

2021 Health and Wellness Guide

of Lincoln County & Mescalero



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From the LCCHC Chair:

Hello Health Council Members and Friends:

The year 2020 will go into the record books as one of the most challenging in our generation. As of this writing we have lost over 300,000 Americans to the coronavirus as well as over 1.5 million people world-wide. We have seen the human suffering but we have also been witnesses to the power and resiliency of the human spirit as exemplified by the first responders, essential workers and everyday folks making a difference for each other through this pandemic.

As a health council we have continued to do our part by continuing to provide suicide prevention training virtually using the QPR (Question, Persuade, Refer) curriculum. We have continued to get the message out that there is hope and that there is help for those who are struggling with depression and other mental health needs. Articles on mental health have been written and printed in our local newspaper, we have distributed mental health literature and gun locks at a suicide prevention "glow walk" in Mescalero and we also have sponsored a billboard which sits in one of our major streets in town offering help, hope and numbers to contact for people in need. We have also continued to help by partnering with other agencies to provide food to our communities through a mobile food pantry and food boxes to seniors.

We are also partnering with the Lincoln County Detention Center in order to bring the RISE (Reach, Intervene, Support and Engage) Program to fruition. This program will help educate inmates about drugs and alcohol and will help them access services and transition into our communities in an attempt to break the cycle of addiction and incarceration.

Additionally, the health council is working towards completing a comprehensive health assessment for Lincoln County and is participating in the Robert Wood Johnson Foundation – Build a Culture of Health project with other health councils across our State in order to bring about health equity to our communities. In addition, our health council recently completed a "covid-safe" health challenge project

View the 2021 HEALTH & WELLNESS GUIDE online:

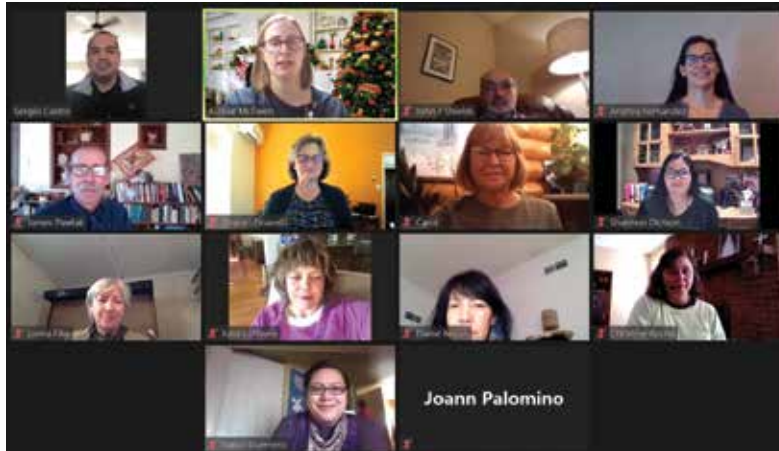
Region IX Education Cooperative
Rec9nm.org
Ruidoso Municipal Schools
www.ruidoso.k12.nm.us
Village of Ruidoso
www.ruidoso-nm.gov
Ruidoso Chamber of Commerce
www.ruidosonow.com

which encouraged people to get healthy by safely exercising (walking the links) and by providing virtual resources such as healthy recipes, exercise and relaxation techniques, etc. A shout out to all of our health council members and partners who helped make all of our health council's projects happen!

There is hope for 2021 as vaccines are being developed, approved and distributed widely and quickly. We can still do our part to protect our families and neighbors by helping mitigate the virus by wearing a mask, washing our hands and observing social distance when in proximity to others. Together we can protect each other, help our doctors and nurses by not overwhelming hospitals and create a culture of health for our community!

Sergio Castro, Chair LCCHC
sergio.castro@state.nm.us

Website: www.lincolncountyhealthcouncil.org



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Lincoln County & Mescalero Health & Wellness Guide 2021 DIRECTORY LISTINGS

Aging & Long Term Care Services

NM Aging & Disability Resource
Center, Santa Fe 1-800-432-2080
Roswell 575-627-5358
Medicare/Medicaid 1-800-432-2080

ALZHEIMER ASSOCIATION

NM Chapter 505-266-4473
Roswell 575-624-1552
24/7 Help Line 1-800-272-3900

ASSISTED LIVING FACILITIES/DEMENTIA CARE

Goodlife Senior Living and
Memory Care Center 575-315-0758
Mescalero Care Center 575-464-4802

BEHAVIORAL HEALTH SERVICES

Lincoln County Medical Center Heritage
Program (Senior Program) 575-257-6283
Ken Kenney, MSW, PhD 505-363-8293
People Works NM 505-267-5057

HOME-HEALTH AGENCIES/HOSPICE SERVICES

Addus Homecare 575-258-9086
Encompass Home Health & Hospice .. 575-258-0028
Community Home Care 575-258-1986

SENIOR CENTERS

Renee Montes-Program Director 575-648-2121
Capitan 575-354-2640
Carrizozo 575-648-2121
Corona 575-849-5111
Hondo/San Patricio 575-653-4405
Ruidoso Community Center 575-257-4565
Ruidoso Downs 575-378-4659

SENIOR RESOURCES

AARP NM 1-866-389-5636
Adult Protective Services 1-866-654-3219
Legal Resources for the Elderly
(LREP) 1-800-876-6657
Senior Coffee Time 575-257-4170
Sierra Blanca Laser, Inc. SUI (Stress Urinary
Incontinence Therapy) 575-425-0792
Social Security Services 1-800-772-1213
lgbtagingcenter.org

Basic Needs Assistance

CLOTHING/HOUSEHOLD ASSISTANCE

Christian Services 575-257-4381
First Baptist Church of Ruidoso
Downs Thrift Shop 575-378-4611
“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
Not Too Shabby Shop (Capitan) 575-468-0638
Lincoln County Medical Center
Auxiliary Thrift Store 575-257-7051
Sweet Charity 575-378-0041

FAMILY SERVICES

Life-Way 575-315-2500

FINANCIAL ASSISTANCE

Bowl Ministries, J Bar J Church 575-257-6899
First Baptist Church
of Ruidoso Downs 575-378-4611
Good Neighbor Fund (PNM) 575-378-1941
“Joseph’s Workshop” Episcopal
Church of the Holy Mount 575-257-2356
LIHEAP Energy Assistance Program .. 800-283-4465
Lincoln County Indigent Fund 575-258-1232
Salvation Army 575-378-4611

FOOD ASSISTANCE

COUNTY FOOD PANTRIES

Lincoln County Food Bank Ruidoso ... 575-257-0682
Open MWF 12 p.m. – 4 p.m.

Commodity Supplemental Food
Program 575-625-2030
Every 1st Thursday of the month
Carrizozo Fire Dept. 8-9 a.m.
Ruidoso Downs Food Bank 9 a.m. - 11 p.m.
Ruidoso Downs First Baptist Church 12-1 p.m.
San Patricio Senior Center 1:30-2:30 p.m.

Angus Church of the Nazarene 575-336-8032
2nd & 4th Tuesday of every month at 10 a.m.

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

MOBILE FOOD PANTRIES

Capitan Mobile Food Pantry 575-439-6731
1st Thursday of the month at the
Capitan Fire Station 5:30-7 p.m.

Mescalero Mobile Food Pantry 575-464-9260
1st Thursday of every month, 1 p.m.

River Crossing Ministries Mobile Food Pantry
Ruidoso 575-686-8582
1st Thursday of every month, River Crossing 2 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
(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 575-258-4250
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. Sumer hours and locations vary

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.

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.
\$3 donation.

FOOD ASSISTANCE CONTINUED

Carrizozo Senior Center 575-648-2121
Lunch served M-F from 11:30 a.m. - 12:30 p.m.
\$3 donation.

Corona Senior Center 575-849-5111
Lunch served M-F from 11:30 a.m. - Noon
\$3 donation.

Hondo Senior Center 575-653-4405
Lunch served M-F from 12 - 1 p.m.
Delivers to Home Bound
\$3 donation.

Ruidoso Downs Senior Center 575-378-4659
Lunch served M-F from 11 a.m. - Noon
\$3 donation. Meals njn Wheels, (60+)

NON-PERISHABLE FOOD BOXES

BOWL Ministries (J Bar J Church) 575-257-6899

YOUTH FOOD PROGRAMS

Food 4 Kids Backpack Program
Capitan, Carrizozo, Hondo & Ruidoso
Elizabeth Potter 575-937-4732
Food items sent home weekly in children’s
backpacks.

