

# WHAT'S HAPPENING

Healthy Kids Las Cruces Newsletter

AUGUST 2016

## Upcoming Events

Aug. 5-7th  
NM Tax Free Weekend  
Clothing, School Supplies  
and Computers  
(Shop Local)

Aug. 8th  
Share the Road LC  
Visibility Ride  
Meet at Las Cruces Rail-  
road Museum at 7:05 a.m.  
Departing at 7:15 a.m.  
sharp  
<http://vebcruces.org>

Aug. 11th , 15th & 16th  
Back to School  
Immunization Clinic  
9:00-1:00 p.m.  
Cineport Movie Theatre

Aug. 15th  
LCPS School Starts



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



## Department of Health Hosts Back-to-School Immunization Clinic at Cineport 10 Movie Theatre

(Santa Fe) – The New Mexico Department of Health, in partnership with Allen Theatres and the Mesilla Valley Mall, will be hosting its annual back-to-school immunization walk-in clinic for

children (0-18 years of age) from 9:00 a.m. to 1:00 pm on Thursday, Aug. 11; Monday, Aug. 15; and Tuesday, Aug. 16 at the Mesilla Valley Mall, 700 S. Telshor Blvd. in Las Cruces.

The immunization clinic is open to the public and immunizations will be administered at no cost. All parents have to do is bring a copy of their child's shot record and Medicaid or private health insurance card, if they have one.

The special clinic is part of the *Got Shots? Protect Tots!* immunization campaign. The New Mexico Department of Health, the New Mexico Immunization Coalition (NMIC), the New Mexico Primary Care Association (NMPCA), and healthcare providers from across the state are partnering again to host immunization clinics from July 30 to August 13 for children 18 years old and younger.

For more information on the no-charge immunization clinic, call the Las Cruces Public Health Office at (575) 528-5006.

For a listing of other clinic locations participating in Got Shots? Protect Tots! visit

[www.immunizenm.org](http://www.immunizenm.org).

Healthcare Setting

Lead: Dr. Danielle Nixon  
[drnixon@fullbloompediatrics.com](mailto:drnixon@fullbloompediatrics.com)  
Pediatrician at Full Bloom Pediatrics



# DESIGNING HEALTHY COMMUNITIES



As part of the City of Las Cruces' comprehensive plan, *Plan4LasCruces* community engagement, CLC-TV & KRWG-TV will air the 4-part PBS TV series, "*Designing Healthy Communities*." The series will be available for viewing on KRWG-TV & CLC-TV, Comcast cable channel 20 and streamed on CLCTV.COM.

## Plan4LasCruces!

### PRESENTATIONS & WORKSHOP Monday, August 22, 2016

Come learn about *Designing Healthy Communities* with distinguished guests **Dr. Richard Jackson** & **Dr. Suzanne Lennard**. All residents are encouraged to attend the **FREE** events.

City Council Chambers (700 N. Main St) at 1pm	Las Cruces High School (1755 El Paseo Rd.) from 6-8pm
<ul style="list-style-type: none"> <li><i>Designing Healthy Communities Presentation</i> (Dr. Richard Jackson)</li> <li><i>Planning for Intergenerational Communities Presentation</i> (Dr. Suzanne Lennard)</li> </ul>	<ul style="list-style-type: none"> <li><i>Designing Healthy Communities Presentation</i> (Dr. Richard Jackson)</li> <li><i>Kid-Friendly Cities Workshop</i> (Dr. Suzanne Lennard)</li> </ul>

**Light meal will be provided. Kids welcome!**  
Spanish Interpreter provided (*¡Hablamos español!*)

**Dr. Richard J Jackson** is a Professor of Environmental Health Sciences at the Fielding School of Public Health at UCLA. For nine years he was Director of the CDC's National Center for Environmental Health and received the Presidential Distinguished Service award.

**Dr. Suzanne Lennard** is the Co-Founder & Executive Director, International Making Cities Livable Conferences. Her studies encompass making cities "livable" for children, youth and the elderly; relationship between physical health, social health and the built environment.



