

2024

Health and Wellness Guide

of Lincoln County & Mescalero

Brought to you by



LCCCHC

Lincoln County Community Health Council



28-29

The risks of Vaping



14

Village Emergency Assistance Registry



34-35

The Gift of Civic Responsibility



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Stamp Out Mental Health Stigma



30-31

Should I Use Hearing Protection?



www.lincolncountyhealthcouncil.org



Find us on
Facebook



A message from the Lincoln County-Ruidoso DWI Grant Program

Bill Hanson - Program Coordinator

Office: 575-630-0020
Fax: 575-630-0025
313 Cree Meadows Dr.
Ruidoso, NM 88345

ekh@windstream.net



Greetings Health Council
Members and communi-
ty partners!

From the Lincoln County Com-
munity Health Council (LCCHC)
outgoing chair Sergio Castro:

As we approach the end of the
year 2023 and look forward
to the new year 2024, I find it
amazing that the LCCHC will be
celebrating the 30th anniversary
of its birth. I think it is appropri-
ate to take a quick stroll down
memory lane and look not only
at the past, but also the present
and the future of this amazing
organization.

In 1994 Wanda De Figueroa
established the Lincoln County Maternal Child Health Planning Council
and in 1996, a group of Lincoln County residents established the Health
and Wellness Board with the goal to help address health and wellness
challenges in our community. In 2000, these two organizations merged
and rebranded themselves into what is now the Lincoln County Commu-
nity Health Council. The LCCHC was officially recognized by the Lincoln
County Commission on November 30, 2000, and again September 19th,
of this year.

From its inception, the LCCHC saw the need to come together as a group
to tackle health issues in Lincoln County, and eventually Mescalero, to
include health disparities, food insecurity, access to care, transportation,
mental health, substance misuse, suicide, diabetes, cancer, and many other
social determinants of health. We owe a debt of gratitude to the hundreds
of individuals who have been and continue to partner with the LCCHC
throughout the years.

I want to recognize Maury St. John, who for many years carried this organi-
zation and championed its purpose and goals. She passed away on August
7, 2020, and she is now memorialized through the Maury St. John Memori-
al Scholarship which is given to a deserving student majoring in nursing, as
she was a caring nurse until her retirement.



Sitting: Debra Butts, Alyssa Linden, Laura Wilson, Carol Bleu
Standing: Alisha Westmacott, Sergio Castro, Julie Cintron, Bonnie Torrez, Dave
Tomlin, Andrea Fernandez, Shannon Dictson
On Zoom: Joann Palomino, Desarae Payne, Laurie Dudek, Elma Orosco

In 2023, the Lincoln County
Community Health Council
continued its legacy to serve the
residents of Lincoln County and
Mescalero through its many ini-
tiatives including the Health and
Wellness Guide, "Health Mind,
Healthy body and Healthy Soul"
annual health fair, Maze of Life,
Suicide Prevention Glow walks,
Mescalero Food Pantry and Dis-
tribution, Substance Misuse and
Education in the schools, Signs
of Suicide education, QPR train-
ing, the annual "Pink Soccer"
game for Breast Cancer Aware-
ness, CHANGE scholarships,
CDC/Kellogg and DOH initia-
tives to tackle vaping among our
youth, and 100% Community,
among many others.

In 2024, the future is bright for this organization and for our incoming
Chair, Shannon Dictson who brings many years of experience as a prior
Chair and member of the LCCHC. Shannon will continue the legacy and
work to tackle the challenges related to the social determinants of health in
Lincoln County to make our community a healthy place to live. Let me be
the first to welcome Shannon back as our leader, and also the first to wish a
Happy 30 th Birthday to the Lincoln County Community Health Council!

If you would like to be part of this great organization and would like to
make a difference in the lives of others, please volunteer and join us.

Please contact us at: info@lincolncountyhc.org or go to our website
www.lincolncountyhealthcouncil.org

View the 2024 Health & Wellness Guide online:

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

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**To promote and strengthen the health, well being, and
quality of life of Lincoln County and Mescalero residents.**
-LCCHC Mission Statement.

The Lincoln County Community Health Council is a collaborative effort by
service providers and community members that promotes cooperation
and networking among agencies providing community and health related
services throughout Lincoln County, NM.

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This guide is for informational purposes ONLY. LCCHC is not responsible for verifying any accreditations.

Health and Wellness - of Lincoln County & Mescalero

2024 DIRECTORY LISTINGS

AGING & LONG TERM CARE SERVICES

“NM Aging & Disability Resource Center, Santa Fe”1-800-432-2080

Medicare/Medicaid1-800-432-2080

Alzheimer Association

NM Chapter505-266-4473

Roswell.....575-624-1552

24/7 Help Line1-800-272-3900

Assisted Living Facilities/Dementia Care

“Goodlife Senior Living and Memory Care Center”575-315-0758

Mescalero Care Center575-464-4802

Behavioral Health Services

“Gerald Champion Regional Medical Center”575-630-8092

Ken Kenney, MSW, PhD505-363-8293

People Works NM505-267-5057

Home-Health Agencies/Hospice Services

Addus Homecare.....575-258-9086

Enhabit Home Health & Hospice575-258-0028

Community Home Care575-258-1986

Senior Centers

Renee Montes-Program Director575-648-2121

Capitan575-354-2640

Carrizozo.....575-648-2121

Corona.....575-849-5111

Hondo/San Patricio575-653-4405

Ruidoso Community Center575-257-4565

Ruidoso Downs575-378-4659

Senior Resources

AARP NM1-866-389-5636

“Adult Protective Services Legal Resources for the Elderly (LREP)”1-866-654-3219
lgbtagingcenter.org

Sierra Blanca Laser, Inc. SU I (Stress Unrinary Incontinence Therapy)575-425-0792
Full laser therapy offerings, no tattoo removal

Social Security Services1-800-772-1213

BASIC NEEDS ASSISTANCE

Clothing/Household Assistance

Christian Services575-257-4381

“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 to Shabby Shop (Capitan)575-468-0638

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

Sweet Charity Repeat Boutique575-257-0041

Family Services

Life-Way575-315-2500

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

“Episcopal Church of the Holy Mount Discretionary Outreach”575-257-2356

LIHEAP Energy Assistance Program...800-283-4465

Lincoln County Indigent Fund575-258-1232

Salvation Army.....575-378-4611

Food Assistance

COUNTY FOOD PANTRIES

Lincoln County Food Bank Ruidoso...575-257-0682
Open M 12-4, W and F, 10 a.m. - 2 p.m.

“Salvation Army Commodity Supplemental Food Program”575-625-2030
“1st Thursday, very other month (Even months), Carrizozo Fire Dept. 8 a.m. Mescalero Senior Center, 10am Ruidoso Downs First Baptist Church 11am San Patricio Senior Center 12pm” must be 60 years old or older, meet income guidelines, proof of age in person., Call ahead of time.

Angus Church of the Nazarene575-336-8032
2nd & 4th Tuesday of every month at 11 a.m.

“Christian Services of Lincoln County Inc”.....575-257-4381
“Open M-T, 9 a.m. - 3p.m, F 9am-12pm Provides help with rent/mtg./temp motel room, utility and medication”

Trinity Church, Capitan575-439-6731
2nd-5th Tue. of the Month,5:30pm-7pm

MOBILE FOOD PANTRIES

Capitan Mobile Food Pantry575-439-6731
1st Thursday of the month at the Capitan Fire Station 5:30-7 p.m.

Mescalero Mobile Food Pantry575-464-9260
1st Thursdayer of every month, 12:30 p.m.

“River Crossing Ministries Mobile Food Pantry Ruidoso”575-686-8582
2nd Thursday of every month, River Crossing 2 p.m.

FREE MEALS

“Angus Church of the Nazarene, Bonita Park on Hwy 48”575-336-8032
Soup Kitchen 1st, 3rd, and 5th Tue, 11am. free meal on Wed. nights during the school year at 4:30 p.m. Open to teens, children & guardian.

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

Eastern New Mexico University-Ruidoso, 709 Mechem Dr.575-315-1120
Provides a free meal on the 5th 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 4:30 - til food runs out.

First Christian Church, 1211 Hull Rd...575-258-4250
Provides a free meal on the 1st Monday of every month, from 5:30 - til food runs out.

“Gateway Church of Christ, 451 Sudderth Dr”575-257-4381
“Provides a free meal on Wednesday nights 5:15 - 6 p.m. Summer 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 5:00 - 6:30 p.m.

SENIOR FOOD PROGRAMS

All Senior Center Sites offer Meals on Wheels

Capitan - Zia Senior Citizens575-354-2640
Lunch served M-F from 11:30-12:30 S3 suggested donation for 60 and over.

Carrizozo Senior Center.....575-648-2121
“Lunch served M-F from 11:30 a.m. - 12:30 p.m. Suggested \$3 donation for 60 and over”

Corona Senior Center575-849-5111
“Lunch served M-F from 11:45 a.m. - \$3 donation appreciated. Must RSVP by 9am.”

Hondo Senior Center575-653-4405
Lunch served M-F from 12 - 1 p.m. Delivers to Home Bound, S3 donation.

