



2017

HEALTH

&

Wellness
guide
of

Lincoln County & Mescalero



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to you
by



and

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**Special
Enrollment
is on Now!**



low **cost** health insurance.

Changes in your life could mean you qualify today.

Even with the uncertainty about healthcare, health insurance coverage is still the right choice. If you've experienced some change in your life like losing a job, divorce, or a new baby, we'll help you find affordable health insurance options. If you are not sure if it affects your ability to get health insurance, or how it might affect the financial assistance you are already receiving or could now qualify for, call a certified broker. Or visit us online at beWellnm.com or call 855.996.6449 for additional resources. **Be healthier, be happier, be insured at beWellnm.**

Contact a Local Certified Broker

Ruidoso, NM

**Family Insurance
Associates** Jon Crunk
575.257.0998

Roswell, NM

**New York Life
Young's Insurance** Stacey Young-Martin
575.622.8682 ext. 303

Carlsbad, NM

**Roy Willis
Insurance Agency** Roy Willis *Bilingual*
575.885.3276

Life changes that qualify you for special enrollment:

- Divorce
- Death of spouse
- Loss of Medicaid
- Gained citizenship
- New baby
- New marriage
- Loss of job's health plan
- Turned 26 years old
- Moved outside coverage area
- Released from incarceration



be well nm.com

THE PLACE TO SHOP, COMPARE AND BUY HEALTH INSURANCE. *Affordably.*

The Lincoln County Community Health Council meets monthly regarding issues and events in the health industry and is made up of a volunteer board and membership.

This "behind the scenes" group includes individuals and agencies collaborating to support a mission of improving community health in Lincoln County and Mescalero by providing the following programs:

Lincoln County Community Health Council Mobile Food Pantry – First Thursday of every month at 2 p.m. located at the Horton Complex, 237 Service Road. Volunteers and donations accepted.

Health & Wellness Guide – June. Provides updated resource directory and health-related articles.

Stepping into a Better YOU! Health Fair – Oct. 21. Held at the Inn of the Mountain Gods Resort & Casino, this annual health fair is free to the public.

MAZE of Life – End of March. An interactive day for 8th graders from throughout the county & Mescalero to play games of chance, experience real-life situations and choices they will face.

Natural Helpers – A peer-to-peer helping program. These identified persons are invited to attend training where they learn listening skills, knowing when friends need help,

expressing care and concern, recognizing situations that need professional help and contacting these resources.

Freshman Toolkits – August. Prevention information and promotional items in a toolkit appropriate for incoming freshman throughout the county. The intent is to "spark" conversations among parent and teen on issues like DWI, texting while driving, responsible gaming, school-based health center services, tobacco and other substances, etc.

Adopt-a-Mile Clean-up – LCCHC adopted a mile on Hwy. 70 which is cleaned quarterly.

Fitness Challenge – July 15 - Aug. 27. Join us in our Annual Fitness Challenge "Get Out and Tri." More information to come.



It is with great pleasure that the Lincoln County Community Health Council (LCCHC) and Fuqua Sports welcome readers to the "2017 Health and Wellness Guide of Lincoln County and Mescalero." It is through community partnerships that true collaboration can be accomplished. The LCCHC would like to extend our sincere gratitude to Fuqua Sports for their openness to this partnership. The 2017 Health and Wellness Guide is a valuable



resource to our community and we hope community readers will use it as such. This guide would not be possible without the local writers who filled these pages with their knowledge, the LCCHC membership, community advertisers, and Fuqua Sports staff. We thank them for their time and efforts. Enjoy!

*Shannon Dictson, Chair,
Lincoln County Community
Health Council*

INDEX

DIRECTORY LISTINGS4-8

Articles:

Natural Helpers 2.0	10
The Labyrinth	11
You are not broken	12
Emotional trauma and the 'Three Brains'	14
Early treatment orthodontics	15
First line of defense	16
Healty relationships can increase life satisfaction	17
Adult literacy	18
Building healthier communities	19

A day in the life at the Nest	
Domestic Violence Shelter	20
C.O.P.E.	21
Greater access, convenience for Lincoln County	22
PT before drugs	23
Cedar Creek fitness trail	24
C.H.A.N.G.E.	26
Information about gamblers	28
Healthy families mean a healthy community	28
Creative Aging of New Mexico - your resource for senior living	30

Lincoln County & Mescalero Health & Wellness Guide 2017 DIRECTORY LISTINGS

Aging & Long Term Care Services

NM Aging & Long Term Services
Department 1-800-432-2080

ALZHEIMER LIVING FACILITIES

Casa Arena Blanca Nursing Center
(Secured Alzheimer's Living) 575-434-4510

ASSISTED LIVING FACILITIES

Casita de Cura 575-336-1312
Goodlife Senior Living and Memory
Care Center 806-790-1958
Mescalero Care Center 575-464-4802

DIALYSIS

Fresenius Medical Care
(Renal Care Group) 1-866-434-2597

HOME-HEALTH AGENCIES

Encompass Home Health & Hospice .. 575-258-0028
Community Home Care 575-258-1986

HOME SERVICES

Pam McCrohan, Senior Care Giver 575-973-5546

HOSPICE

Encompass Home Health & Hospice .. 575-258-0028

LONG TERM NURSING

Casa Arena Blanca Nursing Center.... 575-434-4510

SENIOR CITIZEN CENTERS & RESOURCES

Adult Protective Services 1-866-654-3219
Alzheimer's Association
NM Chapter 505-266-4473
24/7 Help Line..... 1-800-272-3900
Creative Aging of NM 575-257-2120

SENIOR CENTERS:

Capitan..... 575-354-2640
Carrizozo..... 575-648-2121
Corona..... 575-849-5111
Hondo/San Patricio 575-653-4405
Ruidoso 575-257-4565
Ruidoso Downs 575-378-4659
Heritage Program for Senior Adults .. 575-257-6283
Meals on Wheels 575-378-4659
Sacramento Mountain Village 575-258-2120
or 575-491-8091
Senior Coffee Time 575-257-4170

Basic Needs Assistance

CHILDCARE

Child Development Center
at First Christian Church..... 575-258-1490
The Green Child Early Head Start 575-630-8004

CLOTHING/HOUSEHOLD ASSISTANCE

Christian Services 575-257-4381
First Baptist Church of Ruidoso
Downs Thrift Shop 575-378-4611
or 575-378-1941

"Joseph's Workshop" Episcopal
Church of the Holy Mount 575-257-2356
Provides household items at no cost to people in need.

Lincoln County Humane
Society Resale Shop 575-808-8540

Lincoln County Medical Center
Auxiliary Thrift Store 575-257-7051

Salvation Army Thrift 575-443-0845
or 575-622-7126

Sweet Charity 575-378-0041

EYEGlass ASSISTANCE

Ruidoso Noon's Lions Club Eye Exams
Lion Bill Allen 575-257-2776
or Lion Curt Dimberg 575-630-1947

FINANCIAL ASSISTANCE

Bowl Ministries..... 575-686-8019
(J Bar J Church) 575-257-6899

Chavez County Community
Action Program Inc. 575-623-0014

First Baptist Church of Ruidoso Downs 575-378-4611

Good Neighbor Fund
(PNM)..... 575-378-4611 or 575-378-1941

LIHEAP Energy Assistance Program .. 575-378-1762

Lincoln County Indigent Fund 575-258-1232

Salvation Army..... 575-378-4611
or 575-378-1941

FOOD ASSISTANCE

COUNTY FOOD PANTRIES

Lincoln County Food Bank
Ruidoso Downs 575-378-8939
Open MWF 12 p.m. - 4 p.m.

Commodity Supplemental Food
Program 575-624-2271 / 575-625-2030
Every 1st Thursday on odd months
Ruidoso Downs Food Bank 9 a.m. - 11 p.m.
San Patricio Senior Citizen 2 - 3 p.m.

Angus Church of the Nazarene..... 575-336-8032
2nd & 4th Tuesday of every month at 2 p.m.
Free meal to the public every Wed. at 5 p.m.

Christian Services of
Lincoln County Inc. 575-257-4381
Open M-F, 9 a.m. - Noon; M-Th, 1 - 4 p.m.

MOBILE FOOD PANTRIES

Lincoln County Community Health
Council Mobile Food Pantry
Ruidoso..... 575-464-7106
1st Thursday of every month, Horton Complex
Center 2 p.m.

Capitan Mobile Food Pantry 575-439-6731
1st Thursday of the month at the
Lincoln County fairgrounds

Carrizozo Mobile Food Pantry 575-443-4689
2nd and 4th Tuesdays of every month; Noon - 2 p.m.,
First Assembly of God Church

Mescalero Mobile Food Pantry 575-466-4323
1st Tuesday of every month, 1 p.m.

FREE MEALS

Angus Church of the Nazarene,
Bonita Park on Hwy 48 575-336-8032
Provides a free meal on Wed. nights during
the school year at 5:15 p.m. Open to anyone
but geared toward teens and children.

Community United Methodist Church (Community
Warehouse), 220 Junction Rd..... 575-257-4170
Provides a free meal on the 3rd Monday
of every month, from 5:30 - 7 p.m.

Episcopal Church of the Holy Mount,
121 Mescalero Trail 575-257-2356
Provides a free meal on the 2nd Monday
of every month, from 5:30 - 7 p.m.

First Christian Church,
1211 Hull Road 575-258-4520
Provides a free meal on the 1st Monday
of every month, from 5:30 - 7 p.m.

Gateway Church of Christ,
451 Sudderth Dr. 575-257-4381
Provides a free meal on Wednesday
nights 5:15 - 6 p.m.

St. Eleanor's Roman Catholic Church,
120 Junction Rd..... 575-257-2330
Provides a free meal on the 4th Monday
of every month, from 5:30 - 7 p.m.

SCHOOL BACKPACK PROGRAM

Food 4 Kids Backpack Program
Capitan, Carrizozo, Hondo & Ruidoso
Carol Magill..... 575-257-3495
or Elizabeth Potter..... 575-937-4732
Food items sent home weekly in children's backpacks.

SENIOR FOOD PROGRAMS

All Senior Center Sites offer Meals on Wheels
Capitan - Zia Senior Citizens 575-354-2640
Lunch served M-F from 12 - 1 p.m.
\$2 donation for those over 60, \$12.29 for those
under the age of 60.

Carrizozo Senior Center..... 575-648-2121
Lunch served M-F from 12 - 12:30 p.m.
\$2 donation for those over 60, \$12.29 for those
under the age of 60.

Corona Senior Center 575-849-5111
Lunch served M-F from 12 - 12:30 p.m.
\$2 donation for those over 60, \$12.29 for those
under the age of 60.

