



www.ChavesCountyHC.org

# Chaves County HEALTH COUNCIL

COORDINATED. CONNECTED. COMMITTED. BUILDING A HEALTHIER COMMUNITY, ONE MEMBER AT A TIME.

# Chaves County Resource Guide

Our 2024 directory to ten vital services, and more, for thriving



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printed guide digitally



10 VITAL SERVICES  
10@100%  
FOR 100% OF FAMILIES



**100% CHAVES INITIATIVE**  
100ChavesCounty.com



Eastern New Mexico Medical Center is your regional healthcare provider, a 162-bed facility with inpatient and outpatient care. We believe in the power of people to create great care. We're more than 150 healthcare professionals strong. We are a Joint Commission accredited facility, Accredited Chest Pain Center, Certified Primary Stroke Center and Level III Trauma Center. We work hard every day to be a place of healing, caring and connection for patients and families in the community we call home.

## Specialties

- Cardiology (Interventional; Diagnostic)
- Dentistry
- Emergency Medicine
- Family Practice
- Gastroenterology
- Gynecology
- Hematology
- Internal Medicine
- Laparoscopic Surgery
- Nephrology
- Neurology (Teleneurology)
- Obstetrics
- Oncology
- Orthopedics
- Otolaryngology/Allergy
- Pathology
- Pediatrics
- Podiatry
- Psychiatry (Inpatient)
- Pulmonology
- Radiation Oncology
- Urology



Welcome to the 7th Annual Health Expo, hosted by the Chaves County Health Council! We are delighted to extend this special invitation to you, providing a valuable opportunity to explore and engage with a diverse array of booth vendors. Each vendor is eager to connect with you, offering insights and support to help you achieve your best self. You will find comprehensive information on health and wellness from head to toe, to a spirited fun run benefiting our local Boys & Girls Club, there's something for everyone. Don't forget, staying till the end could also mean winning some fantastic door prizes! Join us for a day filled with discovery, community spirit, and the chance to enhance your well-being in countless ways.

You hold in your hand the inaugural Chaves County Resource & Wellness Guide! After years of aspiration, we are thrilled to unveil this comprehensive and invaluable resource for everyone in Chaves County. We invite you to take some time to explore the guide, which has been meticulously crafted to provide essential information and support for our community. As we embark on this journey, we eagerly seek your feedback and suggestions to enhance future editions as we strive to ensure this guide remains a vital tool for years to come.

You can access the guide in print, online at [www.chavescountyhc.org](http://www.chavescountyhc.org), or by contacting our information line by dialing 211 or 575-550-5585. We are dedicated to sharing information and supporting your wellness

journey. Thank you for being a part of this initiative — we look forward to serving you!

And finally, please join the Chaves County Health Council! We are a dedicated volunteer group, which convenes monthly to foster connections, teamwork, and the exchange of valuable resources, ideas, and upcoming events. Your participation is eagerly anticipated as we work together to enhance the health and welfare of all Chaves County residents. By joining us, you'll have the opportunity to engage in meaningful activities and projects that aim to improve the overall wellbeing of our community. Together, we can make a positive impact and create lasting improvements in healthcare accessibility and quality across our region.

With Sincere Thanks,



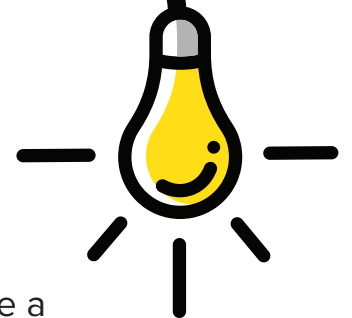
Valerie Lopez, Chairperson



Jennifer Smith, Vice-Chairperson

## Did You Know?

CCHC was founded in December 1997 following a year-long planning process as part of the Kellogg Foundation with “Turning Point: Collaborating for a New Century in Public Health” initiative and evolved from the Maternal Child Health Council established in 1993.



### MISSION & VISION

The Chaves County Health Council aspires to become a viable alliance to strengthen and engage our community in creating opportunities for positive action that addresses the disparities specific to Chaves County. The CCHC believes that everyone has the right to live in a community where they feel safe, included, valued, and accepted. CCHC promotes healthy living and activities for all area residents.

**COORDINATED. CONNECTED. COMMITTED.**

**BUILDING A HEALTHIER COMMUNITY ONE MEMBER AT A TIME**



# DIRECTORY LISTINGS

This guide is for informational purposes only. Chaves County Health Council is not responsible for verifying any accreditations.

## AGING & LONG TERM CARE SERVICES

NM Aging & Disability Resource Center	
Santa Fe .....	800-432-2080
Roswell .....	575-627-5358
Medicare/Medicaid .....	800-432-2080
Ombudsman .....	575-622-4233
Alzheimer Association NM Chapter .....	505-266-4473
24/7 Help Line .....	800-272-3900
New MexiCare .....	866-654-3219 option 4

**New Mexico Senior Olympics . . . . 575-623-5777**

## SENIOR LIVING

Cielo De Oro Senior Apartments .....	877-874-4734
Rio Vista Senior Housing .....	877-843-7557
Roswell Summit Apts .....	877-853-5446
Sunny Acres Senior Center .....	575-623-4152
Sunset 1600 Apartments .....	877-867-8105
Villa Park Senior Community .....	575-623-1896
Wildewood Apartments .....	877-876-4096
Willow Terrace Apartments .....	877-881-2933
Wilshire Gardens .....	575-623-3733

## ASSISTED LIVING

BeeHive Homes of Roswell .....	575-623-2256
Casa Maria Health Care Center .....	833-949-3263
Heartfelt Manor .....	575-625-9145
La Villa Assisted Living .....	575-625-9002
Luxe Living .....	575-232-4298
Mission Arch Center .....	575-624 2583
Peachtree Village Retirement .....	575-291-3887
Sunset Villa Care Center .....	575-623-7097
Villa Del Sol .....	800-304-7152

## HOSPICE/HOME HEALTH CARE

Enhabit Home Health .....	575-622-9355
Advanced Home Care .....	575-627-6256
Comfort Keepers of Roswell .....	575-247-8099
Visiting Angels .....	575-622-6539
<b>Gentiva .....</b>	<b>575-627-1145</b>
<b>Interim Healthcare .....</b>	<b>575-625-8885</b>

## SENIOR CENTERS

Chaves County Joy Center	
Roswell .....	575-623-4866
S. Roswell .....	575-622-8933
Hagerman .....	575-752-3236
Lake Arthur .....	575-365-2045
Chaves County RSVP .....	575-623-3960
Roswell Adult Center .....	575-624-6718
Senior Circle .....	575-624-4676

## CRISIS INTERVENTION

<b>Emergency .....</b>	<b>911</b>
<b>Poison Control Centers .....</b>	<b>800-222-1222</b>
New Mexico Crisis Line .....	988
Human Trafficking Hotline .....	888-373-7888
National Council on Alcoholism & Drug Dependency Hope Line .....	800-622-2255
National Crisis Line	
Anorexia and Bulimia .....	800-233-4357
Planned Parenthood Hotline .....	800-230-7526
Roswell Refuge Emergency Shelter .....	575-624-3222
24-hour crisis hotline .....	575-627-8361
Safe Haven baby box .. 200 South Richardson, Roswell	
Veterans Crisis Line .....	988
Free/Quit Smoking .....	800-784-8669

## NON-EMERGENCY/DISASTER SERVICES

Non-Emergency Ambulance .....	575-624-0113
Non-Emergency Roswell Fire .....	575-624-6800
Non-Emergency Roswell Police .....	575-624-6770
Chaves County Sheriff's Dept .....	575-624-6500
Dexter Non-Emergency Police .....	575-734-5404
Hagerman Non-Emergency Police .....	575-752-3201
New Mexico State Police .....	575-622-7200
FBI .....	575-622-6001
Safe Haven baby box .. 200 South Richardson, Roswell	
American Red Cross .....	505-265-8514
Roswell Community Disaster Relief .....	575-208-4055
Alpha Med Staff /Outreach	
Program Services .....	575-840-7450
Protective Services .....	575-624-6071

## ABUSE & VIOLENCE SUPPORT

Adult and Child Abuse & Neglect	
24-Hour Hotline .....	800-797-3260
Adult Protective Services (APS) .....	866-654-3219
Crisis Text Line .....	Text "HOME" TO 741741
Domestic Violence Hotline .....	800-799-7233
Domestic Violence Legal Resources .....	877-974-3400
Family Violence Hotline .....	800-797-3260
National Domestic Violence Hotline .....	800-799-7233
NM Domestic Violence Hotline .....	800-773-3645
Roswell Refuge Emergency Shelter .....	575-624-3222
24-hour crisis hotline .....	575-627-8361

## LGBTQ SUPPORT

AIDS Crisis Line .....	800-221-7044
LGBTQ Hotline .....	888-843-4564
Trans Lifeline .....	877-565-8860
www.translifeline.org	

## SUICIDE PREVENTION

Lifeline Crisis Chat Online	
live messaging .....	988lifeline.org/chat
Self-Harm Hotline .....	800-DONT CUT 800-366-8288
Suicide & Crisis Lifeline .....	Call or text 988

## ADULT SUPPORT

Choices Independent Living Center .....	575-627-6727
<b>MECA Therapies, LLC .....</b>	<b>575-522-9500</b>
Tobosa Developmental Services .....	575-624-1025

## ADVOCACY GROUPS

<b>100% Chaves County Initiative ..</b>	<b>575-420-3243</b>
Alzheimer's Association, NM Chapter .....	505-266-4473
<b>Chaves County Health Council ..</b>	<b>575-550-5585</b>
NAMI Southern New Mexico .....	510-770-6264
NM Coalition Against Domestic Violence	505-246-9240
NM Commission for the Blind .....	505-476-4479
Roswell Safe Coalition .....	575-622-7233
Somos Un Pueblo Unido .....	505-424-7832
NM Autism Society .....	505-332-0306
Tessa Anderson	
Suicide Prevention Coalition .....	575-637-4115
<b>Casakids .....</b>	<b>575-625-0112</b>
I Can Survive Roswell Refuge	
SANE Project .....	575-627-8361