Ruidoso Downs Senior Center575-378-4659
“Lunch served M-F from 11 a.m. - Noon S3 donation. Meals on Wheels, (60+)”

NON-PERISHABLE FOOD BOXES

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

YOUTH FOOD PROGRAMS

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

PHS Feeding Program575-257-8266
18 years and under

Housing Assistance

“Camelot Place Apartment/Income Based”575-257-5897
Income Based 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 Fund575-258-1232

Prescriptions - Episcopal Church575-257-2356

Shriners Hospitals, Crippled Children & Burn Institute.....1-800-237-5055

Visual Assistance

Ruidoso Noon Lions Club
Eye Exams575-937-4235

National Federation of the Blind575-921-5422

State of NM Commission for the Blind-Alamogodo575-437-1547

State of NM Commission for the Blind- Roswell888-513-7961

BEHAVIORAL HEALTH SERVICES

Counseling

Capitan Therapy & Behavioral Health505-273-0982

Four Directions (Native American) Treatment and Recovery Center575-464-4432

Hope Floats Addiction Counseling ...575-937-1665

Katherine Scott, MS,LMHC575-937-6763

Kenneth Kenny, PhD, MSW505-363-8293

Lincoln County Community Assistance Program 24/7 Hotline ...1-800-888-3689

Lincoln County COPE575-258-1064

Mental Health Stop...575-223-8184/ 575-219-7542

Merriken Bryant, MS LPCC575-937-4349

Messal Counseling Institute, LLC260-402-1967

Open Minds, LLC.....575-489-4616

PeopleWorks NM.....505-990-4186

PMS Ruidoso Behavioral Health Center.....575-630-0571

Region IX School-based Health Center.....575-630-7974

Sierra Blanca Counseling Emily Flemming, LPCC575-491-3300

Telecounseling New Mexico575-973-0560

Medication Management

Gerald Champion Sleep Center
Mental Health.....575-630-8092

Open Minds, LLC.....575-489-4616

Sexual Assault Services

SANE of Otero and Lincoln County Hotline575-430-9485

The Nest.575-378-6378

Substance Abuse Services

12th Judicial Drug Court
Lincoln County.....575-437-7310

Alianza of New Mexico575-623-1995

Capitan Therapy & Behavioral Health .505-273-0982

Four Directions (Native American) Treatment and Recovery Center575-464-4432

Hope Floats Addiction Counseling ...575-937-1665

REFER YOURSELF
www.mentalhealthme.com

Insurance Accepted
Individual, & Family
Tele-Therapy
EMDR

1096 Mechem Dr
Ste 213, Ruidoso
575.223.8184
575.219.7542

Mental Health Stop...575-223-8184/ 575-219-7542

PMS Ruidoso Behavioral Health Center575-630-0571

Support Groups

Alcoholics Anonymous.....575-430-9502

Alianza of New Mexico (HIV Support and Harm Reduction)575-623-1995

Caregiver Support Group505-990-4186

Celebrate Recovery.....575-686-8582

Gamblers Anonymous ABQ Hotline ..505-260-7272
www.gamblersanonymous.org

Heart of Addiction co-ed.....575-686-8582

Heart of Addiction Men's Support...575-937-0758

Heart of Addiction Women's Support .575-315-5121

High Mesa Healing Center575-336-7777

Mescaler Responsible Gaming575-464-7106

Mindfullness Support Group505-990-4186

Pain Management Support Group505-990-4186

Women's Trauma Recilliency Support Group.....575-686-0990

Weight Watchers1-800-651-6000

CHILDREN, YOUTH, & FAMILIES DEPT

CYFD Early Childhood Services575-434-9770

Child Protective Services575-378-0045

Juvenile Justice Services575-378-0045

CHILD CARE

Boys and Girls Club of Chavez & Lincoln County575-454-7100

Early Years.....575-378-1567

First Christian Church CDC575-258-1490

Imagination Station.....575-315-0908

Inn of the Mountain Gods575-464-7600

Mountain Montessori575-937-2822

Region 9 (6 weeks-3 yrs old).....575-630-0355

Region 9 (3-5 yrs old).....575-808-8820

CHURCHES

Angus Church of the Nazarene.....575-336-8032

Calvary Chapel of Ruidoso575-257-5915

Canaan Trail Baptist Church575-336-1979

Capitan Church of Christ575-354-9015

Centro Familiar Destina575-257-0447

Church of Jesus Christ of Latter Day Saints575-258-1253 or 575-258-1254

Community United Methodist Church 575-257-4170

Episcopal Church of Holy Mount575-257-2356

First Baptist Church of Ruidoso575-257-2081

First Baptist Church of Ruidoso Downs 575-378-4611

First Christian Church.....575-258-4250

First Presbyterian Church575-257-2220

Fort Lone Tree Camp575-354-4265

Gateway Church of Christ575-257-4381

Grace Harvest Church.....575-336-4213
GraceharvestRuidoso.com

J BarJ Country Church.....575-257-6899

Mescalero Reformed Church.....575-464-4471

One Church.....575-383-4673

River Crossing Ministries575-686-8582

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.....575-652-5951

Santa Rita Catholic Church575-648-2853

Shepherd of the Hills Lutheran Church 575-258-4191

St.Joseph Mission575-464-4473

Trinity Southern Baptist Church.....575-354-2044

CRISIS INTERVENTION

Agora Crisis Center800-273-TALK

COPE (Domestic Violence)575-258-1064

East Mountain Resource Center (DV, Mescalero)(575)464-0079

HEAL/The Nest.....575-378-6378

High Mountain Youth Project575-808-8633

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 Children1-800-843-5678

National Hotline for Human Trafficking.....1-888-373-7888

National Suicide Hotline988

National Suicide Prevention Lifeline 1-800-273-8255

New Mexico Council on problem Gambling1-800-GAMBLER

New Mexico Crisis Line.....988

Trans Lifeline877-565-8860

TREVOR hot-line Suicide Crisis Line 1-866-488-7386

Veterans Crisis Line (press 1) 1-800-273-8255 Text to 838255; Online chat.: veteranscrisisline.net

DENTISTRY

Ben Archer Alamogordo575-443-8133

Carrizozo Dental Clinic.....575-648-2839

Mountain View Dental575-257-9053
2024 Health & Wellness Guide of Lincoln County and Mescalero

DENTISTRY (CONT.)

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/ENDODONTIST

Taylor Orthodontics ... 575 914-2131/575-622-4369

Brian T. Lu 575-258-4698 Endodontist

DERMATOLOGY

Seeberger Dermatology..... 575-437-4533

DEVELOPMENT DISABILITIES SERVICES

New Horizons Developmental Center . 575-648-2379

Nezzy Care 575-257-3100

Region IX Developmental Services.... 575-257-2368

Special Olympics Sylvia Trujillo 575-973-1421

EARLY CHILDHOOD/PARENT SUPPORT

Region IX Home Visiting (Pre-natal-5).. 575-257-2368

DOMESTIC VIOLENCE

COPE (Domestic Violence) 575-258-1064

East Mountain Resource Center,
Mescalero 575-464-0079

Hope Harbor Transitional Home 575-686-0990

National Advocate for Domestic
Violence Hotline 1-800-799-7233

Police Department Non-Emergency Numbers
Ruidoso/Ruidoso Downs 575-258-7365

The Nest 575-378-6378

DWI

DWI Lincoln County-Ruidoso
Grant Pro..... 575-937-1117

EMERGENCY SERVICES

American Red Cross NM..... 505-265-8514

Emergency Assistance911

Poison Control Center 1-800-222-1222

988 National Suicide Hotline988

FUNERAL SERVICES

LaGrone Funeral Home..... 575-257-7303

New Dawn Cremation Services 575-630-0161

GAMBLING

New Mexico Council On Problem
Gaming 1-800-572-1142 or 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 505-990-4186

Responsible Gaming Association
of New Mexico 888-696-2440

HEARING CARE

Advanced Hearing Care575-257- 0454

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

Livingston Hearing Aids..... 575-257-9989

NM Commission for Deaf &
Hard of Hearing 505-383-6530 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

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 NM1-833-TO BE WELL
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

Local Ruidoso Medicare Sales Agent

Deborah Burk

United Healthcare, Humana, Presbyterian, Molina,
Wellcare & Silver Script

Office: 575-208-2600
Cell: 806-777-5762

Local Ruidoso Medicare Sales Agent Deborah Burk
.....Office:575-208-2600 Cell:806-777-5762
United Healthcare, Humana, Presbyterian, Molina,
Wellcare & Silver Script

Family Insurance 575-257-0998

Humana 915-577-4166

Molina Healthcare of NM..... 866-440-0127

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
Coverage of last resort

NM High Risk Pool..... 1-505-424-7105

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/NATURAL/HOLISTIC

Acupuncture

Alpha and Omega Chiropractic 575-258-5999

Biofeedback & Energy Medicine

Angel Envey 903-373-4344

High Mesa Healing..... 575-336-7777

Living Energies..... 575-258-5855

Quiet Mind Access Bars 575-937-5085

Tim Seay 575-770-0136

Core Synchronism

Chelsea Arbogast..... 505-620-8642

Essential Oils

Village Wellness - Doterra 575-258-2258

Rosemary's Herb Stop 575-257-0333

Farmers Markets/Fresh Produce

El Gallo Loco 575-686-9203

Enchanted Vine Farmers
Market (Summer) 575-336-7012

Mario's Market..... 575-257-0367

Ruidoso Farmer's Market (Summer) ... 575-257-5030

Wilson Beef..... 575-430-8141

Floatation Therapy

Floatation Station 575-315-0870

Functional Medicine

Dr. Stephen Rath 575-257-4772

Healing Centers

High Mesa Healing Center 575-336-7777

Parish Health Ministries 575-257-4170
9am-1pm

Health Foods/Supplements/Herbs/Vitamins

Albertson's Market 575-257-4014

Angel Envy 903-373-4344

High Mesa Healing Center 575-336-7777



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

Kalyn Wickware • Certified Herbalist III
ruidosonaturalremedies@gmail.com

Ruidoso Natural Remedies 575-257-1406

Rosemary's Herb Shop..... 575-257-0333

Scale Blaster Water Conditioner..... 575-770-0136

Skarsgard Farms..... 505-681-4060
www.skarsgardfarms.com

Lowe's Market 575-257-6544

Zialife..... 575-937-3984

Health & Wellness Coach

Alondra Marquez..... 915-539-7789

Health & Wellness Coach (Cont.)

HEALTH AND WELLNESS MENTOR

Conflict Resolution - Motivational interviewing
Dance-Yoga- Stewardship-
Civic Participation - Team-building

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

Andrea Fernandez..... 575-937-2725

Crystal Evertte 575-937-5652

Leslie Blackmon 575-973-1663

The Faithful Fern 575-808-8566

Homeopathic

Living Energies 575-258-5855

Rosemary's Herb Shop 575-257-0333

Ruidoso Natural Remedies 575-257-1406

Zialife..... 575-937-3984

Life Coach

Debbie Nix 575-937-0212

Massage

Adobe Day Spa
Massage & Chiropractic Service

(575) 630-0515 • adobedayspa.com
616 Carrizo Canyon Rd., Ruidoso, NM 88345

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

Adobe Day Spa..... 575-630-0515

Blue Lotus Healing Arts
Center & Day Spa..... 575-257-4325

Rebecca Forester 575-315-0870

Healing Intentions, Lisa Aguilar 575-973-5005



www.nmmassage.com

Patti Gray MT #4299 575-937-2304
Located inside MCM Elegante Lodge & Resort
107 Sierra Blanca Dr. Ruidoso, NM 88345

Mountain Massage & Healing Arts,
Patti Gray..... 575-937-2304

Birgit Sawinski 575-937-6822

Village Wellness..... 575-258-2258

Glen Wagnner 575-937-8720

Debra Wilcox 575-937-4123

Massage Equipment

Pavelka's 575-630-1234

Truman's 575-730-0125

Medical Spa

Fusion Medical Spa 575-257-4772

Sierra Blanca Laser..... 575-425-0792

Meditation

Bhavani Brown 603-475-2985

RareBird Workshop 505-610-2207

Village Wellness..... 575-258-2258

Nutrition/Counseling

Alpha and Omega Chiropractic 575-258-5999

BALANCED NUTRITION

For a lifetime of health and happiness
Certified Nutritional Coach
Roxanne Rodriguez
575-973-1077
balancednutrition111@gmail.com
Weight Loss, Disease Prevention, General Health

