



WHAT'S HAPPENING



Healthy Kids Las Cruces Monthly Newsletter

December 2015

Lead: Barbara Berger
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LCPS Health & Nutrition Specialist

Education Setting

Behind the Scenes



Every year parents try to figure out how to fit all of the school holiday events into their already busy schedules. If you have more than one child it becomes harder, and then if they are all in elementary school you need your own management team. Well, good news: Thanksgiving lunches with your little ones are all in the past for 2015. Was it difficult to make your presence happen? Sure it was....we are all busy. Consider this though: Las Cruces Public Schools does a lot of preparation to make Thanksgiving with your young child a possibility. Not only do the teachers, aides and additional staff work hard to create a great festive environment filled with thankfulness; The food service team prepares a astounding 700 turkeys and will feed over 25,000 children, parents, grandparents, aunts and uncles for the adult cost of \$3.00. Now that is a SWEET deal!

Upcoming Events

December 2nd
District Nutrition Advisory Council
3:45-5:00 PM
LCPS PDC (next to Motor Vehicle Dept.) in Organ Room

December 4th
Annual Tree Lighting Ceremony
5:30-6:30 PM
@ Albert Johnson Park

December 4th, 5th, & 6th
La Casa Inc. Holiday Bazaar
Las Cruces Convention Center
Friday-4:30-7:30 PM
Saturday-9:00-5:00 PM
Sunday-10:00-4:00 PM
\$6 Admission/Under 12 Free



Abbreviate but don't Alleviate... When it comes to staying fit and eating right we can all come up with the best of excuses....but the

HOLIDAYS...they are tough. So it has been said by someone with credentials...abbreviate your exercise routine but don't alleviate it all together. To me that sentence says keep walking girl!! Here are a few ways you can stay motivated and make a realistic plan for the New Year!

Set an

Exercise Goal & Make a Plan

1. Set a Goal - When you think of a physical activity goal, make sure you consider three points: What activity will you do and for how long? How often/when will you do this? Is your goal realistic? Don't try to change too much at once!
2. Put It in Writing - Writing goals down can help. Put them in a place where you will see them often.
3. How Did You Do? - As time goes on, make sure you revisit your goals and evaluate how you are doing.

Staying Motivated

1. Record Your Activity - Stay on track with your routine by keeping a record of the activity that you do.
2. Mix Up Your Routine - It is important to mix up your routine with activities that you enjoy. It also lowers your risk of developing an overuse injury.
3. Find an Exercise Buddy - Having a buddy or a group to work out with can be a real motivator.
4. Positive Self-Talk - Believe it or not, the way you talk to yourself can have a big influence on how you feel and act.

Go to <https://www.facebook.com/HKLasCruces>



Downtown Plaza Update

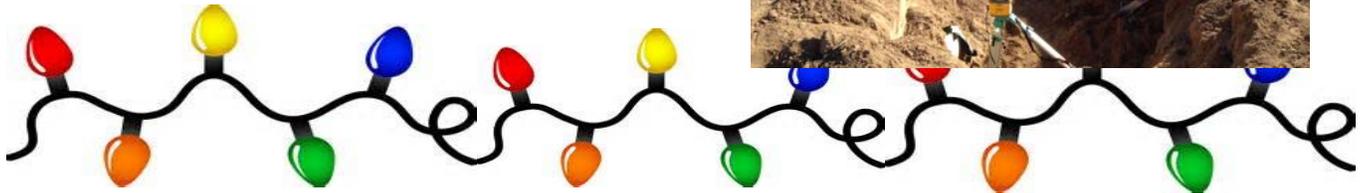
Community & Regional Planning Setting

Lead: Andy Hume ahume@las-cruces.org
Senior Planner-City of Las Cruces Community Development

The plaza construction is on time and on budget. It will be completed by July 31, 2016.

The grading and utility work is almost done. That means the majority of the underground is almost done.

The next phase will begin with concrete work and building the stage on the south side of the plaza.