PHS Feeding Program 575-257-8266
18 years and under

HOUSING ASSISTANCE

Camelot Place Apartment/
Income Based 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
Income Guidelines

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

Ruidoso Noon Lions Club Eye Exams
Lion Jerry Leonard 575-808-8223

National Federation of the Blind 575-921-5422

State of NM Commission for the Blind
Alamogordo 575-437-1547
Roswell 888-513-7961

Behavioral Health Services

COUNSELING

Aspen Creek Counseling 575-242-1100

Capitan Therapy &
Behavioral Health 505-273-0982

Desert Rose 575-808-8730

Four Directions (Native American)
Treatment and Recovery Center .. 575-464-4432

Gary Harmon, PhD 575-937-2507

COUNSELING CONTINUED

Kenneth Kenny, PhD, MSW 505-363-8293
Dr. Paula Land, Psychologist 575-257-2100
Lincoln County Community Assistance
Program 24/7 Hotline 1-800-888-3689
Lincoln County Medical Center Heritage Program
(Senior Program) 575-257-6283
Lincoln County COPE Crisis Line 1-866-350-2673
Merriken Bryant, MS LPCC 575-937-4649

Open Door Counseling

200 Mechem Dr. #4, Ruidoso, NM
Individual, Couple and Family Counseling
Sliding Fee Scale, free consultation
(82) 253-6271
opendoorcounselingnm@gmail.com

Open Door Counseling 682-253-6271
People Works NM 575-267-5057
PMS Ruidoso Behavioral
Health Center 575-630-0571
Region IX School-Based
Health Center 575-630-7974
Sierra Blanca Counseling,
Emily Fleming, LPCC 575-491-3300

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Specialized Marital & Couples Counseling
"Your Relationship is Our Only Concern"
www.TeleCounselingNM.com
575-973-0560

Telecounseling New Mexico 575-973-0560

MEDICATION MANAGEMENT

Gerald Champion Sleep Center
Mental Health 575-630-8092
Open Minds, LLC 575-489-4616

SEXUAL ASSAULT SERVICES

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

SUBSTANCE ABUSE SERVICES

12th Judicial Drug Court
Lincoln County 575-648-4232
Alianza of New Mexico 575-623-1995
Capitan Therapy
& Behavioral Health 505-273-0982
Desert Rose 575-808-8730
Four Directions (Native American)
Treatment and Recovery Center .. 575-464-4432
PMS Ruidoso Behavioral
Health Center 575-630-0571

SUPPORT GROUPS

Alcoholics Anonymous 575-430-9502
Alianza of New Mexico (HIV Support
& Harm Reduction) 575-623-1995
Bereavement Support Group 575-258-3704
Celebrate Recovery 575-808-0848
Gamblers Anonymous ABQ Hotline ... 505-260-7272
www.gamblersanonymous.org
Heart to Heart Substance
Abuse Support 575-808-0123
High Mesa Healing Center 575-336-7777
Infant Loss Support Group 575-937-9787
Mescalero Responsible Gaming 575-464-7106
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

CYFD Early Childhood Services 575-434-9770
Child Protective Services 575-378-0045
Juvenile Justice Services 575-378-0045

Child Care

Bumble Bee Home Day Care 575-802-5436
Early Years 575-378-1567
First Christian Church CDC 575-258-4250
Imagination Station 575-315-0908
Mountain Montessori 575-937-2282
Region 9 (6 weeks-3 yrs old) 575-630-0355
Region 9 (3-5 yrs old) 575-258-6452
Ruidoso River Racoons 575-257-0788

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
Church of Jesus Christ
of Latter Day Saints 575-258-1253
or 575-258-1254
Community United Methodist Church 575-257-4170
Episcopal Church of Holy Mount 575-257-2356
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
Fort Lone Tree Camp 575-654-4265
Gateway Church of Christ 575-257-4381
Grace Harvest Church GraceharvestRuidoso.com
J Bar J Country Church 575-257-6899
Mescalero Reformed Church 575-464-4471
One Church 575-383-4673
River Crossing Ministries 575-686-8582
Ruidoso Downs Baptist Church 575-378-4174
Ruidoso Downs Race Track Chapel ... 575-808-0790
Sacramento Mountains Unitarian
Universalist Fellowship 575-336-2170
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 Shop 575-973-4348
Trinity Southern Baptist Church 575-354-2044

Crisis Intervention

Agora Crisis Center 800-273-TALK
COPE (Domestic Violence) 575-437-2673
HEAL / The Nest 575-378-6378
High Mountain Youth Project 575-808-8633
Lincoln County Community Assistance
Program 24/7 Hotline 1-800-888-3689
Life-Way Pregnancy Recourse 575-315-2500
National Center for Missing and
Exploited Children 1-800-843-5678
National Hotline for Human
Trafficking 1-888-373-7888
National Suicide Hotline 988
National Suicide Prevention Lifeline .. 1-800-273-8255
New Mexico Council 1-800-572-1142
on Problem Gambling 1-800-GAMBLER
New Mexico Crisis Line 1-855-662-7474
Trans Lifeline 877-565-8860
TREVOR hotline Suicide Crisis Line .. 1-866-488-7386

Crisis Intervention Continued

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
Mountain View Dental 575-257-9053
Dr. Sally Waters 575-258-3388

Kendal Trujillo, DDS
456 Mechem Suite C
Ruidoso NM 88345
575-257-5179 Office
ruidosodentist.com

Complete Family Dentistry Creating Miles of Smiles

Summit Dental / Dr. Kendal Trujillo ... 575-257-5179

DENTISTRY / ORTHODONTICS

Children's Dental Clinic of Ruidoso ... 575-257-0246
Taylor Orthodontics ... 575-257-5653 / 575-622-4369

Development Disabilities Services

New Horizons Developmental Center .. 575-648-2379
Nezzy Care 575-257-3100
Region IX Early Childhood Development
(0-3 yrs. Intervention) 575-802-0291
Special Olympics Sylvia Trujillo 575-973-1421

Domestic Violence

Police Department Non-Emergency Numbers
Ruidoso/Ruidoso Downs 575-258-7365
Adult Protective Services 505-476-4912
American Red Cross
NM 505-265-8514
COPE 575-258-1064
Hope Harbor Transitional Home 575-686-0990
National Advocate for Domestic Violence
Hotline 1-800-799-7233
The Nest 575-378-6378

Emergency Services

Poison Control Center 1-800-222-1222

Funeral Services

LaGrone Funeral Home 575-257-7303
New Dawn Cremation Services 575-630-0161

Gaming

New Mexico Council 1-800-572-1142
on Problem Gaming 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
People Works NM 575-267-5057
Responsible Gaming Association
of New Mexico 888-696-2440

Hearing Care

Advanced Hearing Care 575-257-0454
Hear on Earth Hearing Care Center ... 800-950-8816
or 575-526-3277

Hearing Care Continued

Livingston Hearing Aids 575-257-9989
 NM Commission for Deaf &
 Hard of Hearing 575-541-3404
Texts to 233733; www.traffickingresourcecenter.org

Health Clubs/Exercise

Anytime Fitness 575-502-5438
 Capitan Fitness 575-973-0552
 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

Insurance

Aetna Medicare Supplements

Vernon Iwancin Agent 575-257-8139
 Be Well NM 1-855-993-6449
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

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Independent Sales Agent

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 Medicare Supplements
 Medicare Prescription Drug Plans
806.777.5762

Deborah Burk, Independent Agent ... 806-777-5762
 Family Insurance 575-257-0998

Edward D. Martinez

Humana MarketPOINT
 Career Sales Representative
C: 915-479-9549

www.humana.com/emartinez7
www.facebook.com/EdwardDMartinezHumana

Humana 915-479-9549
 Molina Healthcare of NM 855-542-1991
 New Mexico Human
 Services (Medicaid) 1-888-997-2583
 Apply by phone 1-855-637-6574
*Blue Cross Blue Shield Centennial Care,
 Presbyterian Centennial Care,
 Western Sky Community Care Centennial Care
 www.yes.state.nm.us*

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 844-869-6204
 Western Sky Community Care 844-543-8996

Integrated Medicine

ACUPUNCTURE

Alpha and Omega Chiropractic 575-258-5999

BIOFEEDBACK & ENERGY MEDICINE

Living Energies 575-258-5855
 Tim Seay 575-770-0136
 Angel Envey 903-373-4344

CBD PRODUCTS

Brian's Green Care 575-258-1109
 Chillax Glass 575-630-0015
 Green Health Ruidoso 575-973-8791
 Oso Cannabis Company 575-258-1087
 Pecos Valley Production 575-808-8960

CORE SYNCHRONISM

Chelsea Arbogast 505-620-8642

ESSENTIAL OIL

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

FARMERS MARKETS/FRESH PRODUCE

Enchanted Vine Farmers
 Market (Summer) 575-336-7012
 Mario's Market 575-257-0367
 Wilson Beef 575-430-8141

FLOATATION THERAPY

Floatation Station 575-315-0870

FUNCTIONAL/WELLNESS MEDICINE

Dr. Stephen Rath 575-257-4772

HEALING CENTERS

High Mesa Healing Center 575-336-7777
 Parish Health Ministries, 9a - 1p 575-257-4170
 Village Wellness 575-258-2258

HEALTH FOODS /SUPPLEMENTS /HERBS/VITAMINS

Albertson's Market 575-257-4014
 High Mesa Healing Center 575-336-7777



Kingdom's nutrition
 Protein Bar
 EXERCISE AND NUTRITION
 2415 SUDDERTH DR., SUITE 7
 RUIDOSO NM 88345
 915-539-7789
 HEALTHY AND DELICIOUS

Kingdom's Nutrition 915-539-7789
 Ruidoso Natural Remedies 575-257-1406
 Rosemary's Herb Shop 575-257-0333
 Skarsgard Farms 505-681-4060
www.skarsgardfarms.com
 Thriftway 575-257-6544

