

MESILLA VALLEY HEALTH



Bulletin
HEAL+H

The Pink Team from Tresco

OCTOBER 20, 2023



You can stop worrying about ...

- ✓ Fall prevention and safety
- ✓ Medication schedule
- ✓ Providing the support they need

575-636-1142
bluehorizonmemorycare.com
2707 Spitz Ave.



Leave the caregiving to us
so you can have

Peace of Mind

Our home-like, specialized, 15 bed community has a "boutique" style of services designed to provide a level of unique excellence in personal care for both the resident and the family.



If your loved one is in need of 24-hour care, call us today for a free care consultation.



Daily, Weekly, and Monthly Respite Services available.



To make the best decision for your loved one and your family, contact Jill Shannon at 575-636-1142



- Medical Care
- Women’s Health
- Gender-Affirming Care
- Chronic Disease Management
- Medication Management
- Sport Physicals
- STD/STI/HIV/HCV Testing
- Counseling, Assessment & Diagnosis
- Substance Use & Trauma Services
- Medication Assisted Treatment
- Peer Support
- Medicaid Enrollment

CALL (575) 527-5482 FOR AN APPOINTMENT
MONDAY-FRIDAY 8:00 A.M. - 4:30 P.M.

999 W. AMADOR AVE., SUITE A, LAS CRUCES, NM 88005

AMADOR RECOVERY: SUITE D

WWW.AMADORHEALTH.ORG



FATIMA MCELVEEN
CHIEF MEDICAL OFFICER

**WE SERVE EVERYONE, REGARDLESS OF
INSURANCE, LEGAL STATUS, OR ABILITY TO PAY.**



Certified by The Joint Commission
• Stroke, Spinal Cord Injury, and Brain Injury

Consistently Top 10% in the Nation
• UDSMR

- Daily Physician Supervision
- Customized Intensive Therapy Program
- Outpatient Rehabilitation

RHSNM.ERNESTHEALTH.COM

4441 East Lohman Avenue • Las Cruces, NM 88011
ph: 575.521.6400 • fax: 575.521.6423



Certified by The Joint Commission
• Respiratory Failure

- Daily Physician Supervision
- Comprehensive Rehabilitation Program
- Ventilator Weaning Program

We are passionate patient caregivers.

ACHSNM.ERNESTHEALTH.COM

4451 E Lohman Ave • Las Cruces, NM 88011
ph: 575.521.6600 • fax: 575.532.5077

NMSU researchers discuss post-pandemic threats

By **CARLOS ANDRES LÓPEZ**

NMSU News Team

The Covid-19 pandemic brought significant societal changes across social, economic, cultural and political landscapes. But researchers from New Mexico State University's College of Health, Education and Social Transformation believe public health may have suffered the worst effects of the global crisis. Now, they're calling on health practitioners and policymakers to address emerging health threats with a renewed focus.

These experts shared their thoughts on the biggest public health dangers facing humanity.

Food insecurity from climate change

More than 10 percent of all Americans are food insecure, and almost a billion people worldwide struggle with food insecurity. As the world's population continues to grow, so does the need to accelerate and increase food production, said Elizabeth England-Kennedy, an assistant professor of public health at NMSU.

"The key reason is climate change. Climate change affects production by causing extreme changes in weather systems, including

drought, flooding, life-threatening heat, hailstorms and pollinator death," England-Kennedy said. "Recent changes in weather and new threats to our environment, such as the 2023 El Niño pattern, wars and conflict, rising temperatures, refugees and displacement, will intensify these conditions, increasing individual and simultaneous crop failures and food shortages."

The energy sector is a major driver of climate change, followed by agriculture/meat production, and both affect food production and distribution capacity, England-Kennedy said. Solutions include international collaborations, enhancing research and development for agricultural technology, pollution reduction, curtailing food waste and maldistribution, and a managed transition to clean energy, she said.