Hondo Senior Center..... 575-653-4405
Lunch served M-F from 12 - 1 p.m.
\$2 donation for those over 60, \$12.29 for those
under the age of 60.

Ruidoso Downs Senior Center 575-378-4659
Lunch served M-F from 11 a.m. - 12:30 p.m.
\$2 donation for those over 60, \$12.29 for those
under the age of 60.

NON-PERISHABLE FOOD BOXES

Bowl Ministries..... 575-686-8019
(J Bar J Church) 575-257-6899

FOOD REIMBURSEMENT FOR DAYCARE PROVIDERS

Children In Need of Service (CHINS) .. 575-434-9588

HOUSING ASSISTANCE

Camelot Place Apartment/Low Income
Housing 575-257-5897
Citizenship/Residency - Financial Guidelines

Eastern Regional Housing
Authority 575-622-0881
HUD Financial assistance for rent

Inspiration Heights/Low
Income Housing 575-378-4236
Citizenship/Residency - Financial Guidelines

Ladera Apt Homes 575-378-5262

MEDICAL ASSISTANCE

Children's Medical Services 575-258-3252

Lincoln County Indigent Fund 575-258-1232

Prescriptions -
Episcopal Church..... 575-257-2356

**Shriners Hospitals, Crippled Children
& Burn Institute** 1-800-237-5055
or Bobby Johnson 575-336-2541

VISUAL ASSISTANCE

National Federation of the Blind 575-921-5422
State of NM Commission for the Blind
Las Cruces 575-524-6450
Roswell 888-513-7961

Behavioral Health Services

COUNSELING

Lincoln County COPE Crisis Line 1-866-350-2673
Dr. Paula Land, Psychologist 575-257-2100
Gerald Champion Sleep Center
Mental Health 575-630-8092
PMS Ruidoso Behavioral Health
Center 575-630-0571
Life Transitions 575-446-5300
Lincoln County Community Assistance
Program 24/7 Hotline 1-800-888-3689
Lincoln County Medical Center
Heritage Program
(Senior Program) 575-257-6283
Mark Ovrick, LISW, LSSW 575-808-8380
Merriken Bryant, MS LPCC 575-937-4349
Gary Harmon, PhD 575-937-2507
Region IX School-Based
Health Center 575-630-7974
Sierra Blanca Counselig,
Emily Flemming, LPCC 575-491-3300
Substance Abuse & Mental Health
Services of Lincoln County 575-257-8942

SEXUAL ASSAULT SERVICES

SANE of Otero & Lincoln County
Hotline 575-488-SAFE
The Nest 575-378-6378

SUBSTANCE ABUSE SERVICES

Alano 575-937-4597
Alianza of New Mexico 575-623-1995
Celebrate Recovery 575-808-0958
CHINS 575-434-9588
Four Directions (Native American)
Treatment and Recovery Center .. 575-464-4435
Lincoln County Juvenile Drug Court .. 575-973-5951
Mescalero Drug Court 464-1052
Presbyterian Medical Services 575-630-0571
Substance Abuse and Mental Health
Services 575-257-8942

SUPPORT GROUPS

Alcoholics Anonymous 575-430-9502
Alianza of New Mexico (HIV Support
& Harm Reduction) 575-623-1995
Bereavement Support Group 575-258-3704
Gamblers Anonymous ABQ Hotline ... 505-260-7272
www.gamblersanonymous.org
High Mesa Healing Center 575-336-7777
Mescalero Responsible Gaming 575-464-7106
Overeating Anonymous 575-437-3761
Senior Coffee Time 575-257-4170
Weight Watchers 1-800-651-6000
Domestic Violence Support Group ... 575-378-6378
Support group for victims and survivors
of domestic violence

Children, Youth & Families Dep't

Adult Protective Services 1-855-333-SAFE (7233)

Child Care 575-434-9770
Child Protective Services 575-257-9217
1-855-333-SAFE (7233)
Lifeway 575-315-2500

Churches

Angus Church of the Nazarene 575-336-8032
Calvary Chapel of Ruidoso 575-257-5915
Canaan Trail Baptist Church 575-336-1979
Capitan Church of Christ 575-354-9015
Capitan Methodist Church 575-354-2288
Centro Familiar Destino 575-257-0447
Christ Church in the Downs 575-378-8464
Church of Jesus Christ of Latter Day
Saints 575-258-1253
or 575-258-1254
Church Out of Church 575-258-1388
Community United
Methodist Church 575-257-4170
Episcopal Church of Holy Mount 575-257-2356
First Assembly of God Church 575-257-2324
First Baptist Church of Carrizozo 575-648-2968
First Baptist Church of Ruidoso 575-257-2081
First Baptist Church of
Ruidoso Downs 575-378-4611
First Christian Church 575-258-4250
First Presbyterian Church 575-257-2220
Foot of the Cross Church 575-630-8060
Ft Lone Tree 575-354-3322
Gateway Church of Christ 575-257-4381
Grace Harvest Church 575-336-4213
J Bar J Country Church 575-257-6899
Mescalero Reformed Church 575-464-4471
Ruidoso Downs Baptist Church 575-378-4174
Ruidoso Downs Race Track Chapel.... 575-808-0790
Sacramento Mountains Unitarian
Universalist Fellowship 575-336-2710
Sacred Heart Catholic Church 575-648-2853
Saint Eleanor Catholic Church 575-257-2330
Santa Rita Catholic Church 575-648-2853
Shepherd of the Hills
Lutheran Church 575-258-4191
St. Joseph Mission 575-464-4473
The Rock 575-973-4348
Trinity Southern Baptist Church 575-354-2044

Crisis Intervention

Agora Crisis Center 1-866-435-7166
Cope (Domestic Violence) 1-866-350-2673
Heal / The Nest 575-378-6378
Impact Crisis Line 1-855-334-2400
Lifeway 575-315-2500
Lincoln County Community Assistance
Program 24/7 Hotline 1-800-888-3689
National Center for Missing and
Exploited Children 1-800-843-5678
National Hotline for Human
Trafficking 1-888-373-7888
National Suicide Prevention Lifeline 1-800-273-8255
New Mexico Council
on Problem Gambling 1-800-572-1142
1-800-GAMBLER
New Mexico Crisis Line 1-855-662-7474
or 1-855-466-7100
Nurse Advice Line 1-877-725-2552
Veterans Crisis Line (press 1) 1-800-273-8255
Text to 838255; Online chat: veteranscrisisline.net

Dentistry

Ben Archer Health Center
Alamogordo 575-443-8133
Carrizozo Dental Clinic 575-648-2839
Children's Dental Clinic of Ruidoso ... 575-257-0246
Dr. Dylan Midkiff 575-257-1136
Dr. Sally Waters 575-258-3388
Summit Dental / Dr. Kendal Trujillo ... 575-257-5179

DENTISTRY / ORTHODONTICS

Children's Dental Clinic of Ruidoso ... 575-257-0246

ORTHODONTISTS

Taylor Orthodontics ... 575-257-5653 / 575-622-4369

Development Disabilities Services

New Horizons Developmental
Center 575-648-2379 / 575-648-2120
Nezzy Care 575-257-3100
Region IX Early Childhood Development
(0-3 yrs. Intervention) 575-257-2368
Special Olympics
Sylvia Trujillo 575-336-2123

Domestic Violence

Police Department Non-Emergency #s
Ruidoso 575-258-7365
Ruidoso Downs 575-378-4001
Adult Protective Services 1-866-654-3219
American Red Cross
NM 1-800-560-2302/505-265-8514
COPE 575-258-4946/1-866-350-2673
National Advocate for Domestic Violence
Hotline 1-800-799-7233
The Nest 575-378-6378 / 1-866-378-6378

Emergency Services

Poison Control Center 1-800-222-1222

Full Spectrum Health Providers

ACUPUNCTURE

Alpha and Omega Chiropractic/
Dr. Fraley 575-258-5999

BIOFEEDBACK & ENERGY MEDICINE

Living Energies 575-258-5855
Tim Seay 575-770-0136

COLON HYDROTHERAPY

Calming Way Colonics

Colon Hydrotherapy
White Mtn. Plaza · 1204 Mechem Dr., Ste. 7
Jo Scott Arbuckle & Coe Nowell
Certified Therapists
575-415-7540 · 575-937-4276

Calming Way Colonics 575-415-7540
or 575-937-4276

CONFLICT RESOLUTION

Andrea Fernandez 575-937-2725

CORE SYNCHRONISM

Chelsea Arbogast 575-620-8642
Michelle Huey 575-495-0037

DOULA/BIRTH ASSISTANT

Ashley Hall 575-808-2417

ESSENTIAL OIL

Sandra Gussette 575-973-7914
Village Wellness 575-258-2258

FARMERS MARKETS/FRESH PRODUCE

Mario's Market 575-257-0367
Ruidoso Downs Farmers Market 575-808-0603

FLOATATION THERAPY

Floataction Station 575-315-0870

FOOT CARE

L.A. Nails 575-257-1141

HEALING CENTERS

High Mesa Healing Center 575-336-7777
Parish Health Ministries, 9a - 1p 575-257-4170
Village Wellness 575-258-2258
Sanctuary on the River 575-630-1111

HEALTH FOODS /SUPPLEMENTS /HERBS/VITAMINS

Albertson's Market 575-257-4014
Azure Standard Food Co-op 575-686-0119
High Mesa Healing Center 575-336-7777
Rosemary's Herb Shop 575-257-0333
Natural Remedies 575-257-1406
Skarsgard Farms 505-681-4060
www.skarsgardfarms.com

Thriftway 575-257-6544
Wild Tree 575-315-4722

HEALTH & WELLNESS COACH

Andrea Fernandez 575-937-2725
ziamentor@gmail.com

HOMEOPATHIC

Living Energies 575-258-5855
Rosemary's Herb Shop 575-257-0333

LIFE COACH

Debbie Nix 575-937-0212
PassionDrivenLiving.com

LIGHT THERAPY

inLight Wellness Systems
Bunny Trolinder 575-808-9638

MASSAGE THERAPISTS & SPAS

A Body Balanced 575-937-0370
Adobe Day Spa 575-630-0515
Pamela Jamison LMT 575-937-3898
Ashley Hall 575-808-2417
Bare Essentials Day Spa 575-257-5966
Bella Vita Day Spa 575-257-9493
Beth Miller 575-808-0603
Blue Lotus Healing Arts Center
& Day Spa 575-257-4325
The Calming Way Colonics 575-415-7540
Cheryl A Cook LMT 575-808-0935
Enchanted Massage/Biofeedback 575-802-3791
Healing Art of Massage 575-937-8576
Healing Essence Spa & Therapeutic
Bodywork 575-973-2092
Healing Intentions 575-973-5005
Jennifer Lewicki LMT 575-937-0099
Jessica Sherman LMT 575-937-5110
Linda Schreiber LMT 410-353-5286
575-336-2841