HEALTH & WELLNESS COACH

Alondra Marquez 915-539-7789

Health & Wellness Mentor

Andrea Fernandez

575-937-2725 • ziamentor@gmail.com
 Instructor/Consultant: Yoga • Dance
 Stewardship • Civic Duty
 Motivational Interviewing
 Conflict Resolution • Spiritual Counseling

Andrea Fernandez 575-937-2725

HOMEOPATHIC

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

RUIDOSO

NATURAL REMEDIES
 2501 Sudderth Drive, Suite H • Ruidoso, NM 88345 • (575) 257-1406

Kalynn Wickware • Certified Herbalist III
ruidosonaturalremedies@gmail.com

Ruidoso Natural Remedies 575-257-1406

LIFE COACH

Ashley Hall 575-808-2417
 Debbie Nix 575-937-0212

MASSAGE

Adobe Day Spa 575-630-0515
 Bare Essentials Day Spa 575-257-5966

Blue Lotus Healing Arts Center

& Day Spa 575-257-4325

Rebecca Forester 575-315-0870

Sandra Gussett 575-973-7914

Healing Intentions, Lisa Aguilar 575-973-5005

Morgain D. Mitchell 505-414-6489

Mountain Massage & Healing

Arts, Patti Gray 575-937-2304

Tresa Jameson 575-937-0518

Pamela Jamison 575-937-3898

Beth Miller 575-808-0603

Jessica Sherman 575-937-5110

Village Wellness 575-258-2258

Debra Wilcox 575-937-4123

MEDICAL SPA

Beauty Bar Medical Spa 575-973-5232

Fusion Medical Spa 575-257-4772

Sierra Blanca Laser

Women's Health
 • Incontinence
 • Pre-post menopausal pain
 Skin Rejuvenation
 • Facial resurfacing
 • Acne
 • Brown spots
 Hair
 • Removal
 • Spider veins
 • Toenail Fungus
 208 Porr Dr., Ruidoso
 (575) 425-0792
sierrablancalaser.com
Call for your free consultation!

Sierra Blanca Laser 575-425-0792

MEDITATION

Sumi Avame (Capitan, Ruidoso) 575-802-3611

Bhavani Brown 603-475-2985

Ashley Hall 575-808-2417

Village Wellness 575-258-2258

NUTRITION/COUNSELING

Alpha and Omega Chiropractic 575-258-5999

Village Wellness 575-258-2258

PAIN MANAGEMENT

Jessica Sherman, Manual Therapy 575-937-5110

U Fit, Danielle Rice, Manual Therapy.. 401-744-6457

ROLFING

Village Wellness 575-258-2258

REIKI

Vicki Thompson 682-560-1077

SPIRITUAL COUNSELING

Josephine Arbuckle 575-671-0006

Andrea Fernandez 575-937-2725

Barbara Mader 575-336-7777

Maria Showalter 575-434-4889

SPAS

Adobe Day Spa & Chiropractics 575-630-0515

Bare Essentials Day Spa 575-257-5966

Floatation Station 575-315-0870

Homegrown@sweetmagnolia

Day Spa and Salon 575-257-8982

TAI CHI

Tai Chi for Health 575-626-7150
 Village Wellness 575-258-2258

TRAUMA RELEASE THERAPY



Holistic Wellness Practitioner
Ashley Renee Hall
 575-808-2417

Women's Wellness Coach
 Trauma Release
 Breathwork Facilitator, Polarity Therapy

www.goldenalchemycoachingandtherapyllc.com

Ashley Hall 575-808-2417

YOGA

Sumi Avame (Capitan, Ruidoso) 575-802-3611
 Blue Lotus 575-257-4325
 Buddha Yoga 575-802-3013
 Bill Dutwieler 575-808-0883
 Andrea Fernandez 575-937-2725
 Hilary Gunby 682-253-6271
 Marilyn Miller 575-808-2402
 Ashley Zuri 575-937-4915

Labs

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

LGBTQ Services

Dr. Jeremy Gleeson, DaVita 505-262-7455
In order to be seen, client needs: 1. Referral from a physician, 2. Letter from a psychiatrist for a psychological evaluation

Transgender Resource Center

of New Mexico 505-200-9086
TGRCNM supports transgender, gender-conforming, gender-variant people in New Mexico with support groups, organizational educational trainings, drop-in services, medical provider list, legal support, medical clinics, needs exchange and events

HEALTH RESOURCES

Diana C. Miller, M.D. 760-582-4072
 Trans Lifeline 877-565-8860
 Christina Vento, PSYD ABMP MACP ... 505-248-7618
 lgtbagingcenter.org, itgetsbetter.org
 lgtbqrc.unm.edu

Legal Resources

New Mexico Legal Aide 575-541-4800
 Pegasus Legal Services for Children .. 505-244-1101
 Public Defenders of Lincoln County .. 575-257-3233
 NMCOURTS.gov

PROBATION & PAROLE

Adult Probation 575-973-2408

Mescalero Apache Tribe

(Contact Numbers)

Administration 575-464-4494
 Carrizo Boys & Girls Club 575-464-6814
 Child Support 575-464-2577
 Community Health Representatives
 (CHR) 575-464-9256
 Education Department 575-464-4500
 Elderly Center 575-464-1614

Mescalero Apache Tribe Continued

Fire & Rescue 575-464-4373
 Gaming Commission 575-464-7101
 Headstart - Carrizo 575-464-3492
 Headstart - Mescalero 575-464-9183
 Health Education/Diabetics 575-464-6383
 Health Education/Fitness Center 575-464-4368
 Library 575-464-5010
 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 575-464-4516
 Mescalero WIC Office, Families First .. 575-464-0932
 Parks & Recreation 575-464-2988
 PT Benefits Coordinator 575-464-9232
 Public Devenders Office 575-464-9213
 Responsible Gaming Program 575-464-7106
 Systems of Care 575-464-9274
 Youth Development Program 575-464-0648

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

CARDIOLOGY

New Mexico Heart Institute 1-800-715-6644
 Presbyterian Medical Group
 Dr. Harold Sunderman 575-630-8350

CHIROPRACTIC

Adobe Day Spa
Massage & Chiropractic Service
 (575) 630-0515 • adobedayspa.com
 616 Carrizo Canyon Rd, Ruidoso, NM

- Couples massage special \$145
- Facials, sauna, detox, body wraps, tanning and more!

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

DERMATOLOGY

Tall Pines Medical 575-257-4061

EAR, NOSE AND THROAT

Dr. Timothy Frost 575-437-4533

GASTROENTEROLOGY/DIGESTIVE

Eastern New Mexico G.I. Services 575-624-4651

GENERAL SURGERY

Ilhan Yildiz, Mehrzad Bozorgnia 575-630-8350

HOSPITALS AND CLINICS

Ben Archer Health Center
 Dental & Medical Clinic 575-443-8133
 Capitan Medical Clinic
 Suzanne Dennehy 575-354-0057
 Carrizozo Dental Clinic 575-648-2839
 Carrizozo Health Center 575-648-2317

HOSPITALS AND CLINICS CONTINUED

Corona Health Clinic 575-849-1561
 575-648-2317
 Gerald Champion Medical 575-439-6100
 Gerald Champion Sleep Center and
 Medical Complex 575-630-8092
 Hondo Clinic, Linda Owen 575-653-4830
 Indian Health Services 575-464-4441
 Lincoln County Medical Center
 (Clinics) 575-630-8350
 (Hospital) 575-257-8200
 PMS Medical Center 575-630-0571
 PMS Medicaid Eligibility Interviewer
 Outreach & Enrollment Specialist
 Leslie Jimental 505-469-4852
 Region 9 School-Based
 Health Center 575-630-7974
 Ruidoso Public Health Office 575-258-3252

INTERNAL MEDICINE

Dr. Chris Robinson, Dr. Suzelle Moffitt 575-630-8350

LABS

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

MEDICAL EQUIPMENT & OXYGEN

LinCo Medical 575-257-7174

NEUROLOGY

NM Brain Institute 575-434-0901

OB/GYN

Gurdial Dhillon, MD 575-343-2229
 Dr. Deborah Hewitt 575-257-7505
 Dr. Patricia Combs, Dr. Keri Rath 575-630-8350

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

OPTICIANS

Westlake Optical

Sam Johnson, O.O. Michelle Johnson, O.O.
Vision Specialist Vision Specialist
 Call 575-315-2247
 to schedule your FREE CONSULTATION
 www.westlakeoptical.com
 2309 Sudderth Dr. • Ruidoso, N.M.

