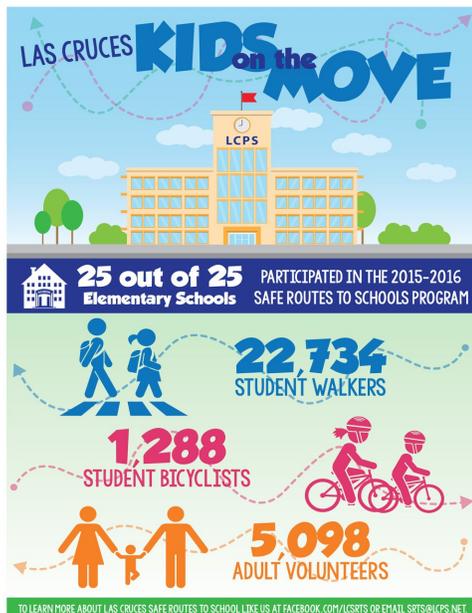


WHAT'S HAPPENING

Healthy Kids Las Cruces Newsletter

JULY 2016



Las Cruces Safe Routes to School Program Continues to GROW

This infographic was created to visually show the growing numbers and accomplishments of the Las Cruces Safe Routes to School (SRTS) program. The data used to create the infographic is collected at each schools walking/biking site by either a SRTS Champion or Volunteer. Schools walk on different days, for example Walking Wednesdays are popular. In that case each Wednesday the students and

parents who participate are counted. Every Elementary school participated this year in International Walk & Bike to School Day held in October. Now that's something to celebrate. This program would not have its successes without the great work of the SRTS coordinator, SRTS Champions, Las Cruces Public Schools, teachers, volunteers, and parents. Las Cruces should be very proud as there is no other school system in New Mexico with as much participation.

If you are interested in volunteering for the next school year please contact the Las Cruces Safe Routes to School Coordinator

Ashleigh Curry at srts@lcps.net

Community & Regional Planning

Lead: Andy Hume
ahume@las-cruces.org

Downtown Coordinator, Las Cruces
Community Development

Upcoming Events

July 3, 2016

THE ELECTRIC K5 FUN RUN
Contact: las-cruces-runningclub.com

July 4, 2016

THE ELECTRIC LIGHT PARADE
Main Street and Downtown Staging will be at 700 N Main St., (in front of Las Cruces City Hall). The Route is Church Street to north Main Street. Starting at 9pm

July 4, 2016

4th OF JULY CELEBRATION
The Field of Dreams, 2501 Tashiro Dr.
4 p.m. Activities/Local Bands/ Vendor Area Opens
7 p.m. Tony, Toni, Tone (R&B Soul)
8:30 p.m. Jo Dee Messina (Country)
10 p.m. The Mayors Welcome Presentation of Colors National Anthem
10:30 p.m. July 4th Annual Fireworks Display



Go to <https://www.facebook.com/HKLasCruces>

Following the Plan.....

On the Healthy Kids Las Cruces action plan has long been the Goal & Objective to work on creating a curriculum for children. Here is what the action plan says:

Goal 1: Downtown partners other than LCPS will teach children about the importance of health, nutrition, and physical activity

Objective 1: Develop Education Curriculum for field trips to Farmers and Crafts Market (FCMLC) & Museums The Education Setting has started small with two different Farmers Market Scavenger Hunts (FMSH). One for kids in 3rd to 5th grade that has great information on fresh produce you will find at the Farmers Market during the year. Christine Norris did a wonderful job of putting together a challenging and educational activity. We have also created a younger version of the FMSH for children pre-k through 3rd. Both are available in English and Spanish & will be given out at the WIC Farmers Market Booth on Saturdays this summer. Are hope is that these hunts will make visiting the Farmers Market a educational experience. If you want a e-mail version let me know at

aimee.bennett@state.nm.us

Happy Hunting!

Education Setting
Lead: Barbara Berger
bberger@lcps.net
LCPS Health & Nutrition Specialist



THE SOUTHERN NEW MEXICO DIABETES OUTREACH

DIABETES CLASSES

Reservations are being accepted for Diabetes Classes
Locations: Families and Youth, Inc. Building
1320 S. Solano (corner of Solano and Idaho)
Las Cruces, NM 88001

Dates/Times:

Tuesday, July 5th Session 1 2 p.m. - 5 p.m.

Thursday, July 7th Session 2 2 p.m. - 5 p.m.

Tuesday, July 12th Session 3 2 p.m. - 5 p.m.