Mountain Massage & Healing
Arts, Patti Gray LMT 575-937-2304
Mountain Meadows Massage School 575-257-4325
Rebecca Forester LMT 575-315-0870
Sandra Gussett 575-973-7914
Sonia Wannamaker 575-937-0173

Tresa Jameson LMT 575-937-0518
Village Wellness 575-258-2258
White Mountain Massage & Bodywork 575-808-0935

MEDICAL SPA

Fusion Medical Spa 575-257-4772

MEDITATION

Bhavani Brown 603-475-2985
Village Wellness 575-258-2258

NM MEDICAL CANNABIS PROGRAM

Compassionate Distributors 575-258-1087
White Mountain Wellness 844-337-5283
www.whitemountainwellness.org

NUTRITION/COUNSELING

Ashley Hall 575-808-2417
Rebekah Ferral 575-937-3364
Herb Stop 575-257-0333
Village Wellness 575-258-2258

PAIN MANAGEMENT

Michelle Huey 575-495-0037

PREGNANCY COUNSELING

Life Way 575-973-0088

QI GONG/TAI CHI

Patti Gray 575-937-2304
Village Wellness 575-258-2258

REFLEXOLOGY

Calming Way 575-415-7540
Gwyneth Marhanka 775-830-3027
Morgan Marr 831-521-4465

ROLFING

Village Wellness 575-258-2258

SPIRITUAL COUNSELING

Josephine Arbuckle 575-671-0006
Andrea Fernandez 575-937-2725
Barbara Mader 575-336-7777

SPAS

Adobe Day Spa & Chiropractics 575-630-0515
Bare Essentials Day Spa 575-257-5966
Bella Vita Day Spa 575-257-9493
Blue Lotus Healing Arts Center
& Day Spa 575-257-4325
Fusion Medical Spa 575-257-4772
Healing Essence Spa & Therapeutic
Body Work 575-973-2092
Living Energies 575-258-5855
Mountain Massage & Healing Arts 575-937-2304
Sevilla's Day Spa & Salon 575-257-8982
Spa Botanica at Sanctuary on the River 575-630-1111

TRAUMA COUNSELING

Emily Fleming 575-491-3300

YOGA

Patti Gray 575-937-2304
Khira Mali 575-302-4888
Sumi Avame (Capitan, Ruidoso) 575-802-3611

Funeral Services

LaGrone Funeral Home 575-257-7303
PCS - Professional Cremation
Services LLC 575-630-0161

Gaming

New Mexico Council
on Problem Gaming 1-800-572-1142
1-800-GAMBLER

New Mexico Gaming Control Board ... 505-841-9700

Mescalero Apache Tribal Gaming
Commission 575-464-7101 / 7100

Mescalero Responsible Gaming
Program 575-464-7106 / 575-937-3531

Health Clubs/Exercise



MaxTime Fitness 575-808-8282
Southwest Personal Fitness 575-257-5902
Ruidoso Athletic Club (RAC) 575-257-4900
Ruidoso Community Center 575-257-4565

EXERCISE CLASSES/EQUIPMENT

Ruidoso Community Center 575-257-4565
Ruidoso Physical Therapy 575-257-1800
Therapy Associates 575-257-5820

Hearing Care

Hear on Earth Hearing Care Center ... 800-950-8816
or 575-526-3277

Human Trafficking Services

National Hotline for Human
Trafficking 1-888-373-7888
Texts to 233733; www.traffickingresourcecenter.org

Insurance

Affordable Care Act Insurance
Coverage 1-855-996-6449
www.bewellnm.com; www.healthcare.gov

Blue Cross Blue Shield
Centennial Care 1-866-689-1523

Blue Cross Blue Shield Health Plan . 1-800-432-0750

Centennial Care (formerly Salud) 1-888-997-2583
Apply by phone 1-855-637-6574
www.yes.state.nm.us

Molina Healthcare of NM 1-800-580-2811

Molina Centennial Care 1-800-580-2811

New Mexico Medical
Insurance Pool BCBS 1-800-432-0750

NM High Risk Pool 1-505-424-7105
Coverage of Last Resort

Presbyterian Health Plan 1-866-388-7737

Presbyterian Centennial Care 1-888-977-2333

Farmer's Insurance, Glen Cheng Agent 575-257-7878

United Health Care 1-877-236-0826

Labs

TriCore Reference Laboratories
(Outpatient draw site) 575-630-5225

Legal Resources

Law Access NM 1-800-340-9771

Legal Aide 575-541-4800

PROBATION & PAROLE

Adult Probation 575-378-8118
or 575-647-9934

Mescalero Apache Tribe

(Contact Numbers)

BIA Youth Development	575-464-0648
Carrizo Boys & Girls Club	575-464-6814
Carrizo Headstart	575-464-3492
Community Health	
Representatives (CHR)	575-464-9256
Diabetes/Wellness Program	575-464-6383
Education Department	575-464-4500
Elderly Center	575-464-1614
Families' First	575-464-0932
Fire & Rescue	575-464-3473
Gaming Commission	575-464-7103
Health Education/Fitness Center	575-464-4368
MATI	575-464-4039
Mescalero Boys & Girls Club	575-464-9212
Mescalero Care Center	575-464-4802
Mescalero Headstart	575-464-9183
Mescalero Hospital	575-464-4441
Mescalero Prevention Program	575-464-4976
Mescalero WIC Office	575-464-0932
Natalia Zumba	575-937-0396
Parks & Recreation	575-646-4494
Pt Benefits Coordinator	575-464-6383
Responsible Gaming Program	575-464-7106
Systems of Care	575-464-9274
Youth Development Program	575-464-8768

Physicians / Hospitals / Clinics / Physical Therapy / Medical Equipment / Pharmacies

CARDIOLOGY

New Mexico Heart Institute	1-800-715-6644
Presbyterian Medical Group	
Dr. Harold Sunderman	505-563-2500 or 1-800-734-4278

CHIROPRACTIC

Adobe Day Spa & Chiropractic	575-630-0515
Alpha and Omega Chiropractic	575-258-5999
Chiropractic Associates of Ruidoso ...	575-258-3725
Dr. Dominique Taylor	575-315-2256
Dr. Melissa King	575-258-3725
Dr. Vickie Peebles	575-973-0396
White Mountain Chiropractic & Neurology	575-257-7970

DERMATOLOGY

Tall Pines Medical	575-257-4061
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EAR, NOSE AND THROAT

Dr. Timothy Frost	575-437-4533
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GASTROENTEROLOGY/DIGESTIVE

Eastern New Mexico G.I. Services	575-624-4651
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HOSPITALS AND CLINICS

Ben Archer Health Center	
Dental & Medical Clinic	575-443-8133
Capitan Medical Clinic	575-354-0057
Carrizozo Dental Clinic	575-648-2839
Carrizozo Health Center	575-648-2317
Corona Health Clinic	575-849-1561
Elite Medical New Mexico	575-630-0016
Gerald Champion Medical	575-439-6100

Gerald Champion Sleep Center and Medical Complex	575-630-8092
Indian Health Services	575-464-4441
La Casa - Family Health Center	575-653-4830
Lincoln County Family Medical Group	575-257-7712
Lincoln County Medical Center (Clinics)	575-630-8350
Lincoln County Medical Center (Hospital)	575-257-8200
PMS Medical Center	575-630-0571 or 575-585-1250

PMS Medicaid Eligibility Interviewer Outreach & Enrollment Specialist	
Leslie Jimental	575-434-8680 or 505-469-4852

Region IX School-Based Health Center	575-630-7974
Ruidoso Public Health Office	575-258-3252

LABS

TriCore Reference Laboratories (Outpatient draw site)	575-257-0496
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MEDICAL EQUIPMENT & OXYGEN

Frontier Medical Equipment	575-257-2536
LinCo Medical	575-257-7174

NEUROLOGY

NM Brain Institute	575-434-0901
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OB/GYN

Dr. Deborah Hewitt	575-257-7505
Dr. Keri Rath	575-630-4200
Dr. Patricia Combs	575-630-4200

OPTOMETRISTS/ OPHTHALMOLOGIST (EYE CARE)

Family Vision Center	575-257-5029
Dr. Fillmore Eye Clinic	1-800-323-4764
Dr. Paul Gulbas	1-915-542-0279
Walmart Vision Center	575-378-5287
Dr. Michelle Yang	575-437-9900

ORTHOPEDICS

New Mexico Bone & Joint Institute ...	575-378-8001
Dr. Douglas Dodson, Dr. Eric Freeh, Dr. John Anderson, Dr. Loren Spencer	

Presbyterian Medical Group	
Dr. Hung Vu	575-630-8350

PHARMACIES/DISCOUNT PRESCRIPTIONS

Pharmacy Outreach	www.rxoutreach.org
Albertsons Market Pharmacy	575-630-8020
RX Outreach	1-800-769-3880
Sierra Blanca Pharmacy	575-258-2456
Walgreen Drug Stores	575-257-1566
Walmart Pharmacy	575-378-5400

PHYSICAL THERAPY

LCMC Rehabilitation Services	575-257-8239
Ruidoso Physical Therapy	575-257-1800
Therapy Associates	575-257-5820

PODIATRY - NM BONE & JOINT INSTITUTE

Dr. John Anderson	575-378-8001
Dr. Loren Spencer	575-378-8001

PRIMARY CARE PHYSICIANS/FAMILY PRACTICE

Dr. Arlene M. Brown	575-257-7712
Dr. John Benavidez	575-630-8350
Amber Watts, FNP	575-354-0057
Dr. Michael Clements	575-630-1055
Suzanne Dennehy, CNP	575-630-8350

Dr. Frank J. DiMotta	575-630-1214
Dr. Mary Martinez	575-630-8350
Natalie McElhaney, FNP	575-630-8350
Dr. Stephen Otero	575-630-8350
Dr. Chris Robinson	575-630-8350
Dr. Andrew T. Rousseau	575-630-8350
Dr. Walter Seidel	575-257-3681

RADIOLOGISTS

Dr. Donald Wolfel	575-257-8292
Alamogordo Imaging Center	575-434-1353

SCHOOL BASED HEALTH CENTERS

Mescalero School Based Health Center	575-464-4431 ext. 1143
Region IX School-Based Health Center	575-630-7974

SPEECH & LANGUAGE PATHOLOGIST

Lincoln County Medical Center Alison Stepp MS, CCC/SLP	575-257-8239
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SURGEONS