Westlake Optical 575-375-2247

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, Dr. Damen Sacoman .. 575-630-8350

PHARMACIES/DISCOUNT PRESCRIPTIONS

Albertsons Market Pharmacy 575-630-8020
 Prescription Cost Management 1-806-773-7698
 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

LCCM Rehabilitation Services 575-257-8239

PHYSICAL THERAPY CONTINUED

Ruidoso Physical Therapy 575-257-1800
 Therapy Associates 575-257-5820
 Robert Wooley 575-622-6260



U Fit Fitness, Training,
Physical Therapy
Dance
Danielle Rice
Doctor of Physical Therapy
401-744-6457
Daniellericedpt@gmail.com

U Fit, Danielle Rice DOPT 401-744-6457

PODIATRY - NM BONE & JOINT INSTITUTE

Dr. John Anderson 575-434-0639
 Dr. Loren Spencer 575-378-8001

PRIMARY CARE PHYSICIANS/FAMILY PRACTICE

Capitan Medical Clinic 575-354-0057
 Reni Fitzgibbon, N.P. 575-630-8350
 Dr. Mary Martinez 575-630-8350
 Dr. Frank J. DiMotta 575-630-1214
 Dr. Suzelle Larocquet Moffitt 575-630-8350
 Jovanna Ochoa, N.P. 575-630-8350
 Dr. Stephen Otero 575-630-8350
 Dr. Andrew T. Rousseau 575-630-8350

RADIOLOGISTS

Alamogordo Imaging Center 575-434-1353
 Radiology Associates
of Albuquerque 575-257-8292

SCHOOL BASED HEALTH CENTERS

Mescalero School Based Health
Center 575-464-4431
 Region 9 School-Based Health Center .. 575-630-7974

SPEECH & LANGUAGE PATHOLOGIST

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

SURGEONS

LCMC Surgical Clinic 575-630-8350

Quit Smoking

Mescalero Tribal Tobacco Cessation
Prevention Program 575-464-4432
 Smoking Cessation 1-800-QUIT-NOW
 Quitnownm.com

Recreational Sports / Parks

Archery

Backcountry Attitudes 575-937-5141

Ruidoso's Premier
Outdoor Adventure Company
(575) 937-5141
backcountryattitudes.com
1203 Sudderth Drive, Ruidoso

- Off-road adventure tours
- Innova disc golf dealer
- Full service archery shop
- Apparel & retail store



Biking

Board House & Bike Shop 575-808-8991
 Pinnacle Trails Bike Shop 575-639-1415

Bowling League 575-258-3557
 Boys and Girls Club of Sierra Blanca .. 575-808-8338
 Healthy Kids, Healthy Kids, Helthy Communities,
after school and summer care, Homework Help

Recreational Sports / Parks Cont.

Dance Instruction

Andrea Fernandez 575-937-2725
 Capitan Line Dancing 575-644-5735
 Dali' Ballet Company 575-257-3753
 Marisalena Manchego,
Belly Dance 575-626-7150
 Ruidoso Dance Community 575-973-3621
 U Fit, Danielle Rice 401-744-6457
 Line Dancers 575-258-8765

Lincoln County 4-H 575-648-2311

Martial Arts

Village Wellness 575-258-2258
 Peace Village Summer Day Camp 575-336-4808
 Pickle Ball, Rita Borunda 575-621-1002
 Ruidoso Community Center 575-257-4565

Dance Groups, Belly Dancing, Clogging, Exercise
Groups, Exercise Equipment Available, Moms and
Tots Classes

Ruidoso Disc Golf Club,

Everett Brophy 575-937-1322

Ruidoso Gymnastics 575-378-4468

Ruidoso Little League

Daniel Holley 575-686-8679

Running/Racing 575-937-7106

Smokey's Garden 575-257-4095

Softball (Adult) Page Promotions

sports@valornet.com

Swim Team 575-937-3527

Tai Chi, Marisalena Manchego 575-626-7150

Village of Ruidoso Parks and Recreation 575-257-5030

Basketball (Youth and Adult), Disc Golf, Hiking/
Mountain Biking, Ruidoso Little League football,
Ruidoso Girls Fast Pitch, Swim Lessons, Youth Soccer

Pool 575-257-2795

Wrestling

Andy Olive, High School 575-946-1303
 James Urban, Ages 4-15 575-937-3973
 Matthew Sanchez, Ages 6-15 575-937-8069

Schools/Education

Buddha Yoga Teacher

Training Program 575-802-3013

Eastern New Mexico University

Ruidoso 575-315-1160
or 1-800-934-3668

English as a Second Language/
Citizenship 575-315-1120

ENMU Community Development .. 515-315-1213

HSE/GED 575-315-1120

Work Force Solutions 575-315-1111

Lincoln County Adult Literacy 575-258-7100

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 9 Education Cooperative 575-257-2368

SCHOOLS

Capitan Elementary 575-354-8520

Capitan Middle/High School 575-354-8500

SCHOOLS CONTINUED

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) 575-258-6444

Region IX Education Cooperative 575-257-2368

Ruidoso High School 575-630-7900

Ruidoso Middle School 575-630-7800

Ruidoso Public Schools Central Office 575-630-7000

Sierra Vista Primary (Ruidoso) 575-258-6400

Tularosa Elementary 575-585-8801

Tularosa High School 575-585-8865

Tularosa Middle School 575-585-8806

White Mountain Elem (Ruidoso) 575-258-6300

FREE CLASSES

Capitan Library 575-354-3035

English as a Second Language/
Citizenship 575-315-1120

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 575-258-1064

Alamogordo Shelter 575-434-3622

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

SANE of Otero &
Lincoln County Hotline 575-488-SAFE
 Victims Advocate, 12th Judicial
District Attorney 575-437-3640

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 575-378-0045

Environmental Dept 575-258-3272

Income Support Division 575-378-1762

Motor Vehicle Division (Ruidoso) 575-378-8359

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) 575-315-1111
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

DEPARTMENT OF LABOR CONTINUED

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

Enterprise Rent-A-Car 575-257-1154

Lyft uphail.com/us/nm/ruidoso

Lincoln County Emergency

Medical Services 575-257-8290

Substations: Capitan, Hondo,
Carrizozo and Corona

Motor Vehicle Division (Ruidoso) 575-378-8359

Shuttle Ruidoso 575-257-1815

(Call for Medicaid) 1-877-903-7483

Z-Trans (Lincoln County and

Mescalero) 575-439-4971

Veterans Information

American Legion Auxiliary Unit 79

Ruidoso_unit79@hotmail.com

Department of Veteran Services

www.dvs.state.nm.us

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

Vietnam Veterans of America

Jerry Ligon 575-808-1114

Veterinary & Pet Services

Becky Washburn, DVM 575-354-2311

Mobile 575-430-8614

Veterinary & Pet Services Cont.

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

Doggie Love 562-447-5145

Freda's Pet Care 817-690-8118

Lisa Wright 575-430-1630

Pat Brent 575-937-2795

Watching Over Your Best Friend

Candi Hunt 575-802-3133

Youth Programs/Services

SEE ALSO: Recreation Listings

Boys & Girls Club of Sierra Blanca 575-808-8338

High Mountain Youth Project 575-808-8633

Mescalero Boys & Girls Club 575-464-9212

High Mountain Youth Project

High Mountain Youth Project envisions a loving and caring community where all youth are protected, empowered, loved, respected and treated with dignity.

Our mission is to involve the communities of Lincoln County, New Mexico, in providing a comprehensive safety net for youth experiencing homelessness or at risk of homelessness. The term "homeless children and youth" according to the 2015 Every Student Succeeds Act/ McKinney-Vento Act refers to individuals who lack a fixed, regular, and adequate nighttime residence. This includes (1) children and youth who are sharing the housing of other persons due to loss of housing, economic hardship or a similar reason, are living in motels, hotels, trailer parks, or campgrounds due to the lack of alternative adequate accommodations; are living in emergency or transitional shelters, or are abandoned in hospitals; (2) children and youth who have a primary nighttime residence that is a public or private place not designed for or ordinarily used as a regular sleeping accommodation for human beings; (3) children and youth who are living in cars, parks, public spaces, abandoned buildings, substandard housing, bus or train stations or similar settings; and (4) migratory children. In February 2018, High Mountain Youth Project opened its doors to its Evening Drop in and Study Center to help vulnerable youth in need of free resources to help them

stay in school and graduate. Before COVID-19, youth ages 13-19 came to the Evening Drop in and Study Center for after school snacks, hot meals, showers, laundry facilities, a place to study, help with homework, access to WiFi

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High Mountain Youth Project
DROP-IN AND STUDY CENTER
Online Classes Got You Down?
We've got all this & more...

- ✳ Places to do your online classwork
- ✳ Laptops and Wifi
- ✳ Peace and quiet while you work
- ✳ A fun place to relax when you take a break
- ✳ Breakfast and lunch

AND IT'S FREE!

Open Monday, Tuesday,
Thursday, Friday
8:30 AM-4:00 PM

637 Sudderth Drive
Ruidoso, New Mexico 88345
Call 575-808-8633

To Volunteer or Donate: www.highmountainyouth.org

Can You Help A Family Fleeing Domestic Violence?

When escaping a violent home or situation, a person rarely has time to plan. Many leave with nothing but the clothing on their backs. They are often hurt, scared, and emotionally drained.

Imagine the daily necessities many of us take for granted: clean clothing, pajamas, toiletries, even diapers and formula for babies. Children are forced to flee without their favorite teddy bears, toys, and blankets.

That's where the Nest, Lincoln County's first and only domestic violence shelter, comes in. The Nest provides secure and confidential housing to men, women, and children in its 6500 square foot, 14-bedroom facility.

The Nest provides not only shelter, but also food, toiletries, transportation, and clothing, if needed, through Sweet Charity. The resale boutique is open to the public and its proceeds directly fund the Nest, the store also provides necessities to Nest residents free of charge.