## ARTS & CULTURE

Dexter Public Library .....	575-734-5482
Historical Society for	
Southeast New Mexico .....	575-622-8333
International UFO Museum	
and Research Center .....	575-625-9495
New Mexico Energy Library .....	575-622-1711
Pecos Valley Jazz and Arts Festival .....	575-622-4910
Roswell Adult Center Foundation .....	575-624-6718
Roswell Artist-in-Residence Foundation ..	575-623-5600
Roswell Community Little Theatre .....	575-622-1982
Roswell Museum and Art Center .....	575-624-6744
Roswell Public Library .....	575-622-7101
Roswell Symphony Orchestra .....	575-623-5882
Robert H. Goddard Planetarium .....	575-624-6744
Anderson Museum of Contemporary Art ..	575-623-5600
Historical Society for	
Southeast New Mexico .....	575-622-8333
McBride Museum .....	575-624-8050
Walker Aviation Museum .....	575-347-2464
Bone Springs Art Space .....	575-208-0916
The Gallery at Main Street Arts .....	575-625-5263
Roswell UFO Spacewalk and Gallery .....	575-910-2113
Miniatures And Curious	
Collections Museum .....	575-208-0662

**BASIC NEEDS**

**CLOTHING/HOUSEHOLD ASSISTANCE**

- Operation School Bell.....575-622-5255
- Harvest Ministries.....575-624-2415
- Jireh Ministries- 1st Baptist Church.....575-623-2640
- Karen's Klothes Closet/  
St. Stephen's Anglican Church.....575-910-9706
- Salvation Army.....575-622-9706
- Roswell Outreach Center.....575-624-2415

**FINANCIAL ASSISTANCE/UTILITY HELP**

- Presbyterian Outreach Program.....575-637-0355
- Christ Church.....575-623-4110
- First Baptists Church.....575-623-2641
- Church on the Move.....575-622-7011
- Southeast NM Community  
Action Corporation.....575-624-1285
- Income Support Division.....575-625-3000
- LIHEAP Energy Assistance.....800-283-4465
- Chaves Co. Health Indigent-Medical/  
Creamation only.....575-624-6547

**FOOD ASSISTANCE**

- Community Action Agency.....575-623-0014
- WIC Nutrition Program.....575-624-6171

**FOOD PANTRIES**

- ENMU-Roswell Cosmo's Cupboard..... 575-624-7000
- Harvest Ministries..... 575-624-2415
- Loaves and Fishes Food Pantry.....575-626-1778

- St. Peter's Good Samaritan Food Pantry .. 575-622-5092
- Salvation Army Food Pantry.....575-622-8700
- Waymaker Church Food Pantry.....575-627-9190
- Church on the Move.....575-622-7011
- Roswell Outreach Center.....575-624-2415

**FREE MEALS**

- Christ's Church Ministries.....575-623-4110
- Community Kitchen.....575-623-1926
- St. Peter's Good Samaritan.....575-625-0828

**SENIOR FOOD PROGRAMS**

- Chaves County Joy Center  
Roswell.....575-623-4866
- S. Roswell.....575-622-8933
- Hagerman.....575-752-3236
- Lake Arthur.....575-365-2045

**HOUSING ASSISTANCE**

- Alianza of New Mexico.....575-623-1995
- Eastern Regional Housing Authority (HUD)575-622-0881
- SENM Community Action Corporation....575-624-1285
- HUD-VASH.....505-261-7948

**HOUSING SUPPORT**

- Assurance Home, Inc.....575-624-1780
- Christian Outreach Ministries  
of Roswell Men's Home.....575-627-5470
- Roswell Homeless Coalition  
Men's Shelter.....575-627-0668
- Roswell Homeless Coalition  
Women's Shelter.....575-627-0668

- Roswell Refuge Emergency Shelter..... 575-624-3222
- 24-hour crisis hotline.....575-627-8361
- Victory Outreach Roswell  
Men's Home.....575-291-4107
- Victory Outreach Roswell  
Women's Home.....575-363-6008

**MEDICAL ASSISTANCE**

- SENM Community Action Corporation....575-624-1285

**VISUAL ASSISTANCE**

- Roswell Mid-Day Lions Club.....575-317-8778

**BEHAVIORAL HEALTH**

**COUNSELING**

- A Bridge to Healing  
Counseling Services Inc.....575-205-4823
- Adult Teen Challenge.....505-259-9504
- Azurite Services Psychiatric Care.....575-755-5555
- Behavioral Medicine Associates.....575-623-9322
- Eastern New Mexico Medical Center.....575-622-8170
- La Casa Family Health Center  
Behavioral Health.....575-755-2272
- La Familia Mental Health.....575-623-1220
- Luxe Psychiatric and Wellness Services..575-425-6047
- New Mexico Rehabilitation Center 575-347-3400**
- Rise Up New Mexico.....505-585-3882**
- Sunrise Mental Health Center.....575-622-8170
- The Nest Services.....575-254-1349
- The Or Factor.....575-623-7336

**OUR COMMUNITIES MATTER**

Every household here deserves high quality services.

We work with others to build trauma-free childhoods, resilient families and well-resourced communities by ensuring ten vital services are accessible for 100% of residents in Chaves County.

Join with us as we work together to improve access to these services so residents and families thrive.

And finding help here in Roswell, Dexter, Hagerman and Lake Arthur for you and your family has never been easier.

Download our app or visit [100ChavesCounty.com](http://100ChavesCounty.com) to learn more.



[100CHAVESCOUNTY.COM](http://100CHAVESCOUNTY.COM)



**100% CHAVES INITIATIVE**



**SUBSTANCE ABUSE SERVICE**

Azurite Services Psychiatric Care	575-755-5555
La Casa Family Health Center	
Behavioral Health	575-755-2272
Luxe Psychiatric and Wellness Services	575-425-6047
New Mexico Rehabilitation Center	575-347-3400
Recovery Services of New Mexico	
Roswell Clinic	575-254-2804
Reflections & Recovery	575-623-4110
<b>Renew Health</b>	<b>575-363-3189</b>
Sunrise Mental Health Center	575-622-8170

**SUPPORT GROUPS**

Alcoholics Anonymous	800-643-9618
Alianza of New Mexico	
HIV Support & Harm Reduction	575-623-1995
Church on the Move	
Freedom In Recovery	575-622-7011
Grace Community Church	
Celebrate Recovery	575-623-5438 X 108
Postpartum Support International	800-944-4773
Eating Disorders Treatment Center	505-266-6121
Tessa Anderson Suicide Prevention Coalition	575-637-4115

**DENTAL**

Aspen Dental	575-208-3160
BriteView Dental	575-627-0141
Carabelli Dental	575-622-4455
<b>Familia Dental</b>	<b>575-208-1520</b>
KidsKare PC Dental	575-622-5835
La Casa Family Dentistry	575-249-4200
Maupin & Brown Dentistry	575-208-0977
Oral & Facial Surgery of New Mexico & Dental Implant Center	575-623-5711
Spring River Dental	575-622-3012
Taylor Orthodontics	575-578-3877

**EARLY CHILDHOOD CARE AND EDUCATION**

Chaves County Home Visiting Program	575-840-4088
<b>CommonSpirit</b>	
<b>St. Joseph's Children</b>	<b>505-924-8000</b>
Family Resource and Referral	575-622-9000

**AFTERSCHOOL CARE**

<b>Boys and Girls Club of Chaves and Lincoln Counties</b>	<b>575-454-7100</b>
Family Resource and Referral	575-623-9438

**DAYCARE**

Assumption-All Saints Catholic School	575-622-9895
Dexter Day Care	575-734-0087
Eastern NM University Roswell	575-624-7000
Generations of Learning North	575-622-2242
Headstart Center I	575-624-1285
Little Lambs Chapter 2	575-625-8417
Little Lambs Learning Center	575-625-8422
Little Steps Learning Center	575-623-6402
Maddy Tay's LL	575-622-1340
Midway Learning Center	575-347-2943
Mighty Movers Learning Center	575-755-5437

My Kiddos Child Care Center	575-627-6312
Noah's Ark Christian Day Care	575-624-2611
Southeast NM CAP - Head Start	575-887-3939
Tadpoles Daycare	575-623-2757
University High School/Grads Child Care	575-627-2750
Working Mothers Day Nursery	575-622-2910

**PRESCHOOL**

Gateway Christian Preschool	575-622-9710
Maddy Tay's LLC	575-622-6576
Maddy Tay's LLC	575-622-1340
My Kiddos Too	575-625-8422
Parkview Early Literacy Center	575-637-3525
Tobosa-Los Pasitos	575-623-0849

**EDUCATION**

NM Youth Challenge Academy	(575)347-7610
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**PUBLIC SCHOOLS**

Dexter Elementary	575-734-5424
Dexter Middle/High	575-734-5420
Hagerman Elementary	575-752-3279
Hagerman High	575-752-3283
Hagerman Middle	575-752-2002
Lake Arthur	575-365-2000
Roswell Independent School District	575-627-2500
Berrendo Elementary	575-627-2875
Berrendo Middle	575-627-2775
Del Norte Elementary	575-637-3325
Early College High	575-624-7020
East Grand Plains Elementary	575-637-3350
El Capitan Elementary	575-637-3401
Goddard High	575-627-4800
Mesa Middle	575-627-2800
Military Heights Elementary	575-637-3425
Missouri Avenue Elementary	575-637-3452
Monterrey Elementary	575-637-3475
Mountain View Middle	575-627-2825
Nancy Lopez Elementary	575-637-3500
Parkview Early Literacy Center	575-637-3525
Pecos Elementary	575-637-3550
Roswell High	575-637-3200
Sierra Middle	575-627-2850
Sunset Elementary	575-637-3575
University High School	575-627-2750
Valley View Elementary	575-637-3600
Washington Avenue Elementary	575-637-3625

