

Southeast Regional Newsletter 1/2019

Greetings, Southeast Region!

Happy New Year to all! It's hard to believe that we are into February already. There is much going on around the state and many changes on the horizon. We welcome our new Governor, Michelle Lujan-Grisham, our new Secretary Designate, Kathy Kunkel and new Deputy Secretary, Dr. Abinash Achrekar "Dr. Ash". Also, the 60-day legislative session is underway beginning on January 15 and it's a busy session! Most importantly, I want to say thank you to all of the staff in the Southeast Region for your hard work, dedication, and resiliency during our staffing shortage. While I say this, you ALL are leaders in your offices and programs. While leadership is not defined by the position you hold, it is the work that you do that helps lead the way and strength of character; modeling the way for the entire region and state.

From clerks and financial specialists, to nutritionists and health educators, to social workers and nurses, to epidemiologists and coordinators, to supervisors and administrators and beyond, remember these five practices and ten commitments of exemplary leadership. This called the MICEE.

Jimmy Masters

1. MODEL THE WAY:

- a. Clarify values by finding your voice and affirming shared ideals.*
- b. Set the example by aligning actions with shared values.*

2. INSPIRE A SHARED VISION:

- a. Envision the future by imagining exciting and ennobling possibilities.*
- b. Enlist others in a common vision by appealing to shared aspirations.*

3. CHALLENGE THE PROCESS:

- a. Search for opportunities by seizing the initiative and by looking outward for innovative ways to improve.*
- b. Experiment and take risks by constantly generating small wins and learning from experience.*

4. ENABLE OTHERS TO ACT:

- a. Foster collaboration by building trust and facilitating relationships.*
- b. Strengthen others by increasing self-determination and developing competence.*

5. ENCOURAGE THE HEART:

- a. Recognize contributions by showing appreciation for individual excellence.*
- b. Celebrate the values and victories by creating a spirit of community.*

SOURCE: A Leadership Challenge Resource

James M. Kouzes and Barry Z. Posner

Retirements

On December 21, 2018 the Portales Public Health Office celebrated Kay Griffith's retirement with a reception including lots of family, friends and amazing goodies to eat. Kay had been a Public Health Nurse for 9 years in the Portales Office. Kay is missed but is enjoying retirement, we wish her only the best.



On 12/5/2018 Portales WIC & DOH celebrated a retirement luncheon for Neva Ortega, WIC Eligibility Interviewer. Neva dedicated 4 years of service to the WIC program and worked in Portales and at Cannon Air Force Base. She came to WIC after she retired with 36 years with the Head Start program. Neva is finally retired from working and enjoying road tripping across the US while on her way to see her daughter in North Carolina. Neva will be missed greatly, and we wish her all the luck on her new journey.



Congratulations!

Hello, my name is Jessica Barela- Castro, I have been a nurse for 15 years I'm currently in the position of Families First in Carlsbad, my background includes *Geriatrics, Infection Control and Case Management*, I'm married to my best friend *George* and we have four children, Taylor, Torianne, Hunter, Noah and two granddaughters Rylan and Myla. My hobbies include spending time with my family, camping and fishing.



Congratulations to Dana Moore-Smith SE Region Nurse EPI/ Emergency Preparedness and Winona Stoltzfus SE Regional Health Officer and State School Health Officer on their retirement also in December. We wish them the very best.



Also, Congratulations to Rebecca Trujillo she is leaving her position as SE Region School Health Advocate to take on the new position as SE Region QA-RN. Not sure what all Becky's new position will involve but know she will continue to do a good job.

🍒 **SAVE THE DATE** 🥑
Challenge
Starts March 18th!

10-Day Healthy Smoothie Challenge

Replace 1 meal a day
with a healthy smoothie
of your choice.



Presented by the SE Wellness Committee

Be watching your email for important information on this challenge. Also share your favorite healthy smoothie recipe for others in the region to try. Mark your calendar March 18th!!

School Garden of the Year

At the recent NM Local Food and Farms Day at the NM Legislature, James Elementary School was awarded the "School Garden of the Year." The school garden at James is a success story involving many partners, passions and a vision to teach kids about the importance of healthy eating and physical activity. In 2016, the HKHC program started in Roosevelt County and one of the first goals of the coordinator Caron Powers was to put in a school garden. She rallied partners from the community to assist with the initial and ongoing funding and construction. The first phase was to put in six raised beds, followed by six more beds the following year. This year twelve more beds will be put in so every classroom will have their own bed to plant, maintain, and harvest.



WIC News



Margie Blatnik, Jacque Houser, and Lena Rodriguez met with their former professor for Family Consumer Science, Dr. Merlene Olmsted and other FCS colleagues at Portales High School Family Consumer Science Department on Sunday January 20, 2019.

10 Cold-Weather Care Tips for Pet Owner

You feel the nip of cold in the air and Jack Frost nipping at your nose—how do you think your pet feels?

As soon as the temperatures turn icy, snowy, the roads are thick with salt, the temperature plummets, pet owners need a reminder about efficient ways to keep their pets (especially if they go outside regularly) warm and safe during the winter months.

Here are ten tips for cold-weather animal care...