By Jessica Martinez
HEAL Staff Writer

Nest residents go through a program during their stay at the shelter with the primary purpose of helping them create a new life free of violence. When women are ready to complete the program, the Nest assists them in making sure they have everything they need. At this point in the process, Sweet Charity provides women and their families with items needed for their new homes, including bedding, dishes, and furniture.

"Thanks to community efforts, we are able to provide everything a family needs to make them feel clean, safe, warm and comfortable," explained Susanne Francis, Nest Executive Director.

To help provide their services and, specifically, the items needed by the survivors of domestic violence who seek their shelter, both the Nest and Sweet Charity are always accepting donations.

The Nest's ongoing wish list includes: shampoo, conditioner,

Continued on next page



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

**Domestic Violence Shelter
Crisis Intervention
24/7 Toll-Free Crisis Hotline
Assistance with
Orders of Protection
Counseling**



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

**Open Tuesdays - Saturdays from
10AM to 5PM
All proceeds benefit The Nest!**



Natural Helpers, A Peer-Helping Program

The Natural Helpers program provides training to students who have been identified as “listeners” by their peers and school staff

These trained helpers learn to respond effectively when their fellow students experience a wide range of difficulties, and they receive valuable coaching in connecting vulnerable peers to appropriate resources.

Intensive training retreats, held in the fall and spring of each school year, provide a comfortable, supportive,



and confidential setting where students can discuss behavioral health issues such as depression, anxiety, substance abuse, risky behaviors and self-harm. The Program Coordinator instructs the student groups in understanding and observing the warning signs

and risk factors for suicide and how to take direct action to keep their peers out of harm's way. They also learn how to care for themselves while building a toolbox of resiliency skills. Values of tolerance, inclusion and empathy are strengthened as these helpers support the most vulnerable in their school communities.

Domestic Violence

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body wash, diapers, baby wipes, tampons, pads, deodorant, hair products, and dog and cat food (did we mention they also provide shelter to family pets?).

Sweet Charity always welcomes the donation of gently used items. Because they are not a thrift store but a “resale boutique,” Sweet Charity appreciates that donations are clean and free of rips, tears, and stains. In addition to clothing, items sought for donation include kitchen utensils, bedding, furniture, home decor, and appliances. These donations help families affected by domestic violence either by being given directly to survivors or by being sold and the proceeds benefiting the shelter.

Since March, we have established protocols in place to prevent infection and disease spread. Mask wearing is

High Mountain Youth

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and laptops, healthy social interaction and activities, and referrals to other resources and services. With COVID-19, our program shifted to a Day Time Study Center to help teens navigate the complexities of online learning. Youth are supervised by trained, caring staff and volunteers. The Center is located at 637 Sudderth Drive in Ruidoso. Hours are from 8:30 AM-4:00 PM Mondays, Tuesdays, Thursdays, and Fridays. When school resumes for in person learning, we will move back to the Evening Drop-in Format. High Mountain Youth Project plans to open a 24-Hour Youth Crisis Shelter with overnight care at the end of 2021.

For more information about the program, or to volunteer, or to make a donation, please visit <http://www.highmountainyouth.org/> or email info@highmountainyouth.org or call us at (575)808-8633.

required by staff and clients and we clean and disinfect our shelter and offices multiple times during the day. Covid testing is provided and we adhere to all CDC guidelines for the safety and protection of clients and staff.

Donations to the Nest Domestic Violence Shelter and Sweet Charity are tax-deductible. For more information about donating to the Nest, call (575) 378-6378. Sweet Charity may be reached at (575) 378-0041.

If you or someone you know is in an abusive relationship, the Nest Domestic Violence Shelter offers a toll-free hotline, 24 hours a day, 7 days a week at (866) 378-6378.

Carefree, reliable, and safe transportation



- Non-emergency medical transportation for approved Medicaid, Medicare, VA, and worker's compensation clients
- Charter service to and from area airports
- Private chartered services offered by the hour.

877-903-7483

SHUTTLE@SHUTTLERUIDOSO.COM



Self-Care Improves Mental and Physical Wellbeing

Imagine that you love basketball. You love watching it; you love playing it. You love to dribble, pass, shoot. You love it so much, you go out and buy yourself a ball and a hoop so you can play at home any time you want.

And play you do! You spend every waking moment practicing drills, dribbling, and shooting. When you are not outside playing you are watching basketball on TV - studying the players' every move.

Over time, however, you notice that your ball doesn't bounce like it used to. It's harder to dribble; you have to work even harder to get the ball to do what it used to do. It seems heavier. "What is going on?" you think to yourself. "I've been practicing so hard, I should be

By Ashlee McEwen, LMHC

Coordinator of Region 9 School Based Health Center

getting better- not worse!"

You begin to feel bad about yourself and your abilities. You decide to push through and work even harder, but you just can't get the ball to do what you want it to. Eventually, you become so frustrated, so tired, so disappointed in yourself that you give up playing basketball. You don't even want to watch it on tv anymore. Nothing about basketball is enjoyable to you.

You put the ball in the trash and take down the hoop. Your time with basketball is over.

I know what most of you are thinking. "All I have to do is put more air in the basketball! Everyone knows that! It's so simple!" Now, think about your life for a moment. What are the things that deflate you? Some events are so big, so painful that we know immediately that the air

Continued on next page



Children age 3-5 receive a FREE screening for development (motor skills, communication, problem solving, and personal/social skills), hearing, and vision.

For more information or to make an appointment, please contact:

Charni Durham
575-808-8833
charni.durham@regionix.org



FREE Physical and Behavioral Health Care for Students and Children

Location: Ruidoso High School

In Person and Telemedicine Appointments Available

575-630-7974 or 505-750-0141
ashlee.mcewen@regionix.org

Region 9 Education Cooperative



Providing exceptional services to children, families, and communities across New Mexico

575-257-2368



NEW MEXICO
Family Infant Toddler Program

Provides comprehensive developmental/early intervention activities that benefit the families and children from birth through age three who have or may be at risk for developmental delays.

Phone: 575-802-0297
Cell during COVID: 575-937-2221
Email: melina.romero@regionix.org

Home Visiting Program



Available to residents of Lincoln County who are pregnant or who have children under the age of three. We use the Parents as Teachers curriculum which provides valuable information to families. Home visitors partner with families and caregivers to promote child development and confident parenting by supporting the relationship among the family, home, visitor, and community.

Contact Melina Romero: 575-802-0297 or 575-937-2221
melina.romero@regionix.org

Self Care

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has been knocked out of us – the death of a loved one, the loss of a job. Other events so gradually knock the air out of us that we don't even realize it is happening.

These events are just us living our everyday lives- taking care of children or parents, working a full time job, working two jobs, keeping the house clean, etc. Over time, our "air" – patience, good thoughts and feelings, energy – can run pretty low, and we need to fill ourselves up again. So how do we do this?

Therapists call this process Self-care. Self-care is anything you do that helps fill you up, restores some energy, or brings about pleasant or helpful thoughts and feelings. Some examples include taking a walk, deep breathing, having a bath, journaling, painting, dancing, talking to a friend, yoga, reading a book – I think you get the idea.

There are hundreds of ways to self-care, and a lot of them are simple and free. The only thing they cost is a little bit of time and self awareness. When a basketball player picks up a ball, she gives it a little squeeze and a little bounce to see if it requires more air before she plays. In the same way, we can scan ourselves to see if we require any "air."

Close your eyes for a moment. Slowly scan your whole body starting with your feet. Are there areas that feel tense or tight? Think about how you have been feeling lately. Have you been low on energy? Stressed? Now take some time to think about how you can take care of yourself better.

What do you need? Do you need help from a spouse or friend? Do you need some time alone? Whatever it is, make a commitment to yourself that you will take time and make time for you. You will practice self-care for your own well-being and for the well-being of those you care for and interact with. Make self-care a daily or weekly practice and you will begin to see a difference in your life.

Sometimes, we need help from a professional to deal with the difficult

thoughts and feelings that we experience. I want to encourage you to seek help when you need it. Self-care is a gift to yourself, and sometimes that gift is therapy. Use this guide to find a therapist in Lincoln County or Mescalero who can help.

Self-care isn't just for adults. The Region 9 School Based Health Center provides free behavioral and physical health care to all students in Lincoln County. Healthy kids learn better, and we are here to help. Call 575-630-7974 to make an appointment and visit our website for more information: https://www.rec9nm.org/School_Based_Health_Services.

Get started in Nursing with Pre-Nursing and Nursing Assistant Programs at ENMU-Ruidoso!



Associate degree and certificates available.
Ask about financial aid @ ruidoso.enmu.edu!

ENMU Possibilities.
Elevated.
ENMU-Ruidoso
RUIDOSO Branch Community College

Child Care: Healthy Building Blocks

What is child development and why is it so important? A simple Google search yields many answers, though most of us know that babies coo, cry, babble, and crawl before forming words, walking, and running.

Child development zooms in on the complex process of growing and developing in the following areas: physical, cognitive, social, emotional, and language and communication.

While we may know the general order of development, we may be less clear on the impact of early experiences. Healthy children enjoying supportive early years become healthy adults capable of a positive impact on society. However, children who are undernourished, both physically and emotionally, often struggle with physical, mental, learning difficulties, and behavioral challenges as they grow into adults.