**PRIVATE SCHOOLS**

All Saints Catholic	575-622-9895
Gateway Christian	575-623-8670
Immanuel Lutheran	575-622-2853
New Mexico Military Institute	575-622-6250
NMMI Intermediate Preparatory Academy	575-624-8010

**CHARTER SCHOOLS**

Sydney Gutierrez	575-347-9703
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**ADULT EDUCATION**

Chaves County Cooperative Extension Service	575-622-3210
ENMU-Roswell Adult Education Services	575-624-7000
ENMU-Roswell	575-624-7000

Roswell Literacy Council	575-625-1369
WESST	505-246-6900

**EMPLOYMENT & TRAINING**

Goodwill Industries of New Mexico	575-622-5500
New Mexico Job Corps	505-222-4243
NM Department of Workforce Solutions	(575) 624-6040

**FAMILY SERVICES**

<b>Casakids</b>	<b>575-625-0112</b>
Chaves County Home Visiting Program	575-840-4088
Child Care Resources and Referral Center	575-623-9438
<b>CommonSpirit</b>	
<b>St. Joseph's Children</b>	<b>505-924-8000</b>
<b>MECA Therapies, LLC</b>	<b>575-522-9500</b>
Peak Treatment Foster Care	575-623-6749
Pregnancy Resource Center	575-623-1217

**GOVERNMENT SERVICES**

City of Roswell	575-624-6700
Dexter	575-734-5482
Hagerman	575-752-3204
Lake Arthur	575-365-2900

**US POST OFFICE**

Roswell Downtown	575-623-9868
Roswell Carrier Annex	575-623-8699
Dexter	575-734-5823
Hagerman	575-752-3730

**LICENSES**

NM Dept of Motor Vehicles	
Dexter	575-734-0042
Roswell	575-624-6062
Roswell Building Permits	575-637-6280
Chaves County Building Permits	575-624-6606
Roswell Business Licenses	575-637-6208
Local State Game and Fish	575-624-6135
NM Taxation & Revenue Dept – Roswell	575-624-6465

**HARM REDUCTION**

Alianza of New Mexico	575-623-1995
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**HOME CARE**

Alpha Med Staff /Outreach Program Services	575-840-7450
Comfort Keepers of Roswell, NM	575-624-9999
Family Homecare Services	575-437-3500
Frontier Medical Home Health, Inc	575-627-1112
People Care	575-622-7011

**INSURANCE PROVIDERS**

Med-Care Senior Insurance Solutions	575-208-8824
<b>United Healthcare</b>	<b>877-236-0826</b>
<b>BlueCross Blue Shield</b>	<b>833-235-4947</b>
<b>Molina Healthcare</b>	<b>866-440-0127</b>
Presbyterian Healthcare	505-923-5200
Be Well New Mexico	833-862-3935

**JUSTICE**

Chaves County Crime Stoppers	888-594-8477
Chaves County Detention Center	575-624-6517
Chaves County Magistrate Court	575-624-6088
Chaves County Sheriff's Office	575-624-6500
Dexter Municipal Court	575-734-5400
Dexter Municipal Police Dept.	575-734-5404
Fifth Judicial District Court	575-885-4740
Hagerman Municipal Court	575-752-3204
Juvenile Probation and Aftercare – CYFD	505-827-7629
Lake Arthur Municipal Court	575-365-2902
Lake Arthur Police Department	575-365-2202
New Mexico Corrections Department	505-827-8830
New Mexico Legal Aid	866-416-1922
New Mexico Probate Court	505-827-4800
Region IV Probation & Parole	575-500-2862
Roswell Correctional Center	575-625-3100
Roswell Municipal Court	575-624-6725
Roswell Municipal Police Department	575-624-6770
U.S. District Courts	505-988-6481
U.S. Marshals Service	575-627-7635
U.S. Probation Office	575 637-7920

**LEGAL RESOURCES**

Catholic Charities of Southern NM	575-527-0500
Disability Rights New Mexico	505-256-3100
KWH Law Center	505-205-0868
Legal Resources for the Elderly Program (LREP)	505-797-6005
Legal Resources for the Elderly	800-876-6657
Modest Means Helpline	888-857-9935
New Mexico Innocence and Justice Project	www.nmijp.org
New Mexico Legal Aide	575-623-9669
NM Center on Law and Poverty	505-255-2840
NM Immigrant Law Center	505-247-1023
Pegasus Legal Services for Children	505-244-1101
Southwest Women's Law Center	505-244-0502
United South Broadway Fair Lending Center	505-764-8867

**MATERIAL GOODS**

Assistance League of Chaves County	575-622-5255
Assurance Home Auxiliary	575-623-3664
Goodwill	575-622-5500
Refuge Upscale Thrift Shop	575-627-6435
Roswell Homeless Coalition	575-627-0668
Salvation Army Thrift Store	575-622-7126

**MEDICAL SERVICES**

**CLINICS/HOSPITALS**

Eastern NM Medical Center	575-622-8170
Lovelace Regional Hospital	575-627-7000
Family Medicine and Walk-In Clinic	575-624-4922
Roswell Family Care	575-622-5705
ENMMC Quick Care	575-625-1292
Lovelace Health Care Center	575-627-4200

**PHARMACIES**

Albertson's Market S Main	575-622-7039
Albertson's Market W 2nd	575-622-1984

Farmers Uptown	575-623-0830
Sam's Club	575-627-9866
Walgreens N	575-624-0423
Walgreens S	575-624-1439
CVS	575-622-6571
Walmart	575-622-3812

**HOME HEALTH CARE**

Absolute Home Health	575-623-1688
Advanced Home Care	575-627-6256
Agape Home Care	575-622-1837
Ambercare	575-627-7883
Apria Healthcare	575-622-4747
Assurance Home Inc.	575-624-1780
Casa Maria Healthcare	575-623-6008
Comfort Keepers of Roswell	575-247-8099
Community Homecare	575-623-6614
Consumer Direct Care Network New Mexico	866-344-2371
El Mirador	575-627-5499
Enhabit Home Health	575-622-9355
Frontier Medical Home Health	575-627-1112
Healthbridge Home Health	575-363-8178
Home health care service	575-622-0608
Interim HealthCare of Roswell	575-625-8885
J & J Home Care Inc	575-623-1532
Stellas Homecare	575-420-1325
Visiting Angels	575-622-6539

**INTEGRATED MEDICINE**

**CBD PRODUCTS**

Bryan's Green Care	575-755-2234
Center For Healing LLC	575-562-0186
OSO Cannabis Company	575-622-6268
Pecos Valley Production	575-812-8002
R.Greenleaf	505-522-2122
Roswell Infusions	575-840-7450

**CHRIOPRACTIC**

Chiropractic Center PC	575-623-6691
Pecos Valley Chiropractic	575-625-0039
Premier Chiropractic	575-623-2900
Reinecke Medical & Chiropractic Center	575-623-3155
TeamCME- Southwest Chiropractic	575-622-7900

**ACUPUNCTURE**

Pecos Valley Wellness	575-840-9168
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**HOLISTIC MEDICINE**

Caer and Dee's Apothecary	575-562-0186
Functional Medicine Strategies	575-347-1275
Center For Healing LLC	575-562-0186
Azurite services	575-755-5555

**DIABETIC SERVICES**

Diabetes Self-Management Program	575-624-4921
Vdex	575-755-7575

**MEDICAL SUPPLIES**

American Oxygen Co	575-623-1774
Apria Healthcare	575-622-4747
Frontier Medical Home Health	575-627-1112
HME Specialists, LLC	575-623-6550
Lincare	575-622-1112

Roswell Home Medical Inc	575-625-1400
Wheelchair & Walker Rentals	575-623-0799

**SUPPORT GROUPS**

Down Syndrome Foundation of SE New Mexico	575-622-1099
Dry Harbor	505-624-2558
Grace Community Church	575-623-5438
Lighthouse Foster and Adoption	325-998-5248
NM Autism Society	575-332-0306
Senior Circle	575-624-4676
Serenity Club Incorporated	575-625-0868

**TRANSPORTATION**

American Airlines	800-433-7300
<b>AMR American Medical Response</b>	<b>575-622-4457</b>
Greyhound Bus Stop	800-231-2222
Chaves County Joy Center	
Roswell	575-623-4866
S. Roswell	575-622-8933
Hagerman	575-752-3236
Lake Arthur	575-365-2045
Roswell Transit	575-624-6766
Shuttle Ruidoso	877-903-7483
Sunshine Cab and Airport Shuttle	575-208-0676
SENM Veteran's Transportation Network	575-622-0729

**YOUTH DEVELOPMENT**

Big Brothers Big Sisters of SE New Mexico	575-627-2227
Boy Scouts of America	
Conquistador Council	575-622-3461
<b>Boys and Girls Club of Chaves and Lincoln Counties</b>	<b>575-454-7100</b>
Character Counts! in Chaves County	575-623-5695
First Tee of Southeast New Mexico	575-623-4444
Girl Scouts of the Desert Southwest	915-566-9433
Midway Youth & Family Developmental Center	575-347-5309
National Inventors Hall of Fame, Inc.	800-968-4332
New Mexico Youth Challenge Academy	575-347-7610
Pecos Valley Teen Center Dexter	575-840-7608
Roswell Association for Gifted Students	575-625-9826
The Unity Center	575-840-1075
<b>Wings for L.I.F.E. Roswell</b>	<b>575-840-5731</b>

