

2025 Health and Wellness Guide

of Lincoln County & Mescalero

Health is a state of complete physical, mental, and social well-being, and not just the absence of disease. It's a fundamental right for all people.

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CELEBRATING

30

YEARS
OF PROMOTING HEALTH
IN LINCOLN COUNTY & MESCALERO



DON'T DRINK AND DRIVE



**A message from the
Lincoln County-Ruidoso
DWI Grant Program**

Bill Hanson - Program Coordinator

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

ekh@windstream.net



Greetings Readers! The Lincoln County Community Health Council (LCCHC) hopes that although 2024 had its challenges, including devastating fires and floods, we hope it ended on a high note and that this edition of the 2025 Health and Wellness Guide finds you healthy, hopeful, and inspired for the year to come. Although 2024 had its rough patches, it was a banner year for the LCCHC. Not only did we organize and host our annual community endeavors like the "Maze of Life" youth prevention activity, "Stepping Into a Better You" community health fair, Smokey's Community Garden activities, and more, we also took on some new endeavors. And with the aid of our community partners, we experienced remarkable success.

Our first victory for 2024 included legislative advocacy resulting in statewide health council funding that awarded our council \$68,800. This funding comes just in time as our three-year Covid Recovery Grant ended. These funds will help us maintain our coordinator and work on priorities like reducing teen vaping. To achieve this success, we attended the 2024 Legislative Session in Santa Fe. Not only did we work in partnership with the New Mexico Alliance of Health Councils, we also attended the Ruidoso Valley Chamber of Commerce Lincoln Day in Santa Fe. Both events fostered the chance to address our elected officials and advocate for state health council funding which had been an unfunded mandate for the past 14 years. Another achievement we wish to highlight was our 30-year anniversary celebration. This event allowed us to partner with ENMU-Ruidoso to host our fiesta and hire Ruidoso High School Tee Pee Lounge who did a fabulous job catering. This celebration gave us an opportunity to acknowledge key people who were instrumental in moving LCCHC work forward throughout the years. This included our current Chair, Shannon Dictson who had connected us with our Mescalero neighbors as well as previous figureheads, Dr. Jim Miller and Barbara Mader who were instrumental in getting the organization started building our partnerships. Not only was this event a great reunion of past and



Back Row: Ashlee McEwen, Richard Houston, Karen Uland, Mandy Mader, Eloise Damon, Julie Cintron, Robin DeMott, Olivia Withrow
Middle Row: Elma Orasco, Bethany Martin, Laura Wilson, Ardina Orasco
Front Row: Sergio Castro, Alisha Westmacott, Shannon Dictson, Carol Blue, Bonnie Torrez

present members, but it also brought in community leaders from Mescalero and Ruidoso. This gathering fostered the occasion to acknowledge our achievements, grow our relations, and share in our passion for health. An additional endeavor that turned out fruitful was our First Annual, "Clear Minds, Clear Skies, Sobriety Celebration." This event was held at All American Park in Ruidoso Downs in September to acknowledge National Recovery Month. It was also a chance to acknowledge the hard work and value sobriety has on our community. Although our planning team was hoping for 50 people to attend, they planned for 100. When the numbers came in, there were close to 200 people that attended. This robust showing demonstrates that our recovery community

is alive and well. A testament to the achievements of those who are working to overcome their difficulties and the family and community support behind them. We contribute this wonderful outcome to our partnerships with the Local Collaborative 12 in Alamogordo, Hope Floats Addiction Counseling, Mescalero Responsible Gaming and Under Construction Peer Support. Overall, we are pleased with our accomplishments for 2024 as we have fulfilled our efforts to cooperate and collaborate with community partners for efficacy and look forward to what 2025 brings. If you have an interest in community health and wish to become involved with the LCCHC, or volunteer for one of our projects, email Info@lincolncountyhc.org or call 575-686-2066. To learn more about our organization visit our website at www.lincolncountyhc.org

View the 2025 Health & Wellness Guide on-line:

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

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

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

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

Health and Wellness - of Lincoln County & Mescalero

2025 DIRECTORY LISTINGS

AGING & LONG TERM CARE SERVICES

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

Alzheimer Association

NM Chapter 505-266-4473
Roswell. 575-624-1552
24/7 Help Line 1-800-272-3900

Assisted Living Facilities/Dementia Care

“Goodlife Senior Living and Memory Care Center” 575-315-0758
Mescalero Care Center 575-464-4802

Behavioral Health Services

Capitan Therapy & Behavioral Health 575-273-0982
Christus Behavior Medicine- Ruidoso 575-630-8092
Ken Kenney, MSW, PhD 505-363-8293
Ruidoso Behavioral Health Center . . 575-630-0571
Sierra Blanca Counseling 575-491-3300
The Mental Health Shop 575-223-8184

Home-Health Agencies/Hospice Services

Addus Homecare 575-258-9086
Enhabit Home Health & Hospice 575-258-0028
Community Home Care 575-258-1986

Senior Centers

Renee Montes-Program Director 575-648-2121
Capitan 575-354-2640
Carrizozo 575-648-2121
Corona 575-849-5111
Hondo/San Patricio 575-653-4405
Mescalero Elderly Center 575-464-4802
Ruidoso Community Center. 575-257-4565
Ruidoso Downs 575-378-4659

Senior Resources

AARP NM 1-866-389-5636
“Adult Protective Services Legal Resources for the Elderly (LREP)” 1-866-654-3219
lgbtagingcenter.org

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

Social Security Services 1-800-772-1213

BASIC NEEDS ASSISTANCE

Clothing/Household Assistance

Christian Services 575-257-4381
“First Baptist Church of Ruidoso Downs Thrift Shop” 575-378-4611
“Joseph’s Workshop” Episcopal Church of the Holy Mount” 575-257-2356
Provides household items at no cost to people in need.

“Lincoln County Humane Society Resale Shop” 575-808-8540
Not to Shabby Shop (Capitan) 575-468-0638

“Lincoln County Medical Center Auxiliary Thrift Store” 575-257-7051
Sweet Charity Repeat Boutique 575-257-0041

Family Services

Life-Way 575-315-2500

Financial Assistance

Bowl Ministries,J Bar J Church 575-257-6899
“First Baptist Church of Ruidoso Downs” 575-378-4611
Good Neighbor Fund (PNM) 575-378-1941
“Episcopal Church of the Holy Mount Discretionary Outreach” 575-257-2356
LIHEAP Energy Assistance Program 800-283-4465
Lincoln County Indigent Fund 575-258-1232
Salvation Army 575-378-4611

Food Assistance

COUNTY FOOD PANTRIES

Lincoln County Food Bank Ruidoso . 575-257-0682
Open M 12-4, W and F, 10 a.m. - 2 p.m.
“Salvation Army Commodity Supplemental Food Program” 575-625-2030
“1st Thursday, very other month (Even months), Carrizozo Fire Dept. 8 a.m. Mescalero Senior Center, 10am Ruidoso Downs First Baptist Church 11am San Patricio Senior Center 12pm” must be 60 years old or older, meet income guidelines, proof of age in person., Call ahead of time.

“Christian Services of Lincoln County Inc” 575-257-4381
“Open M-Th, 9 a.m. - 3p.m, F 9am-12pm provides help with utility shut-off payment”

Nourishing Nation, Carrizozo 575-317-6192
Open the 2nd and 4th Wed. 9am-3pm & 5-6pm, corner of Airport and E Ave.

Trinity Southern Baptist Church, Capitan 575-439-6731
2nd-5th Tue. of the Month, 3:30pm-5pm

MOBILE FOOD PANTRIES

Capitan Mobile Food Pantry 575-439-6731
1st Thursday of the month at the Capitan Fire Station 5:30-7 p.m.
Mescalero Mobile Food Pantry. 575-464-9260
Tribal Offices. 1st Thursday of every month, 12:30 p.m.

“River Crossing Ministries Mobile Food Pantry Ruidoso” 575-686-8582
2nd Thursday of every month, River Crossing 2 p.m. Soup every Thursday, 11am-1pm

Ruidoso Senior Center 575-378-4659
MFP 4th Tuesday of the month 12:30pm to 3pm.

FREE MEALS

Angus Church of the Nazarene 575-336-8032
2nd & 4th Tuesday of every month at 11 a.m.