By Melina Romero,

Director of Developmental Services at Region 9

One of the truly amazing aspects of early childhood development occurs within the brain during the prenatal stage and in the first three years of life. Just think, more than one million new neural connections form every second during the first few years of life, shaping the adult that a baby will become. Positive early experiences create a sturdy brain foundation through new neural connections. Through warm, loving, and responsive caregiving, healthy attachments form and create strong brains ready to learn. On the other hand, fragile brain foundations which develop from stressful environments and non-responsive caregivers often result in negative outcomes.

What can you do to build a better brain? Babies are cute for a reason; they want to engage, to giggle and smile and wave their little fists to capture our attention. To foster this relationship, practice "serve and return" type interactions, such as when the baby makes a sound, you make the sound, or when the baby makes a gesture, you make a gesture. Build on this process by encouraging, naming it, wait for a response, and recognizing your child's cues. You can also read and tell stories, play, talk, sing, snuggle, smile, and delight in your child to support solid brain development and foster positive relationships.

As toddlers grow into preschoolers, they become more independent and learn to be around other adults and children. They learn what is socially acceptable and how to get along with their peers. They explore and ask more questions, tell stories, and sing songs. Regardless of their stage of development, children need strong supportive connections with adults.

If you are wondering what is available to support child development in Lincoln County, look for licensed Child Care facilities, New Mexico Pre-K programs, and Early Childhood program from Region 9 that include Home Visiting (Prenatal-3), Developmental Services (birth-3), Early Head Start (6 weeks-3), and Head Start (3-5). Contact Families First, WIC, and Children's Medical Services at the Health Department for additional services.

Also, look for information on the following State websites:

<https://momentsnm.org/> - Excellent information to support families of young children

<https://pulltogether.org/> - State Resources for Children and Families



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REGION IX HEAD START & EARLY HEAD START



ABOUT OUR PROGRAMS

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 - Child's birth certificate
 - For Head Start - child must be 3 or 4 years old before Sept. 1
 - Shot records
 - Medicaid/Insurance Card

LOCATIONS

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Ruidoso, NM (In the Sierra Vista Primary Building)

Capitan Head Start

150 Forest Ave. Capitan, NM
(In the Capitan Elementary)

Hondo Head Start

111 Don Pablo Lane Hondo, NM (In the Hondo Elementary)

Early Head Start

2710 Sudderth Drive
Ruidoso, NM (In the Mountain Annies Building)



Visit

www.rec9nm.org/Head_Start



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By Julie Mader, High Mesa Healing Center

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National Suicide Hotline Designation Now A Law

On July 16, 2020, the FCC designated 988 as the three-digit number that will be used for the National Suicide Prevention Hotline.

In a bipartisan effort, Congress passed the Designation Act on September 21, 2020 and the act was later signed into law by President Trump. The passage of this law has been years in the making and will surely save lives as it makes it easier for people in need to remember and dial in a crisis.




The FCC, Substance Abuse and Mental Health Services Administration (SAMSHA), and the administrators of the hotline will be working together over the next year and a half to ensure that the proper structures are in place to switch over to 988 on or before July 16, 2022.

Until that time, people in need of support are encouraged to call the Lifeline at 800-273-8255 (800-273-TALK).




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The Power Of Nature

Jodie Canfield, Retired District Ranger,
Smokey Bear Ranger District

In nature, I find my God. The light and energy of the forest are open for connection to us as human beings if we open up our senses and simply be in the forest.

Living in Ruidoso offers us a quick get-away to what the Japanese call "shinrin yoku", which translates to forest bathing or forest therapy. The idea is simple. If a person visits a natural area and walks in a relaxed way, there are calming, rejuvenating and restorative benefits to be achieved. John Muir, a famous naturalist, wrote, "Thousands of tired, nerve-shaken, over-civilized people are beginning to find out that going to the mountains is going home."

You start off by walking slowly and breathing deeply. Consciously use your senses of seeing, hearing, smelling, and touching. Look at the colors and textures and patterns in the trees and shrubs, grasses and wildflowers. Listen to the sounds of the birds and squirrels and the wind in the branches of the trees. Connect with the smell of fresh air, the pungent smell of pine, and the earthy smell of soil and grasses. Find a tree that draws you near. Put your arms around it and feel its energy and comfort. You might, as I often do, shed a few tears as you release your worldly stresses and feel the merging of your energy with the energy of the tree.

If you walk with a friend or partner, share your discoveries in a whisper and walk on in silence. Children can be taught shinrin-yoku more easily than adults because they are naturally more open to primal experiences. In this time of COVID, get off-line and take your students for a walk to experience forest therapy. Call it health class. Studies from Japan have found that:

- Forest bathing tends to lower cortisol levels, a marker of stress, better than taking part in other activities, a review of 30 studies found. This can help to lower blood pressure and prevent diabetes.
- Forest therapy appears to lower depression levels in adults, according to a review of 28 studies.
- Forest bathing also is found to boost the activity of natural killer cells, which help fight off infections and

cancer.

- The aromatic substances produced by plants and trees have been linked with lower inflammation and brain protection benefits.

The root systems of trees are closely connected and communication occurs underground or by chemicals (phytoncides) released from the over story. Through

Continued on next page

STAY SAFE IN YOUR SPACE

Staying physically active is one of the best ways to keep your mind and body healthy. Visit parks, trails, and open spaces to relieve stress, get some fresh air, and stay active.

MAINTAIN SOCIAL DISTANCE
Activities are safer if 6 feet apart in all indoor and outdoor spaces.

Prepare before you go

Take care of our earth

Wash your hands often

use a mask

Trash the trash

Wash your hands often and don't share items with people you don't live with.

Limit contact with commonly touched surfaces or shared items

#STAYSAFENM

Lincoln County Community Health Council



Forest Bathing

continued from pg. 20

forest bathing, we can connect to this energy flow and be reminded that we are part of a larger whole. And in turn, this connection helps us practice compassion with our friends, families, and neighbors. Angie Weiland-Crosby wrote, "Nature shows us how to live, love, and grow alongside each other."

So I invite you to get outside, whether in your backyard or on a favorite trail in a favorite forested area, and go take a bath.

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COME IN AND "TEST-DRIVE" OUR PRODUCTS!

A Healthy Guide to Fishing In Ruidoso

By Rodney Griego, Village of Ruidoso
Parks and Recreation Director

One of the healthy activities that the Ruidoso Parks and Recreation Department has to offer is also one of the most popular outdoor opportunities for the entire family to enjoy.

I recently read this on a health website and thought it was appropriate "Give a man a fish and feed him for a day. But teach a man how to fish and he'll be healthy for life".

LAKE FISHING

Lake fishing can lead to improved patience and relaxation. In our world of cell phones and apps, fishing puts your patience to practice. Time spent with family, enjoying the scenery, wildlife, waterfowl, and teaching young ones how to hook a worm are priceless and lead to bonds that will be cherished forever.

I have listed some well-known and some not so well known fishing areas for you to spread your wings and try your hand at catching some delicious trout, catfish, and maybe a small mouth bass!

ALTO LAKE – Bass, catfish, and rainbow trout can be caught in the lake with seasonal opportunities to see

various waterfowl, ospreys, deer and elk. A great place to fish or enjoy a family walk, Alto Lake includes a nice easy hike around the lake. The area also has a two-mile loop trail that meanders over Eagle Creek which takes you to some hidden waterfalls. It boasts a beautiful view of Sierra Blanca and is a very peaceful lake- especially during the weekdays.

GRINDSTONE LAKE – The Lake is regularly stocked with rainbow trout and on occasion catfish and smallmouth bass. Anglers love this lake due to the fact that it is one of two public waters in the area in which you can put paddleboards, kayaks, and canoes. This lake is busy during the summer months so bring your personal watercraft and get away from the crowds.

STREAM FISHING

Stream fishing can lead you on adventures that take you to stream crossings, wildlife, insects, and native plants sightings. All of this leads to building full body and core strength, flexibility, and balance. If this interests you, here are a few areas to quench your desire for exploration.

RIO RUIDOSO – The namesake of the Village, the Rio Ruidoso, provides anglers with opportunities to catch Rainbow trout. One of the most popular areas is located in Two Rivers Park on Robin Road. The Park has approximately one mile of public river access with several fish habitat improvement projects completed in recent years. Worms, lures, and salmon eggs are popular bait choices for stream fishing. The Ruidoso River Trail is nearby with a paved walking path that meanders through the park, neighborhoods, and mountain scenery. Remember that the River from the Ruidoso Downs border, north to the Mescalero Apache Reservation boundary are Designated Special trout waters and have a limit of two trout only. Another popular site is the Gavilan Canyon Bridge over the Rio Ruidoso.

NEARBY STREAM FISHING

SALAZAR BLM TRACT – This tract is

Continued on next page



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Fishing

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a great place to explore the riparian area and the apple orchard. Access is from a parking lot near the apple orchard, off US Highway 380, and from Salazar Canyon Road. The Salazar Tract is open to hiking, biking, fishing, and equestrian use.