**Dr. Richard Jackson**  
MD MPH



**Dr. Suzanne Lennard**  
Ph.D.(Arch.)

"Designing Healthy Communities" narrator Richard Jackson, MD, MPH, looks at the impact our built environment has on key public health indices – obesity, diabetes, heart disease, asthma, cancer and depression. Dr. Jackson connects bad community design with burgeoning health costs, then analyzes and illustrates what citizens are doing about this urgent crisis by looking upstream for innovative solutions.

For more information, contact me at 575-528-3209 or

Community &  
Regional Planning

Lead: Andy Hume  
[ahume@las-cruces.org](mailto:ahume@las-cruces.org)

Downtown Coordinator, Las Cruces  
Community Development

If you require an accommodation for a disability to participate in this event, call the Community Development Department at 575-528-3043 (voice) or 575-528-3157 (TTY) at least 48 hours in advance.



School starts back up in August and therefore the streets will again be filled with students walking & riding their bikes to and from school. Please be extra cautious and aware when driving near area schools. Safe Routes to School continues to teach children safe pedestrian skills, but it takes a whole community to encourage safe and healthy travel.

**WIC Farmers Market Tastings** The Southwest Region Public Health office has enjoyed some delicious tastings the past two Fridays. Pictured above are two NMSU Student Interns Joselyn Jauregui & Sandra Moreno have done a wonderful job of going to the Las Cruces Farmers Market and Craft Fair to purchase produce that WIC clients with WIC Farmers Market Vouchers can purchase. They created sample tastings in an effort to encourage FM Voucher usage. On Friday, August 22nd they local produce and this past cucumber Mint Sorbet the



made Calabacitas out of Friday the two made Cu-recipe is included below.

**Cucumber Mint Sorbet**

- 1 cup water**
- 1 cup sugar**
- 1 cup chopped mint**
- Approximately 6 cucumbers**

**Start by making the simple mint syrup. Place your chopped mint in a health safe bowl. Boil water and sugar till sugar is dissolved. Remove from health and add to your bowl of mint, cover and allow to cool to room temperature. Next cut up your cucumbers and place in blender or food processor . Puree until smooth. Once the syrup is cooled, add slowly and mix. (taste often while adding syrup till it is desired sweetness). Lastly place in freezer and stir every 30 minutes, serve after an hour for soft serve.**

Food System  
 Lead: Aaron Sharratt  
[aaron@lasemillafoodcenter.org](mailto:aaron@lasemillafoodcenter.org)  
 Director of Development & Administration

**Free Back to School Workshop**

A free Back to School Workshop will teach families the benefits of recycling and reusing plastics in their lives on Saturday, August 6, from 10 a.m. to 1 p.m. at Branigan Cultural Center. This will be a fun and interactive workshop for families where attendees will learn how to convert a plastic gallon milk jug into a convenient supply box. The workshop will be presented in conjunction with the *Plastics Unwrapped* exhibit which runs until August 20.

*Plastics Unwrapped* examines how plastics have changed the world, through a range of topics. Discover what life was like before plastics, how they are made, why they're so convenient and beneficial to use, and what happens after we throw them away. Understand what the recycling numbers mean on plastic items, and learn about promising breakthroughs in science that are changing the role of plastic in our lives.

Admission is free to the Branigan Cultural Center, 501 North Main Street. Hours of operations are Tuesday through Friday from 10 a.m. to 4:30 p.m., Thursday from 10 a.m. to 8 p.m., and Saturday from 9 a.m. to 4:30 p.m. For additional information, visit the website at: [museums.lascruces.org](http://museums.lascruces.org) or call 575-541-2154.

If you need an accommodation for a disability to enable you to fully participate in this event, please contact the museum 48 hours prior to the event.

Community & Families  
 Lead: Phil Catanach  
[pcatanach@las-cruces.org](mailto:pcatanach@las-cruces.org)  
 City of Las Cruces Parks and Recreation  
 Youth Programs Director