy 1985-1990	1	Articles on dance, massage, and other forms of therapy.
H.5.10	Health-Tick Fever 1979-1990	0	Four inserts. From 1973-1983, there were an average of 183 cases of Colorado Tick Fever (CTF) every year. In 1984, the number was 76. Rocky Mountain Spotted Fever typically only occurred about once a year in Colorado during the 1980s. Articles on how to avoid/remove ticks. Information on Lyme disease. From 1987-1990, there were three cases of Lyme disease in Colorado.

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H.5.10	Health-Transplants 1987-1990	0	One insert. In 1987, a Colorado law was passed requiring hospitals to ask the family members of brain dead patients for permission to donate the patient's organs. The same year, Gary Cochanoer of Longmont received a heart transplant in Oklahoma. In 1989, Jason Brunmeier of Longmont received a liver transplant in Denver, but later died that year from complications.
H.5.10	Health-1989-1991	1	Various types of vaccinations offered and described. On October 15, 1989, there were 27 cases of measles in Longmont. Discussions on whether or not to immunize. In 1991, a Colorado law was proposed that would require college students to provide evidence that they have been immunized against mumps, rubella, and measles.