LCMC Surgical Clinic	575-630-4200
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Quit Smoking

Mescalero Tobacco Prevention	575-464-4516
Smoking Cessation	1-800-QUIT-NOW Quitnownm.com

Recreational Sports / Parks

Basketball (Adult)	575-257-5030
Bicycle Club	575-937-0363
Dance Instruction	
Andrea Fernandez	575-937-2725
Capitan Line Dancing	575-644-5735
Dali' Ballet Company	575-257-3753
Hip Hop	575-973-5397
Khira Molly	575-302-4888
Ruidoso Dance Community	575-973-3621
Weldon Ganaway	575-937-6366
Line Dancers	575-258-8765
Disc Golf	575-257-5030
All Tangled Ups Aerials Arts	575-808-2417
Hiking/Mountain Biking	575-257-5030
Hiking: Trail Snails: trailsnail1@gmail.com	
Lincoln County 4-H	575-648-2311
Lincoln County Youth Soccer League, Manuel Medrano	575-937-0881
Lincoln County Adult Soccer League Manuel Medrano	575-404-1575
Martial Arts	
Community Center	575-257-4565
SW Personal Fitness	575-257-5902
Tai Kwon Do	575-937-0791
Peace Village	575-257-5030
Pickle Ball, Leanne Smith	575-937-6239
Ruidoso Gymnastics	575-378-4468
Ruidoso High Altitude Aquatics Swim Team	575-257-4900
Ruidoso Little League Baseball Josh Musgrave	575-808-0669
Ruidoso Little League Basketball	575-378-7141
Ruidoso Little League Football, Boys & Girls Club of Sierra Blanca ..	575-808-8338
Running/Racing	575-937-7106
Smokey's Garden	575-257-4095
Softball (Adult) Page Promotions	575-378-9810 sports@valdornet.com

Village of Ruidoso Parks and Recreation	575-257-5030
Pool	575-257-2795
Wilderness Camp	575-257-5030
Youth Track Development Program	
Sam Lee	575-219-9502

Schools/Education

Buddha Yoga Teacher Training Program	575-802-3013
Eastern New Mexico University-Ruidoso	575-257-2120
	or 1-800-934-3668
English as a Second Language/Citizenship	575-258-1730
ENMU Continuing Education	575-257-3012
HSE/GED	575-258-1730
GRADS Program	
Pregnant and parenting teens	575-258-4910
Lincoln County Adult Literacy	575-258-3704
Lincoln County Cooperative Extension	575-648-2311
Lincoln County Head Start	575-257-5025
Mountain Meadows Massage School	575-257-4325
Parents Reaching Out	1-800-524-5176
Statewide support Network for parents of children with special needs and education	
Prepared Childbirth Classes	575-257-8275
Region IX Education Cooperative	575-258-1951
Work Force Solutions	575-258-1730

SCHOOLS

Capitan Elementary	575-354-8520
Capitan Middle/High School	575-354-8500
Carrizo Headstart	575-464-3992
Carrizozo Schools	575-648-2346
Cloudcroft Schools	575-601-4416
Corona Schools	575-849-1911
Hondo Schools	575-653-4411
Mescalero Headstart	575-464-9183
Mescalero K-12	575-464-4431
Nob Hill (Ruidoso)	575-257-9041
Region IX Education Cooperative	575-258-1951
Ruidoso High School	575-258-4910
Ruidoso Middle School	575-630-7800
Ruidoso Public Schools Central Office	575-257-4051
Sierra Blanca Christian Academy	575-630-0144
Sierra Vista Primary (Ruidoso)	575-258-4943
Tularosa Elementary	575-585-8801
Tularosa High School	575-585-8865
Tularosa Middle School	575-585-8806
White Mountain Elementary (Ruidoso)	575-258-4220

FREE CLASSES

Capitan Library	575-354-3035
Ruidoso Library	575-258-3704
New Mexico Workforce Connection	575-258-1730
	or 800-854-4712

Sexual Assault Resources for Males & Females

Lincoln County COPE	1-866-350-2673
Alamogordo Shelter	575-434-3622
	or 575-258-4946

Lincoln County Sheriff's Department	575-648-2341
	1-800-687-2419

If you are hearing impaired please call 911

PMS Ruidoso Behavioral Health Center	575-630-0571
Ruidoso Police Department	575-258-7365
Ruidoso Rape Crisis 24 hr	575-258-7365
SANE of Otero & Lincoln County Hotline	575-488-SAFE
Victims Advocate, 12th Judicial District Attorney	575-648-2383

Social Security Assistance

Division of Vocational Rehabilitation	1-888-901-7866
Social Security	1-800-772-1213

State of New Mexico Offices

New Mexico Department of Health	
www.health.state.nm.us	
Children Medical Services	575-258-3252
Children, Youth and Family	575-257-9217
Environmental Dept	575-258-3272
Income Support Division	575-378-1762
Motor Vehicle Division (Ruidoso)	575-378-8550
Ruidoso Public Health Office	575-258-3252
State Agency on Aging	1-800-432-2080
Women, Infants and Children (WIC) ..	575-258-3252

DEPARTMENT OF LABOR

Workforce Connection (NM)	
www.jobs.state.nm.us	
Department of Workforce Solutions	
www.dws.state.nm.us	
Division of Vocational Rehabilitation	
www.dvrgetsjobs.com	
NM Workforce Connection	
Job Listings	575-258-1730
Labor Relations	575-524-6195
Unemployment Benefits	1-877-664-6984

HUMAN SERVICES DEPARTMENT

Human Services Department	
www.hsd.state.nm.us	
Child Support Program	1-800-288-7207
Income Support Division	575-378-1762

Transportation

Alamo Shuttle	575-437-1472
Dollar Cab	575-937-6803
Enterprise Rent-A-Car	575-257-1154
Lincoln County Emergency Medical Services	575-257-8290
Substations: Capitan, Hondo, Carrizozo and Corona	
Lincoln County Transit	575-378-1177
Motor Vehicle Division (Ruidoso)	575-378-8550
Ruidoso Bus Station	575-257-2660
Shuttle Ruidoso	575-257-1815
(Call for Medicaid)	1-877-903-7483
Superior Transport	1-877-735-0111
(Lovelace Transportation)	
Z-Trans	575-439-4971

Veterans Information

American Legion Auxiliary Unit 79	
Ruidoso_unit79@hotmail.com	
Department of Veteran Services	
www.dvs.state.nm.us	
NM VetConnect	1-800-672-7006
V.A. Alamogordo	575-437-9195
V.A. Albuquerque	1-800-465-8262
V.A. Care Line	1-855-260-3274
V.A. El Paso	1-800-672-3782
V.A. Regional	1-800-827-1000
Veterans Crisis Line	1-800-273-8255 (Press 1)
Text to 838255; Online Chat: veteranscrisisline.net	
Vets Helping Vets	
Website: www.vhvtoday.com	
Email: veteran@vhvtoday.com	

VFW	575-808-1114
Vietnam Veterans of America	
Jerry Ligon	575-808-1114

Veterinary & Pet Services

Becky Washburn, DVM	575-354-2311
	Mobile 575-430-8614
Carrizozo Animal Clinic	575-648-2247
Cloudcroft Animal Hospital	575-682-2645
Franklin Veterinary Clinic	575-378-4708
Mountain View Animal Clinic	575-258-5800
Ruidoso Animal Clinic	575-257-4027

PET SITTING

A&P Pet Sitting	575-937-2725
Coyote Moon	713-516-1472
Doggie Love	562-447-5145
Watching Over Your Best Friend	
Candice Kosler	575-802-3133

Yoga Instruction

Blue Lotus Yoga Studio	575-257-4325
BuddhaYogaClass.com	575-802-3013
High Mesa Healing Center	575-336-7777
Patti Gray	575-937-2304

Youth Programs/Services

Boys & Girls Club of Sierra Blanca	575-808-8338
Carrizo Boys & Girls Club	575-464-6814
Lincoln County Juvenile Justice Board,	
Ted Allen, Coordinator	575-973-5951
Mescalero Boys & Girls Club	575-464-9212

View the 2017 HEALTH & WELLNESS GUIDE online:

Region IX Education Cooperative
Rec9nm.org
Ruidoso Municipal Schools
www.ruidoso.k12.nm.us
Village of Ruidoso
www.ruidoso-nm.gov
Ruidoso Chamber of Commerce
www.ruidosonow.com



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- Pulmonology
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- Radiology and Laboratory Services (diagnostic x-rays, mammograms, bone density studies, CTs, MRI, vascular studies and echocardiography)
- Dietary Counseling
- Emergency Medical Services (EMS) throughout Lincoln County
- Heritage Program – Outpatient Behavioral Health program for senior adults
- Lincoln County Community Assistance Program (mental health triage)
- Primary Care and Specialists
- Therapy Center/Rehabilitation Services (physical, occupational, speech and aquatic therapies)
- Hospital-Based Infusion Services

 **PRESBYTERIAN**
Lincoln County Medical Center

211 Sudderth Dr., Ruidoso, NM 88345
www.phs.org/ruidoso

FOR MORE INFORMATION OR TO SCHEDULE AN APPOINTMENT, PLEASE CALL:

Lincoln County Medical Center (575) 257-8200
Lincoln County Medical Complex (575) 630-8350

Capitan Medical Clinic (575) 354-0057
Carrizozo Health Center (575) 648-2317
Corona Health Clinic (575) 849-1561

Natural Helpers 2.0 By Linda Hand

An evidence-based, peer-to-peer helping program

Natural Helpers are students who are identified by their peers as someone they can trust, someone who cares, and someone who likes to help others.

The Natural Helpers peer-helping program is based on a simple premise: within every school, an informal “helping network” already exists. Students with problems naturally seek out other students – and also adults – whom they trust. This program taps into and uses this helping network to disseminate as much accurate information as possible to all students. It provides training to students and adults who are already serving as helpers, giving them skills to help others more effectively.

This is the second year for the Hondo Valley Public School group. Since they are becoming self-sufficient and accomplishing great things for their school and community, it seemed like a logical time to add another group in Lincoln County. Natural Helpers was introduced in the fall at Carrizozo Schools. This group received the same training as the Hondo students and have worked diligently to get their group recognized in the school and community.

Students are challenged to make their schools a more caring, safe, and accepting place for everyone. Both groups have done activities to make students and faculty

aware of their purpose in the schools. Both groups did “Kindness Campaigns” in the spring. While each school addressed this differently, they were both well received and the schools are reaping the benefits of their efforts. Natural Helpers are often tapped by teachers and faculty to assist with other activities and campaigns in the schools. Red Ribbon Campaign, library nights, mentoring elementary students, and food drives are among some of the activities they assisted with this year. One of the health campaigns that both groups participated in

was the Maze of Life in March.