Balanced Nutrition,
Roxanne Rodriguez..... 575-973-1077

Pain Management

Topline Therapy..... 575-808-8721

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

Reiki

Earth Angel Reiki Works..... 575-686-0413

The Faithful Fern 575-808-8566

Spiritual Counseling

Andrea Fernandez..... 575-937-2725

Barbara Mader 575-336-7777

Maria Showalter..... 575-434-4889

Spas

Adobe Day Spa & Chiropractics 575-630-0515

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

Yoga

Andrea Fernandez..... 575-937-2725

Ashley Zuri 575-937-4915

Blue Lotus 575-257-4325

Buddha Yoga..... 575-802-3013

Marilyn Miller..... 575-808-2402

The Faithful Fern Co..... 575-808-8566

Niki Haynes..... 575-973-0552

LABS

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

LGBTQ SERVICES

Capitan Therapy & Behavioral Health . 505-273-0982

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

Mental Health Stop ... 575-223-8184/575-219-7542

**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.

Trans Lifeline 877-565-8860

Christina Vento, PSYD ABMP MACP .. 505-248-7618
lgtbagingcenter.org, itgetsbetter.org lgtbqrc.unm.edu

LEGAL RESOURCES

Certified Mediator 575-937-2725

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

Modest Means 505-797-6013, 888-857-9935

Probation & Parole

Adult Probation..... 575-973-2408

MESCALERO APACHE TRIBE

Administration..... 575-464-4494

Child Support..... 575-464-2577

East Mountain Resource Center,
DV Services..... (575)464-0079

Education Department..... 575-464-4500

Elderly Center 575-464-1614

Fire & Rescue 575-464-3473

Gaming Commission 575-464-7101

Headstart - Carrizo 575-464-3492

Headstart - Mescalero..... 575-464-9183

Health Education/Diabeties..... 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 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 Defenders Office 575-464-0414

Responsible Gaming Program..... 575-464-7106

PHYSICIANS/HOSPITALS/CLINICS/PHYSICAL THERAPY/MEDICAL EQUIPMENT/PHARMACY

Cancer

Cancer Resource Center..... 575-443-7485

Cardiology

New Mexico Heart Institute..... 1-800-715-6644

**Presbyterian Medical Group
Dr. Harold Sunderman 575-630-8350**

Chiropractic

Adobe Day Spa & Chiropractic..... 575-630-0515

Alpha and Omega Chiropractic 575-258-5999

Dr. Dominique Taylor 575-315-2256

Dr. Vickie Peebles 575-630-0499

**White Mountain Chiropractic &
Neurology..... 575-257-7970**

Dermatology
Seeberger Dermatology..... 575-437-4533
Ear, Nose, Throat
National Sinus Institute- Alamogordo 1-855-817-4687
Gastroenterology/Digestive
Eastern New Mexico G.I. Services 575-624-4651
General Surgery
Ilhan Yildiz, Mehrzad Bozorgnia..... 575-630-8350
Hospital And Clinics
BCA Pediatrics 575-651-3003
BCA Pediatrics Roswell..... 575-622-2606
Ben Archer 575-443-8133
Christus St. Vincent..... 575-439-6100
Christus St. Vincent 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
Lincoln County Medical Center- Hospital..... 575-257-8200
PMS Behavioral Health 575-630-0571 PMS Medicaid Eligibility Interviewer Outreach & Enrollment Specialist
PMS - Tularosa 575-585-1250
Region 9 School-Based Health Center. 575-630-7974
Ruidoso Public Health Office 575-258-3252
Ruidoso Walk-in Clinic 575-808-8297
Internal Medicine
Dr. Chris Robinson, Dr. Suzelle Moffitt 575-630-8350
Medical Equipment & Oxygen
LinCo Medical..... 575-257-7174
Neurology
NM Brain Institute..... 575-434-0901
OB/GYN & Reproductive Health
Dr. Deborah Hewitt..... 575-257-7505
Dr. Patricia Combs, Dr. Keri Rath 575-630-8350
Full Circle Health Center 575-222-8594
Las Cruces Women’s Health Organization 575-888-4623
New Mexico Womens Health Line 833-767-3776
Planned Parenthood..... 575-386-5204
Optometrists/Ophthalmologist
Family Vision Center..... 575-257-5029
Dr. Fillmore Eye Clinic Alamogordo. 1-800-323-4764
Walmart Vision Center..... 575-378-5287
Dr. Michelle Yang..... 575-437-9900
Opticians
Westlake Optical..... 575-315-2247
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Orthopedics
New Mexico Bone &Joint Institute 575-434-0639 Dr. Douglas Dodson, Dr. Eric Freeh, Dr.John Anderson, Dr. Loren Spencer
Presbyterian Medical Group 575-630-8350 Dr. Hung Vu, Dr. Darnen Sacoman
Pharmacies/Discount Prescriptions
Albertsons Market Pharmacy 575-630-8020
RX Outreach..... 1-800-769-3880
Sierra Blanca Pharmacy 575-258-2456
Walgreen Drug Stores..... 575-257-1566
Walmart Pharmacy 575-378-5400
Physical Therapy
LCMC Rehabilitation Services..... 575-257-8239
Ruidoso Physical Therapy 575-257-1800
Therapy Associates 575-257-5820
Topline Therapy..... 575-808-8721
Sentry Physical Therapy..... 575-622-6260
Podiatry
Dr. John Anderson 575-434-0639
Dr. Loren Spencer 575-378-8001
Primary Care Physicians/Family Practice
Capitan Medical Clinic 575-354-0057
Dr. FrankJ. DiMotta 575-630-1214
Reni Fitzgibbon, N.P..... 575-630-8350
Journey to Wellness Medical Center .. 575-630-0211
Dr. Suzelle Larocquet Moffitt 575-630-8350
Dr. Mary Martinez..... 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 LCMC 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 575-257-8239 Alison Stepp MS, CCC/SLP
Surgeons
LCMC Surgical Clinic..... 575-630-8350
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Smoking Cessation smokefree.gov
RECREATIONAL SPORTS/PARKS
Archery Backcountry Attitudes 575-937-5141
Art RareBird Workshops 505-610-2207

Biking Board House & Bike Shop 575-808-8991
Pinnacle Trails Bike Shop 575-639-1415
Bowling League 575-258-3557
Boys & Girls Club of Chavez & Lincoln County..... 575-454-7100
Dance Instruction partner/belly..... 575-937-2725 Andrea Fernandez
Capitan/Alto Line Dancing..... 575-644-5735
Clogging 850-723-8527
Line Dancers 575-258-8765
Marisa Manchego- Bellydance 575-626-7150
Ruidoso Academy Ballet & Dance 575-808-8410
Lincoln County 4-H..... 575-648-2311
Peace Village Summer Day Camp..... 575-336-7777
Pickle Ball, Patrick Quist..... 575-520-8914
Qj Gong, Kim Kumar..... 575-937-5817
Ruidoso Community Center 575-257-4565 Dance Groups, Clogging, Exercise Groups, Exercise Equipment Available, Table Tennis and more.
Dynamic Discs New Mexico Ruidoso disc golf 575-315-2785
Ruidoso Gymnastics 575-378-4468
Ruidoso Little League Daniel Holley .. 575-686-8679
Running/Racing 512-400-8485
Smokey’s Garden..... 575-257-4095
Softball (Adult) Page Promotions sports@valornet.com
Swim Team 575-937-3527
Table Tennis 575-257-4565
Tai Chi Marisa 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 ... 817-946-1303
James Urban, Ages 4-15 575-937-3973
SCHOOLS/EDUCATION
Buddha Yoga Teacher 575-802-3013
Eastern New Mexico University Ruidoso 575-315-1120 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 575-315-1100
Lincoln County Adult Literacy 575-258-7100
Lincoln County Cooperative Extension 575-648-2311
Lincoln County Head Start. 575-257-2368
Blue Lotus Healing Arts Center Massage School 575-257-4325
Parents Reaching Out 1-800-524-5176 Statewide support network. For parents of children with special needs and education.
Region 9 Education Cooperative 575-257-2368
SCHOOLS
Capitan Elementary..... 575-354-8520
Capitan Middle/High School..... 575-354-8500
Carrizozo Schools 575-648-2346
Cloudcroft Schools 575-601-4416
Corona Schools 575-849-1911
Hondo Schools..... 575-653-4411
Mescalero Head start 575-464-9183
Mescalero K-12. 575-464-4431
Region IX Education Cooperative..... 575-257-2368

Schools (Cont.)
Ruidoso High School..... 575-630-7900
Ruidoso Middle School..... 575-630-7800
Ruidoso Public Schools Central Office 575-630-7000
Sierra Vista Primary (Ruidoso) 575-258-4943
Tularosa Elementary 575-585-8801
Tularosa Middle School 575-585-8802
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) 575-378-8550
Ruidoso Public Health Office 575-258-3252
State Agency on Aging 1-800-432-2080
Women, Infants and Children (WIC) .. 575-258-3252
Department Of Labor
Workforce Connection (NM) 1-877-664-6984 www.jobs.state.nm.us
Department of Workforce Solutions . 505-841-8405 www.dws.state.nm.us
Division of Vocational Rehabilitation . 575-954-8500 www.dvrgetsjobs.com

NM Workforce Connection 575-258-1730
Labor Relations 575-524-6195
Unemployment Benefits 1-877-664-6984
Human Services Department
Human Services Department 1-800-283-4465 www.hsd.state.nm.us
Child Support Program 1-800-288-7207
Income Support Division 1-800-283-4465
TRANSPORTATION
Alamo Shuttle..... 575-437-1472
Lincoln County Emergency Medical Services 575-257-8290 Substations: Capitan, Hondo, Carrizozo and Corona.
Motor Vehicle Division (Ruidoso) 575-378-8550
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: veteranscrisis/ine.net
Vets Helping Vets Website: www.vhvtoday.com Email: veteran@vhvtoday.com
VETERINARY & PET SERVICES
Becky Washburn, DVM..... 575-354-2311 Mobile 575-430-8614
Carrizozo Animal Clinic 575-648-2247
Cloudcroft Animal Hospital..... 575-682-2645
Franklin Veterinary Clinic 575-378-4708
Mountain View Animal Clinic 575-258-5800
Ruidoso Animal Clinic..... 575-257-4027
Jessica Sherman, Canine Rehab..... 575-937-5110
Pet Sitting
A&P Pet Sitting..... 575-937-2725
Corky’s Pet 562-447-5145
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 575-808-8338
High Mountain Youth Project 575-808-8633

