



February 2015



American Heart Month

Heart disease is the leading cause of death in the United States.

Facts:

- About 600,000 people die of heart disease in the United States every year –that’s 1 in every 4 deaths.
- Coronary heart disease is the most common type of heart disease, killing nearly 380,000 people annually.
- ♦ about 4000 New Mexicans die every year from heart disease and stroke, with stroke being the 5th leading cause of death in New Mexico.

You can control a number of risk factors for Coronary Vascular Disease, including:

- Diet
- Physical activity
- Tobacco use
- Obesity
- High blood pressure
- High blood cholesterol
- Diabetes



What’s Happening

♦ Teen Dating Violence Awareness Month

Kick-Off Event.

THURSDAY, FEBRUARY 5, 2015 4:30 PM
THOMAS BRANIGAN MEMORIAL LIBRARY
200 E. Picacho Ave, Las Cruces, NM



♦ **Cupid’s Chase 5K** Run with your heart

On Saturday, February 14, 2015, Community Options, Inc. holds its annual Cupid’s Chase 5K. All proceeds will go towards supporting people with disabilities.

Race Location: Old Mesilla Plaza
2114 Calle De Santiago
Las Cruces, New Mexico 88001

Registration: 8:00AM

Race Begins: 10:00AM

Early Registration (Before February 13th): \$30.00

Race Day: \$50.00

For more information call 575-532-9275

♦ **Color Dash 5K on April 11, 2015**

Register now to receive \$10.00 off individual and team registrations. Enter code EARLY during checkout. This discount ends on February 21!

<http://caasnm.org/>

♦ **Annual For the Love of Art Month**

February 1 through 28, 2015 is proclaimed by the City of Las Cruces to be For the Love of Art Month. Activities include studio and gallery tours, art shows and art venues all around the city.

Check with any local gallery for a tour map Las Cruces, NM

♦ **Museum Rocks! Gem & Mineral Show,**

February 21 - 22, 2015

Gems, Jewels, Raw Stones & Finished Stones. 9:00 AM to 5:00 PM. Tickets are \$5 for Ages four & up.

NM Farm & Ranch Heritage Museum
4100 Dripping Springs Road
Las Cruces, NM (575) 522-4100

Built Environment

- ◆ Safe Routes to School Program Coalition Meeting—Tuesday, February 3rd, 2015, 9am - 10:30am in room 2007A of City Hall.



- ◆ America Walks—Making America a Great Place to Walk, Webinar, What's Happening in Health Care? Join America Walks for the 2nd webinar in its free Inspiring Stories Webinar Series. Walking is one of the healthiest activities you can take up, so this webinar showcases 2 exciting program from the health care industry. David Pauer of the Cleveland Clinic describes how doctors, nurses, and other health care workers are modeling healthy behavior. Jennifer MacDougall will present Blue Cross & Blue Shield prevention strategies focused on a combination of policy change & programming to get people out and active. DATE & TIME: Friday February 20th 11 a.m. to 12 noon. From more information or to register go to: <https://attendeegotowebinar.com/register/3168765387103005442>

Families & Community

50 Plus Walking Program/0-60 in 12 Weeks!

Walking Program/0-60 in 12 weeks, is designed to get you walking up to 60 minutes in 12 weeks! It begins with 20-minute walks, three times a week, and works up to 60 minutes. Distance is not the priority, movement is. No racing or competition, just a focus on health and wellbeing.

Registration begins Monday, Feb. 2, at Frank O'Brien Papen Community Center. \$36 per walker.

The program is held Mondays, Wednesdays, and Fridays from 8 - 9 a.m., at Frank O'Brien Papen Community Center, from March 2, through May 29.

For more information call 575/541-2455. The TTY number is 575/541-2772.

FAMILY WELLNESS PROGRAM for Info. Call 575-646-4360

- * Program Description- the program teaches practical skills based on proven principles that strengthen, uphold and empower couples and families. Each session is organized to demonstrate and then practice skills using role play, coaching and fun activities.
- * FREE for all families
- * Classes meet for 12 weeks, once a week for 2 ½ hours
- * A light meal is provided at each class along with all materials.
- * Children's program



Food System

Tips For Sustainable Eating

- ◆ LEARN TO COOK — Without basic cooking knowledge, none of this is possible. Learning to cook your favorite foods using local ingredients can really make all the difference.
- ◆ EAT LOCALLY— If you care about delicious food, health eating, proper stewardship of the planet, and supporting your local economy then you must source out local ingredients.
- ◆ EAT SEASONALLY— This goes hand-in-hand with eating locally. Eat root vegetables and hearty greens in the fall and winter. Eat salads, fruit, and tomatoes in the summer. Even milk and eggs are more abundant during certain times of the year.

Education System

SCHOOL BOARD ELECTIONS

Residents Want to be a Member of the School Board.

Election Day

Tuesday, February 3, 2015

Absentee and Early Voting is already underway in each County Clerk's Office.

For polling locations, hours of operations and sample ballot information please contact your local County Clerk's office.

For County Clerk contact information please go to:

http://www.sos.state.nm.us/Voter_Information/County_Clerk_Information.aspx



LCPS School Health Advisory Council Meeting, Please Join Us!

Meeting Agenda

Wednesday, February 4, 2015

LCPS Professional Development Center, Organ Mountain Room, 4:00 pm-5:00 pm

Welcome, Introduction and Enjoy Healthy Snack

YRRS data update – find out what teens in LCPS reported on this national health survey

Medicaid Plan update with exciting news

Possible funding for an LCPS Wellness Coordinator

Status report on LCPS wellness policies

Announcements



LCPS

On February 26, LCPS will pilot a new tasting lesson called Exercise and a Snack which covers the importance of exercise, how it affects the brain and heart and also teaches about how to create two healthy snacks. We will also roll out our fourth annual breakfast promotion logo and slogan contest in elementary schools. This contest challenges students to create breakfast marketing materials targeting other students. The winner receives a string backpack with the winning logo and slogan for EVERYONE at the winner's school.