This is an interactive health fair for 8th graders hosted by the Lincoln County Community Health Council. The topic was “making good choices.” It was one of the favorite booths, and the Natural Helpers displayed leadership and caring. Another health campaign was the suicide prevention classes presented by the Region IX School-Based Health Center.

Students received the training, then provided support in other classrooms.



In April both groups attended a Natural Helpers Retreat held at the San Patricio Retreat Center. More training was provided along with team building activities. The program is funded by the New Mexico Department of Health Office of School & Adolescent Health and The Lincoln County DWI Prevention Program.

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The Labyrinth

By Barbara Mader, RN

Are you feeling stressed, out of balance or disconnected? Then come out to walk the labyrinth at High Mesa Healing Center, available 24/7.

What is a labyrinth?

Labyrinths are powerful tools for bringing people together. Communities may come together on the labyrinth to celebrate or to support one another in times of difficulty. School children might walk the labyrinth to learn how to resolve conflict, to calm down and to be able to focus better. People who are grieving may walk together to share the burden of sorrow. Labyrinths can also be used as a tool for personal discovery, creativity and devotion.

The labyrinth is not a maze with mental challenges and blind alleys. You walk a single path from the entrance to the center and back again. There is no "right" way to walk the labyrinth, there are no "right" thoughts to have. Let your experience be your own.

The path of the labyrinth is like the path of life with twists and turns, feelings of being lost, encounters with others in your path, a thrill of pleasure as you approach the center and sometimes a flash of insight before you leave.

Some enter the path with a problem that they need to solve or an intention to change something in their lives. One person reflected, "In this space I release my fears and remember who I truly am."



Walking the labyrinth

As you enter ...let go...relax...release tension...listen to your body and spirit. The center is often a place to receive, to see clearly and to gain insights. As you return and re-enter the world you can bring new strengths and insights into your life.

We know that labyrinths have been in existence for at least 4,000 years. They have been found in many parts of the world, Egypt, India, Scandinavia, the British Isles and the Hopi Mesas. There are labyrinths in Roman mosaics, on the stone floors of medieval churches and cut into the turf of English village greens.

Today there are thousands of new labyrinths around the world. Walking the labyrinth meets our need for a time and a place to reflect; a chance to step out of the business of ordinary life so we can listen to the inner voice to help us deal with the joys and sorrows, the hopes and fears of everyday life.



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133 Mader Lane

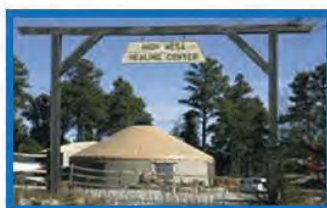
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You are not broken

By Debbie Nix

People ask me, “Why would I want to work with a life coach?” My answer is simple. To gain clarity. It might be clarity around a certain challenge in your personal or professional life. Possibly clarity around speaking and living your truth, being authentic. Whatever it is, there is usually some association around the idea that we are somehow “broken.”

This couldn't be further from the truth as stated in this piece by one of my favorite thought leaders, Panache Desai.



5 Reasons Why You're Not Broken.

You are the only person qualified to be you. So why are you spending so much of your time and energy trying to improve, enhance, fix or change the person that you already are? You don't have to lose five (or 50) pounds, find the perfect spouse, or wear the hottest color of the season to “finally” be complete. There is not one more thing you need to do in order to be what you already are. You already are everything you need to be.

Still skeptical? Here are five reasons why you're not broken:

1. The energy that made you is not judging you

As Albert Einstein so wisely said, “Energy cannot be created or destroyed; it can only be changed from one form to another.” Energy just is. The infinite vibrational field of energy, or God, that shaped you,

and left its signature upon you, resonates at the frequency of love and only ever expresses its absolute love for you.

2. It's only your mind, your ego, that perceives brokenness

The standard definition of broken is to be separated into two or more pieces. Therefore, you're only fractured to the degree to which you believe you are broken. Your natural state is oneness. By labeling yourself in a negative way, you are making yourself less than, psychologically forcing yourself to take on qualities of being incomplete, when in truth you are always whole, you are unbreakable.

3. You are not defined by how your life has been or what you have done

Life is not a journey of overcoming obstacles. Your life is a state of being, to be celebrated and enjoyed. Major life events such as becoming a parent, getting a divorce, or managing a financial loss are not being done to you; they are a catalyst for your greatest evolution and growth. Sure, it may not always feel like this, but it's these very seminal events that catapult you into a greater state of harmony with yourself. Everything is happening for you, to restore you to balance in your life.

4. As long as you're breathing, there's hope

Whether you feel devastated or elated, annoyed or overjoyed, your emotions are meant to be experienced. These feelings are neither good nor bad. Once you have fully experienced a particular emotion, another will replace it. Emotions are energy in motion and experiencing them allows for them to change form. When you judge them as good or bad, you limit your ability to feel them and impede your growth, evolution and recognition of your brilliance. That doesn't mean that your brilliance no longer exists. So, as long as you are breathing, you will continue to experience emotions. By removing the judgment, you will begin to live in harmony with who you are and you'll no longer resist your experiences. Life will begin to flow. When you apply the qualities of love and trust to the experience of yourself, then you will know your innate unbreakability.

5. When you give up the conflict you have with being yourself, you'll find yourself

Do you want to know the secret to shifting gears from ordinary to extraordinary? Self-acceptance. Put down the gloves and stop beating yourself up so much. When you end your resistance to being yourself, exactly as you are right now, in this moment, then you will start to experience the shifts that you've been looking for all along. When you fully accept yourself, you'll naturally start to take better care of yourself. You'll eat better and exercise more, and the weight that you thought was holding you back will naturally start to fall away.

When you love yourself, you will see love all around you and the relationship you've been hoping for will finally arrive. Your inner world transforms your experience of being in the world. When you see that you embody all of the same gifts, talents, and abilities as the divine, then you will know the truth – you are limitless potential, there is nothing to heal and nothing to fix.

If you want to explore this concept more, contact Life Coach Debbie Nix, Sanctuary on the River, PassionDrivenLiving.com, 575-937-0212, or PanacheDesai.com.



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ON-SITE THERAPEUTIC
MASSAGE

Emotional trauma and the “Three Brains”

By Emily Fleming, LPCC

A search for emotional trauma on the internet will yield over 78 million results; emotional trauma is everywhere, even here in Lincoln County. When most people think of trauma they envision only devastating circumstances but this is not necessarily the case.

What one person may perceive as a mere inconvenience, another may experience as severely threatening. Trauma does not have one precise definition but is rather defined within the context of an individual's understanding and perception of events. It is important to be able to recognize the signs of trauma in ourselves and others in order to work towards healing.

When asked, sometimes people will not consider themselves as survivors of emotional trauma but after some explanation, they find that indeed they have endured some type of trauma. There are various forms of emotional trauma ranging anywhere from a minor automobile accident to a community wide environmental disaster. An example of the latter is The Little Bear fire that was ignited on June 4th, 2012. Many community members continue to struggle with feeling triggered during lightening storms; this is a normal response and it is how the brain works to protect ourselves after a threat to our safety.

To help understand trauma, researchers have identified the “Three Brains.” The innermost part of the brain (brain one) is often referred to as the ‘primitive’ brain, this part is responsible for the “fight,



flight, or freeze” response when we are approached with danger (remember, this is real or perceived danger). The ‘middle’ brain, or brain two is comprised mostly of the amygdala and hippocampus and is responsible for emotional response and memory. The third brain or ‘thinking brain’ takes care of executive functioning skills such as problem solving, discernment, planning, etc. When presented with a threat to safety, the third brain is shut off. This means that people respond according to what they feel will keep them safe and they remember things according to how things seemed at the time, not necessarily how they actually were. At a later time, when the brain is presented with something that appears similar in nature to the former trauma, again the third brain is shut off and the individual is momentarily ‘controlled’ by their ‘fight, flight, or freeze’ response as well as their highly emotional, second brain.

It is so important to understand that someone else's or our own illogical response to a situation may indicate that they are being triggered by past trauma. If we can keep in mind that we all may experience what is called “Amygdala Hijack” then we can start to increase awareness which is the first step to healing past trauma.

Early treatment orthodontics

The American Association of Orthodontists recommends that a child's first visit to an orthodontist take place at age seven.

This allows for early identification and treatment of significant dental and skeletal imbalances of the teeth and developing jaw structures. Why age 7? This is when the first molars and incisors usually erupt, establishing the bite. During this time beginning treatment of orthodontic problems between the ages of 7 and 10 can bring about the best result and the least amount of time and expense. At this early age, orthodontic treatment may not be necessary, but an evaluation gives Dr. Childress an opportunity to monitor growth and development and begin treatment when it is ideal.

This is especially true when early treatment may prevent more serious problems from developing or may make treatment at a later age shorter and less complicated. Early treatment allows Dr. Childress to:

- Guide jaw growth
- Lower the risk of trauma to protruded front teeth
- Provide more room for permanent teeth
- Guide permanent teeth into an optimum position
- Improve appearance and self-esteem

Benefits of Orthodontics

Beyond the cosmetic advantages of straight teeth, there are important medical and psychological benefits as well. Properly aligned teeth and jaws may alleviate or prevent physical health problems.

- Straight teeth are easier

to clean and less likely to decay

- Orthodontically corrected teeth are less prone to chipping and wear
- Ideally positioned teeth lessen the chance of gingivitis, recession and gum disease
- A good bite results in less strain on jaw muscles/joints.

In extreme cases, misalignment of the jaw joints can sometimes lead to chronic headaches or pain in the face or neck.

- Early prevention may be less costly than the dental care required to treat more serious problems that can develop in later years.



Psychological Benefits

- Increased confidence
- Improved self-acceptance and well being
- Enhanced attractiveness

Here's how to get started:

Parents want to provide their children with the best chances of success so we encourage you to take the initiative to schedule an examination if you think your child can potentially benefit from orthodontic treatment

*The Children's Dental Clinics Of Ruidoso and Alamogordo;
Kenneth W Childress, DDS; (575) 257-0246*

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Alamogordo - Inside White Sands Mall
(575) 257-0246
Ruidoso- Inside Sierra Mall #5

First line of defense

After nearly 10 years, The American College of Physicians have developed new guidelines and recommendations for noninvasive treatment of lower back pain.

At the top of that list are conservative methods like heat, massage, and spinal manipulation (we'd rather call it Chiropractic). The study also emphasizes that while pharmacological treatments are easy to prescribe, they all carry varying risks of harm and are largely ineffective in curing back pain.