Mescalero Boys & Girls Club 575-464-9212
The Rarebird Workshop..... 505-610-2207
CIVIC ORGANIZATIONS AND NON-PROFITS
Altrusa International of Ruidoso 512-769-3787
American Red Cross 505-331-9831
Boys & Girls Club of Chavez & Lincoln County..... 575-454-7100
Boy Scouts of America 575-622-3461
EcoServant 575-808-1204
Democratic Party of Lincoln County .. 575-937-8490
Elks Lodge Ruidoso 575-257-2607
Food 4 Kids Backpack Program..... 575-937-4732
Girl Scouts of the Desert Southwest .. 575-258-5919
Help End Abuse For Life. 575-378-6378
High Mountain Youth Project 575-808-8633
Hope Harbor-Puerto Esperanza Inc. Domestic violence transitional home. . 575-686-0990
Humane Society of Lincoln County ... 575-257-9841
Life-Way 575-315-2500
L.C. Adult Literacy..... 575-258-7100
L.C. Community Health Council 575-686-2066
L.C. Community Theatre 575-686-0729
L.C. COPE 575-258-1064
L.C. Food Bank 575-257-0682
L.C. Garden Club 575-937-0472
L.C. Santa’s Helpers 909-725-5481
On Scene Support for First Responders 818-389-8550
People Works NM 505-990-4186
Republican Party of Lincoln County .. 575-258-2750
Ruidoso Rotary Club..... 575-937-3159
Ruidoso Noon Lions Club..... 575-937-4235
Ruidoso Valley Greeters..... 575-257-7395
Ski Apache Adaptive Sports 575- 937-6954
Smokey’s Garden..... 575-257-4095
The Big Ben Sanchez Youth Foundation 575-937-1808
The Community Foundation of LC. ... 575-808-0085
Thrive of Southern NM..... 575-437-8400

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Information
and Resources,
such as:
Housing and Utility Issues * Locate Shelter * Locate a
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POISON CONTROL

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NEW MEXICO FACES AN URGENT FIREARM-RELATED INJURY CRISIS

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*DATA: PUBLIC HEALTH EMERGENCY REPORT REVEALS ALARMING FIREARM INJURY TRENDS IN NEW MEXICO - SEPTEMBER 28, 2023

87% INCREASE OF DEATHS OVER THE PAST 2 DECADES
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High Mountain Youth Project

By Laurie Benavides

High Mountain Youth Project of Lincoln County, New Mexico, opens its long-awaited and much-needed youth crisis shelter in 2024, the first facility of its kind in Lincoln County.

The shelter, located at 637 Sudderth Drive in Ruidoso, will offer a safe and comfortable temporary home to up to 14 young people ages 14 to 18 who find themselves unable to stay with their families for any number of reasons.

High Mountain Youth Project (HMYP) is a non-profit organization founded in 2015 by a group of local residents concerned about information circulating in the community regarding a significant number of teen-agers sleeping in cars, tents or on the sofas of friends or extended family members because they didn't feel safe or welcome in their own homes. Under federal law, children living in circumstances like these are considered to be experiencing homelessness.

It's difficult to determine how many such young people there are in Lincoln County. The number varies up or down continuously. Such children guard their situation and their privacy carefully. But official reports made each year by the Ruidoso Municipal School District with data gathered from the district's students place the number who attend RMSD schools at seven to eight dozen, sometimes more, sometimes less.

Social workers in the county's school systems do their best to support these kids with snacks from their food pantries, clothing, and referrals to other sources of aid. The primary goal is to do everything possible to keep such students in school, because it's a well-known fact that dropping out of school can be a first step toward bad outcomes including chronic homelessness, unemployment, substance abuse or becoming perpetrators or victims of crime.

Since 2018, HMYP has furthered the goal of helping kids from stressed or dysfunctional homes stay in school by offering numerous free and confidential services at an after-school drop-in center, first at Jira Plaza and starting in 2022 at its current address at 637 Sudderth.

There are laptops and study desks where students can do homework, tutors to help with math or other difficult assignments, fresh hot evening meals

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served from the center's commercial kitchen, plus facilities for doing laundry and lots of comfy furniture for relaxing, socializing or watching TV. Youth are supervised and mentored by trained, caring adults.

But the main HMYP objective since its founding has been to offer a 24-hour shelter, and as 2023 came to an end, that mission was accomplished and HMYP was completing requirements for certification by the New Mexico Children Youth and Family Department (CYFD).

The dormitory is located in a separate building behind the main building. Renovations and furnishings were in the final stages in December 2023. Resident youths will occupy two-person bedrooms with in-room sinks and vanities and have access to fully equipped bathrooms, an infirmary, and areas for socializing and preparing drinks and snacks between regular meals in the main building dining room.

HMYP's shelter will open under CYFD oversight in compliance with all applicable statutes, rules, and regulations for staffing and operating children's crisis shelters. For more information on the Evening Drop-in Center or the 24-hour Youth Crisis Shelter call (575) 808-8633 or e-mail us at info@highmountain-youth.org.



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Peace Village Kids Camp

By: Susan Finch

Each summer 35 and 45 kids gather at High Mesa Healing Center for Peace Village Kids Camp

So what is Peace Village Kids Camp? The essential goal of Peace Village Kids Camp is to encourage the sharing of non-violent messages, knowledge and the respect for all life. By establishing fun, educational settings, Peace Village Kids Camp offers youth a place to come together, to learn and teach each other joyful ways of being. Peace Village Kids Camp provides community-driven educational programs where young children and young adults learn about non-violent conflict resolution, environmental responsibility and multicultural, interfaith awareness. With high school and college students acting as Big Brothers and Big Sisters to our campers and our adult educators contributing their knowledge and talents, each summer program truly becomes a village.



For the past 20 years High Mesa Healing Center has hosted a week long local camp for kids that might not get to go to camp. Peace Village is held on 40 acres of forest in Alto, NM. It is a non-denominational camp and is open to all faiths and beliefs. Campers are ages 7-13. Camp Helpers are 14-15, Age Group Leaders are 16-20, supervisors are our many volunteers, most of them being teachers, retired principals, care givers, ministers, and parents. No matter if you are a camper, helper, or Age Group Leader you will be learning something at Peace Village Kids Camp.



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Continued from page 13

What we are about: Peace Village Kids Camp curriculum includes: non-violent conflict resolution, art, music, meditation, movement, diet for a healthy mind and body, multicultural storytelling, nature walks, environmental awareness, and peaceful self-empowerment. We encourage healthy eating by education and example; providing healthy snacks, lunches, and plenty of water drinking. We have water stations for the kids to fill and refill their water bottles thus practicing good environmental stewardship.



This year camp had several special guests; the forestry department came with Smokey and taught the campers about taking care of the forest, fire prevention, and even used the fire hose. For several years now Pam Skinner has brought her therapy dogs. The Lincoln County Community Health Council brought out real pigs lungs to illustrate the dangers of vaping. Chef Wilson showed the campers how to make a healthy, economic, easy to make meal that tasted delicious. For environmental awareness, there was a class in composting and the part worms play in breaking down the material. A Social Justice class was added, this class complements our non-violent conflict resolution program very well. In Social Justice the kids talk about the impact of social network platforms and how that makes them feel about themselves, what to do when bad things happen, and how to handle it when it impacts them at school. Peace Village Kids Camp gives our campers a new Non-violence Conflict Resolution class every day which is the overarching theme of camp and has been the main focus since its inception. Peace Village Kids Camp breaks up all this learning, sharing, and growing with music and movement, arts and crafts, hiking and just plain playing around.



YOGA, SOMATIC PROCESSING, DANCE, REIKI, CRANIOSACRAL, TAI CHI, MASSAGE THERAPY, EMOTIONAL REGULATION COACHING, AND NUTRITION CLASSES.

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Home of the Community Closet, where locals swap resources.

The Faithful Fern Co.
1713 Suddert Drive Ruidoso, NM 88345
(575) 808-8566 | thefaithfulfernco.com



But it's not just for the campers. Our kids leave having had a great time learning about how to resolve conflicts and knowing that they too can make a difference in their world. Our teenagers leave having gained leadership skills, feeling that they can be who they are and will be accepted. Our young adults see they can be in charge while making a difference in the lives of others. That's empowerment!



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Why is PTSD Still So Overlooked?

By Daniel Blackwood, LPCC Director of the Evolution Group, Inc. <https://theevolutiongroup.com>

We now know, and experts agree, that millions of people are affected by trauma.

Here is a story about one such person who did something about it. Jonathon was diagnosed with PTSD after he was taken to the hospital, for what he and his wife thought was a heart attack. Turns out that what Jonathon had was a panic attack. The emergency room doctor told him that this was one of the most common reasons people come to the emergency room; heart attacks that turn out to be panic or anxiety attacks. Jonathon was relieved his heart was okay but wondered what in the heck was this panic all about? The doctor encouraged him to meet with a mental health provider that specializes in treating anxiety. Jonathon followed up and did just that, and subsequently learned that he had PTSD.

The therapist connected the anxiety and panic to a near drowning incident he had six years prior. Johnathon was shocked to learn that something he thought he had gotten over and that had happened so many years prior, could cause this. As he tells the story, he had been fishing with a friend on a nearby lake when, due to high winds and waves, the boat capsized. He lost track of his friend after screaming his name. "I said to myself as I began to sink in the water, exhausted from trying to stay afloat, God, please take care of my family, I love them so much." Another boat carrying fishermen rescued him shortly after this but his friend was not so lucky. He drowned that day and Johnathon had witnessed this. Johnathon, his wife, and family, mourned with his friend's family and went through what you might expect to be a normal grief process over the next year and a half.

"This was so sad and truth be told I haven't got into a boat since, but I thought I was long over this," Johnathon recalls.

Johnathon learned from therapy that things triggered him: water, waves, wind, yelling, and feelings of helplessness or powerlessness, to name a few. However, he had not made the connection. "I think I was in denial – I guess in order to protect me my brain didn't want to remember this or feel it," says Johnathon. He goes on to add, "What is humbling



is how fast I became anxious when triggered, I mean in the space of just thirty to forty five seconds I was in panic." He later learned that he was experiencing post-traumatic stress disorder or PTSD and that this was causal in his panic.