**VETERANS SERVICES**

Goodwill Industries of New Mexico	575-622-5500
Goodwill: SSVF	575-622-6135
NM Department of Veteran Services	505-383-2400
SENM Veteran's Transportation Network	575-622-0729
Chaves County Heroes	575-626-8033
American Legion Post 28	575-622-4249
American Legion Post 61	575-268-0220
VFW Post 12184	575-910-1860
Roswell Elks Charity Golf Fund for Wounded Warriors	575-622-1560

**VETERINARY & PET SERVICES**

Humane Society Kennels	575-622-8950
Roswell Animal Control	575-624-6722

C.A.T.S Commitment and Tender Loving Service... 575-626-3333  
 Treasured Friends Pet Crematory... 575-623-7370  
 Four Paws Pet Pantry... 575-622-1353

**ANIMAL VETERINARY**

College Garden Animal Hospital... 575-624-2424  
 Country Club Animal Hospital... 575-623-9191  
 Casa Querencia Animal Health and Consulting... 575-625-9772  
 South Springs Animal Hospital... 575-625-8775  
 Cielo Grande Veterinary Center... 575-623-8000

Paul's Veterinary Supply ..... 575-624-2123

**BOARDING & GROOMING**

Country Club Grooming Ltd. .... 575-623-4747  
 Diamonds in the RUFF ..... 575-420-2245  
 Fat Boy Kennels LLC ..... 575-910-2886  
 Paws Claws & Hooves ..... 575-914-1408  
 Puppy Love Grooming ..... 575-420-6655  
 Ritz Pet Grooming..... 575-623-4124  
 Roadrunner Animal Boarding and Dog Sports..... 575-840-7777  
 Wildlife Safari Animal Emporium, Inc. .... 575-625-9453

**EYE/VISION**

Brent's Eyeglasses LLC ..... 575-622-3364  
 Engstrom Cataract and Laser Center .... 575-625-0123  
 Eye Associates of New Mexico ..... 575-624-0370  
 EyeCatchers..... 575-625-9800  
 Eyemart Express ..... 575-912-1028  
 Roswell Vision Care, IDOC ..... 575-623-5111  
 Sam's Club Optical Center..... 575-627-9871  
 The Eye Site..... 575-465-3937  
 Walmart Vision & Glasses ..... 575-622-7262

**Resource listing updates or additions:  
[coordinator@chavescountyhc.org](mailto:coordinator@chavescountyhc.org) or dial 211**

# What Everyone Should Know Before Visiting the E.R.

Emergencies can happen at any time. That's why it's important to be prepared and know where to go when you need medical care - fast. The emergency medicine team at Eastern New Mexico Medical Center provides medicine and care to patients in Roswell, New Mexico, and surrounding areas when they need it most.



A visit to the ER can often be stressful or scary, especially if it includes a trip in an ambulance - but it doesn't have to be. Dr. Tom Wulf, Eastern New Mexico Medical Center's Emergency Room Medical Director offers a few minor preparations that can help your emergency room visit go smoothly.

If your situation allows, it is helpful to bring a few items with you to the Emergency Room. They include:

- Contact information for your personal physicians, including your primary care doctor
- Detailed medical history and current condition information, including dates of major surgeries
- Health insurance card and photo ID
- List of any allergies you have
- Names, dosages, and how often you are currently taking any prescription or over-the-counter medications, vitamins or dietary supplements
- Comfort items such as bottled water and a music player for yourself or a favorite blanket, book or toy for your child

When possible, have a trusted friend or family member accompany you to the hospital. This person can not only help you explain your condition and symptoms during your visit to the ER doctors and staff, but they can also help you to understand and remember important health care information. Also, once you are being seen, don't be afraid to use details and be honest about your illness. Any and all information regarding your condition may

help ER staff make an accurate diagnosis and begin treatment quicker.

"Waiting can be the most difficult part of an emergency room visit. In the emergency room, patients are seen by doctors according to the severity of their symptoms, not in the order of arrival. Knowing that there may be a wait can help decrease feelings of stress and anxiety," added Dr. Wulf.

Patients are also encouraged to ask questions of the physicians, nurses or staff if you do not understand. Tests, procedures, your diagnosis and even follow-up care instructions can be confusing. It is always best to ask questions.

Minor illnesses and health conditions can often wait, but some symptoms always demand potentially life-saving, immediate medical attention provided at a hospital. Dr. Wulf recommends, "Patients should seek emergency care for things like head injuries, severe abdominal pain, high fevers and signs of heart attack or stroke." Fainting, fevers greater than 100.4 degrees Fahrenheit in infants and 105 degrees in older children and adults, severe pain anywhere in the body, and significant vomiting and diarrhea require immediate medical evaluation. In terms of injuries, head injuries — especially those accompanied by loss of consciousness and/or vomiting — and deep wounds causing bleeding unmanageable through basic first aid are health issues that are best managed in the ER.

Although the symptoms mentioned above are commonly associated with medical emergencies, you know your body best and should always feel comfortable seeking emergency medical care any time you experience unusual or concerning symptoms. This will not only set your mind at ease, but also ensure you have quick access to potentially lifesaving medical care at a hospital's emergency department, if needed.



## E.R. VISITS continued

“Lastly, before leaving the emergency room, it’s important that you, or a trusted family member or friend, completely understands the information given to you by the ER staff,” added Wulf. Understanding and following discharge instructions, including medications and/or home care procedures, are vital to helping your condition improve. If you do not understand any information given to you by the medical center staff, ask for clarification. Also, be sure to follow up with your primary care provider within a few days after your Emergency Room visit.

# Foster Care in Chaves County

**BARBARA YEHL**  
MSW, LIGHTHOUSE FOSTER AND ADOPTION SUPPORT

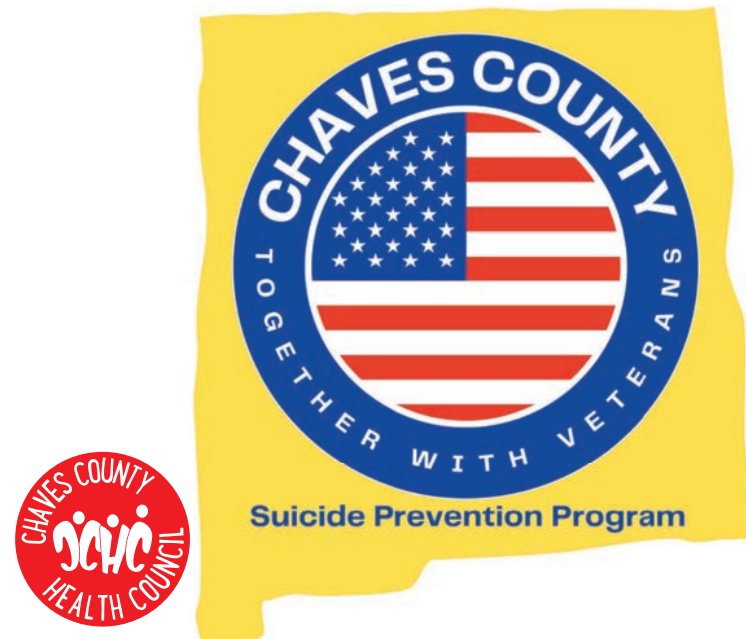
Right now there are 5 kids sleeping in the local CYFD office. CYFD, or Children Youth and Families Department, is the New Mexico state organization designed to prevent, support, and intervene when necessary, in order to protect children and families. Ideally, every child in New Mexico would live in a safe home with a loving family. For many reasons, this is just not reality. No matter how hard our local CYFD employees work (and believe me, they work hard!), there are just not enough licensed foster homes available to provide for the children in need.

I know the idea of becoming a foster parent is scary. But imagine how scary it is for a 12-year-old to leave the only family they know and sleep on the floor of an office while their future is being decided by unfamiliar adults. I’ve heard the line, “But I would get too attached,” to which I respond, “Good!” These kids need someone to care about them so much that they get attached. We are the adults. We can handle the pain and loss. These innocent children and teens have been through enough trauma—that’s why they are here in the first place. All they want is one person to care enough about them to not give up on them. A person to hug them when they have had a hard visit with their birth mom. Someone to quiz them on their spelling words and show an interest in their interests.

Being a foster parent doesn’t mean you are a perfect parent. It means you are a “regular” parent who accepts another child, or three, into your home, treating them like family, and showing them what love and stability can look like. So when, or if, they do return to their biological families, they are better set up for success. I believe, and have seen, that whether a child is in your home for one day or 10 years you can positively impact their future.

For more information on how to become a foster parent, visit [www.cyfd.nm.gov](http://www.cyfd.nm.gov) or call Lori Hlcks at 575-218-9376.

## CHAVES COUNTY HEALTH COUNCIL PROJECT HIGHLIGHT



24/7, Confidential crisis support for **Veterans and their loved ones.**

If you're a Veteran in crisis or concerned about one, reach caring, trained responders **24 hours a day, 7 days a week.**

When you call the Veterans Crisis Line, here is what you can expect:

- A qualified responder will answer your call, ready to listen and help.
- The responder will ask a few questions, such as whether you or the Veteran you're concerned about may be in immediate danger or at risk for suicide.
- The conversation is free and confidential, and you decide how much information to share.
- Support doesn't end with your conversation. Our responders can connect you with the resources you need.

You don't have to be enrolled in VA benefits or health care to connect.

**Veterans  
Crisis Line**



**DIAL 988 then  
PRESS 1**

# Hospitalists promote continuity, consistency in patient care

**ANOOP KUMAR, MD**

If you've been in the hospital recently, you probably noticed that the medical team who provided your care included many specialists other than your personal physician. At Eastern New Mexico Medical Center, in addition to the doctors, nurses, case managers, diagnosticians and other specialists, your regular physician may partner with a special type of physician known as a hospitalist.

A hospitalist – a physician who practices exclusively in the hospital setting – serves as your personal physician's right hand and spearheads your care while you are in the hospital. Hospitalists have been a part of the medical field for many years, and are one of the fastest-growing types of doctors because of their important role in coordinating care and providing continuity for patients during their hospital stay.