There's an old Chiropractic saying that goes... Adjustments first, drugs second, surgery if needed last. It is a conservative philosophy of care for those who'd rather give their body a chance to heal naturally first. When it comes to back pain, science and the medical community are finally in agreement.



LINCOLN COUNTY'S TOP HEALTH CONCERNS

ADULT HEALTH CONCERNS

More than **50%**
of Lincoln County adults said they are concerned about **ACCESS TO CARE**

Over **31%**
of Lincoln County adults care about **NUTRITION & WEIGHT INFORMATION**

More than **27%**
of Lincoln County adults said they are interested in **AFFORDABLE RECREATION**

Almost **90%**

of Lincoln County residents surveyed in 2015 reported having some form of **HEALTH INSURANCE COVERAGE**

CHILD AND YOUTH CONCERNS



Almost **57%**
of Lincoln County youth surveyed in 2015 reported they were concerned about **DRUG AND ALCOHOL ABUSE**.

Over **45%**
of Lincoln County youth surveyed in 2015 reported they were concerned about **BULLYING PREVENTION**



Almost **45%**
of Lincoln County youth surveyed in 2015 reported needing more **AFTER SCHOOL/SUMMER PROGRAMS**

NEW MEXICO
DEPARTMENT OF
HEALTH

Source: Lincoln County Community Health Council Community Survey Report 2015.



Your Chiropractor knows that with a tailored treatment regimen and TIME, your body can recover from just about anything, including simple mechanical back pain. The next time you experience back pain, call your Chiropractor first. If your Primary Care Physician is up on their research, they'll recommend you do so too. Sometimes the right choice makes all the difference.

If you or anyone you know suffers from back pain please call us at 575-315-2256 to schedule an appointment with Dr. Taylor. Or stop by her office at 208 Porr Dr. Ruidoso, NM 88345 we are available for walk-ins.

Dr. Dominique Taylor of Oso Chiropractic is a Palmer College graduate and a local Ruidoso, NM Chiropractor. Dr. Taylor specializes in care for general health and wellness as well as pediatric and family care. Some common conditions she cares for include: back pain, sciatica, neck pain, headaches, migraines, extremity problems (including numbness and tingling in the limbs), pre and postnatal pain, sports injuries, car accident injuries (including whiplash) and much more. Dr. Taylor is also a Certified Medical Examiner for DOT physical exams. If you are a sports enthusiast Dr. Taylor has some of the most impressive rehab and recovery tools to help you swing better, hit harder, run faster, lift more, and play longer.

Source: *The American College of Physicians: Noninvasive Treatments for Acute, Subacute, and Chronic Low Back Pain: A Clinical Practice Guideline From the American College of Physicians. February 2017: Amir Qaseem, MD, PhD, MHA et.al.*

Healthy relationships can increase life satisfaction

By Misty G. McArthur, MSW, LCSW, LADAC, EMDR

A healthy relationship, whether romantic or acquaintance, family member or work related, occurs when two people develop a connection based on trust, support, mutual respect, equality, separate identities, good communication and a sense of fondness.

Healthy relationships should bring more enjoyment than stress into our lives while unhealthy relationships have increased negative characteristics causing tension more often that can negatively impact other areas of life.

Relationships require daily work and like a garden have to be maintained regularly, nurtured and cared for by everyone involved. The following is a list of some healthy relationships characteristics:

- Take responsibility for caring for ourselves and have self-esteem that is not relationship dependent.

- Do activities together and apart.
- Fair conflict resolution, fighting is normal in all relationships however how we handle conflicts makes all the difference.
- Honesty and trustworthiness.
- Maintain and respect each other's individuality while taking interest in one another's activities.
- Have the option of privacy.
- Accept influence from our partners knowing that relationships are about give and take.
- Maintaining relationships with family and friends.



When to seek professional help:

- You're unhappy but can't decide if you should stay or leave.

Continued on pg. 19



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Adult literacy

Low adult literacy skills are related to the \$232 billion dollars a year spent on health care costs in the United States (American Journal of Public Health). In addition, people with the lowest literacy levels are most likely to be incarcerated and, therefore, are not receiving the best health care.

The aim of Lincoln County Adult Literacy is to offer free, confidential tutoring to adults with low literacy skills. Some low literacy adults are taking health risks as they struggle with reading prescription labels and trying to interpret directions from doctors. Similarly, figuring out prescription costs as well as insurance plans requires literacy in math. Understanding any health related issues is not easy when a patient does not speak English. LCAL is a non-profit program that offers one-to-one tutoring in reading, math,



and English as a Second Language. One LCAL hope is that better literacy will contribute to better health.

In addition to one-to-one tutoring, LCAL offers instruction in areas relevant to health and wellness. For example, LCAL offers computer literacy courses in Ruidoso and Mescalero. Job skills are offered to residents of the Nest, a local shelter for women. Both men and women at the Lincoln County Detention Center receive Math instruction.

If you need literacy help or you know an adult who needs help with literacy skills, please contact Robin Gilton, LCAL's Program Coordinator at (575) 258-3704. In addition, anyone interested in becoming an LCAL tutor should contact Robin at the same number or email: RobinGilton@ReadBetterNow.org. Or, visit our website at www.readbetternow.org.

Lincoln County Adult Literacy is a volunteer, community-based organization, dedicated to helping adults in Lincoln County and Mescalero improve their reading, writing, and math skills through free one-to-one tutoring by trained volunteers.

The program's purpose is to improve quality of life for individuals and the betterment of the community.

A large advertisement for Summit Dental & Orthodontics. The background is a scenic photograph of a mountain range at sunset or sunrise, with a prominent peak in the center. The text is overlaid on the image. At the top left, the word "SUMMIT" is in large, white, sans-serif capital letters. Below it, "DENTAL & orthodontics" is written in a smaller, white, sans-serif font. In the bottom left corner, the name "Kendal R. Trujillo, DDS" is in a large, white, sans-serif font, followed by "Restorative & Cosmetic Dentistry" in a slightly smaller font. Below that is the phone number "575-257-5179" in a very large, bold, white font, and the website "www.summitdentalruidoso.com" in a white font. In the bottom right corner, the address "200 Sudderth Dr Suite C Ruidoso, NM 88345" is written in a white font.

Building healthier communities

At Presbyterian Medical Services (PMS) our purpose is you. Together, we build healthier communities.

We are thrilled to provide behavioral health services in Lincoln County at our Ruidoso Behavioral Health Center. Specialties include children and adult medication management, individual and group therapy, counseling and Comprehensive Community Support Services (CCSS).

At Tularosa Medical Center, your family's health is our primary concern. See us for chronic illness care, including diabetes, high blood pressure and asthma, as well as acute illness care, preventative medicine, family planning, women's health, pediatrics, and wellness physicals and screening.

To schedule your appointment, visit us online at pmsnm.org or call 800-477-7633. Medicare, Medicaid and private insurance accepted. For the uninsured, a sliding fee scale, based on income.



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Healthy relationships, continued from pg. 17

- You've decided to leave but stay.
- You have a history of staying in unhealthy relationships.
- When you think you're staying in the relationship for fear of being alone, guilt or fear of safety.
- If a partner tries to harm you or force you to do something sexually.

While all relationships experience stress and unhealthy characteristics at times, a healthy relationship is more positive than negative and has the potential to enhance our lives and increase life satisfaction. Healthy relationships are a work in progress and when we chose to care for our relationships daily we can all enjoy the positive benefits of healthier interactions.

Misty G. McArthur, MSW, LCSW, LADAC, EMDR Trained, is a member of the Lincoln County Community Health Council (LCCHC) and is a behavioral health counselor for the Lincoln County Community Assistance Program (LCCAP). LCCAP provides confidential counseling at no cost to county residents. For an appointment or immediate assistance call the 24-Hour Hotline at 1-800-888-3689.

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A day in the life at the Nest Domestic Violence Shelter

By HEAL Staff Writer Jessica Martinez

Few people truly know what a typical day is like in a domestic violence shelter. The advocates at the Nest, Lincoln County's first and only DV shelter, accepted the challenge of demonstrating this to fellow staff and HEAL Board Members at this year's retreat held in January.

"We thought a skit would be a good way to show the basics of how our shelter works, as well as how busy it can be," explained Nest Operations Director Susanne Francis. "Although each day is different and brings different circumstances and challenges, new clients and situations, the skit the staff prepared and executed was a great representation of what we do here at the Nest."

Note: clients are referred to by their initials in an effort to uphold confidentiality. Any and all initials/people

depicted below do not reflect any real people or clients, but all situations depicted are based on actual events.

A Day in the Life at the Nest

6 AM - SHIFT CHANGE: Advocate #1 leaving, Advocates #2 and #3 coming on shift

Advocate 1: Good morning! Here's my report from last night. SM had to go to the ER because she had chest pains. LW needs to go to work at 9:30. BN had night terrors and has been up all night; she needs sleep today so please try to be quiet around her room.

Narrator: A typical morning at the shelter consists of moms getting kids off to school, ladies making breakfast, and getting ready for their day. Most mornings advocates will sit with clients and have coffee with them, chat about the day's plans, or other general conversation.

9 AM - Administrative Assistant (AA) arrives

Advocate 2: Good morning! We have a client at the hospital who needs to be picked up and another one who needs to go to work.

AA: Okay, thanks!

JF: *(Comes into office visibly upset, in tears.)* I don't know what to do. My ex-husband just called and told me he is on the way to pick up my kids from school and is saying I will never see them again.

Advocate 3: Okay, let's sit down and take a deep breath. We will call the police department and let them know what is going on. *(Dials PD.)*

JF: Hello, my ex-husband is threatening to pick up my kids from school but he isn't allowed to do that.

Advocate 3: Let them know you have a Temporary Restraining Order.

JF: Yes, I have a TRO and the kids are on it, so he is not allowed to have contact with the children. Okay, thank you.

Advocate 3: Let's call the school as well. *(Dials school.)*

Continued on next page

HEAL & the Nest Domestic Violence Shelter

26374 US Hwy 70 in Ruidoso Downs, NM
(575) 378-6378 or toll-free at (866) 378-6378
www.helpendabuseforlife.org



Sweet Charity Retail Boutique

26156 US Hwy 70 in Ruidoso Downs, NM
(575) 378-0041

COPE: *Services assist those experiencing domestic violence/abuse*

The Center of Protective Environment (COPE) is a not-for-profit organization, funded through grants and local fundraisers.

Offices are located in both Ruidoso and Alamogordo. Started as an offshoot from a community meeting in Alamogordo in the early 1980s, COPE served nearly 500 adults and 150 child victim/witnesses last year. Lincoln County clients make up approximately 16 percent of those assisted through myriad services that include a crisis hot line, counseling, victim advocacy and legal representation. An additional 7,000 people benefit from COPE's educational outreach and programs that address all aspects of relationship violence.