She added that collaborations between producers, researchers and policymakers may help increase production and distribution options, while enhanced weather modeling may help producers better adapt to rapidly changing conditions.

"New drought-resistant plant varieties, more efficient irrigation, better use of land and resources, and facilities and infrastructure updates are



COURTESY PHOTO

Clockwise from top left: Elizabeth England-Kennedy, Teresa Keller, Jagdish Khubchandani and Marshall Taylor – all faculty members of the NMSU College of Health, Education and Social Transformation.

the need of the hour," she said. "Creating a sustainable food system in response to climate change requires solutions at local and global levels. Changes must begin now."

Health care workforce shortages

In the United States, health care professions enjoy some of the highest salaries and rapid growth in employment projections. Yet, there is a chronic shortage of health care professionals in most key positions, such as nurses, pharmacists and physical therapists, said Teresa Keller, a professor of nursing at NMSU.

These shortages existed even before the Covid-19 pandemic, Keller said, and are

projected to grow over the next decade, making access to health care services more difficult for all in an aging nation.

"The Covid-19 pandemic changed the landscape of health care workforce with problems ranging from mental distress to death of health care workers," she said.

Keller said recent estimates suggest more than 100,000 health care workers worldwide died as a result of Covid-19, including almost 4,000 from the U.S. Additionally, a recent survey from the National Council of State Boards of Nursing suggests about 100,000 nurses nationwide left the workplace due to stresses caused by the

pandemic.

"The economic and social drivers of these shortages are complex and addressing these shortages will require cooperation and thoughtful action in the health services sector," Keller said.

To address these shortages, Keller suggests expanding and funding professional and continuing education, streamlining licensing requirements, loan repayment and other non-cash incentives, revising immigration policies for skilled foreign health care professionals, and developing strategies to build better workplaces where individuals can flourish.

Health information and misinformation

Health misinformation is a "claim of fact" about health-related phenomena that is false or misleading. Public reactions to the Covid-19 pandemic showed the very stark consequences of health misinformation, said Marshall Taylor, the interim associate dean for research in the College of HEST at NMSU.

"People who are susceptible to misinformation tend to be more distrustful of science and the government, which can lead people to be more resistant to public health measures," Taylor said. "Health misinforma-

tion spreads for many reasons, and they are amplified by social media. For example, there is an entire fake news genre for monetizing online disinformation — intentional misinformation — and social media provides political actors with an opportunity to bypass news media's vetting processes to spread unsubstantiated claims."

Taylor said some individuals are more likely to believe and spread misinformation when the information aligns with their other deeply held beliefs (what researchers call "confirmation bias") and when they consume media in echo chambers that elevate belief-consistent news sources and remove opportunities for exposure to disconfirming information. Further, health misinformation may spread on social media faster than accurate information because false information is more likely to be seen as novel and attention-grabbing, he said.

In 2021, the U.S. surgeon general issued an advisory to combat health misinformation. The report, Taylor said, emphasizes that this will be a "whole-of-society effort" that involves, among many other actions, promoting information literacy and crafting news headlines that avoid trying to provoke emo-

tional reactions from readers.

Poor mental health

NMSU studies conducted by Jagdish Khubchandani, a professor of public health, during the pandemic found that anxiety and depression rates nearly doubled, higher stress resulted in unhealthy lifestyles and excess internet/media consumption led to psychological distress.

Before the pandemic, he said, nearly one in five people had a diagnosable mental health condition, including substance-use disorders. Now, the burden has substantially increased, but less than 10% government health budgets worldwide go toward mental health care.

“Over recent years, mental health problems have grown at a rate that far outpaces available mental health care services and resources,” he said. “The U.S. will spend nearly \$300 billion this year on mental health care, and yet, more than half of those who need services will not get timely or adequate care,” he

said.

He warned poor mental health may cause greater disability, reduced quality of life, incarceration, homelessness, overdose deaths and a higher number of suicides. Untreated mental illness in the U.S. may cost up to \$300 billion every year in related productivity losses, he added.

