



WHAT'S HAPPENING

Healthy Kids Las Cruces Newsletter

JANUARY 2017



Chile Drop 2016/2017

The new Plaza de Las Cruces is the home to the 2016/2017 Las Cruces Chile Drop. Bring your family and friends downtown to say goodbye to 2016 and welcome the new year. The Las Cruces Chile Drop takes place from 9 p.m. to midnight on December 31. Expect entertainment on the Positive Energy Stage and fun for the whole family.

Community &
Regional Planning
Lead: Andy Hume
ahume@las-cruces.org
Downtown Coordinator,
Las Cruces Community
Development

Upcoming Events

City of Las Cruces Parks and Rec. Departments is accepting registration for Spring 2017 After School Program. For more information
Contact 575-541-2550

January 1st

White Sands
Presentation Sunday at
1:00pm

**Safari Through
Time: Animals of White
Sands From Mammoth
Tracks to Bobcats
Meet in the visitor
center theater at 1 pm
for this one-hour
program. Free**

Good Food Policy

The Mesilla Valley Food Policy Council-Healthy Food, Healthy Communities Growing Food Connections held the Mesilla Valley Food Policy Celebration on Thursday, December 15th at La Posta. La Semilla's own Krysten Aguilar hosted interested community members and advocates as a way to celebrate the successes of 2016 and get a leg up on 2017 goals. The Healthy Food, Healthy Communities Coalition has some upcoming events and trainings they would like you to know about:

January 18

Institute of Healthy Living and The Food Trust *Food Summit*

February 8

New Mexico Farmers Market Association
On-farm Food Safety Training

February 14

10:00 am - 4:00 pm
Growing Food Connections and USDA
*Framing an Economic Evaluation of Community
Food Systems*



Food System

Lead: Aaron Sharratt
aaron@lasemillafoodcenter.org

Contact Krysten at Krysten@lasemillafoodcenter.org

Director of Development & Administration



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





As you may or may not know, NM Lions Operation Kidsight, provides free vision screenings in the Las Cruces Public Schools and has done so for the past several years. Our screening services replace the school nurses' standard acuity testing they are required to do each year for their Head Start, Pre-K, K, and 1st grade students thus saving the nurses a tremendous amount of time each year.

The screening equipment (Plusoptix S09 autorefractor) checks for amblyogenic risk factors such as astigmatism, near-sightedness, far-sightedness, and strabismus. If not detected and treated before the child's eyes are totally developed (about age 7 or 8), these disorders can cause the brain to favor one eye over the other. The weaker eye is ignored and it is not adequately stimulated resulting in the nerve pathways between the eye and brain not maturing normally.

After a screening, the results are given to the school nurse who in turn contacts the parents of the "referred" students to alert them the vision screening indicated their child may have a vision problem and should have a comprehensive eye exam. To our dismay, follow up results received back from the school nurses last year showed 35%-40% of the referred children never saw an eye professional. If a child's vision problem is not treated, it will detrimentally impact their ability to read and learn and can possibly result in significantly reduced vision or possibly blindness in the affected eye. We encourage the parents of the referred students to seek the medical attention needed.

If the family has Medicaid, their plan will pay for the eye exam and glasses if needed. And if for whatever reason they do not have Medicaid, New Mexico Lions Operation Kidsight will provide financial assistance to pay for the eye exam and glasses.

Lion Brenda Dunn, Program Manager

New Mexico Lions Operation KidSight, Inc.

www.NMLionsKidSight.com

Email: nmlionskidsight@gmail.com

Healthcare Setting

Lead: Dr. Danielle Nixon

drnixon@fullbloompediatrics.com

Pediatrician at Full Bloom Pediatrics



New Year....New YOU!!

One of the most common resolutions each New Year is to lose weight. While we start with good intentions, it is easy to become overwhelmed by the changes and give up. To help encourage your success in your weight loss resolutions, pick small changes

at the beginning, then add to them as you get more comfortable. Try drinking water instead of soda, getting out to walk a couple of days a week, pack a healthy lunch instead of eating out, take the stairs instead of the elevator, and park at the back of the parking lot to get in a few extra steps. As you get comfortable with one or two new healthy behaviors, add in a few more. Make 2017 your healthiest year yet.

The Southern New Mexico DIABETES OUTREACH

JANUARY 2017 - DIABETES CLASSES

Reservations are being accepted for Diabetes Classes.

**Location: Southern New Mexico Diabetes Outreach
Families & Youth, Inc. Building
1320 S. Solano, Ste 1
Las Cruces, NM 88001**

Tuesday, January 10, Session 1 1:00 p.m. - 4:00 p.m.

Wednesday, January 11, Session 2 1:00 p.m. - 4:00 p.m.

Thursday, January 12, Session 3 1:00 a.m. - 4:00 p.m.

Please email your reservations to snmdo@snmdo.com or call 575-522-0289. Class size will be limited to 12 and support persons are invited and encouraged to be present with each attendee.

New class reservations will start after first class of this session begins.



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

Email: snmdo@snmdo.org
Website: snmdo.org

Education Setting Update

January is root tasting for the students in the tastings program. They will be tasting parsnips, purple sweet potatoes, French breakfast radishes and rainbow carrots. Regarding adults for our staff wellness program, we will be partnering with the American Heart Association to

bring the blood pressure monitoring program Check Change and Control to all our schools. Each school will receive a portable blood pressure cuff and instructions for staff on how to take their own blood pressure twice a month for 4 months and record their pressures in an AHA app that gives them advice and suggestions to control/improve their blood pressure.

Education Setting

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

50 Plus Walking Program



The City of Las Cruces Parks & Recreation Department offers a program to build stamina and maintain

cardio vascular health in 12 weeks.

The 50-Plus Walking Program/0-60 in 12 weeks, is designed to get you walking up to 60 minutes in 12 weeks! It begins with 20 minute walks, three times a week, and works up to 60 minutes. Distance is not the priority, movement is. No racing or competition, just a focus on health and well-being.

If you are already an active walker, this is a great way to meet new people, to walk and socialize! Participants walk at their own pace for a set time. Distance will be tracked every day to monitor individual improvement. All participants will meet at Frank O'Brien Papen Center, 304 W. Bell Ave., and every fourth week will be an optional "Field Trip Walk" at another location.

Registration begins December 19, 2016, and the program is held Mondays, Wednesdays, and Fridays from 8:30-9:30 a.m., at Frank O'Brien Papen Community Center, from January 4 through March 31, 2017.

The fee is \$36 per walker and includes tracking of progress for the 12 weeks of the program.

For more information call 575/541-2455.

Community & Families

Lead: Tim Fulton
tfulton@las-cruces.org

City of Las Cruces Parks and Recreation
Parks Director