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

“Community Methodist Church (Warehouse), 220 Junction Rd” 575-257-4170
Provides a free meal every Tuesday, from 5:30-7 p.m.

Eastern New Mexico University- Ruidoso, 709 Mechem Dr. 575-315-1120
Provides a free meal on the 5th Monday of every month, from 5:30-7 p.m. Dine in or carry-out

“Episcopal Church of the Holy Mount, 121 Mescalero Trail.” 575-257-2356
Provides a free meal on the 2nd Monday of every month, from 4:30 - til food runs out. Dine in or carry-out

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

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

“St. Eleanor’s Roman Catholic Church, 120 Junction Rd” 575-257-2330
Provides a free meal on the 4th Monday of every month, carry-out from 5:00 - 6:30 p.m.

SENIOR FOOD PROGRAMS

All Senior Center Sites offer Meals on Wheels

Capitan - Zia Senior Citizens 575-354-2640
Lunch served M-F from 12:00-12:30 \$3 suggested donation for 60 and over.

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

Corona Senior Center 575-849-5111
“Lunch served M-F from 11:45 a.m. - \$3 donation appreciated. Must RSVP by 9am.”

Hondo Senior Center. 575-653-4405
Lunch served M-F from 12:30-1 p.m. Delivers to Home Bound, \$3 donation.

Ruidoso Downs Senior Center. 575-378-4659
“Lunch served M-F from 11 a.m. - Noon \$3 donation. Meals on Wheels, (60+)”

NON-PERISHABLE FOOD BOXES

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

YOUTH FOOD PROGRAMS

Food 4 Kids Backpack Program 575-937-4732
“Capitan, Carrizozo, Hondo & Ruidoso Elizabeth Potte Food items sent home weekly in children’s backpacks”
PHS Feeding Program. 575-257-8266
18 years and under

Housing Assistance

“Camelot Place Apartment/Income Based” 575-257-5897
Income Based Citizenship/Residency - Financial Guidelines.

Eastern Regional Housing Authority. 575-622-0881
HUD Financial assistance for rent

Find Help findhelp.org

Inspiration Heights/Low Income Housing 575-378-4236
Citizenship/Residency - Financial Guidelines

Ladera Apt Homes 575-378-5262
“Income Guidelines”

Medical Assistance

Children’s Medical Services 575-258-3252 Lincoln County Indigent Fund 575-258-1232
Prescriptions - Episcopal Church . . . 575-257-2356

Shriners Hospitals, Crippled Children & Burn Institute 1-855-236-9944

Visual Assistance

Ruidoso Noon Lions Club Eye Exams 575-937-4235

National Federation of the Blind 575-437-0401
or 888-513-7967

State of NM Commission for the Blind-Alamogodo 575-437-1547

State of NM Commission for the Blind- Roswell 888-513-7961

BEHAVIORAL HEALTH SERVICES

Counseling

Capitan Therapy & Behavioral Health 505-273-0982
Four Directions (Native American) Treatment and Recovery Center 575-464-4433
Hope Floats Addiction Counseling . . 575-937-1665
Katherine Scott, LMHC- Evolution Group 505-242-6988

Kenneth Kenny, PhD, MSW 505-363-8293
Lincoln County Community Assistance Program 24/7 Hotline. . 1-800-888-3689

Lincoln County COPE 575-258-1064
Mental Health Stop . . . 575-223-8184/ 575-219-7542

Merriken Bryant, MS LPCC 575-937-4349
Messal Counseling Institute, LLC . . . 260-402-1967