“I call it a trillion-dollar problem in the U.S., given what we spend on treatment and what we lose due to untreated mental illnesses,” he said.

Khubchandani said policymakers should consider mental health care as an issue of social and economic development. He calls for higher government funding, reducing stigma around mental illnesses, and using more technological tools to improve health care.

“We all have a role to play, as well, by increasing awareness, creating a culture of mental health promotion, and watching out for those at risk or struggling,” he said.

NMSU Foundation gets two diabetes grants

BULLETIN REPORT

The Paso del Norte Health Foundation (PDNHF) recently awarded 10 grants totaling more than \$1.3 million under the Disease Prevention and Management priority area and diabetes initiative, including two grants to the New Mexico State University Foundation, Inc.

The NMSU Foundation received almost \$43,500 for the NMSU National Diabetes Prevention Program

to provide distance learning to 50 residents in Doña Ana, Luna, and Otero counties. The foundation also received more than \$35,000 for its “On the Road to



Living Well with Diabetes” program, which will allow the program to enroll 125 participants from Anthony, Las Cruces, Sunland Park and Chaparral.

PDNHF works in partnership with organizations to implement initiatives and programs for diabetes prevention, early detection and management in the region.

Visit www.pdnhf.org.



iNetMed Rx² Inc.

PSYCHIATRIC SERVICES

ADULT and PEDIATRIC SERVICES

- Medication Management
- Psychotherapy
- Psychological Testing
- Neuropsychological Testing
- EEG Neurofeedback
- Mindful Meditation
- Cranial Electro-Stimulation



www.inetmedrx2.com

1635 S. Don Roser Drive
Las Cruces, NM 88011

575.636.2506



THE LAS CRUCES
Bulletin

Pink Friday

In response to a Las Cruces Bulletin challenge to participate in Pink Friday, Oct. 13, for Breast Cancer Awareness Month, all of these organizations sent in their group pink photos. The winning photos were the ones from Foothills Medical Center (“Get Screened”) and Ashley HomeStore (“Six Cancer Free”). Each will get an office party from Dickerson’s Catering. The cover photo is of the folks from Tresco.



Adams Radio



Amador Health Center



Aprendamos Family Services



Ashley Furniture



Carino Home Visiting



Chili's



Doña Ana Magistrate Court



East Picacho Hills Elementary



East Picacho Hills Elementary



East Picacho Hills Elementary



East Picacho Hills Elementary



East Picacho Hills Elementary



East Picacho Hills Elementary



First NM Bank



Foothills Medical Center



La Ventana Glass



Las Cruces Bulletin



ALLEN THEATRES PROUDLY SUPPORTS BREAST
CANCER AWARENESS ACROSS THE MESILLA VALLEY!



McAfee US Army Health Clinic



Michele's Dance Academy



MMC Cancer Center



MMC Pharmacy



MV Public Housing Authority



Papan Apendamos Autism Diagnostic Center



Pat Campbel Insurance Remote Team



Pat Campbel Insurance



Pecos Valley Production



Tresco



Pioneer Bank - University



Pioneer Bank



Saenz & Smith Real Estate



Smart Style



Southern NM Diabetes Outreach



St. Paul's Child Development Center



Sun City Plumbing & Heating



Sun View Imaging Center



Third Judicial Court



Top Shelf Bookkeeping Services



ALLEN THEATRES PROUDLY SUPPORTS BREAST
CANCER AWARENESS ACROSS THE MESILLA VALLEY!

Lending library adds to county children's well-being

By **SOMMER MITCHELL**

Success Partnership

Did you know there are libraries in your community where you can borrow high-quality toys, games, and other educational resources for free? The UNM Early Childhood Services Center Toy Lending and Resource Library has been operating in Las Cruces since 2018.