Despite continuing research and increased understanding, stigma and misperceptions plague the subject of domestic violence. Abuse extends beyond the physical and may include emotional, sexual, psychological intimidation, threats, stalking, isolation, coercion, minimizing, denying, blaming, using children, using male privilege and/or economic control. The most current definition of domestic violence incorporates the roles of power and control and views it as a pattern of behavior. The effects on children and family dynamics are now being fully realized as something that defines every relationship of those affected, both in how each person affected deals with each other, but with how each person interacts with the outside world.

In addition to aiding victims of abuse with immediate crisis numbers and intervention, safety plans and access to area emergency resources and a shelter in Alamogordo open to men and women victims, COPE also offers counseling, possible legal representation for petitions of orders of

protection, transportation and court-room support and long-range planning such as job-searching and housing guidance. Educational programs on domestic and workplace violence, bullying and unhealthy relationships build on COPE's vision to create "...a community knowledgeable about domestic violence and abuse and fully engaged and committed to its eradication." All of these services are cost-free to survivors.

COPE also operates the only state-certified Domestic Violence Offender Intervention Program in Lincoln County. Abusers, often referred by the 12th Judicial District and Magistrate Courts, are educated in what constitutes domestic violence and treated with the aim to end violent, abusive behavior in a 52-week group program. This highly monitored and accountable program, run by trained staff and paid in part for by the offenders, is often a condition of probation or parole. Individuals can volunteer for this program. The reality is that some victims return to their abusers. In addition to instilling and teaching non-violence, non-threatening behavior, respect, shared and responsible parenting, support and trust, this program acknowledges the possibility of this scenario.

So why do they return? There are many reasons. A person experiencing domestic violence/abuse faces difficult decisions, especially in small towns with ingrained family loyalties and limited resources and in rural areas, worlds away from quixotic opportunities proffered by city centers. Only that person can make decisions for his- or herself. COPE is committed to providing comprehensive options and unconditional support while honoring the client's decisions.

For more information, please contact the Ruidoso office at 1204 Mechem, Suite 12 or (575) 258-4946. The Crisis line number is (575) 437-2673.

A day in the life, continued from pg. 20

JF: Hello, I have a Restraining Order against my ex-husband which includes my children. He is threatening to pick up the children from school.

Advocate 3: Remind them they have a copy of the TRO in their files.

JF: Yes, you have a copy of the TRO. The children should not be released to him under any circumstances. Yes. Thank you.

(Please visit our website to view the full article and skit script: <http://helpendabuseforlife.org/a-day-in-the-life-at-the-nest-domestic-violence-shelter/>)

"No two days are ever the same," explained Nest Shelter Supervisor Miranda Puryear. "Survivors come to the shelter to survive and survivors leave the shelter to live independently without fear, in control of their lives, and, most importantly, looking forward to a future free of hate and pain and filled with love and freedom."

Greater access, convenience for Lincoln County

LC Emergency Medical Services main station to open Fall 2017

A recap of the *Stepping into a Better You* Health Fair 2016
hosted by Inn of the Mountain Gods

The health fair had **786 visitors** who signed into visit the **83 diverse group of health booths.**



50 walkers participated in the **5K Stride for a Cure**



Lincoln County Medical Center gave **141 flu vaccinations**, Indian Health Services (IHS) gave **41 flu vaccinations.**



40 kids and **20 adults** received **vision screenings.**



54 women received their **mammogram** from the Assured Imaging Mammogram Coach.



27 caring individuals **donated blood.**



45 Zumba and **MIXXEDFIT** participants **danced for Breast Cancer Awareness.**



As part of Lincoln County and Presbyterian Healthcare Services' continued investment in improving the county's healthcare, a one story Emergency Medical Services main station is being constructed adjacent to Lincoln County Medical Center in Ruidoso.

This one-story facility is nearly 9,000 square feet and it will include six ambulance bays, a separate maintenance and wash bay as well as staff training and sleeping quarters. Once the new main EMS station is constructed and occupied, it will allow for the construction of a 70,000 square-foot, two-story modernized hospital. Both facilities will provide greater access to healthcare services for all of Lincoln County residents as well as convenience and efficiency.

Lincoln County Emergency Medical Services has five stations throughout Lincoln County. The main station is located in Ruidoso with substations in Capitan, Carrizozo, Corona and Hondo as well as having an ambulance parked at the Ranches of Sonterra Fire Station.

This building will be part of Lincoln County Medical Center's campus. Lincoln County Medical Center is owned by the County of Lincoln and is leased and managed by Presbyterian Healthcare Services. Operations are governed by a local Board of Trustees understanding the needs of rural community healthcare.

The Lincoln County Emergency Medical Services main station was designed by Dekker Perich Sabatini and will be constructed by Jaynes Corporation, both out of Albuquerque. The total budget is approximately \$2.2 million and is a collaborative project led by Lincoln County and including Presbyterian Healthcare Services, Lincoln County Medical Center and Lincoln County Emergency Medical Services.

It is scheduled to open in fall 2017.

PT before drugs: *Become more 'insistent' about physical therapy for pain management* By Julie A. Wright

New Mexicans are constantly hearing about drug-related deaths. In fact, New Mexico ranked first or second in overall deaths, per capita, from unintentional drug overdoses from 2005 – 2014.

The assumption; not illegal drugs but prescribed pain killers contributed to 40 percent of overdoses. Not just in the cities; Lincoln and Otero Counties face this very real issue, with 71 unintentional overdoses, 48 from prescribed drugs 2005-2012.

The good news, 2015 showed a 9 percent decrease in overdose deaths throughout the state. "We're working hard with law enforcement, health care professionals, and community partners throughout the state to fight the devastating impact of drug abuse," Governor Susana Martinez said. "While results like these show important progress, we need to continue fighting this issue with education, prevention, treatment, and enforcement."

How can our community make even more progress in the prevention of drug dependency and overdose? PTinMotion followed up a TIME Magazine article, stating doctors need to start insisting on physical therapy for pain management and no real progress will be made in the fight against opioid abuse in the U.S. until we do. Andre Machado, Chairman of the Neurological Institute at the Cleveland Clinic, said opioids are a "quick fix" for pain, bypassing the true goal of pain treatment, to recover function while reducing pain levels.

"This crisis is a failure of our healthcare ecosystem," Machado writes. "We can all share the blame: physicians anxious to meet patients' expectations, pharma companies overselling opioid benefits (while downplaying risks), insurers not flagging patients receiving high volumes of opioid prescriptions (while poorly reimbursing therapy) and patients who demand passive treatment." We need to change our measurement of success from eliminating pain by helping patients understand and manage their pain. Again, this means insisting on using physical therapy *first*. Ultimately, this would lessen the reliance on drugs.

"Sometimes physical therapy and exercise are the first lines of treatment to help manage chronic pain, or provide rehabilitation after surgery." Sylvia Marten published on Spine Health, "When you're in a lot of pain, the thought of active rehabilitation and exercise can be pretty daunting. One, or a combination, of the following passive pain-relieving techniques may be used: Electrical stimulation (e.g. HIVAMAT), Heat /cold therapy, Ultrasound, Massage or Myofascial Release therapy, and manual manipulation. These therapies are designed with one goal: providing enough pain relief to help you progress to an active exercise program."

Our community needs to work to reduce the number of prescription drug overdoses and reliance on opioids. We need to insist on alternatives to prescriptions for pain management, *only* then can we change our communities.

**Sources: PTinMotion August 19, 2016; <https://nmhealth.org/news/information/2016/9/?view=484>; New Mexico Substance Abuse Epidemiology Profile, July 2011; CDC Wonder; <http://www.spine-health.com/blog/6-steps-get-pain-relief-physical-therapy-and-exercise>.*

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Cedar Creek fitness trail

By George Garnett

The Cedar Creek Fitness Trail is an outdoor man-made exercise course designed to promote health and wellness for the Ruidoso community and visitors to the area, which includes the Smokey Bear Ranger District.



This 1.3-mile trail is located on Cedar Creek Road, just past Smokey Bear Ranger District's Fire Operation's building. There are 14 fitness stations located on a ¼ mile "inner loop" that are designed to promote physical fitness. Among them are: a pull-up bar, a log-jump, a platform for stretching and push-ups, dip-bars, and an adjustable sit-up station. The top layer surface of the trail consists of finely crushed gravel that makes a great walking/jogging low-impact surface.

Interpretive kiosks are located along the 1.3-mile trail

Photos courtesy of George Garnett

that have interesting photos and information about wildlife. Benches are located along the trail for relaxing among the ponderosa pines.

The majority of the course tends to be flat to permit participation of all fitness levels. The trail is wide enough to accommodate runners, walkers and parents with toddler strollers.



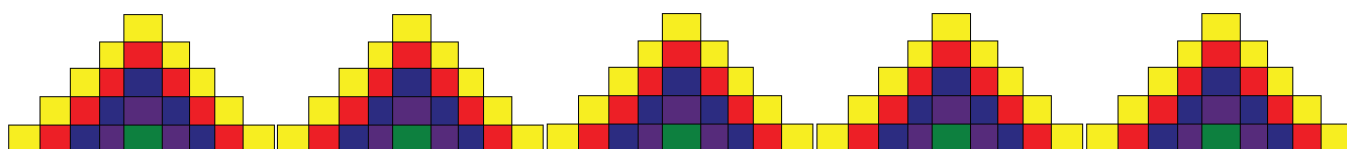
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- Substance Abuse Prevention
- Suicide Prevention
- Traditional Tobacco Education
- Rx Abuse Prevention
- Cultural Revitalization Workshops

Mescalero Prevention Program

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Office: (575) 464-4976 / (575)464-4516 **Fax:** (575)464-4977 Mescprevpg@matisp.net





Dogs and mountain bikes are not allowed on the fitness trail. However; if you wish to exercise with your dog (leash required) or bike, you may do so directly across the street from the Fitness Trail, where a newly designed two-mile trail connects to longer trails for avid mountain bikers.

There are more than 200 miles of non-motorized trails on the Smokey Bear Ranger District alone. Several areas have recently been improved for mountain bikes. In conjunction with the Village of Ruidoso, the Grindstone Lake area features a trail system for all abilities of hiking and biking. For more information about trails, please stop by Smokey Bear Ranger District at 901 Mechem Drive; Monday through Friday, 8 a.m. to 4 p.m. or call (575) 257-4095. For your after-hours convenience, we also have information in our vestibule outside of our front office.