1. If it's cold, keep pets mainly indoors

If it's below freezing outside, your dog shouldn't be going outside other than for short walks with you and to do their business. Maintain the rule, that if you're cold; your pet will be cold. For potty breaks, make sure your dog has a warm, solid shelter (or wind wall) to shelter then against the harsh weather.

2. Consider cold weather common sense

Pet owners need to call on common sense when it comes to leaving pets out of doors in cold weather. For instance, huskies and other larger, long-haired breeds (like collies or German Sheppard) have the extra fur to deal with cold and snow compared to short-haired, smaller breeds of animal.

3. Always check your car before starting

Neighborhood cats and small dogs are prone to seeking any source of heat they can curl up against on really cold days and nights. That's why you might be saving an animal's life if you check under the hood (i.e., car engine) before starting up your car in the morning or honk the horn a few times just in case an animal is sleeping among the moving engine parts of your automobile.

4. Prime time for a winter vet visit

If your animal does go outside during winter, it's wise to book your pet for a vet check up to ensure they haven't developed a medical condition that would make cold-weather-exposure dangerous. For instance, if your pet suffers from heart disease, diabetes, kidney disease, or hormonal conditions, they will be more susceptible to lost body heat in the outdoors.

5. Supervise off leash pets

If you like to take your dog for a run or walk off leash, winter is the time to stay close to your animal just in case they slip into a freezing pond or fall through thin ice while unsupervised. It takes mere seconds for a pet to suffer fatal hypothermia.

6. Protect those tender paws

Not only do pets lose the majority of body heat through their paws. A dog or cat can suffer raw or chaffed paws that become painfully infected when exposed to road salt or chemical ice melting products. Keep a towel with you to dry off wet, cold feet and ensure no trace stays on pet's paws. If your pet ingests salt, it can cause serious digestive tract issues.

7. Stay vigilant against frostbite

Stay vigilant with outdoor pets during winter, especially for signs of frostbite, which occurs when extremities (typically ears, paws, or tails) literally freeze due to cold. The common symptoms of frost bite in a dog aren't immediately obvious, but the animal may shiver, whine, pace, or become fatigued if they are suffering freezing.

8. Treat senior pets with extra care

If your dog or cat is elderly, they may begin to develop cold-weather arthritis in winter. This occurs when joints become stiff and tender, making activity like jumping up and down, climbing stairs, and going for walks awkward and uncomfortable. To soothe arthritic joints, ensure your pet stays warm and comfortable indoors on chilly nights with a blanket, warm water bottle, and a soft pet bed.

9. Safeguard your pet from accidental burns

If it's cold, the first thing your dog or cat will do is curl up next to an electric heater, vent, or fire place for warmth. If you have a wood stove, open wood fire, or plug in a space heater, be sure to set up barriers so that your pet doesn't suffer a burn to the tail, paw, or accidentally lay on a scalding surface.

10. Protect your home from CO2 poisoning

We all turn up our furnaces on particularly chilly nights, which can leave us in danger of carbon monoxide poisoning if your furnace has suffered a leak. Install carbon monoxide on each floor to protect all home residents (human and animal) from this invisible, odorless killer.

Animal cruelty could become a federal felony

Two Florida congressmen have reintroduced a bipartisan bill that would make malicious acts of animal cruelty and bestiality a felony under federal law.

The Preventing Animal Cruelty and Torture (PACT) Act, sponsored by Rep. Ted Deutch, D-West Boca, and Vern Buchanan, R-Sarasota, addresses “crushing, burning, drowning, suffocating and impaling animals” as well as sexually exploiting them. Those convicted of the crime could face up to seven years in prison.

“The torture of innocent animals is abhorrent and should be punished to the fullest extent of the law,” Buchanan said as the bill was reintroduced Wednesday.

Deutch called the effort “commonsense, bipartisan legislation to bring some compassion to our animal laws,” noting that a 2010 law aimed at stopping animal “crush” videos — which showed animals being subjected to mutilation — did not go far enough.

We've acted in the past to stop the horrific trend of animal abuse videos. Now it's time to make the underlying acts of cruelty a crime as well," he said.

The Humane Society of the United States applauded the move and agreed it would close a loophole in the 2010 law, which only applied when a video was being produced.

The U.S. Senate has unanimously passed the PACT Act twice before, and it earned 284 bipartisan House cosponsors and over 200 law enforcement endorsements in the previous session of Congress. But in the House, the measure was blocked from coming to the floor by former Judiciary Chairman Bob Goodlatte, R-Va., who is no longer in Congress.

Sara Amundson, president of the Humane Society Legislative Fund, said the bill has a better chance of passage this session. She also said it could reduce other types of crime.

“Decades ago, the Federal Bureau of Investigation recognized the seriousness of animal cruelty and its link to escalating violence toward humans,” she said.

The bill contains exceptions for normal veterinary care, hunting and conduct necessary to protect life or property from a serious threat caused by an animal.

Also on Wednesday, lawmakers reintroduced the Shark Fin Sales Elimination Act, which would prohibit the import, export, possession and distribution of shark fins and products containing shark fins.

Although most of the demand for shark fins is in Asia, government records show that in 2017 the U.S. imported shark products worth more than \$1.6 million — much of it to meet the demand for shark fin soup. Shark “finning” involves slicing off the fins and dumping the rest of the shark back into the ocean to drown, bleed to death or be eaten alive.

47 Days Until Spring



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