Like a primary care doctor, hospitalists are trained in general internal medicine, family practice, pediatrics, and other specialties. Some specialize in critical care medicine, cardiology, or other subspecialties.

Hospitalists are valuable liaisons for both patients and their physicians. The average primary care physician spends only 12 percent of his or her time seeing patients in the hospital, according to a study by The Advisory Board Company, a Washington, D.C.-based health care consulting organization. Hospitalists, on the other hand, are onsite 24 hours a day, seven days a week. They are available to see patients more frequently – sometimes more than once a day – to monitor patients' progress, answer questions, and oversee the efforts of other health care professionals involved in patients' care. Because hospitalists do not maintain medical practices outside the hospital, they can focus their attention exclusively on patients' medical care while they are inside the hospital.

If you are admitted to the hospital for surgery, a hospitalist may coordinate your inpatient care after your procedure. During this time, the hospitalist and your primary care physician are in continual communication. Your physician will consult with the hospitalist to provide background information on your health history and diagnosis. The hospitalist then carries out the plan of care set up by your physician, coordinates your daily care with other members of the medical team, and communicates any changes in your condition to your physician. Once you are discharged home, the hospitalist will communicate with your physician about further treatment needed, help arrange follow-up care or medications needed, and send your hospital records back to your primary care provider.

Hospitalists have a thorough understanding of inpatient medical care, and are uniquely qualified to recognize and diagnose medical disorders, anticipate potential problems and rapidly respond to any sudden change in the patient's condition.

Patients under the care of a medical team led by a hospitalist often have shorter hospital stays and quicker recoveries. A study at the University of California, San Francisco and Tufts University found that patients under hospitalists' care had a 12 percent shorter length of stay in the hospital – nearly half a day – as well as better surgical outcomes and fewer return trips to the hospital.

Eastern New Mexico Medical Center is a 162-bed acute care hospital guided by a mission to be a great place for employees to work, physicians to practice, and patients to receive compassionate and quality care. In addition to emergency services and medical and surgical care, the hospital provides specialty services including invasive cardiology, cancer treatment, women's services, rehabilitation, mental health services and advanced diagnostic imaging. ENMMC is fully accredited by The Joint Commission and is an Accredited Chest Pain Center, Level III Trauma Center a Certified Primary Stroke Center.

For more information go to [www.ENMMC.com](http://www.ENMMC.com).



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[www.casakids.org](http://www.casakids.org)



**FREE TO THE PUBLIC**  
 FREE WELLNESS AND HEALTH SCREENINGS  
 FREE MAMMOGRAMS (with appointment)  
 FREE VISION AND DENTAL SCREENINGS  
 FREE COMMUNITY RESOURCES  
 FREE BACKPACKS & SUPPLIES  
 FREE PRIZES AND GIVEAWAYS

[www.chavescountyhc.org](http://www.chavescountyhc.org)

# SATURDAY, AUGUST 24 | 8AM-12PM

ROSWELL CONVENTION CENTER | 912 N MAIN ST



## SCHEDULE

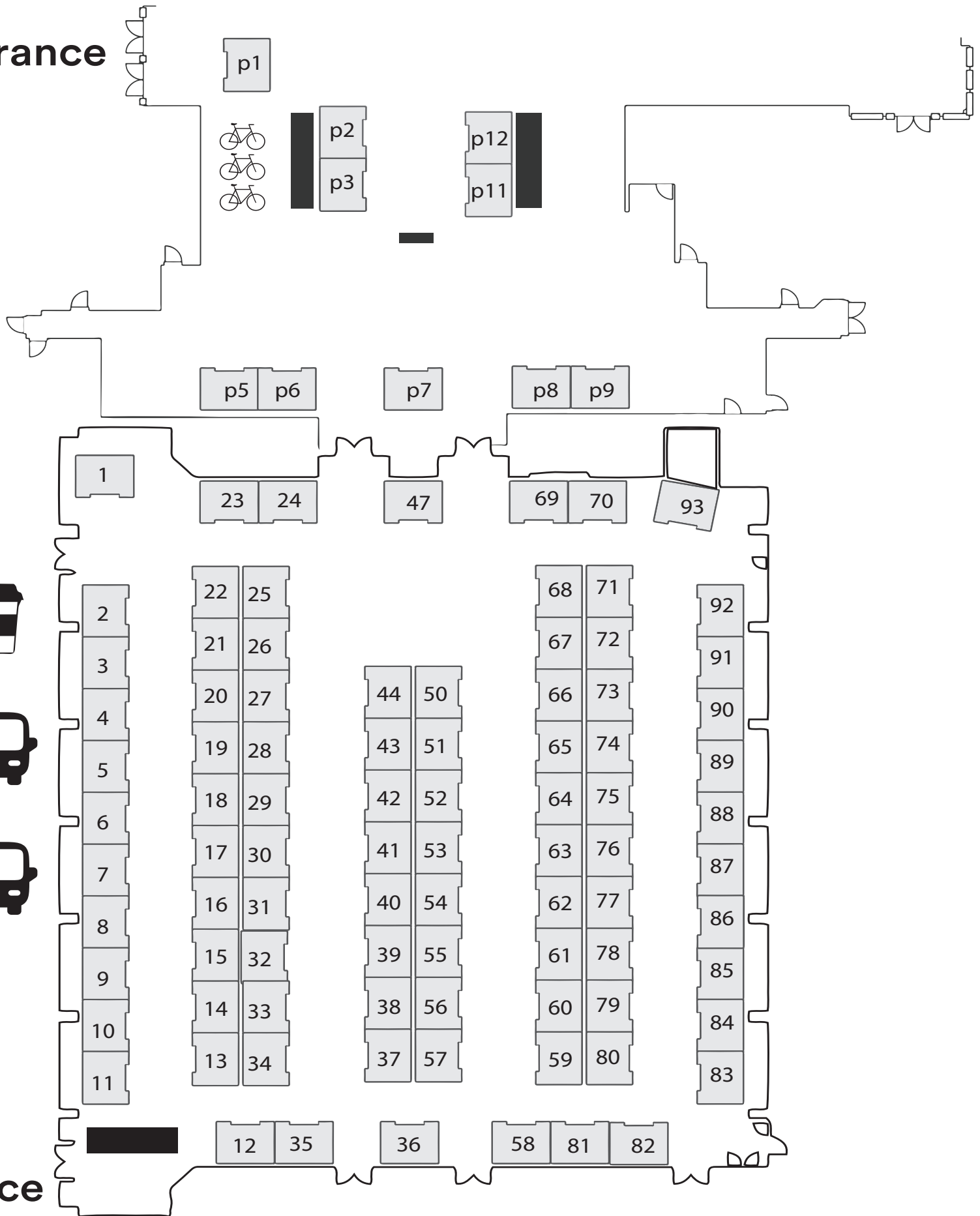
- 6:30 - Race Registration
- 7:00 - Race Begins
- 8:00 - Exhibit Hall Opens
- 8:30 - Presentations and Demos
- 11:00 - Drawings & Giveaways
- 12:00 - Event Ends

**NOTICE OF PHOTOGRAPHIC AND MEDIA RECORDING**

By entering the premises, you consent to photography, audio and video recording and its release, publication, exhibition or reproduction to be used for news, web casts, promotional purposes, telecasts, advertising and inclusion on websites. You further waive all rights you may have to any claims in connection with any publication of these materials, regardless of the purpose or sponsoring of such publication.



Main Entrance



**BOOTH VENDOR**

- P1 Entry Table
- P2 Chaves County Clerk's Office
- P3 CYFD
- P5 Miracle Ear Hearing Center
- P6 Enhabit Home Health & Hospice
- P7 Azurite Services Psychiatric Care
- P8 Lydia Perez-Indep. Insurance Broker
- P9 Pathology Consultants of NM
- P11 Familia Dental
- P12 Molina Healthcare

- 1 Chaves County Health Council
- 2 Lovelace Regional Hospital
- 3 Lovelace Regional Hospital
- 4 Lovelace Regional Hospital
- 5 Lovelace Regional Hospital
- 6 Lovelace Regional Hospital
- 7 End of Life Options
- 8 La Casa Family Health Center
- 9 La Casa Family Health Center
- 10 Gentiva Hospice
- 11 Gentiva Hospice
- 12 NM Senior Olympics
- 13 MECA Therapies
- 14 MECA Therapies
- 15 Blue Cross Blue Shield
- 16 Blue Cross Blue Shield
- 17 Blue Cross Blue Shield
- 18 Blue Cross Blue Shield
- 19 Kymera Independent Physicians
- 20 Kymera Independent Physicians
- 21 Kymera Independent Physicians
- 22 Kymera Independent Physicians
- 23 Chaves County Health Council
- 24 Chaves County Health Council
- 25 ENM Medical Center
- 26 ENM Medical Center
- 27 ENM Medical Center
- 28 ENM Medical Center
- 29 ENM Medical Center
- 30 ENM Medical Center
- 31 ENM Medical Center
- 32 ENM Medical Center
- 33 ENM Medical Center
- 34 ENM Medical Center

**BOOTH VENDOR**

- 35 NM Senior Olympics
- 36 NM Lions Operation KidsSight
- 37 Vdex Diabetes
- 38 Vdex Diabetes
- 39 100% Chaves County
- 40 100% Chaves County
- 41 100% Chaves County
- 42 100% Chaves County
- 43 United HealthCare
- 44 United HealthCare

**47 Prize Table**

- 50 PMS Chaves County Home Visiting
- 51 AMR
- 52 100% Chaves County
- 53 100% Chaves County
- 54 100% Chaves County
- 55 100% Chaves County
- 56 NM Dept of Health
- 57 NM Dept of Health
- 58 Commonspirit St. Joseph's Children
- 59 Life Link Training Institute
- 60 La Familia Mental Health
- 61 Roswell Job Corps
- 62 Tobosa/Los Pasitos
- 63 Recovery Services of NM
- 64 Wings for Life
- 65 Roswell Osteopathic Medical Clinic
- 66 Renew Health
- 67 Renew Health
- 68 Renew Health
- 69 Boys & Girls Club
- 70 CasaKids
- 71 Interim Healthcare
- 72 Interim Healthcare
- 73 Casa Maria
- 74 Sunset Villa
- 75 Alzheimer's Association
- 76 Mammogram Vouchers**
- 77 Vaccinations**
- 78 Vaccinations**
- 79 Miracle Ear Hearing Center
- 80 Road to Recovery
- 81 NM Rehabilitation Center
- 82 NM Rehabilitation Center
- 83 Chaves County DWI

**BOOTH VENDOR**

- 84 Chaves County DWI
- 85 Chaves County DWI
- 86 Chaves County DWI
- 87 Chaves County DWI
- 88 Med Care Senior Insurance Solutions
- 89 The Peak Treatment Foster Care
- 90 ENMU-Roswell
- 91 Rise Up NM Behavioral Health
- 92 Familia Dental
- 93 CasaKids

OUTSIDE

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Satellite Coffee  
Blue Cross Blue Shield  
Vitalant Blood Bus

Did you enjoy the Health Expo?