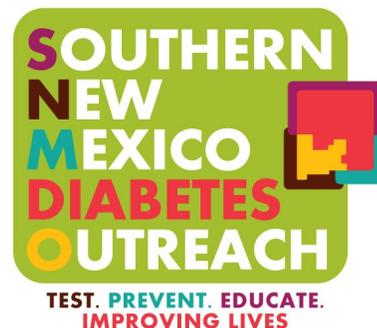
Class size will be limited to 12 and support persons are invited and encouraged to be present with each attendee.

Classes will be taught in English and Spanish by:

Diabetes Educator, T. J. Jasso, RN, BS.

For additional information, please call

The Southern New Mexico Diabetes Outreach (575) 522-0289 or Email: snmdo@snmdo.org



La Semilla Food Financing Initiative

59,300 families in Dona Ana lack access to healthy food.

Dona Ana County deserves to have access to affordable fresh foods. Healthy food financing can make a difference: Did You Know: A single supermarket can create as many as 250 new jobs for locals residents. We can increase access to healthier foods, create jobs and improve health by creating a healthy food financing initiative.

The Solution A Healthy Food Financing Initiative (HFFI) is a viable, effective, and economically sustainable solution to the problem of limited access to healthy foods and can achieve multiple goals: reducing health disparities and improving the health of families and children; creating jobs; and stimulating local economic development in low income communities.

Find this article and much more great information at

<http://www.lasemillafoodcenter.org/>

Food System

Lead: Aaron Sharratt

aaron@lasemillafoodcenter.org

Director of Development & Administration

2016/2017 Fall and Spring After School Program Registration

The City of Las Cruces Parks & Recreation Department will hold lottery registration for the fall and spring After School Program July 11 through July 23 at: the Parks and Recreation Department Office, 1501 E. Hadley Ave., Frank O'Brien Papen Community Center, 304 Bell Ave., The Las Cruces Regional Aquatics Center, 1401 E. Hadley Ave., and Meerscheidt Recreation Center, 1600 E. Hadley Ave.

Registration for the After School Program is determined by lottery selection only. Participants selected will be notified by email or text message and the winning lottery numbers posted on www.las-cruces.org/after-school-program, on or before July 27.

The program is available to children kindergarten through

grade 5 and the cost per semester is \$360, or four payments of \$90. All session program hours are Monday through Friday, 2:30 – 5:30 p.m. The cost per session does not include fees associated with field trips.

Locations include: Alameda, Cesar Chavez/Sunrise, Hermosa, Highland, Fairacres, Mesilla Park, Monte Vista and Valley View elementary schools.

No telephone registrations accepted. Acceptable payment methods are cash, check, cashier's check, money orders, traveler's checks, debt cards and major credit cards (VISA, Discover or Master Card).

For more information contact the Parks and Recreation Department Office at 575-541-2550

Department of Health Reminds Public of Ways to Be Safe in Very Hot Weather

As temperatures are rising statewide, reaching over 100 degrees in some areas, the New Mexico Department of Health reminds residents to protect themselves from the risk of heat stress and heat-related illness by taking precautions such as staying hydrated and staying out of the sun during days with extremely high temperatures.



People who work outside are most vulnerable, along with people who live in the Southeast and Southwest regions of the state. These regions had the highest rates of emergency department visits in the state for heat-related illness during June and July.

"We ask everyone to take precautions to avoid heat exhaustion, and to check on their family, friends and neighbors who may be especially vulnerable to extreme heat," said Department of Health Secretary Designate Lynn Gallagher. "Infants, young children, older adults and people with chronic disease have a tougher time regulating their body temperature. Please help them stay cool and hydrated."

To prevent heat-related illness the Department of Health advises New Mexicans to:

- Stay in a cool indoors place when it is hot, and go to places with air conditions such as public libraries, museums, and community centers
- Drink more water than usual
- Avoid alcohol or liquids containing high amounts of sugar
- Wear lightweight, light-colored clothing
- Schedule outdoor activities carefully
- Pace yourself

Do not leave children, the elderly or pets in cars

For more health protection tips visit: https://nmtracking.org/en/health_effects/heat-stress/.

Healthcare Setting

Lead: Dr. Danielle Nixon

drnixon@fullbloompediatrics.com

Pediatrician at Full Bloom Pediatrics

Community & Families

Lead: Phil Catanach

pcatanach@las-cruces.org

City of Las Cruces Parks and Recreation

Youth Programs Director