DOW CANYON TRACT – BLM has completed a two-mile-long river restoration project on this tract, creating pools, mitigating erosion, and a cold-water fishery. This section of the Rio Bonito is stocked periodically by the New Mexico Department of Game and Fish. The access point for the Dow Canyon Tract is on US Highway 380 at mile marker 100.9

THE RIO BONITO PETROGLYPH NATIONAL RECREATION TRAIL is an easy-to-moderate excursion on a 2 1/2 mile loop running up the river from the trailhead to the Petroglyph Rock where visitors of another time left images of their Water God. There is easy river access to



Bonito Creek and its towering cottonwood, walnut, and oak trees. Trout fishing is good in the spring but creek dries up in summer.

So whatever peaks your interest, gather your gear and family and head out on your next healthy adventure. Don't forget to practice patience while gaining the many healthy benefits of being outdoors.



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Tele-Mental Health The Key To Treating Rural NM

New Mexico's rates of poverty and Medicaid enrollment ranked among the highest in the nation pre-pandemic. The coronavirus pandemic has thrown thousands more people of all ages in New Mexico into poverty, substance abuse and mental health struggles.

Fortunately for those suffering there are two positives. The state of NM "Centennial Care" serves the majority of NM people who qualify for Medicaid under the Affordable Care Act. Secondly Peopleworks New Mexico (PWNM) mental health therapists have transitioned to 100 percent telemental health services for all residents of the state.

Telemental health is a proven pandemic timely best practice process of providing behavioral therapy or psychotherapy remotely using HIPPA compliant video conferencing. Tele-mental health is effective for assessment, diagnosis and treatment across many populations (adult, child, geriatric and ethnic).


PWNM clients accessing Telemental health are reducing everyone's exposure to COVID-19 while saving time and travel. Rural New Mexico has an expansive amount of land populated with a forgotten people. Poor and living an isolated and remote life many are dying deaths of despair tied to undiagnosed and untreated mental health and substance use.

This has presented significant challenges providing behavioral health services even in "normal" times leading to sickness, suicide, drug and alcohol overdoses. The current Covid pandemic has only exacerbated this reality. A recently released report by the Health and Human Services (HHS) inspector general details challenges for Medicaid clients/patients accessing behavioral health care in NM. It was found that less than 1/3rd of licensed providers are located in rural areas even though nearly half of Medicaid enrollees in NM live outside its population centers.

The shortages of providers in rural New Mexico results in many people not receiving timely – or worse – no behavioral health (BH) services. The HHS inspector general recommended that NM Human Services expand the states BH workforce that serves the Medicaid-managed enrollees, as more than half of the adults with mental illness in the state do not receive treatment leading to increased medical costs.

Peopleworks has not forgotten rural New Mexicans. We have received a grant from BCBSNM to provide telemental health to ALL. If you are in need of mental health support first enroll in NM Centennial Care program today.

- Apply on line at the Centennial Care website.
- Apply on line at Healthcare.gov or by phone at 1-800-318-2596.



Mental Wellness Services Available to Persons in Need Regardless of Economic Status.

It is important to understand that despite our circumstances we can have a quality of life. Peopleworks is here to help!

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Continued on next page

Tele-mental Health

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- Call customer service at 1-800-283-4465 or the information line at 1-855-309-3766 open 24/7.

Once you have been Medicaid approved call PeopleWorks New Mexico at 505-990-4186 to schedule

an appointment with one of our therapists or email us at peopleworksnm.org.

Tele-mental health is effective for assessment, diagnosis and treatment across many populations (adult, child, geriatric and ethnic). Telmental health for rural populations is available. Telemental health via PW's provides you and your family safe access, saves time and travel and gets you the help you need.



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Diagnostic Sleep Study is Our Most Effective tool

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If the results of the diagnostic sleep study show that you have Sleep Apnea, a Continuous Positive Airway Pressure (C-PAP) machine is recommended to help the airway open and make sure your body is getting the proper amount of airflow. The C-PAP sends pressurized

air through a C-PAP mask, which fits over your nose and/or mouth, improving airflow while you sleep. You will experience better sleep quality and feel more refreshed.

C-PAP Therapy and Sleep Apnea

C-PAP is very effective in the treatment of Sleep Apnea. When the muscles relax during sleep, the upper airway becomes narrow or blocked, reducing oxygen in the blood and causing arousal from sleep. Delivering a stream of pressurized air to nasal pillow, nasal mask or full-face mask, the C-PAP machine splints the airway, keeping it open so that unobstructed breathing is possible.

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Starting to Heal: How Human Connection Can Get Us There

By Emily Fleming, LPCC

This has been one of the hardest years for many. There is a desire to heal and feel better. Many people say they feel alone on the inside, in their heart of hearts.



This is a different kind of alone, the kind you may feel in a room full of people. This kind of aloneness is a lack of brain-type connection, known in the psychology field as neurobiological attachment. Researchers have shed light into this field, and this article outlines some ways we can start to heal ourselves and our aloneness. Being able to reconnect and heal involves an understanding that we, as humans, have natural tendencies to protect ourselves when stressed. In addition, it is important to recognize what our personal boundaries are and how to work

within those boundaries to re-establish connection and start the healing process.

Connection with other human beings is one of the strongest ways to protect against trauma and stress. Our brain and body physically change when we engage in human connection. Numerous studies report improvement on overall well-being and especially improved physical ailments when an individual feels connection and care for others. Even small acts of kindness and empathy have shown to improve the giver's emotional and physical well-being. This is not a coincidence - connecting with others and showing kindness comes back to us four-fold.

When life throws us stress, most often, we turn inward and shrink back. This is a natural process of protecting ourselves emotionally and physically. Someone who usually enjoys interacting with others or goes the extra step to help out may find themselves not making those same efforts when stressed. In addition, we have collectively been bombarded with new guidelines and restrictions intended to keep our physical selves safe - thus resulting in much less interactions with others than before. This is all necessary, we are doing the best we can by moving away from one another physically. In light of the stress caused by this pandemic, we may have moved away emotionally as well. We can give ourselves space to recollect and just notice 'have I shut down a bit more?' If so, "How have I done this specifically?" Shutting down and shrinking back is natural, this is what we do to protect ourselves when needed. The key is knowing how and when to come back and resume connection. We often get lost at this important step. Just notice, not changing anything: Have you stopped waving hello to those in your community as you pass by? Did you stop asking the store clerk how their mother has been doing? Just notice. No judgement, just awareness.

The journey of 1000 miles starts with one step. Research in neurobiology provides supporting evidence that human connection is wired into our genetic makeup and that we need connection to survive. Ask yourself: what is one way I might make a small change to connect with another human being today? Put this information to the test as you observe what happens within you. Perhaps you could wave hello to the neighbor who takes their

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Continued on next page

Starting to Heal

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morning walk the same time you leave for work. Try it a couple days in a row, see what you notice. Look for someone who is finishing their grocery shopping the same time as you, take their cart back and wish them a good day.

Perhaps you could express gratitude to a trusted family member for something you wouldn't normally thank them for - notice what happens within you. Be careful not to push yourself beyond what feels okay and be sure to nudge yourself just outside of your usual comfort zone. Be gentle with yourself during these times and most importantly, be kind.

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What Therapy Isn't

By Hilary Gunby, LMHC, RVT
Owner and Clinician, Open Door Counseling
www.opendoorcounselingnm.com

As a mental health counselor, I have noticed some confusion around the purpose of therapy and the reasons people seek it.

In hopes of building confidence and trust in the process of mental health counseling, I would like to present some information for anyone considering whether or not therapy is right for them.

Therapy is not:

- Only for times of crisis. While many people look for a therapist when life has become unmanageable, the most effective therapy is preventative. In other words, if we feel uncomfortable with any area of our life, seeking therapy early can prevent things from getting worse.

Therapy is not:

- A sign of weakness. Being human is difficult. Sometimes we may look around us and think everyone else has it "all figured out," while under the surface we are quietly suffering. When we choose to make decisions that improve our lives, we empower ourselves to take back control. We gain strength from being witnessed and supported by another human being.

Therapy is not:

- "Woo-woo." Good therapy is an art and a science. Counseling strategies are based on the latest findings of extensive research in brain science, effectiveness, successful outcomes and tried-and-true interventions proven to help people feel better.

Therapy is not:

- An indicator that an individual is "mentally ill". Unfortunately, our society still stigmatizes people who struggle with being human as "sick", "crazy", "weak", or "broken." Anyone who has the courage to reach out for support is actually genuine, brave, humble, and willing to learn. A therapist believes these qualities deserve to be encouraged and celebrated, rather than judged and labeled.



Therapy is not:

- A trend or fad. Humans have sought mental wellness from ancient wisdom, village healers, natural medicine, scientific discovery, religion and spirituality, medical doctors and community leaders for centuries. Today's mental health culture not only borrows from these old ways, but evolves alongside them.

Therapy is not:

- Always ridiculously expensive. There are many therapists who want to help and make counseling available: therapists who offer sessions based on income, those who accept Medicaid, those who charge your employer for services, and those who would love to steer you in the direction of affordable therapy even if they can't provide it.

Therapy is not:

- Unnecessary. Health and wellness authorities recognize that mental health is not only as important as physical health, but directly related. Our stress response affects every organ in our body. Tending to our mind-body connection is one of the most powerful steps we can take towards a healthy lifestyle.