*Are we missing something you think we should offer?*

*Fill out the survey and let us know!!*





# Scavenger Hunt

**P11**  **MOLINA<sup>®</sup> HEALTHCARE**

**#2** **Lovelace**  
Regional Hospital

**#15**  **BlueCross BlueShield**

**#19**  **Kymera**  
INDEPENDENT PHYSICIANS

**#25**  **EASTERN NEW MEXICO**  
MEDICAL CENTER

**#40** **100% CHAVES INITIATIVE**

**#66**  **RenewHealth**  
Addiction Recovery Services

**#69**  **BOYS & GIRLS CLUBS**  
OF CHAVES & LINCOLN COUNTIES

**#73**  **CASA MARIA**  
HEALTHCARE  **SUNSET VILLA**  
HEALTHCARE

**#83**  *Chaves County  
DNI Program*

**MUST BE PRESENT TO WIN**

**NAME:** \_\_\_\_\_

**Visit all 10 booths to be entered into drawing.**

*Get stamped from each booth and turn completed card into booth #47 by 11 am*

*\*Must be present to win*

# How Colonoscopy Screenings Help Prevent Colon Cancer

DANIEL RIDOUOT, MD

According to the American Cancer Society, colorectal cancer is the third-leading cause of cancer-related deaths in the United States. Despite being preventable and treatable, many individuals still die from this disease due to a lack of awareness about preventive care.

Eastern New Mexico Medical Center is committed to promoting early detection and prevention of colon cancer through regular colonoscopy screenings because, when detected early, the survival rate for colon cancer is approximately 90%.

During this non-invasive procedure, doctors examine the colon and rectum for pre-cancerous polyps, which can be removed during the same process, reducing the risk of developing colon cancer in the future. They also can screen for cancer. This is important, as studies show those who undergo regular screenings are less likely to die from colon cancer.

Many people fear that there might be discomfort and pain associated with a colonoscopy. However, it's important to know that you will be in a

“twilight sleep.” Unlike general anesthesia, which puts patients to sleep completely, conscious sedation keeps patients drowsy and comfortable, yet awake enough to respond to questions and follow instructions.

Colonoscopies may not be the most enjoyable procedure, but they are essential for early detection and prevention of colon cancer. Don't delay in getting this life-saving procedure done.

Colonoscopy screening should start at 45 for those at average risk, with regular screenings continuing every 10 years. However, the screening frequency and start date may differ for individuals at higher risk of developing the disease, as colorectal cancer incidence is higher in certain populations, including Black and Indigenous adults, people with a family history of colorectal cancer and men.

In addition, researchers have observed a noticeable increase in cases and fatalities in the 20 to 49 age group over the last 20 years. The cause behind this trend, however, remains uncertain and demands further examination.

Age also plays a big factor when it comes to risk. On average, those 50 and older are the most likely to suffer from colorectal cancer. Men are typically diagnosed around 68, while women tend to be 72. Both men and women with rectal cancer usually are diagnosed at 63.

While age and family history cannot be changed, there are several lifestyle factors that you can modify to lower your risk, including losing weight, maintaining a healthy diet, limiting alcohol, quitting smoking and regular exercise.

Colonoscopies have revolutionized how we detect and prevent colon cancer. With advancements in technology and improved patient comfort, there's never been a better time to prioritize your colon health. Early detection is key, and a screening colonoscopy could save your life.

Talk to your healthcare provider about your risk level and the appropriate timing and frequency of screenings. Remember, you're never too young to take charge of your health. For more information about Dr. Ridout or the services provided, visit <https://www.easternnewmexicomedicalgroup.com/doctors-providers/ridout-iii-daniel-md-7088>.



*Proudly serving the communities of Southeastern New Mexico.*

HEMATOLOGY ONCOLOGY NEUROLOGY ENDOCRINOLOGY  
RHEUMATOLOGY PRIMARY CARE INFECTIOUS DISEASE LAB RADIOLOGY



**Roswell Multi-Disciplinary Clinic**  
(575) 627-9500

**Roswell Cancer Center**  
(575) 627-9110

**400 Military Heights Place**  
Roswell, NM

Like us on

[www.KymeraMedical.com](http://www.KymeraMedical.com)

# Formula for Impact for the Youth of Chaves County

**GREAT FUTURES START HERE.**



**BOYS & GIRLS CLUBS**  
OF CHAVES & LINCOLN  
COUNTIES



Address:  
201 S Garden Ave.  
Roswell, NM 88203

## Afterschool Program

### Limited Spots Available

Monday - Friday

When school is in session: Afterschool - 6PM

When school is closed: 7:30AM - 6PM most days



**Cost:**

\$20 Annual Fee

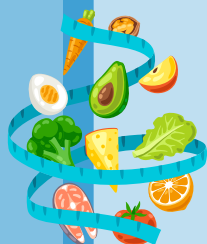
\$25.00 cash per month with signed scholarship agreement. There will be an extra fee for payments made with card

- We pick up from most elementary schools
- We will be picking up from Mesa and Sierra Middle School



Website:  
[www.bgcccl.org](http://www.bgcccl.org)

### What we do!



- Provide healthy snacks after school
- Provide healthy lunches for all day
- Homework Help
- Creative Crafts
- Fun & Games
- High Yield Learning Activities
- Mentoring



The mission of the Boys & Girls Clubs of Chaves & Lincoln Counties is to enable ALL young people, especially those who need us most, to reach their full potential as productive, caring responsible citizens of good character.

At the Boys & Girls Clubs of Chaves & Lincoln Counties, we use a formula for impact created by the Boys & Girls Clubs of America to help youth grow as productive, caring, responsible citizens of good character.

We do this by taking young people around Chaves County and creating an outcome-driven Club Experience. Based on research into the ways young people grow and thrive, as well as analysis of the best practices and traditions of highly effective Clubs, the Formula for Impact identifies the components of the Club Experience that assure young people can achieve important outcomes. They are:

- The Five Key Elements for Positive Youth Development
- High-Yield Activities
- Targeted Programs
- Regular Attendance

#### Five Key Elements for Positive Youth Development

These are the very fabric of the Club Experience, the five things that a Club must provide to make a positive impact on young people:

1. A safe, positive environment
2. Fun
3. Supportive relationships
4. Opportunities and expectations
5. Recognition

Of these critical elements, child safety is a foundational principle for our Movement. If young people aren't safe, they can't learn, grow or achieve the important outcomes they need to succeed.

#### High-Yield Activities

Otherwise known as "fun with a purpose," high-yield activities are interactive experiences that help young people develop critical thinking or other skills. Research shows that kids who spend their free time engaged in learning activities achieve more in school.

#### Targeted Programs

Targeted programs are designed to help young people achieve one or more of our priority outcomes: Academic Success, Good Character and Citizenship, and Healthy Lifestyles.

#### Regular Attendance

Research and experience tell us that the longer and more often young people come to the Club, the more they achieve. Our goals are to increase the number of youth who attend the Club at least 3-4 times per week, and to retain younger members as they grow into teens.



Our vision is to: Provide a world-class Club Experience that assures success is within reach of every young person who enters our doors, with all members on track to graduate from high school with a plan for the future, demonstrating good character and citizenship, and living a healthy lifestyle.

### Priority Outcomes

To achieve this vision, Boys & Girls Clubs of America has refined our program strategy to focus on three priority outcome areas:

- Academic Success
- Good Character and Citizenship
- Healthy Lifestyles

### Academic Success

Academic success is not just about graduating from high school, even though that is important. Young people who drop out of high school are significantly less likely to secure a good job, earn an adequate salary and have a promising future. We also want to help them have a plan for their

future by showing them opportunities they can achieve and what they need to do to achieve their goals.

### Good Character and Citizenship

Good character can help people maintain relationships, build trust, and establish credibility. It can also help people make morally right decisions and actions.

Good citizenship can help people be active participants in a democracy and ensure that everyone's voice is heard. Good citizens obey the law, stay informed, and act in the best interests of others. They can also help their communities by being good neighbors, cooperating with others, and respecting those in authority.

### Healthy Lifestyles

The health habits and self-care practices developed in childhood and adolescence affect an individual's health and quality of life throughout adulthood.

We continuously evaluate our programs to make sure we are consistently being effective with the youth and community we serve.

# Healthy Habits for the New Year and Beyond

**ERICA GUERRERO, FNP-C**  
**ENMMG PONDEROSA MEDICAL ASSOCIATES**

Making New Year's resolutions is a common tradition, but 77% of people who make them, break them within just a few weeks. This year, focus on long-term lifestyle changes that can make a big impact on overall health and longevity.

The start of a new year symbolizes a time for change, but adopting new, healthy habits isn't limited to just one time of year. Even small, incremental changes in lifestyle can make a big difference in overall health."