Jonathon feels lucky to have gotten a diagnosis. It is highly common for the disorder to go undiagnosed. What is more, many suffer from myths or misinformation about who develops PTSD, and even medical professionals can have confusion over its complex cluster of symptoms, which in turn can prevent people with the disorder from seeking treatment — or realizing they have it at all.

Johnathon received RTM which stands for Reconsolidation of Traumatic Memories, a new, well-researched, and novel neurological intervention for post-traumatic stress.

In just three sessions, Johnathon no longer suffered from any symptoms of PTSD and reports that the panic has completely stopped as well. Even better, he is sleeping well and not having any nightmares. "RTM did not take the memory away, nothing will do that. But it eliminated the feelings of fear, terror, and helplessness that I used to feel about the memory I have of this experience."

Some people have multiple or complex trauma that may require more than 3 sessions. However, even people with complex or numerous traumas can be helped and the best part is they don't have to face the full impact of their experience – the RTM therapist can keep the client relatively comfortable during the procedure.

Adult Education at ENMU-Ruidoso

There are many classes offered by ENMU-Ruidoso for adults to advance their education and skills, and the best thing about it is they are FREE!

GED® classes are offered to receive your high school equivalency diploma. There are 4 categories of tests: reading, math, social studies, and science. Small group classes are offered throughout the week, with a new rotation of classes starting about every 8 weeks. GED® classes are held twice a week, on campus, with both morning and evening times available. Current class times are Tuesday and Thursday mornings from 10:00 to 11:30 and Tuesday and Wednesday evenings from 5:15 to 6:45. Tutoring time can be scheduled in the evenings and Saturdays.

GED® classes are also held in Mescalero every Tuesday morning from 9:00 to 11:00 at the WIOA office at the Mescalero Center. This is an open course for all area residents.

GED® To-Go is a self-guided learning option. Materials are accessible from the classes with a once-a-week meeting on the campus to check for understanding. This is also available in Carrizozo by appointment. GED® classes are offered in Spanish on the ENMU-Ruidoso campus.

While completing the GED® courses, students are encouraged to check out services and resources available through various partnerships in the community. Dual credit college courses are open to students who have completed one test.

Those wishing to become more proficient in the English Language are invited to join weekly classes. One class is every Tuesday afternoon from 3:00 to 5:00 at the campus. Another meets once a week at the Lincoln County Medical Center. All levels of knowledge are welcome. Citizenship classes are in the future plans.

Financial and Digital Literacy classes are meeting at the Mescalero Center on Thursday mornings. Digital Literacy (computer skills) is at 9:00 and the financial class meets at 10:00. Classes are tentatively being scheduled at the Ruidoso campus. Call and check to see if they have started yet!

The helpful staff from the Success Emporium on the ENMU Ruidoso campus are ready to answer any questions that might arise about adult education.

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Times and days of classes are subject to change so call the college at 575-315-1132 or stop by for a visit at 709 Mechem Drive. There is also an "interest card" that prospective students can fill out on the adult education page on the ENMU-Ruidoso website. ruidoso.enmu.edu/academics/adult-basic-education

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VILLAGE EMERGENCY ASSISTANCE REGISTRY (VEAR)

To Aid First Responders In Offering Assistance



For People With Disabilities Or Special Needs
Voluntary Self-Identification Registration Form

The Village of Ruidoso has created a Voluntary Registry for individuals who may need assistance in an emergency.

Emergency Assistance Registry

The Village Emergency Assistance Registry (VEAR) is a free registry that provides local emergency planners and emergency responders with information on the needs of their community. Individuals who have disabilities, limited mobility, or are considered medically fragile are asked to sign up for this registry.

“We can best support those who are vulnerable if we know in advance where they are and what resources they may need during an emergency or disaster,” states Eric Queller, Emergency Manager for the Village of Ruidoso.

An online form utilizes the Village's ArcGIS platform to gather data and plot it on a community map that can be used for planning and emergency response purposes.

Registering in the VEAR program DOES NOT guarantee receipt of a specific service during an emergency. This is to better inform the Village of the constantly evolving needs of the community during periods of disaster.

Who should register?

- People with disabilities.
- People who are medically fragile.
- People with access and functional needs such as:
 1. Limited mobility
 2. Communication barriers
 3. Medical assistance during an emergency event.
- People who require transportation assistance.
- People who require personal care assistance.

How to Register

- Register online at www.ruidoso-nm.gov/vear
- Dial 575-257-3473 or 2-1-1
- Residents can also fill out a hard copy by printing it off the website or stopping by Village Hall, Ruidoso Fire Department Station One, or the Ruidoso Community Center.

Be Ready to Respond

The citizens of Lincoln County have seen their fair share of disasters including wildfires, floods, severe wind, winter storms, freezes, and public health emergencies, but they have successfully faced these challenges because they have been prepared.

Emergencies, whether big or small, can disrupt lives in an instant. Taking time now to prepare will make all the difference when time comes for personal response and recovery.

1. Build a Family Emergency Plan.

Begin by developing a comprehensive family emergency plan. Identify evacuation routes, emergency contacts, and meeting points. Make sure every family member understands the plan and practices it regularly. Consider special needs and requirements for children, pets, and elderly family members.

2. The Art of Crafting the Perfect Emergency Kit.

Assemble a well-stocked emergency kit that can sustain a family for at least 72 hours. Include essentials such as non-perishable foods, water, medications, first aid supplies, flashlights, batteries, a multi-tool, and important documents (identification, insurance papers, etc.) Regularly check and update the kit to ensure everything is in working order.

3. The Power of Staying Informed.

Be aware in order to respond and protect. Stay informed about potential risks. Sign-up for local emergency alerts and notifications and stay tuned to weather forecasts. Know emergency protocols and evacuation routes in the area.

4. Financial Peace of Mind.

In case of an emergency, access to cash may be limited. Keep a small amount of cash in an emergency kit and maintain a separate emergency fund at the bank. Ensure important documents like insurance policies, wills, and financial records are stored securely.

5. Become Community-Ready.

Getting involved in local emergency preparedness initiatives will help to connect with others who share the same commitment. By attending preparedness workshops, or even just checking in on neighbors, you can create an invaluable support network during emergencies.

It's not just about being ready for the worst; it's about embracing the power that preparedness brings. Each step from planning to practice will help to weave a resilient fabric of protection. Remember, that preparedness today can make all the difference in the face of tomorrows uncertainties.



Wound Care and Physical Therapy Go Hand in Hand

By Lisa Crenshaw, manager of Rehab Services, DPT, Lincoln County Medical Center

Physical therapy may not be the first thing that comes to mind when you think of wound care, but physical therapists are actually a critical part of the wound management team

Along with providing standard wound care, physical therapists can also help patients with restoration of function to skin tissue after a wound. They provide comprehensive wound assessment and treatment by partnering with physicians and patients to make use of advanced wound care products and therapies to decrease pain and allow for faster healing.

According to the American Physical Therapy Association, physical therapists can apply therapeutic methods and techniques to enhance blood flow and create an optimal environment for wound healing.

The most common wounds that we treat in this community include diabetic wound ulcers and swelling of the legs due to venous insufficiency. These types of wounds can have a long-term impact on a patient's life, causing intense pain and discomfort. Treatment typically involves compression, special dressings and continuous monitoring to decrease the possibility of infection.

We also see patients who need treatment for pressure ulcers, second-degree burns, post-trauma and surgical wounds. Along with treatment, case management and wound prevention can be successful for those with chronic wounds or complex cases through education and long-term follow-up.

If you are struggling with a wound, we recommend that you seek help by reaching out to your primary care doctor or cardiologist for a referral.

Resources

American Physical Therapy Association: <https://www.apta.org/article/2020/10/30/analysis-value-physical-therapy-wound-care>



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Under Construction Peer Support Team

By: Sara Chapman

The Under Construction Peer Support Team is a group of trained and certified peers dedicated to helping peers. They are real people with real life experiences who genuinely want to help others succeed in life. The team was founded in 2021 by a group of individuals in recovery that wanted to share their stories of healing with the hope of inspiring others. They know from experience that change takes courage and strength and they are prepared to provide hope, support, and encouragement to help others make those changes. Their services are grounded in their own lived experiences, and they have the tools and resources to help you navigate your unique path to recovery. Our team members are trained to offer non-clinical peer support to members with mental health and substance use conditions identified as needing wellness support and recovery-oriented interventions.



Hello, my name is **Aliscia Garcia**. I am 45 years old, and I have been in recovery for over five and a half yrs. I have been battling addiction to both methamphetamines and heroin since I was 15 years old. I was sent to jail for the first time at 18 years old and then sent to prison in my 20s. I lost everything and everyone that was dear to me, including myself. The last time I was sent to prison saved my life. It was there that I finally got the help I needed and wanted. When I was paroled out, I continued to receive assistance from several places, including the Adult Treatment Court program. I graduated from Adult Treatment Court and became a mentor and an Alumni Facilitator for the program. I am a mentor for Under Construction Peer Support Team and have also been able to receive training through OPRE to become a Certified Peer Support Worker (CPSW). My hope is to be able to help others out there who are struggling. If you or someone you may know is facing similar challenges, please, don't hesitate to contact me or any one of my associates, (575) 416-1118.



Hello, my name is **Faustino Miranda**, and I am 48 years old. I have been in recovery for 4 years. I was in active alcohol addiction for 32 years and addicted to cocaine, crank, and methamphetamines for 26 years. After many years of pain and suffering, not only mine- but my families, by the grace of God I was finally ready to get sober. I began participating in self-help programs like Narcotics Anonymous and Heart of Addiction; I was also chosen to participate in the Lincoln County Adult Treatment Court Program. I am now a Certified Peer Support Worker (CPSW), Certified Smart Recovery Facilitator, Adult Treatment Court Mentor and Alumni Facilitator, mentor for Under Construction Peer Support Team, and Facilitator of Narcotics Anonymous of Ruidoso. My passion is meeting people where they are at and helping when I can. If you are ready to talk, please, don't hesitate to contact me or any one of my associates, (575) 937- 3915.



Hello, my name is **Manuel Blackmon**, I am 48 years old. I am a recovering addict who was addicted to methamphetamines for over 16 years. While I was in my addiction, I was in and out of jail and went to prison multiple times. I felt useless, like I had no self-worth. I finally got tired of hurting myself and the people I love and made the decision to become sober. I was provided with the opportunity to participate in the Lincoln County Adult Treatment Court Program. This program gave me the opportunity to connect with people that I could trust to talk to- others who had lived the same lifestyle I had. I learned to reach out and talk; I was provided with tools to help me remain clean and sober and taught how to use them. I am currently a mentor in the program and looking forward to becoming an Alumni and a mentor for The Under Construction Peer Support Team. If you are ready to talk, please don't hesitate to reach out to me or any of my associates (575) 686- 9169.