Therapy is not:

- Always negative. Therapy is also a source of pride and celebration when people reach the goals they set for themselves.

Therapy is not:

- Anything to be ashamed of. Growing up, most of us did not learn about the mind-body connection, how to understand our feelings, healthy stress relief, or the importance of our boundaries and needs. Many of us were not encouraged to express ourselves and care for ourselves before caring for others. Therapists work to fill these gaps in knowledge and commit to lifelong learning themselves.

Lastly, therapy is not:

- Easy. While a therapist could become one of the most influential, nonjudgmental and encouraging people in our lives, a quality counselor empowers us to start making choices that result in positive changes. In the process, difficult realizations, emotions, obstacles and decisions can appear, but in the safety of a therapeutic relationship, one can finally move through the pain toward healing.



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CHANGE has had an extraordinary 2019-20 despite the COVID-19 challenges, and is looking forward to being active in the community in the year 2021.

The sub-committee of the Lincoln County Community Health Council is comprised of individuals dedicated to addressing the endemic prescription abuse, illicit drug abuse, youth-vaping as well as suicide prevention. Members are volunteers from all walks of life and many professions.

Substance use continues to be the primary emphasis for CHANGE. The DEA collaborated with our committee, setting up a booth at the Lincoln County Community Health Council's Maze of Life again this year. In October

of 2019, CHANGE was instrumental in facilitating the attendance of junior high and high school age students from Lincoln Co. to the Mark Wahlberg Youth Foundation Opioid Summit in Roswell. A passionate and poignant presentation by a local parent who lost their child to an opioid overdose made the presentation impactful on an emotional as well as cognitive level.

New Mexico ranks #1 in youth suicide rates in the United States. American Indian students (13.9%) had higher rates than Hispanic (8.6%) or White (8.6%) students. NM High School Youth Risk and Resiliency survey reports that 35.7% of Lincoln Co. students felt hopeless and sad (YRRS Data, 2017). CHANGE took on this challenge and has worked to train presenters/gatekeepers to provide local training on QPR (Question, Persuade, Refer). Classes have been provided to local churches and community groups. A billboard with suicide prevention resources was erected, pamphlets with education and resources were passed out and bracelets with the crisis hot line number and gun locks were handed out. CHANGE members presented to the Lincoln County Commission to lobby for their support of the change of the National Suicide Hotline number from 800-273-TALK (8255) to 988 and were successful in garnering the commission's backing to write a letter to our State's congressional delegation in support of the change. This year President Trump signed the bipartisan bill making

Continued on next page

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CHANGE

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988 the new National Suicide Hotline number.

Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade and refer someone to help.

A grant from the New Mexico Department of Health as well as a \$4,800 grant from Presbyterian and the LCCHC has enabled the development of a program with inmates at the Lincoln County Detention Center. This program includes weekly counseling sessions with a licensed social worker that works didactically with the inmates in-reference to drug use/ opioid use issues and how addiction affects their lives. Education on the use of Narcan to prevent overdose is another topic. Inmates are provided folders with community resources and the licensed social worker provides the clients with a warm hand off to various local resources after release. The intent is to decrease opioid overdose deaths and decrease recidivism.

Electronic cigarettes use, also known as vaping, was a focus for CHANGE this year. Local schools (pre-Pandemic) were open to education/outreach to teach students and parents about the hazards of vaping. Our committee purchased demonstration lungs for use in the outreaches. The pig lungs displayed a healthy lung and a damaged/diseased lung, allowing the participants to inflate the lungs and see, first-hand, how vaping damages the lungs. In addition, education was provided with pamphlets and anti-vaping footballs and basketballs as reminders of the dangers of vaping. Another popular item was our "Vaping is bad for dogs, cats, birds, fish and me," bracelets. Educational material targeting elementary school age children has been purchased and will be utilized in the classroom (post-Pandemic).

CHANGE continues to partner with the Lincoln County Medical Center to provide scholarships, yearly, to winners

of an essay competition that focuses on how drug abuse has adversely affected their lives or that of their families. The CJ Gomez and Zach Dawson Memorial Scholarships in the amount of \$500 are given to two exceptional students who show resiliency in their lives despite challenging obstacles. This year CHANGE is looking to add two additional scholarship in memory of two other young people in our community who lost their lives to a drug overdose

CHANGE also partners with our local police departments as well as the Drug Enforcement Administration to host the bi-annual National Drug Takeback Day in April and October. A permanent medication drop box was installed in front of the Ruidoso Police Department by CHANGE and this year CHANGE plans on purchasing a second unit for the Ruidoso Downs Police Department.

For more information or to join CHANGE please contact:

Laura Wilson @ (575) 258-3252
Laura.Wilson2@state.nm.us

Sergio Castro @ (575) 915-4143
sergio.castro@state.nm.us

Cigarette smoking has decreased by 63%
(2009 - 24% | 2019 - 8.9%)

Hookah use decreased by 59%
(2011 - 20.0% | 2019 - 8.2%)

Cigar smoking has decreased by 54%
(2009 - 18.1 | 2019 - 8.3%)

Spit tobacco use decreased by 50%
(2009 - 11.8% | 2019 - 5.9%)

E-cigarette use drove the increase in tobacco use by 42%
(2009 - 24% | 2019 - 34%)

Current use of any tobacco product increased by 23%
from 30.8% in 2009 to 37.8% in 2019

Current use of most types of tobacco products has decreased substantially over the past decade. However, the overall tobacco use rate among New Mexico high school students has increased, driven entirely by the introduction of and dramatic increase in e-cigarette use.

Source: New Mexico Youth Risk and Resiliency Survey

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If you are struggling with a gambling problem, or if you're the partner or loved one of someone affected by compulsive gambling, free help is available. Even during times such as the pandemic, the Responsible Gaming Association of New Mexico is offering support through education and free treatment.

Whether you live in a town or a rural area, "virtual" sessions provide confidential access to treatment services by trained professionals.

Via the internet, mental health treatment for gambling problems is now available so that everyone can access high quality assistance without having to drive long distances.

All you need is an internet connection, a private place in your home or at work, and a smart phone, tablet, laptop, or desktop computer that has a working microphone and speakers.

To learn more about this virtual service and confidential treatment for problem gambling, call the Responsible Gaming Association helpline.

Calls are answered 24/7. You can also visit www.RGANM.org to learn more.



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371
PREVIEWS IN SPANISH LANGUAGE

258
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What To Do About Panic?

By Daniel Blackwood
Director, The Evolution Group, Inc.

The sudden feeling of anxiety, shortness of breath, and the accompanying disabling fear can be confused with symptoms of coronavirus. But take heart, there are things we can do about it.

Many people right now are on hold, unemployed, underemployed, or crossing their fingers for another stimulus check due to the coronavirus pandemic. Many spend their days at home alone, or twenty four seven with kids. The effects of this can have a cumulative effect over time. It can result in feeling trapped, and our minds can take off with fears of not being able to provide for ourselves, our families, and it can feel like intense gloom and doom.

People commonly report that they will be home watching the news when suddenly they feel a tightness in their chest, their vision gets blurry, and breathing begins to get difficult. What's the first thought that comes to mind? "Oh my God, am I getting coronavirus - am I gonna die?" For many this experience is so frightening that they frantically get a family member to take them to the emergency room only to find that it was actually a panic attack.

In fact, pre-pandemic this was the most common reason for emergency room visits. People think they are having a heart attack when actually it is a panic attack.

The pandemic is so prolific that many people may be experiencing panic attacks for the first time. A panic attack comes on suddenly, bringing with it short-lived disabling anxiety, fear or discomfort. After 20 minutes the symptoms subside and they go away, but the 20 minutes are super uncomfortable and scary to experience.

Panic is an activation of the body's physiological "fight or flight" response, which is triggered by a perceived threat. The body thinks it is responding to something life threatening. Your heart starts racing and pumping blood so your muscles have the fuel to run and fight and get yourself out of danger.

Yet most of the time when people are having a panic attack, they're not responding to something that requires



running or fighting. Panic attacks are fairly common even under less threatening circumstances. 25 percent of all Americans will have at least one panic attack in their lives.

But coronavirus seems to be causing an increase in panic attacks based on reports we are seeing here at our family counseling center. Not surprisingly, there's increased stress levels due to the pandemic and all the uncertainty.

The good news is that there are distinct differences between panic attacks and coronavirus symptoms. Panic attacks come on suddenly and typically last only 15 to 20 minutes, whereas coronavirus symptoms progress more gradually over a period of days in most cases.

A recent study by Harvard University indicates that "the severity of neurological symptoms varies, ranging from one of the most well-known — a temporary loss of smell — to more severe symptoms such as dizziness, confusion, seizures, and stroke." None of these Covid symptoms is present with a panic attack. Also coronavirus diagnoses are made when groups or clusters of symptoms are present like shortness of breath, accompanied by fever, cough, loss of taste, and others, none of which is present with a panic attack.

For healthy people, a panic attack isn't dangerous. Being able to identify a panic attack is helpful. Even just realizing that you are having a panic attack can help it to lessen in intensity.

Learning to cope with stress and anxiety will make you feel stronger and more confident.

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