"When I was raising my baby at home, the Toy Lending Library in Las Cruces was a major part of our lives," said Marisa DeWolf. New toys are so expensive, and the lending library allowed my young daughter to explore her interests and then trade for something else as she grew, all for free. I'm so happy that parents and kids in Anthony will have this gathering place to enrich the early years for their families."

The Success Partnership's Doña Ana County (DAC) Early Childhood Education (ECE) Coalition introduces Mundo de Juguetes, the new Toy Lending Library in Anthony, that will expand and improve access to early learning resources for families. The ECE Coalition's Gadsden Chapter named the Toy Lending Library "Mundo de Juguetes," a Spanish term of endearment that refers to a world of toys. The Mundo de Juguetes Gadsden Toy Lending Library offers children, their families, and communities access to free developmentally appropriate toys and books. As a library, families can return and exchange items as children grow.

"The toy lending library allows the Gadsden area partners to collaborate and nurture early childhood success in the community," said Ybeth Z. Iglesias, MPA, Co-Associate Director and Bilingual Education and Development

Manager for the UNM Family Development Program.

"The Toy Lending Library started as a dream with a group of people committed to making this dream come true. The ECE Gadsden Chapter and Ngage NM joined forces and worked meticulous hours fulfilling this dream and bringing it to the Gadsden District families," said Esther Hernandez, former staff member of Ngage NM.

Mundo de Juguetes opened in September and is intended to serve the surrounding communities: Mesquite, La Mesa, Vado, Berino, Chamberino, Santa Teresa, Sunland Park, Chaparral, and many other smaller villages and colonias. The DAC ECE Coalition recognizes the rural nature of this area and while Anthony is closer than Las Cruces, travel will still be part of visiting the library. Mundo de Juguetes will have their library items listed online so that fami-

lies can view toys and resources before they make the trip to visit. Julie Ballard-Soto, Director of Thriving Families Home Visiting, shares, "As someone who has built my home and raised my family in the Gadsden Community, I recognize how invaluable Mundo de Juguetes is going to be for families to explore and learn through play. I feel blessed to serve this community and am so grateful to all the partners working together to make this happen."

Join us for a Grand Opening Celebration for Mundo de Juguetes 2 p.m. - 6 p.m. Friday, Oct. 27, at 780 Landers Road, Unit G in Anthony. There will be a Trunk or Treat, games, food, prizes, and more.

Mundo de Juguetes

780 Landers Road Unit G. Anthony
Open Thursdays from 10 a.m. - 3 p.m.
MdJTLL.org
MdJTII@SuccessDAC.org

UNM Toy Lending Library

301 S. Church St. Suite H. Las Cruces
(505) 559-3889

Facebook

Open Mondays and Thursdays from 9:30 a.m. - 4 p.m. and one Saturday a month.

The Success Partnership is a collaborative prenatal-to-career community education initiative that uses Collective Impact as its framework. The Partnership comprises many individuals, businesses, and nonprofits committed to transforming education outcomes for Doña Ana County. The Success Partnership is supported by the Primary Backbone Organization Ngage NM and by three Backbone Partners: Community Action Agency of Southern New Mexico, NMSU Center for Community Analysis, and La Clinica de Familia. Contact Sommer Mitchell, Communications Coordinator, for more information about the Success Partnership. sommer@ngagenm.org



Welcoming
patients
of all ages

FRIEND IN NEED?

Does someone you know need help with relationship issues, depression, or anxiety?

Specializing in:

Depression, Anxiety, Addiction, Trauma, Self-Esteem Issues, Stress Management, Life Issues



COUNSELING
LAS CRUCES

Since 2011

phone: 575-526-9898 fax: 575-526-7835 counselinglascruces.com

YOUR COMPREHENSIVE HEALTHCARE CHOICE

- Cosmetic & Reconstructive Surgery
- Pain Management Clinic
- Internal Medicine Clinic
- Vascular Services
- General Surgery
- Endocrinology
- Orthopedics
- Gynecology
- Nephrology
- Cardiology



1-800-421-8274
www.ThreeCrossesRegional.com



THREE CROSSES
REGIONAL HOSPITAL

24/7 EMERGENCY ROOM



Investing in our
Future One Child,
One Family, and
One Relationship
at a time.