Misty McArthur, LCSW, EMDR 575-937-4673
Open Minds, LLC 575-489-4616

PeopleWorks NM . . . 505-267-5057 or 505-990-4186

PMS Ruidoso Behavioral Health Center 575-630-0571

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

Sierra Blanca Counseling Emily Flemming, LPCC 575-491-3300

Telecounseling NM- Zach Malott, LMHC 575-218-7671

Medication Management

Capitan Therapy and Behavioral Health 505-273-0982

Gerald Champion Sleep Center Mental Health 575-630-8092

Open Minds, LLC 575-489-4616

PMS Ruidoso Behavioral Health Center 575-630-0571

Sexual Assault Services

SANE of Otero and Lincoln County Hotline 575-430-9485

The Nest 575-378-6378

Substance Abuse Services

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

Alianza of New Mexico 575-623-1995

Capitan Therapy & Behavioral Health 505-273-0982

Four Directions (Native American) Treatment and Recovery Center 575-464-4432

Hope Floats Addiction Counseling . . 575-937-1665

REFER YOURSELF www.mentalhealthme.com Insurance Accepted Individual, & Family Tele-Therapy EMDR
1096 Mechem Dr Ste 213, Ruidoso 575.223.8184 575.219.7542


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

PMS Ruidoso Behavioral Health Center 575-630-0571

Support Groups

Alcoholics Anonymous 575-430-9502

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

Caregiver Support Group- PeopleWorks NM 505-990-4186

Celebrate Recovery 575-686-8582

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

Grief Support- LaGrone Funeral Capel. 575-257-7303

High Mesa Healing Center 575-336-7777

Mescalero Responsible Gaming Office: 575-464-7106
Resource Help Line: 1-888-696-2440

Mindfulness Support Group- PeopleWorks NM 505-990-4186

Pain Management Support Group- PeopleWorks NM 505-990-4186

Women’s Trauma Resiliency Support Group- Hope Harbor 575-686-0990

Weight Watchers 1-800-651-6000

CHILDREN, YOUTH, & FAMILIES DEPT

CYFD Early Childhood Services 575-434-9770

Child Protective Services 575-378-0045

Early Childhood Education and Care Dept. 800-832-1321

Juvenile Justice Services 575-378-0045

Report Child Abuse and Neglect 855-333-SAFE(7233)

CHILD CARE

Boys and Girls Club of Chavez & Lincoln County 575-454-7100

Early Years 575-378-1567

First Christian Church CDC 575-258-1490

Imagination Station 575-315-0908

Inn of the Mountain Gods 575-464-7600

Mountain Montessori 575-937-2822

Region 9 Early Head Start (6 weeks - 3 years). 575-630-0355

Region 9 Headstart/PreK (3-5 yrs old) 575-651-1802

CHURCHES

Angus Church of the Nazarene 575-336-8032

Calvary Chapel of Ruidoso. 575-257-5915

Canaan Trail Baptist Church 575-336-1979

Capitan Church of Christ 575-354-9015

Centro Familiar Destina 575-257-0447

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

Community Methodist Church 575-257-4170

Episcopal Church of Holy Mount. . . . 575-257-2356

First Baptist Church of Ruidoso 575-257-2081

First Baptist Church of Ruidoso Downs 575-378-4611

First Christian Church. 575-258-4250

First Presbyterian Church 575-257-2220

Fort Lone Tree Camp. 575-354-4265

Gateway Church 575-257-4381

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

J BarJ Country Church 575-257-6899

Mescalero Reformed Church 575-464-4471

One Church 575-383-4673

River Crossing Ministries 575-686-8582

Ruidoso Baptist Church 575-378-4174

Ruidoso Downs Race Track Chapel 575-378-7264 or 575-808-0790

Sacramento Mountains Unitarian Universalist Fellowship 575-336-2170

Saint Eleanor Catholic Church. 575-652-5950

Santa Rita Catholic Church 575-648-2853

Shepherd of the Hills Lutheran Church . . 575-258-4191

St.Joseph Mission 575-464-4473

Trinity Southern Baptist Church 575-686-2425

CRISIS INTERVENTION

Agora Crisis Center 800-273-TALK

COPE- Domestic Violence
Crisis Line 575-437-COPE (2673)

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

HEAL/The Nest- 24 hour hotline. . . . 866-378-6378

High Mountain Youth Project 575-808-8633

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

Life-Way Pregnancy Recourse. 575-315-2500

National Center for Missing and
Exploited Children. 1-800-843-5678

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

National Suicide Prevention Lifeline 988

New Mexico Council on
problem Gambling. 1-800-GAMBLER

New Mexico Crisis Line. 988

Trans Lifeline 877-565-8860

TREVOR hot-line Suicide Crisis Line1-866-488-7386

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

DENTISTRY

Ben Archer Alamogordo 575-443-8133

Carrizo Dental Clinic 575-648-2839

Mountain View Dental 575-257-9053

Enchantment Family Dentistry. 575-258-3388

Kendal Trujillo, DDS
456 Mechem Suite C
Ruidoso, NM 88345
575-257-5179 Office
ruidosodontist.com