My name is **Sergio Guerrero**, and I have lived in Ruidoso for 38 years. I have been married for 18 years and have 3 sons, a 20-year-old, 17-year-old, and a 12-year-old. I have been in recovery for ten years. I struggled with an addiction to alcohol, methamphetamine, cocaine, and pills for over 25 years. I began using drugs and alcohol to cope with the pain I experienced as a child. I finally hit rock bottom at age 36; I was ready to change and to heal my broken heart and reached out to the Lord in my darkest time. Recovery was scary, but I had help and support from many new friends. I became a Certified Peer Support Worker (CPSW), a mentor for the Adult Treatment Courts, and a mentor for the Under Construction Peer Support Team in Lincoln and Otero Counties. I am happy to be a role model for my family, and love helping and serving our communities. If you or someone you know is struggling, please reach out to me or any one of my associates, (575) 937-5073.

Invitation to Join PIECE Coalition Addressing Early Childhood Services

Interested in contributing to the improvement of Early Childhood Services in Lincoln County?

If so, please join the PIECE Coalition on the 4th Thursday of the month at 12:00 noon at Region 9 Education Cooperative at 2002 Sudderth, Ruidoso.

The PIECE Coalition invites you to join us in constructing and implementing a strategic plan addressing key finding in our recently completed Community Needs Assessment. Our focus includes:

- ♦ **Childcare Awareness, Availability of Services and Non-Traditional Hours**
Improve access and availability of child care services, including extended hours.
- ♦ **Affordable Living for Low Income Families**
Address housing and transportation affordability to meet needs of low-income families who provide workforce for tourist industry.
- ♦ **Prenatal Care**
Understand barriers and availability of prenatal services. The Community Needs Assessment noted that only a little over half of pregnant women received prenatal care during the first trimester in 2020.

The Partners in Early Childhood Education (PIECE) Coalition was founded in 1999 with the mission to strengthen partnerships at the local and state level to effectively use all available resources to support early childhood services in Lincoln County. PIECE is a new and emerging Coalition under the Local Early Childhood System Building Grant. Call 575-257-2368 and ask for the PIECE Coordinator Michelle Burge - email: michelle.burge@region9.org or visit us on <https://www.rec9nm.org/Home>.

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STAMP OUT MENTAL HEALTH STIGMA

By: Cindy Anderson, MSW, LCSW, ICGC-I Executive Director, Peopleworks-NM

What do you think of when you hear the words that someone is "mentally ill?" What about the terms "alcoholic" or "schizophrenic"? Do you have an impression in your mind of a person stumbling around, making funny noises, talking to themselves? That the person looks disheveled or is smelly? Do you envision that when they talk, they don't make sense? We may have known someone like this, or seen someone in public who acts oddly or in an unfamiliar way. Our danger sensors get activated, whether consciously or unconsciously. Those with behaviors different than "average" are not always easy to deal with, but are easy to spot.

Aside from those high or inebriated, or those with schizophrenia, most people experiencing mental illness look like the "average" person. In fact, according to the CDC, about half of us experience symptoms of mental illness at one time in our life. And maybe half of us have an addiction to something, especially when you consider food, shopping, sex, and video gaming addictions in addition to addictions to illicit substances.

The fact is that our brains are wired for addiction, and there's a genetic component or genetic predisposition to mental illness. Add in a few ingredients like stress, a loss, financial problems, loneliness, and then you've composed a recipe for mental un-wellness.

Addiction often starts as a way to self-medicate. It starts as a way to cope with anxiety, depression, stress, or more complex mental illnesses. At first, this self-medication works. But then, it doesn't. Did you know that repeated exposure to substances or behaviors can change the brain or biochemistry through time?

We are afraid to admit to others that we are feeling down or anxious or having a problem staying away from alcohol or pornography. We don't want others to stay away from us. We don't want to be labeled as someone undesirable.

What does stigma look like? Are you willing to be friends with someone who is struggling with a mental illness? Are you willing to work with someone with a mental illness? Do you avoid the person who appears to have a problem? Do you assume they won't have something to contribute? Do you even think they are unsafe to be around? How about thinking that the person is immoral or sinful? Stigma even lurks around in our language. We use the word crazy to describe a person, which isn't helpful. We use words like alcoholic instead of "a person experiencing problems with alcohol". That's a little longer to say but kinder to the person.

Even if we don't want to be friends, how can we be more respectful to those who are struggling WITH substances, persons struggling WITH a mental disorder? Or a person struggling WITH a gambling disorder or shopping or pornography? Think about how you want to be described. Do you want someone to summarize you in one word? We often use summarizing words for a person, like "diabetic" and "schizophrenic" and "narcissist." Persons WITH (name the disorder) does not mean that this disorder defines them. Everyone has something they are dealing with. We are so much more than our illnesses!

We need our community to nurture our wellness. We need the resources of the people, of the earth, of meaning for life. We need to feel supported, and to have a sense of belonging. We need to feel like we are contributing. And we need to be accepted, even when we are struggling. In fact, that is our best chance for healing, when we know we are loved or cared for in spite of our struggles. Individual health is a community issue. Likewise, community health is improved by healthy individuals.

All of us can help reduce the stigma of mental health by using appropriate language, reaching out to help our family, friends, and neighbors, and educating ourselves on the struggles that others may be facing. There are many agencies who partner with our community to provide resources, support, and assistance. Reach out for yourself. Reach out for your community.



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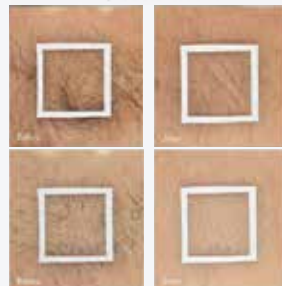
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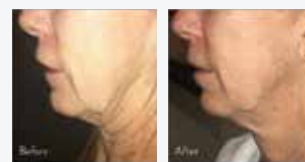
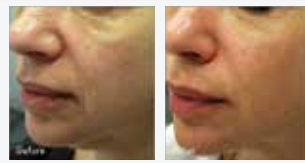


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SIGNS OF VAPE USE

- A faint scent of flavoring in your house that you can't locate or identify
- An increase in your teen's thirst level
- A rise in the number and frequency of nosebleeds your teen experiences
- A decrease in your teen's caffeine consumption

WAYS TO SAY NO

Ask your child if they've ever felt pressure to try vaping. Then strategize what they can say or do if another kid offers them a vape, and have them practice by responding to different situations.

- Say a simple "No, thanks," or "Nah, that's not my thing."
- Change the topic ("Hey, are you going to band practice today?")
- Walk away and do something else
- Talk with a friend or parent

RESOURCES

- Talk to your family doctor about treatment options
- Visit smokefree.gov
- CDC Quitline: 1.800.QUIT.NOW
- For Young People: Text DITCHJUUL to 88709
- For Families Helping Young People: Text "QUIT" to 202.899.7550

[https:// www.samhsa.gov/.../TTHY_Vaping-Broch-2020.pdf](https://www.samhsa.gov/.../TTHY_Vaping-Broch-2020.pdf)

Vaping Information, Solutions & Interventions Toolkit | Stanford Medicine

Talk with Your Teen About E-cigarettes: A Tip Sheet for Parents (surgeongeneral.gov)

SIGNS OF ADDICTION

- Cravings to use vapes or other nicotine or cannabis products
- Feeling anxious or irritable
- Continuing to vape despite negative consequences
- Going out of one's way to use the vape or planning one's day around use

TIPS FOR TALKING WITH YOUR CHILD

- Check in frequently to see how they are doing
- Choose informal times to talk, such as in the car, during dinner, or while watching TV
- Be clear and consistent about your expectations regarding vaping and other substance use
- Establish family agreements together for social and extracurricular activities
- Let them know you care and are always there for them
- Continue talking with your teens as they get older.
- Help your teen create a plan for saying NO.



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LC-**29.8%** U.S.-14%

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Any current tobacco use

Current e-cigarette use

LC-**23.1%** U.S.-3.8%

LC-**13.8%** U.S.-3%

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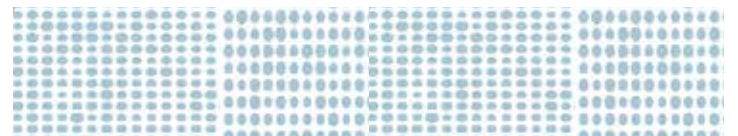
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Should I Use Hearing Protection?

By Your local audiologists at Advanced Hearing Care

Have you ever attended a concert or an event and left with muffled hearing? Maybe you've been exposed to the sound of a nearby gunshot and later noticed that you developed a ringing in your ears? What you may be experiencing is a temporary shift in hearing thresholds, meaning your hearing temporarily worsens. Repeated exposure to loud noise can lead to permanent damage, otherwise known as noise-induced hearing loss (NIHL). NIHL is one of the most prevalent types of hearing loss. Another common type of hearing loss is presbycusis, also known as age-related hearing loss. Tinnitus, which is often described as a "ringing" or "buzzing" sound in the ears, can be experienced by people who are exposed to loud noise and is often one of the first signs of permanent hearing damage.

Use of hearing protection or hearing protective devices (HPDs) was not common practice prior to the 1970s, and hearing protection was not required for people working in occupations with high levels of noise exposure. Factory workers, farmers, construction workers, and military veterans are just a few of the tradespersons who often found themselves having a difficult time hearing and understanding speech in their later years. It was not until the 1970s that laws and standards were established to protect and preserve the hearing of workers exposed to hazardous levels of noise.

The Occupational Safety and Health Administration (OSHA) sets safety standards for companies and employers to reduce workers' exposure to harmful conditions during the workday. When noise levels consistently reach an average of 85 decibels during an 8-hour day, OSHA requires employers to implement a hearing conservation program for their employees. Hearing conservation programs are set in place to educate employees about the importance of utilizing HPDs and to show them how to better protect themselves from permanent damage to their hearing. These programs typically require employees to undergo some sort of yearly audiometric testing to evaluate whether their hearing is being affected over time from their work.

Hearing protection is not only important in occupational settings but is also important in recreational settings as well. Hunting and rifle shooting are common activities throughout many regions of the United States. The sound of a single gunshot can exceed 140 decibels and could potentially cause significant damage to the hearing system. There are different types of hearing protection on the market that specifically cater to hunters and to indoor shooters. Some of these HPDs have unique technology that automatically protects the user from the harmful sound of a gunshot but still allows the user to hear speech and other environmental sounds.