Communities and Families Setting

Lead: Mark Johnston mjohnston@las-cruces.org
City of Las Cruces Parks and Recreation Director

Healthy Alternative for Teens During Winter Break

2015-2016 Winter Camp

Registration for the City of Las Cruces Parks & Recreation Department's 2015-2016 Winter Camp will be from 8 a.m. to 5 p.m. Nov. 16 through Dec. 18 at the following locations: Parks & Recreation Department administrative office, 1501 E. Hadley Ave., Meerscheidt Recreation Center, 1600 E. Hadley Ave., the Las Cruces Regional Aquatic Center, 1401 E. Hadley Ave., and Frank O'Brien Papen Community Center, 304 Bell Ave.

The all-day camp will be from 7:45 a.m. to 5:15 p.m. Dec. 21, 22, 23, 28, 29, and 30, 2015 and Jan. 4 - 8, 2016, at the Frank O'Brien Papen Community Center and the East Mesa Recreation Center, 5589 Porter Rd.

Lunch will not be provided. Participants need to bring lunch and a snack. Water and Gatorade will be provided.

The cost for the entire Winter Camp is \$90 per participant. Single day enrollment is available at a rate of \$15 per day per participant. Additional costs may be affiliated with field trips. Fees will be announced in advance. Acceptable payments include cash, check, money orders, and major credit cards (VISA, Discover or MasterCard). For more information call the Parks & Recreation Department at 575/541-2550.

Healthcare Setting

Lead: Dr. Danielle Nixon
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Pediatrician at Full Bloom Pediatrics



Stress ~ Reduction Options Other than Food

- * Breathe slow and easy
- * Visualize calm, peaceful, fun places
- * Give yourself a mini-massage
- * Smile, stretch, and relax your jaw
- * Repeat positive affirmations
- * Write, draw, or doodle
- * Exercise
- * Drink herbal tea
- * Take a bath or shower
- * Smile!
- * Sing!
- * Laugh!
- * Listen to or play music
- * Practice mindfulness meditation
- * Try yoga
- * Ask for help

The Southern New Mexico Diabetes Outreach

Diabetes Classes



Location: **Branigan Library**

Date/Time:

Tuesday, December 1st 9 a.m. to 12 noon Session 1

Thursday, December 3rd 9 a.m. to 12 noon Session 2

Tuesday, December 8th 9 a.m. to 12 noon Session 3

Class size will be limited to 12 and support persons are invited and encouraged to be present with each attendee. There is a one time \$10.00 registration fee for these intense classes.

Scholarships are available for those needing one.

Classes will be taught in English and Spanish by:
Diabetes Educator, T. J. Jasso, RN, BS.

For additional information, please call
The Southern New Mexico Diabetes Outreach
(575) 522-0289

Website: www.snmndo.org Email: snmndo@snmndo.org

Food System Setting

Lead: Aaron Sharratt
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Director of Development & Administration

La Semilla & NMSU get Con Alma Health Grant

Con Alma Health Foundation announced on Tuesday it is awarding \$500,000 in grants to nonprofits — including the New Mexico State University Foundation and La Semilla Food Center in Doña Ana County — that improve New Mexicans' health.

La Semilla is using its \$11,000 grant to increase access to fresh, healthy food in underserved communities in the county, according to a news release from Con Alma.

"We will work to advocate for policy change to advance health equity through a Healthy Food Financing Initiative, a viable and effective tool to reduce health disparities, improve community health, and create jobs in communities traditionally left out of traditional economic development activities," said Krysten Aguilar, La Semilla's food planning and policy advocacy specialist.

The New Mexico State University Foundation is using its \$10,000 grant to address health inequities in the county by connecting college undergraduates with high school students to research public-health policy issues and advocate for changes that benefit their communities

"We believe that through advocacy-based public health education, hands-on learning, and the integration of appropriate role models we can contribute to empowering youth in our communities," said Satya Rao, a professor at New Mexico State University. "They, in turn, can become powerful culturally competent agents of change - not merely in the immediate future but throughout their lifetime."

For information, visit www.conalma.org.