Here are seven habits for long-term healthy living:

- **Eat well:** Incorporate nutrient dense whole foods into your diet like fruits, vegetables, whole grains, nuts and fish. Limit processed foods and sugar-sweetened drinks which are linked to obesity and heart disease.
- **Exercise regularly:** Only 150 minutes a week of moderate exercise can prevent strokes, heart disease and help manage stress. Exercise can come in many forms like walking, biking, gardening and more. This year, find an activity you enjoy and look forward to that also increases your heart rate.
- **Get better sleep:** Low quality sleep is linked to an increased risk of obesity, weight gain and can negatively impact brain function. To improve the quality of your sleep, avoid caffeine at night, reducing screen time before bed and keep a consistent sleep schedule.
- **Decrease stress:** Stress can cause serious health conditions like

high blood pressure and heart disease. Practice self-care with your favorite activities and mindfulness techniques like meditation. But, if stress becomes overwhelming or chronic, consider talking with a mental health professional.

- **Cut down on alcohol:** After the holidays, the New Year is a great time to reevaluate your relationship with alcohol. Drinking over the recommended limit, one drink per day for women and two drinks per day for men, is associated with short and long term health risks including impaired judgment, high blood pressure, heart disease and some cancers. To cut back, set a drink limit when out with friends or designate days of the week to completely abstain.
- **Stop smoking:** If you smoke, stop. Over 16 million Americans live with chronic diseases caused by smoking like lung disease and cancer. Smoking also increases the risk of premature death and exposes loved ones to second-hand smoke. Increase your life expectancy by as much as 10 years by giving up the habit.
- **Visit your doctor:** A study published by The Journal of The American Medical Association (JAMA) found adults with primary care providers are more likely to fill prescriptions and to receive health screenings such as mammograms and colonoscopies. Kickoff the year with a visit to your primary care physician for a wellness exam or to catch up on vaccinations.

To find a primary care physician or to learn more healthy habits, visit [www.EasternNewMexicoMedicalGroup.com](http://www.EasternNewMexicoMedicalGroup.com) or call **575-622-1411**.

# Decoding a Cough: What Does it Mean — and What Helps

Respiratory illnesses continue to rise with coughs being a common overlapping symptom among them all. Decoding the characteristics of a cough, including its duration, sound and accompanying symptoms, can help patients understand what is going on and how to treat it.

Most people are typically contagious the first three to five days after the initial respiratory infection, according to the CDC. However, a cough can linger around longer. A temporary, acute cough typically lasts less than three weeks and is often associated with short-lived illnesses like the common cold or the flu. But, a cough that lasts longer - anywhere from four to eight weeks – is typically a sign of unresolved inflammation from illnesses like bronchitis, long COVID or other serious conditions.

In addition to the length of a cough, it is important to monitor a dry versus wet-sounding cough. A dry cough, or an unproductive cough, is more commonly associated with the flu or COVID, it doesn't produce phlegm or mucus and it leaves a tickling sensation in the throat. A wet cough is more commonly associated with a cold, RSV or pneumonia, and may feel like mucus is stuck in the chest or back of the throat.

Doctors suggest these remedies to alleviate discomfort:

- Drink tea with local honey: Honey acts as a natural suppressant and contains antioxidants to help lower inflammation in your throat.
- Try a saline rinse or steam shower: Moisture and warmth can open breathing passages and thin mucus to help expel it out.
- Sleep with the head elevated: Propping the head up at a higher angle can help drain mucus and relieve sinus pressure.
- Stay hydrated: Drinking plenty of water can also thin mucus and flush out irritants.
- Lastly, take over-the-counter medication: Cough suppressants can help by controlling the reflex that makes someone cough and provide temporary relief.

If your cough is persistent and lasts more than eight weeks, talk to your primary care provider about any underlying issues, such as asthma or allergies, that may be preventing you from healing.

And seek emergency care if your cough is accompanied by blood or pink phlegm, difficulty breathing or tightening in the chest.

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# 988

## 3 Ways to Connect

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CALL 988



**Press 1:**  
for the veterans  
crisis line



**Press 2:**  
to connect  
in Spanish



**Press 3:**  
for the LGBTQAI+  
community

**OR**  
stay on the line  
for your local  
crisis center



Callers who are Deaf, DeafBlind, DeafDisabled, Hard of Hearing, and Late-Deafened can directly dial 988 on a videophone or click the "ASL Now" button on [988lifeline.org](https://988lifeline.org) to connect with someone who is trained in working with the Deaf and Hard of Hearing community.

### 2. TEXT



"TALK"

TEXT "TALK"  
TO

988

### 3. CHAT



Chat is available through  
the Lifeline's website  
<https://988lifeline.org/chat/>



HEALTH CARE  
AUTHORITY

for more information

# Excessive Alcohol Use Linked to Heart Conditions

FUNDADOR ADAJAR, MD  
ENMMG CARDIOVASCULAR SPECIALISTS

Winter holidays, parties and social gatherings often provide opportunities to overindulge, but when it comes to alcohol, moderation is important for maintaining good heart health. “Holiday heart syndrome,” or atrial fibrillation (AFib) brought on by binge drinking, can occur in healthy adults without any existing heart conditions and is commonly diagnosed around the holidays.

AFib is an irregular and sometimes rapid heart rhythm that if left untreated can lead to blood clots or strokes. Symptoms of AFib include a racing heartbeat which can feel like a flutter or quiver, dizziness, shortness of breath and chest pain. Luckily, holiday heart syndrome is reversible, but if heavy drinking persists, the risk of developing conditions like heart disease and heart failure increases.

Regular heavy drinking, more than eight drinks per week for women and 15 for men, and binge drinking can lead to ongoing high blood pressure, increased irregular heart rate and weakened heart muscles. According to the American College of Cardiology, eliminating alcohol abuse would result in over 34,000 fewer heart attacks, 73,000 fewer atrial fibrillation cases and 91,000 fewer patients with congestive heart failure.

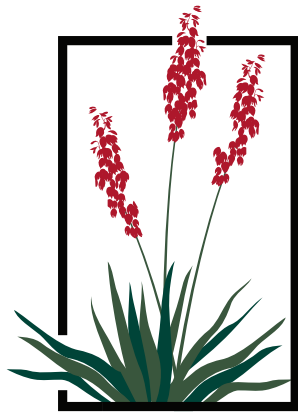
“Drinking too much puts excess strain on your heart and can cause

long-term cardiovascular conditions while also increasing your risk of developing some cancers and obesity. Bottom line, if you choose to drink, practice moderation.”

To cut down on drinking, consider removing alcohol from your home, picking a few days a week to abstain and always drink slowly. Stores and restaurants now offer many alcohol free alternatives like non-alcoholic beer, wine and liquor. At holiday gatherings, try sipping on a festive mocktail, sparkling cider or your favorite zero proof drink. If efforts to cut back don't work, it may be time to speak with a healthcare professional.

Eastern New Mexico Medical Center is a 162-bed acute care hospital guided by a mission to be a great place for employees to work, physicians to practice, and patients to receive compassionate and quality care. In addition to emergency services and medical and surgical care, the hospital provides specialty services including invasive cardiology, cancer treatment, women's services, rehabilitation, mental health services and advanced diagnostic imaging. ENMMC is fully accredited by The Joint Commission and is an Accredited Chest Pain Center, Level III Trauma Center a Certified Primary Stroke Center.

For more information go to [www.ENMMC.com](http://www.ENMMC.com).



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575-623-6008

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[info@casamariahc.com](mailto:info@casamariahc.com)

1601 S Main St, Roswell, NM 88203



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575-623-7097

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[info@sunsetvillahc.com](mailto:info@sunsetvillahc.com)

1515 S Sunset Ave, Roswell, NM 88203

# How to Prevent Heat Exhaustion

**KEISHA ELLIS, FNP-C**  
**FAMILY MEDICINE AND WALK-IN CLINIC**

Temperatures across the United States are rising and so are incidents of heat exhaustion. In fact, between 2016 and 2021, the number of patients diagnosed with heat exhaustion between the months of May and September rose by 53%.

Heat exhaustion is the body's response to an excessive loss of water and salt. Symptoms include dizziness, headache, nausea and muscle cramps and the condition is more likely to affect the elderly, those with high blood pressure and people who work in a hot environment according to the Centers for Diseases Control and Prevention (CDC). If heat exhaustion is left untreated, it can cause heat stroke which can lead to permanent disability or death.

"We spend more time outside in the summer whether that's working, playing or lounging around, which increases the risk of excessive heat exposure and exhaustion," says Keisha Ellis, Family Nurse Practitioner. "By understanding the symptoms of heat exhaustion and how to prevent it, you can stay safe and healthy all summer long."

To help prevent heat exhaustion, Ellis recommends the following tips:

- **Cover up:** When outside, wear lightweight and loose-fitting clothing, hats, sunglasses, and broad-spectrum sunscreen of at least 15 (but 30

to 50 SPF is better) to protect against sunburn which affects the body's ability to cool down.

- **Keep cool:** When the temperature is up, take cool showers, go swimming or apply wet towels on the neck or forehead to help lower body temperature.
- **Hydrate:** Drink fluids, especially water, throughout the day to stay hydrated. Avoid excessive consumption of alcohol and caffeine which can contribute to dehydration.
- **Stay in the shade:** Stay in shaded areas or indoors during the hottest parts of the day which are usually between 10 a.m. and 6 p.m.
- **Rest often:** If working outside or participating in outdoor activities, make it a point to take regular breaks to cool down in a shaded area where you can rest and rehydrate.

"Spending time outside, enjoying the sunshine and warm weather is why so many people love the summer, but it can be dangerous without the proper precautions. If you or a loved one experience symptoms of heat exhaustion, and you can't cool down, it's time to seek medical care," says Ellis.

For more information on heat safety and preventive measures, please visit <https://www.enmmc.com/health-library/48>.