Earbud and headphone use have dramatically increased since the 1990s,



which has led to an increase in hearing difficulties being reported by those of younger generations. Repeated harmful noise exposure early in life can be permanently damaging and can go unnoticed until much later in life. It is important for younger users to be educated on the possible consequences of long-term earbud use at high volumes. Doctors recommend that volume levels not exceed 60-80% of the maximum allowed volume from devices and that listening periods be limited to 60-90 minutes at a time.

If you have been exposed to loud noise in your past or are currently working in a noisy environment and feel that you have difficulties hearing or understanding speech, schedule an appointment with your local audiologist. Your audiologist will test your hearing, educate you on your results and present options to treat any hearing loss so that you can hear better. They will also provide hearing protection options if you will continue to be exposed to loud sounds. If you have previously been diagnosed with hearing loss, it is recommended that you have your hearing checked every 1-2 years to monitor for possible changes in your hearing. It is important to pursue hearing testing and treatment because having untreated hearing loss (like having hearing loss and not consistently using amplification such as hearing aids) has been found to be correlated with an increased risk of developing dementia (Yeo et al, 2023) as well as experiencing depression (Gopinath et al, 2009).

Gopinath, B., Wang, J. J., Schneider, J., Burlutsky, G., Snowdon, J., McMahon, C. M., Leeder, S. R., & Mitchell, P (2009). Depressive symptoms in older adults with hearing impairments: The Blue Mountains Study. Journal of the American Geriatrics Society, 57(7), 1306-1308.

Yeo, B. S., Song, H. J., Toh, E. M., Ng, L. S., Ho, C. S., Ho, R., Merchant, R. A., Tan, B. K., & Loh, W. S. (2023). Association of hearing aids and cochlear implants with cognitive decline and dementia. JAMA Neurology, 80(2), 134-141.

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Dr. Allison Money Penny, AUD CCC-A www.AHCNM.com • Allison@ahcnm.com

WHEN SHOULD YOU WEAR HEARING PROTECTORS?

If you anticipate being in a loud setting or participating in a noisy activity, wear earplugs or protective earmuffs to safeguard your hearing. Hearing protectors are recommended for these settings and activities:

- Auto races, sporting events, fireworks displays, parades, live music and concerts.
- Motorcycle, dirt bike, and snowmobile riding, and when operating an all-terrain vehicle or tractor.
- Band or orchestra rehearsals and performances.
- Industrial, warehouse, farm, landscape, and other loud (or potentially loud) workplace settings.
- Shooting sports.
- Using power tools, lawn mowers, weed eaters, chainsaws, etc.

Make it a habit to wear hearing protectors when you expect to be in a loud setting, and keep earplugs or protective earmuffs handy for unexpected loud noises. If loud noise happens suddenly or unexpectedly, cover your ears with your hands and move away from the noise, if possible.



WEAR YOUR HEARING PROTECTION



Serving the Mescalero Youth and Community for over 20 years.

The multi-funded grant program aims to educate our people in the following areas:

- ~ Substance Abuse Awareness
- ~ Suicide Prevention
- ~ Traditional Tobacco Education
- ~ Prescription Drug Abuse Prevention
- ~ Cultural Revitalization Workshops

The Program also sponsors the Nde' Youth Council. The N.Y.C. hosts various activities throughout the year promoting healthy, drug and alcohol free lifestyles for Native youth.

Mescalero Prevention Program

PO Box 227, Temporary Address - 111 Sunset Loop, Mescalero, NM 88340

Office: (575)464-4976/ 464-4516 Fax:(575)464-1678 mescprevpg@matisp.net

Tradition is Prevention

Early Childhood Services

Two programs serving the youngest of Lincoln County's population.
No income requirements | No cost to families | Must be Lincoln County resident



Developmental Services

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- ✓ Eligibility
 - Developmental Delay
 - Established Medical Condition
 - Medical/Biological Risk
 - Environmental Risk
- ✓ Parent's choice as to where services are provided
- ✓ Child Find Services

Home Visiting

- ✓ Prenatal-Age 5
- ✓ Parents as Teachers Curriculum
- ✓ Free Books at Each Visit
- ✓ Safe Sleep Instruction
- ✓ Free Portable Cradles
- ✓ Monthly Group Connections/Playgroup
- ✓ Support, Information, and Resources
- ✓ Free Goodies to support Child Development
- ✓ Visits in the Comfort of Your Own Home



The groundbreaking 100% Lincoln initiative is working to ensure that all families in the county have access to the 10 vital services for surviving and thriving.

We know the challenges and how to fix them. All that's lacking is the buy-in to make the health, safety, and education of 100% of Lincoln's children and students the number one priority. 100% Lincoln is showing our commitment to 100% of our families by building 10 action teams around the 10 vital services that determine the quality of life for residents. We are making a system-wide change, creating a seamless system of family services where 10 service sectors are working in alignment with local networks of organizations. Soon, 100% Lincoln will be asking residents about access to quality, basic family services—your voice matters, please watch for the survey and respond.



Scan the QR code or visit www.100nm.org to learn more about the 100% New Mexico Initiative





988
CRISIS LIFELINE

Call, Text, or Message

988

For Mental Wellness

Reasons to call or text 988:

Feeling sad, confused, or angry?

Worried about your safety or someone you know?

Worried about alcohol or drug misuse?

3 Ways to Connect

Call



Call 988

dial 1: Veterans Crisis Line
dial 2: Spanish subnetwork
Stay on the line for your local crisis center.

Text



Text "TALK"

Text "TALK" to 988.

Message



Chat

Connect to your local crisis center via the internet.
<http://suicidepreventionlifeline.org/chat>





The Gift of Civic Responsibility

By Afton Sullivan

After attending a four-part civics class, I was asked to write about takeaways from the series. This article captures how I relate to what I learned about civic responsibility, ideas that are up for debate within any circle of people.

I learned that civic duty involves each citizen's duty to follow laws, while civic responsibility involves what we can do to improve our community beyond the laws of society. To me, civic responsibility includes positively contributing to the local community. This could be as simple as returning your shopping cart to the cart corral at the grocery store. This could also involve giving back: trash pick-ups, volunteering at the local food bank, or voting in the local election. Interestingly, voting is a civic responsibility, not a civic duty, as it is not mandatory.

Tools for civic responsibility also involve healthy communication through active listening, respect, and cultural awareness. Civics class participants talked about de-escalating verbal confrontations and conflict resolution through mediation. Considering the current political divide in our nation, with people aggressively supporting opposing views, opinions, and beliefs, resolving conflicts peacefully is important. There are many careers that revolve around civic responsibility, such as teaching, working for a nonprofit, or being a mediator- a conflict resolution professional who meets with disputing parties, and helps improve communication.

I decided to apply civic responsibility to my own life. The previous mayor of my town is my neighbor. He has a giant smile and gives me a thumbs up when I see him from across the street. In the fall, I hung a bag of homegrown corn on his gate and quickly retreated to the safety of my own home, being the antisocial hermit that I am. This small act of civic responsibility, sharing the fruits of my labor, helped nurture connection and peace between neighbors in my community. My gift of corn resulted in meeting my neighbor at the local coffee



Image titled "It Takes a Village," Courtesy of Ruidoso artist Deborah Wenzel and hangs at The Ruidoso Convention Center.

shop, discussing how I can give back to the community, and volunteering at the library's youth program.

I feel I made a difference in the local election because I live in a small town in Lincoln County. The smaller the town, the more impactful my vote. The Civics class covered voting intelligently: doing your research, understanding what each candidate is hoping to achieve in the community, and making educated decisions about your vote. Most of us have busy lives involving children, grandchildren, full-time jobs, hobbies, medical appointments, and more. How do we find the time- if we are not intrinsically motivated to keep up with politics- to make an educated vote and contribute to our society through democracy? Many of us struggle with the lack of time to pursue education around local politics, but in these trying times, we could use our voices locally to support our ideals.

How can you engage in civic responsibility in Mescalero and Lincoln County? There are so many ways to give back, large and small. You can volunteer at the High Mountain Youth Project of Lincoln County or Mescalero 4-H, vote when the opportunity arises, donate to the Community Foundation of Lincoln County, take reusable bags to

the grocery store for your own personal use, donate canned food to the Lincoln County Food Bank, get to know your neighbors, or simply interact courteously with the waitress at your local restaurant. Each is a civic gift!

HOW TO BUILD COMMUNITY

TURN OFF YOUR T.V.
LEAVE YOUR HOUSE
KNOW YOUR NEIGHBORS
GREET PEOPLE
LOOK UP WHEN YOU'RE WALKING
SIT ON YOUR STOOP
PLANT FLOWERS
USE YOUR LIBRARY
PLAY TOGETHER
SHOP LOCAL
SHARE WHAT YOU HAVE
HELP A LOST DOG
TAKE KIDS TO THE PARK
HONOR ELDERS
SUPPORT NEIGHBORHOOD SCHOOLS
FIX IT EVEN IF YOU DIDN'T BREAK IT
HAVE POTLUCKS
GARDEN TOGETHER
PICK UP LITTER
READ STORIES ALOUD
DANCE IN THE STREET
TALK TO THE MAIL CARRIER
LISTEN TO THE BIRDS
PUT UP A SWING
HELP CARRY SOMETHING HEAVY
BARTER FOR YOUR GOODS
START A TRADITION
ASK A QUESTION
HIRE YOUNG PEOPLE FOR ODD JOBS
ORGANIZE A BLOCK PARTY
BAKE EXTRA AND SHARE
ASK FOR HELP WHEN YOU NEED IT
OPEN YOUR SHADES
SING TOGETHER
SHARE YOUR SKILLS
TAKE BACK THE NIGHT
TURN UP THE MUSIC
TURN DOWN THE MUSIC
LISTEN BEFORE YOU REACT TO ANGER
MEDIATE A CONFLICT
SEEK TO UNDERSTAND
LEARN FROM NEW AND UNCOMFORTABLE ANGLES
KNOW THAT NO ONE IS SILENT THOUGH MANY ARE NOT HEARD
WORK TO CHANGE THIS