APRENDAMOS
Family of Services



Learn more
(575) 526-6682
www.aitkids.com



Yoga helps keeps seniors moving

BULLETIN REPORT

Working with a Medicare provider program called Renew Active, Downtown Desert Yoga, 303 S. Alameda Blvd., is offering free classes to senior citizens. Through the United Healthcare program, seniors can take up to 10 daytime classes a month at the studio at no charge, said DDY owner Colleen Boyd.

Boyd and DDY instructor Richard Havey and other DDY instructors will lead the classes, which include yoga, yin yoga, Tai Chi, balance and more.

Havey is teaching two new classes: laughter yoga and qigong.

“Laughter yoga is a series of breathing and laughing exercises that aim to bring out your inner child and help you



BOYD



HAVEY

let go of daily life stressors,” Havey said. “A typical class will include breathing with making sounds, improv with laughter and aspects of yoga to help you relax and laugh. Laughing releases endorphins and ‘happy’ hormones like dopamine and serotonin. This can promote a greater sense of well-being, lower blood pressure and help you connect with others.

“Qigong uses simple poses and breathing patterns to promote a healthy flow and reduce stagnation of qi,” Havey said. “Proper flow of qi can help the body engage its own heal-

ing processes. The slow purposeful movements of qigong are less challenging to your balance. Qigong is easy for most people to do and you can modify the movement. People can also do chair-based qigong. Qigong is shown to have positive effects on bone and cardiovascular health and improve balance.”

Other classes include yin yoga, balance and flow, hatha restore, nourishing hatha and midday reset. Classes will be offered multiple times each week in November, December and continuing into 2024, Boyd said. DDY will schedule a Renew Active meet-and-greet open house in the near future, she said.

For more information and to register for Renew Active at downtowndesertyoga.com.



BULLETIN PHOTO BY ELVA K. ÖSTERREICH
All kinds of creatures, from fairies to ninja turtles, met up last October at the Memorial Medical Center Annex for a Neonatal Intensive Care Unit Halloween reunion. Playing games for a challenge and candy, close to 80 people dropped by for the event. NICU nurses and other staff members got to visit with their former patients as the small folk got to enjoy treats and tricks.





PAIN-FREE LIVING STARTS HERE!



Is persistent shoulder, hip, or knee pain casting a shadow over your everyday joys? Don't let it hold you back any longer. At **MountainView Orthopedics and Musculoskeletal Care**, we're more than healthcare providers; we're your partners in reclaiming the active life you love.

Dive into our spectrum of advanced solutions, from state-of-the-art sports medicine to transformative joint replacements. It's time to embrace a vibrant, pain-free future with confidence!



Scan the QR code to learn more.
Or call **(575) 532-9755**
for an appointment today!

Good things come in small packages.

DR. LOOKMAN LAWAL, MD, FACC, FHRS,

ELECTROPHYSIOLOGIST AND DIRECTOR OF THE
SOUTHWESTERN CARDIAC ARRHYTHMIA INSTITUTE
IN EL PASO, THE ONLY PHYSICIAN IN WEST TEXAS
AND SOUTHERN NEW MEXICO



We bring state-of-the-art technology
to individuals with heart rhythm disorders.



Southwestern Cardiac
Arrhythmia Institute
3080 Joe Battle Blvd., Ste. A
El Paso, TX
(915) 313-4949

www.southwesternheart.com

*Providing
every patient
with
compassionate
and
personalized
care.*



ASC of the Heart Institute
1250 N. Sonoma Ranch Blvd.
Las Cruces, NM
(575) 323-3010

www.ascheart.com