# NEED HELP? CALL 211

YOUR LINK TO CHAVES COUNTY RESOURCES



Get Connected. Get Help.™



# Men, Take Charge of Your Health

**SAMUEL ITIE, FNP-C, MPH, PMHNP-BC**

Research backs up the long-standing stereotype that men avoid going to the doctor. In fact, recent surveys show that approximately 44 percent of men don't get an annual physical, and 60 percent of men won't see a doctor if they suspect something is wrong.

Don't wait until the 'check engine' light flashes to take care of your health. Just like cars, our bodies need routine and preventive maintenance, too. As fathers, as husbands, as coworkers, as friends, we owe it to the people who care about us that we take care of ourselves—not just when we're sick.

Men are encouraged to be proactive about their health this Men's Health Week, June 10 - 16, and to be on the lookout for common health issues seen among male patients:

## Heart Disease

Heart disease is the leading cause of death for men in the U.S., and more than half of men don't show symptoms before heart disease becomes fatal, according to the CDC.

## Prostate Cancer

One in eight men will be diagnosed with prostate cancer. It's the most common cancer among American men, according to the American Cancer Society.



## Urinary Incontinence

Leaking isn't a female-only problem. According to the Urology Care Foundation, approximately 25 percent of men have dribbling and incontinence problems, too.

## Low Testosterone

While it's normal for testosterone levels to decrease over time, it's becoming more prevalent among younger men. Four out of 10 men have low testosterone by the age of 45, according to the Urology Care Foundation.

## Depression

The suicide rate among men is four times higher than among women, according to CDC. And the American Psychological Association reports 30 percent of men have suffered from depression at some point during their lives.

While you may not feel comfortable discussing health concerns or below-the-belt issues with buddies, it should not be embarrassing to go to the doctor. Intimate and serious health issues can often be addressed and are easier to treat when found early.

In fact, primary care physicians use screenings that check for conditions before many people experience signs and symptoms of a health problem. Depending on age and family medical history, an annual physical may include:

- BMI calculation
- Blood pressure, heart and respiration rates
- Questions around alcohol and tobacco intake
- Questions around diet and exercise habits
- Cholesterol and other blood tests
- Vaccinations
- Mental health screening
- Testicular, hernia and/or prostate exams

Contact your primary care provider and schedule your annual exam today!

PHONE.  
WALLET.  
~~CAR KEYS.~~

You can't drive drunk if you don't drive there!

Chaves County  
DWI Program

# Transforming Lives with Compassionate Care

## The Renew Health Story

At Renew Health, we believe profoundly in the transformative power of recovery and the potential for new beginnings. Founded on the core principles of compassion, innovation, and integrity, our mission extends far beyond conventional treatment. We are dedicated to empowering individuals, rebuilding families, and revitalizing communities affected by addiction throughout New Mexico. Our approach integrates advanced medical treatments with supportive psychological and social services to create a comprehensive recovery ecosystem.

### OUR FOUNDING VISION

Renew Health was brought to life by Trent Carter, a Nurse Practitioner with extensive experience in addiction treatment and a deep personal commitment to helping others. Recognizing a significant gap in effective addiction treatment services, Trent established our first clinic in Roswell, New Mexico. His vision was clear: to provide not only a sanctuary for physical healing but also a supportive environment that addressed the emotional and psychological needs of those struggling with addiction. The success of our initial endeavors fueled our expansion, leading us to plan to open a new facility in both Alamogordo and Clovis this year to serve the growing needs of our community better.

### OUR COMPREHENSIVE SERVICES

Understanding that each individual's journey to recovery is unique, we have developed a wide array of services tailored to meet diverse needs:

- **Outpatient Treatment Programs:** These programs are meticulously designed to offer flexibility. They allow patients to receive treatment while continuing with their daily lives, thus facilitating a smoother transition back into society post-recovery.
- **Telehealth Services:** Our platform is at the forefront of extending care beyond physical boundaries, delivering essential treatment services digitally. This service is crucial for individuals in remote or underserved areas, ensuring that access to quality care is not limited by location.
- **Medication-Assisted Treatment (MAT):**

This innovative treatment combines FDA-approved medications with comprehensive counseling and behavioral therapies. It is designed to effectively treat substance use disorders by managing withdrawal symptoms and reducing cravings, all under strict medical supervision.

- **Counseling and Behavioral Therapies:** Our team of experienced therapists provides personalized therapeutic interventions that target the psychological underpinnings of addiction, supporting each patient's recovery journey.
- **Support Groups:** Facilitated by trained professionals, these groups offer a platform for individuals to share their experiences and challenges. They promote mutual support and understanding, which are vital for long-term recovery.
- **Educational Workshops and Seminars:** These workshops are regularly conducted to educate both patients and the broader community about the nature of addiction and the recovery process. They aim to demystify treatment processes and promote healthier lifestyle choices among the general public.

### IMPACT ON THE COMMUNITY

The profound impact of our services can be seen through the recovery stories of our clients, whose lives have been transformed through our programs:

- **Maria's Triumph:** Maria struggled with opioid addiction for years. Through our comprehensive MAT program and ongoing support, she has been sober for over two years and now helps mentor new participants in our programs.
- **John's Renewal:** After a tough battle with alcohol dependence, John found a new beginning with Renew Health. Through personalized care and support, he has managed to rebuild his life and is now an advocate for public awareness of addiction recovery.
- **Ella's Journey:** Suffering from both depression and alcohol abuse, Ella benefited

from our dual-diagnosis treatment approach, which addresses co-occurring mental health issues alongside addiction. Her successful recovery illustrates the efficacy of our integrated healthcare approach.

### ADVANCED TREATMENT STRATEGIES AND FAMILY SUPPORT SYSTEMS

At Renew Health, we recognize that addiction affects individuals, their families, and their communities. That's why our treatment strategies extend beyond the individual to encompass comprehensive support systems that involve family members in the recovery process.

- **Family Involvement Programs:** We understand that family support is crucial for successful recovery, so we offer specialized programs that engage family members in



## ADDICTION RECOVERY SERVICES

### Regain control of your life!

At Renew Health our patients receive the most effective outpatient treatments available for substance abuse and mental health along with the care of medically managed detox to ease your journey to recovery.

- ✓ Certified Providers
- ✓ High Success Rate
- ✓ Medicaid Accepted
- ✓ No Wait List!
- ✓ Telehealth Available

#### CONTACT US TODAY!

(575) 363-3189

www.renewhealthnm.com

207 N Union Avenue,  
Roswell, NM 88201



the treatment process. These programs include family counseling, educational sessions about addiction and recovery, and group therapy sessions that facilitate healing and understanding among family members.

- **Advanced Behavioral Intervention Techniques:** Our clinicians utilize the latest in behavioral intervention techniques, including Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and motivational interviewing. These techniques are designed to help patients develop the skills necessary to manage triggers, avoid relapse, and maintain long-term sobriety.
- **Relapse Prevention Planning:** Each patient at Renew Health receives a personalized relapse prevention plan developed in collaboration with their treatment team. These plans are designed to identify potential triggers, outline strategies for coping with cravings, and provide a clear action plan for seeking help should the need arise.

### COMMUNITY INTEGRATION AND ONGOING CONTRIBUTIONS

Our commitment to addiction recovery extends into the broader community through various initiatives and collaborations aimed at reducing the stigma associated with addiction and encouraging a more supportive societal approach.

- **Public Awareness Campaigns:** We actively participate in public awareness campaigns to educate the community about the realities of addiction and the effectiveness of modern treatment approaches.

**Personalized women's care.**  
Understanding what makes you different  
is what makes us different.



**Call 575-627-4200**

and be seen the same week by our OB/GYN team!

**Lovelace**  
Health System

These campaigns promote a more compassionate and informed understanding of addiction, encouraging community members to support recovery efforts.

- **Building Partnerships with Local Businesses and Organizations:** Renew Health actively partners with local businesses and community organizations to enhance overall wellness and create employment opportunities for individuals in recovery. These partnerships help integrate recovering individuals back into the workforce and foster a supportive community environment that promotes long-term recovery success. By working together, we enhance the social fabric and economic health of the communities we serve, making a positive impact beyond the clinical aspects of addiction treatment.
- **Training and Development for Healthcare Professionals:** We provide training and development programs for healthcare professionals to spread best practices in addiction treatment across the healthcare system. By training other professionals, we amplify the impact of our expertise and improve addiction treatment standards more broadly.

### LOOKING TO THE FUTURE

As we look forward, Renew Health is committed to ongoing innovation and expansion to meet the growing needs of our communities. Our plans for the future include:

- **Expanding our Telehealth Capabilities:** Building on the success of our Curednation platform, we plan to expand our telehealth services to include more interactive tools and resources, making addiction treatment even more accessible to those in remote or underserved areas.
- **Developing Specialty Treatment Tracks:** Recognizing the diverse needs of our patient population, we aim to develop specialty treatment tracks for specific populations, such as veterans, young adults, and individuals with co-occurring mental health disorders.
- **Enhancing Supportive Housing Options:** To help our clients transition from treatment to everyday life, we plan to increase our investment in supportive housing options. These facilities will provide a stable and supportive environment where individuals can continue their recovery journey with professional support.
- **Expanding our Physical Locations:** In line with our mission to make high-quality addiction treatment accessible to all, we plan to open many more locations across New Mexico, ensuring that no community is without support in battling addiction.

### JOIN OUR MISSION

We warmly invite you to join us in this crucial mission of healing and transformation. Whether you are seeking help for yourself or a loved one, looking to volunteer, or considering a donation, there is a role for you at Renew Health. Together, we can change lives and heal communities. Visit our website at [renewhealthnm.com](http://renewhealthnm.com) or contact us at (575) 363-3189 to find out how you can become part of this vital work.

*We can't do this without you!!*

CHAVES COUNTY  
**Health**  
Expo

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