APAGA TU T.V.
SAL DE TU CASA
CONOCE A TUS VECINOS
SALUDA A LA GENTE
MIRA HACIA ARRIBA CUANDO CAMINAS
SIENTATE EN TU ESCALERA
PLANTA FLORES
USA TU BIBLIOTECA
JUEGUEN JUNTOS
COMPRA EN TU LOCALIDAD
COMPARTE LO QUE TIENES
AYUDA A UN PERRO PERDIDO
LLEVA A LOS NIÑOS AL PARQUE
HONRA A LOS ANCIANOS
APOYA LAS ESCUELAS DEL VECINDARIO
ARREGLALO AUNQUE NO LO ROMPISTE
HAS FIESTAS DE "TRAJE"
LIMPIEN EL JARDÍN JUNTOS
RECÓGE LA BASURA
LEE HISTORIAS EN VOZ ALTA
BAILA EN LA CALLE
HABLA CON EL CARTERO
ESCUCHA LOS PÁJAROS
PON UN COLUMPIO
AYUDA A LLEVAR ALGO PESADO
HAS TRUEQUE POR TUS BIENES
COMIENZA UNA TRADICIÓN
PREGUNTA
CONTRATA JÓVENES PARA TRABAJOS ESPECIALES
ORGANIZA UNA FIESTA EN LA CUADRA
HORNEA DE MÁS Y COMPARTE
PIDE AYUDA CUANDO LA NECESITES
ABRE TUS PERCIANAS
CANTEN JUNTOS
COMPARTE TUS HABILIDADES
HAS TUYA LA NOCHE
SUBELE A LA MÚSICA
BAJALE A LA MÚSICA
ESCUCHA ANTES DE ENOJARTE
MEDIAR UN CONFLICTO
BUSCA ENTENDER
APRENDE DESDE ÁNGULOS NUEVOS E INCÓMODOS
SEPA QUE NADIE CALLA AUNQUE MUCHOS NO SON ESCUCHADOS
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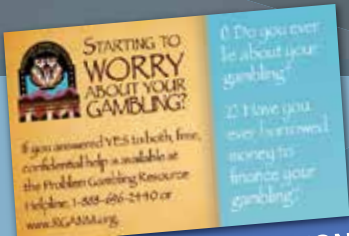
For volunteer opportunities, see Page 9 of our directory

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NM UNITED
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SPONSORSHIP**
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105,000 ONLINE ADS

WORLD CUP
70 PSAS
179,000 ONLINE ADS

ONLINE ADS WERE SHOWN
4,789,905 TIMES
BRINGING **8,463**
WEBSITE VISITORS

OUR ANNUAL PROBLEM GAMBLING
CONFERENCE WENT VIRTUAL
WITH **659** ATTENDEES

Worried About Gambling? - RGANM.org
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New Mexico Gambling Addiction Help. Recover Your Financial Independence
Counseling Services - Continuing Education - Helping NM Since 1997
About the RGANM - Addictive Gaming Research - Get Help Now

15 MEMBER CASINOS



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APPROXIMATELY **98%**
OF RGANM BUDGET GOES TOWARDS
EDUCATION, PREVENTION AND TREATMENT

Be well in Nature's Bounty

By Jodie Canfield, Retired Smokey Bear District Ranger

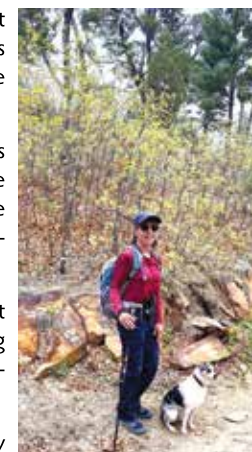
The pillars of physical and mental health that are important for us to live a long, healthy, happy life include a nutritious diet, good sleep, exercise, and connections to people we enjoy and love.

But here is a thought. Most of us spend most of our time indoors eating, sleeping, at the gym, and in the office. And many of us are continuously engaged on electronic devices. Does this lifestyle lead to wellness? I think not and the evidence supports my opinion in this regard.

After I retired (from a job where I served the computer), I spent most of my time hiking, skiing, fishing, gardening and just sitting on my deck watching the sun set over the mountains. And I started feeling healthier and happier. Why?

Our bodies have many circadian rhythms that are in synchrony with the rhythms of nature. As an example, the sun comes up and we wake up. We sleep at dark. We need direct sunlight to keep these rhythms operating smoothly. And we need real darkness for sleep. We thrive in the outdoors and I guess that is why so many people enjoy camping and backpacking, where everyday activities like eating and sleeping are done in a natural environment.

So I quit feeling guilty about my new lifestyle (mostly) and started looking more specifically at what makes us feel our best. We have "happiness chemicals" that are produced in the brain. These include Dopamine (reward), Oxytocin (love), Serotonin (mood), and Endorphin (pain killer). While each of these chemicals are released by engaging in activities such as doing yoga, hugging, playing with a dog or children, laughing, foods, etc. Electronics are not on any list. Sunshine and nature help facilitate the release of all of these chemicals. Good chemicals equals happy life equals healthy life? Almost. Add some movement and you have an equation that balances.



We live in an area with so many ways to interact with nature and be active outside. Within an hour drive, you can access hundreds of acres of public lands with hundreds of miles of trails for hiking, biking, and horse riding. We have a ski area, many golf courses, skating, and a river that runs through town. If you don't like the weather here on the mountain, you can go to the foothills near Fort Stanton, or to the desert near Tularosa. There is literally a mountain of opportunity.

So, you ask, "what are the benefits of fresh air, and natural environments?" A few years ago, I wrote about walking slowly in nature using all of our senses, which began in Japan. Back in the early 1990s the Japanese coined the term Shinrin-yoku — which translates roughly as forest bathing.

Researchers found that activity done within a forest environment led to more significant reductions in blood pressure and certain stress hormones.

Another benefit of walking in nature is the increased circulation of blood to the brain in a paced way (as opposed to sensory overload on a busy city street). In turn, this rejuvenates our mental resources that man made environments deplete. Not only that, but there is a deep intuitive connection between walking, thinking, and writing. Thoreau and Wordsworth come to mind. Thoreau wrote that when his legs moved, the thoughts flowed.

So get outside as often as you can and move your body in ways that increase your heart rate and hack the happiness chemicals. Go where the weather suits your clothes. Think big thoughts. Maybe write them down. Be happy.



Finding **Help**, Finding **Hope** for Problem Gambling

Free and confidential help is available for people struggling with a gambling problem, as well as the partner or family members who are affected. The Responsible Gaming Association of New Mexico offers a free **24/7 helpline** to connect with a trained treatment provider.

We also offer a **confidential chat** on our website, www.RGANM.org. From 8am to 7pm daily, you can chat with a counselor and receive information and referrals. Our website offers videos, information and resources to help.

Thanks for reaching out.
How can I help you?

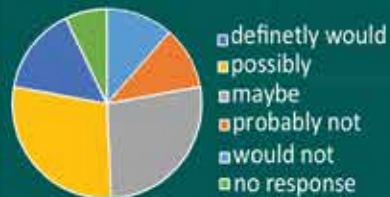


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Confidential assistance when you're gambling too much

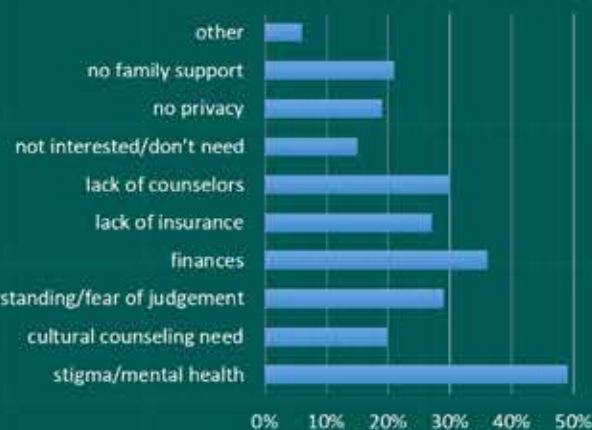
2023 Mescalero health fair on mental health survey results

How likely would YOU be to contact a counselor?

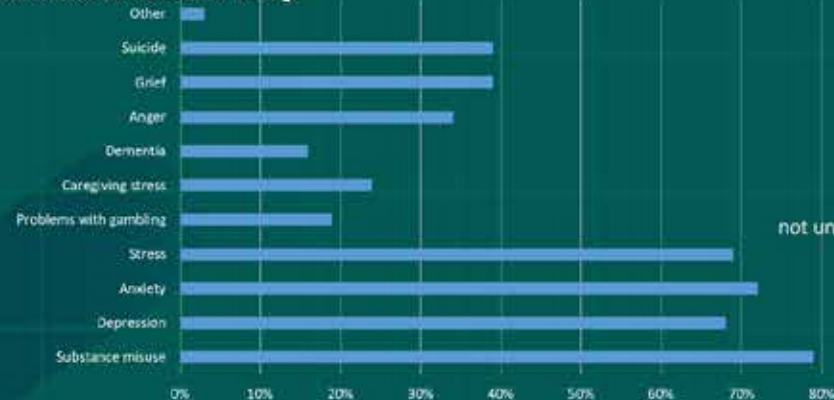


based on 140 responses

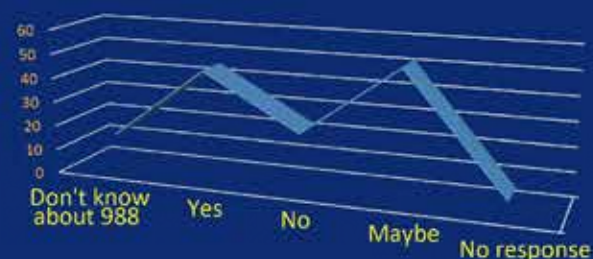
What barriers have you experienced or seen others experience, when seeking help?



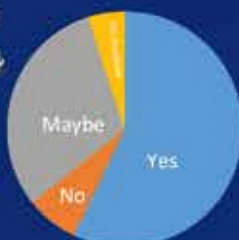
What needs/problems have YOU observed for individuals in our community?



Do you know about dialing the Suicide Hotline #988?



How likely would YOU Google or use social media for finding mental health care?



How likely would YOU use a mental health app?



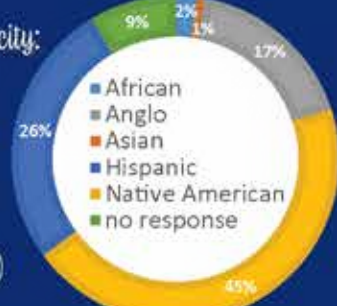
Ages:



Gender:



Ethnicity:



(95% preferred English
5% preferred Spanish)



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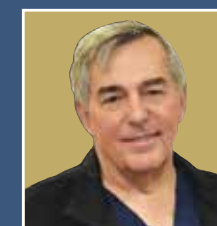


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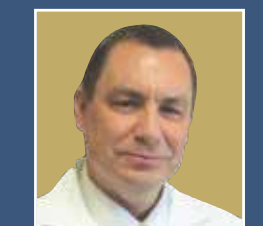
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Lincoln County Community Health Council

Health and Wellness Guide of Lincoln County & Mescalero

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- Hearing Loss