Mobile Food Pantry Distribution

Where: Horton Complex (old middle school)
237 Service Rd., Ruidoso, NM

When: 1st Thursday of each month @ 2pm



For more information, please call 464-7106



C.H.A.N.G.E.

Community Healing Addictions through Networking, Guidance and Education

In September 2016 the Lincoln County community was rocked with the shocking news that two young people were dead as a result of opioid overdoses. The Lincoln County community was forced to come to the realization that just like in every other community across our nation, the opioid epidemic was here at our front door.

There were community meetings conducted in order to discuss not only the tragic pain felt for the families that had lost their children at such an early age, but also at the realization that this community needed to fight this epidemic head on



before it took anymore lives and tore apart more families! Charles R. Swindoll wrote that "We are all faced with a series of great opportunities brilliantly disguised as impossible situations." Lincoln County is faced with an opportunity to bring about **change** in the face of a great crisis.

C.H.A.N.G.E. was born from these meetings as our community felt the great need to make a change about how society sees and responds to addictions and the opioid epidemic specifically. Unfortunately, there are many individuals and families in our community struggling with addictions and its destructive

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side-effects on their families. They are our neighbors, our children, our business owners, our teachers, our judges, our elected officials, our mechanics, our secretaries, our clergy, our police officers, our college students, our chefs, our doctors, etc. **C.H.A.N.G.E.** is working towards setting a constructive and compassionate tone in conversations about drug abuse in order to **change** the stigma associated with addictions. **C.H.A.N.G.E.** also aims to normalize conversations about addiction and its treatment to empower individuals, families and governments to take the action needed to address this opioid epidemic, without fear, guilt or the stigma that such actions may bring.

What is an opioid? Opioid refers to substances that bind to opioid receptors in the brain and body. This includes drugs commonly prescribed to relieve pain like hydrocodone (e.g., Vicodin) and oxycodone (e.g., OxyContin, Percocet), as well as substances like heroin that are produced and sold illicitly. The opioid epidemic is real and it can affect anyone regardless of their age, race, gender, or social status. Consider the following staggering statistics:

- In 2014, nearly 30,000 individuals died from opioid overdose in the U.S.
- In 1991, health profession wrote 76 million opioid prescriptions in the U.S. In 2011, they wrote 219 million.
- In 12 states, the number of prescriptions written for painkillers exceeded the number of people in the state. In New Mexico, there are 82 opioid prescriptions written per 100 people.
- Mexican heroin production and distribution increased from 8 metric tons to 50 metric tons between 2005 and 2009.
- Overall, Americans consume up to 80 percent of the world's prescription opioids.
- On an average day in the U.S., according to the Department of Health and Human Services, health care professionals dispense more than 650,000 opioid prescriptions.
- Each day: 3,900 people initiate nonmedical use of prescription opioids for the first time.



PULLTOGETHER

- Each day: 580 people use heroin for the first time.
- Each day: 78 people die from an opioid-related overdose.

C.H.A.N.G.E. is working on a multi-pronged solution to the opioid epidemic in our community. **C.H.A.N.G.E.** aims to increase public awareness by all available means, reach children early, in and outside of schools, embrace the power of data and technology for drug prevention and education, make Naloxone (reverses an opioid overdose) widely available especially for first responders, work with local leaders to expand treatment for individuals struggling with addictions, work with law-enforcement to reduce the illicit supply of opioids, advocate for diverting users from the criminal justice system, facilitate treatment in jails, help reintegrate people into the community, advocate to strengthen prescription drug monitoring programs (PDMPs), advocate to institute guidelines for prescribing opioids, but most importantly; help bring hope and healing to individuals and families struggling with addictions in our community.

C.H.A.N.G.E.'s Vision and Mission therefore are as follows:

C.H.A.N.G.E.'s Vision is to live in a community where children, youth and families can live healthy lives, free from drugs and addictions and where those who are affected by drugs and addictions can find understanding, acceptance, compassion and healing through a network of treatment resources.

C.H.A.N.G.E.'s Mission is to bring drug awareness and prevention through education, to lobby our local, state, and national leaders to make laws conducive to treatment, healing, education, enforcement and prosecution of drug laws, to provide referral resources for treatment to children, youth and families affected by drugs and addiction and to bring training and resources to our community to help **C.H.A.N.G.E.** achieve its vision of a healthy community free from drugs and addictions.

For more information or to join **C.H.A.N.G.E.** please contact April Stirman (575) 630-7974 or Sergio Castro (575) 257-6491.

Information about gamblers

There are many games and forms of gambling. They were created to be fun, a way to play, compete and celebrate.

Often gambling is informal and takes place between friends and family – a card game, a bet, a sports pool... the list goes on. The more commercial choices to gamble whether at a casino, the lottery, or online gambling, are plentiful. Now, almost anywhere you are in the world, there are lots of ways to gamble, literally thousands of places to play, 24 hours a day.

Most people don't think about there being different kinds of gamblers too. Here are a few:

- **Non-problem gambler** – someone who gambles with no negative consequences.
- **Professional gambler** – someone who plays higher odds games, is hopefully skilled at gambling, and makes their living gambling or plays professionally.
- **Low-risk gambler** – experiences a low level of problems with few or no identified negative consequences.
- **Moderate-risk gambler** – experiences a moderate level of problems leading to some negative consequences.
- **Problem gambler** – gambles with negative consequences and a possible loss of control.

- **Compulsive gambler** – gambles out of control and cannot stop despite adverse consequences

The courage to reach out

Most people with a serious gambling problem are in pain. But they wouldn't pick up the phone to ask for help for their problem either because they are not ready to stop gambling or for fear of someone finding out. Most people seek help for a gambling problem when they are having serious financial problems, feeling depressed or worried or suicidal, or when having relationship problems. The fact is that for those people who do reach out for help and follow through with counseling they can get their lives manageable again. It takes courage to do this but it helps to know that the call is completely confidential.

Sources of help

The most common source of help is face-to-face counseling by getting referred through a helpline. Some people seek help only via helpline telephone counseling. Both of these services are available free in New Mexico and are completely confidential. Others seek help through peers, or friends, family, other sources of help like online counseling or Gamblers Anonymous.

If you or someone you know or love needs help for a gambling problem, call (888) 696-2440.

Provided by Mescalero Responsible Gaming Program

Healthy families mean a healthy community

By Rev. Tony Chambless, First Presbyterian Church, Ruidoso

It would be nice if each one of us, when we were born, came with an instruction manual but we didn't.

Every human being is a unique individual doing the best they know how to get through life in one piece. Every family in the world is as unique as the individuals who belong to it. How many times have we tried to communicate with each other only to be misunderstood? The key factor in good family relationships is effective communication; not good communication, effective communication.

Each member of a family is unique. The kind of communication that works with one member may not work with

another. Sometimes we try everything we know and still our communication is having no effect. That is normal. We all have a limited set of skills when it comes to dealing with others. The good news is that we are all able to learn new communication skills that may be more effective. We can learn new ways that will bring about the desired effect. We just have to adjust to those new ways of making ourselves and understood.

But wait, there is more good news! Our community has an active network of skilled professionals who can help every family improve the effectiveness of its communication. They can teach us not only how to communicate, but also how to listen to each other to the best effect. Effective communication means our families will be healthier. And healthy family relationships lead to a stronger, healthier community.

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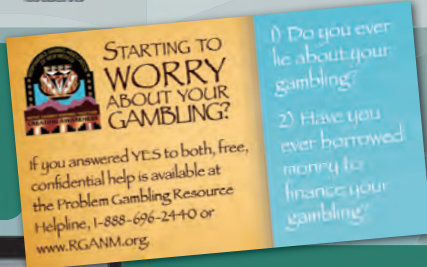
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Ad www.rganm.org/Get-Help

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About the RGANM - Addictive Gaming Research - Get Help Now

OUR 20TH ANNUAL
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462 COUNSELORS
RECEIVED EDUCATION ON
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COUNSELORS AND THERAPISTS:
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REFERRALS AND HELP FOR
GAMBLERS AND FAMILIES

PAID FOR BY THE RESPONSIBLE GAMING ASSOCIATION OF NEW MEXICO

Creative Aging of New Mexico - your resource for senior living

Where to ask when you need help in Lincoln County

Who we are:

We, the Creative aging Advisory Committee, recognize that many of the key factors that influence a livable community are determined locally, in our case, within Lincoln County, NM. We create opportunities to bring together decision makers and influencers across the public, private, and volunteer sectors from across Lincoln County and statewide. We encourage these individuals to work in partnership with older adults, putting in place imaginative changes that will have real impact on the day-to-day lives of all of us as we age in our frontier community.

What we do:

- **Health:** Educate residents about the availability of quality health care and help them navigate the system to meet their health goals.
- **Housing:** Partner with realtors, contractors, private and governmental organizations to facilitate refitting houses for older adults, as well as finding alternative affordable housing choices when needed.
- **Transportation:** Have public transportation available to as many residents as possible, as frequently as possible, and as accessible as possible, in order to meet the many individual's needs with it be health or social related.
- **Involvement:** Encourage residents to be involved in educational, physical, social and governmental activities, helping all of us to build stronger

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THE ENMU / CREATIVE AGING

RESOURCE CENTER

PHONE: 575-257-2120 Ext 328 (Ask for Creative Aging) OR Clara Farah 575-973-7835



ENMU Branch Community College 209 Meschem Drive Ruidoso, New Mexico 88345

communities of participation and collaboration in order to increase engagement and personal growth.

- **Opportunity:** Make available financial planning, skill training, job counseling and networking possibilities, in order to increase choices for residents to become more financial independent.

How we accomplish this:

ENMU-Ruidoso provides office space for CAAC. Staffed by a student-work-study and volunteers on a part time basis, this space now functions as a Resource Center. As we are a rural county we also have outreach programs in our smaller communities to inform and educate each other on older adult issues important to us. Slowly and purposely this center is developing a solid network of information and a "where to go" aide that benefits all of us.

How we pay for this:

CAAC has recently received nonprofit status and has secured fiscal agent status in order to seek funding in the future from private and governmental agencies. Two small grants have been obtained to date. ENMU-Ruidoso continues to be very supportive and generous with in-kind contributions.

Conclusion:

Creative Aging's monthly meetings, outreach programs and resource center act as gathering places for all of us to share creative solutions to the changes we encounter as we age. We welcome all; there is no charge for services, as we wish to celebrate both our uniqueness and our mutual joy of growing older in our frontier community.

You can make a **DIFFERENCE** in our community



Pursue a degree
or a certificate
program in:

Psychology



**Human
Services:
Alcohol & Drug
Abuse Studies**

**EMT /
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as well as
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