Complete Family Dentistry Creating Miles of Smiles

Summit Dental / Dr. Kendal Trujillo . . 575-257-5179

DENTISTRY/ORTHODONTICS/ENDODONTIST

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

Brian T. Lu 575-258-4698 Endodontist

DERMATOLOGY

Seeberger Dermatology 575-437-4533

DEVELOPMENT DISABILITIES SERVICES

Region IX Developmental Services . . 575-257-2368

EARLY CHILDHOOD/PARENT SUPPORT

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

DOMESTIC VIOLENCE

COPE (Domestic Violence) 575-258-1064

East Mountain Resource Center,
Mesclero. 575-464-0079

Hope Harbor Transitional Home. . . . 575-686-0990

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

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

The Nest 575-378-6378

DWI

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

EMERGENCY SERVICES

American Red Cross NM. 505-265-8514 or
800-733-2767

Emergency Assistance 911

Lincoln County Office of
Emergency Services 575-336-8600

Lincoln County CERT 575-808-9814

Lincoln County Sheriff’s Office
Non-Emergency Number 800-687-2419

New Mexico Game & Fish 575-624-6135

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

State of New Mexico Disaster
Case Management 833-663-4736

Outage/Emergency Reporting-
Otero County Electric Cooperative . . 800-548-4660

Outage/Emergency Reporting -
PNM Electric. 888-342-5766

Outage/Emergency Reporting -
Zia Natural Gas Company 800-520-4277

Village of Ruidoso Office of
Emergency Services 575-257-3473

Wildfire Status inciweb.wildfire.gov, nmfireinfo.com

Poison Control Center 1-800-222-1222

988 National Suicide Hotline 988

FUNERAL SERVICES

LaGrone Funeral Home. 575-257-7303

New Dawn Cremation Services 575-630-0161

GAMBLING

New Mexico Council On Problem
Gaming 1-800-572-1142 or 1-800-Gambler

New Mexico Gaming Control Board . 505-841-9700

Mescalero Apache Tribal
Gaming Commission. 575 464-7101/7100

Mescalero Responsible
Gaming Program 575-464-7106

People Works NM 505-990-4186

Responsible Gaming Association
of New Mexico 888-696-2440

HEARING CARE

Advanced Hearing Care 575-257- 0454

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

Livingston Hearing Aids 575-257-9989

NM Commission for Deaf &
Hard of Hearing 505-383-6530 Texts to 233733
www.traffickingresourcecenter.org

HEALTH CLUBS/EXERCISE

Anytime Fitness. 575-502-5438

Capitan Fitness 575-973-0552

Ruidoso Athletic Club (RAC) 575-257-4900

Ruidoso Physical Therapy,
Capitan Office 575-686-2338

EXERCISE CLASSES/EQUIPMENT

Ruidoso Community Center 575-257-4565

Ruidoso Physical Therapy 575-257-1800

Therapy Associates. 575-257-5820

INSURANCE

Be Well NM 1-833-TO BE WELL
www.bewellnm.com; www.healthcare.gov

Blue Cross Blue Shield Turquoise Care
(Medicaid). 1-866-689-1523

Blue Cross Blue Shield Health Plan 1-800-432-0750

**Ruidoso Medicare Sales Agent
Deborah Burk**
United Healthcare, Humana, Presbyterian,
Wellcare, Silver Script & BCBS

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

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

Family Insurance 575-257-0998

Humana 915-577-4166

Molina Healthcare of NM. 866-440-0127

Molina Healthcare of NM Turquoise Care
(Medicaid). 1-844-862-4543

New Mexico Human Services
(Medicaid) 1-888-997-2583

Apply by phone 1-855-637-6574
Blue Cross Blue Shield Centennial Care, Presbyterian Centennial
Care, www.yes.state.nm.us

NM Medical Insurance Pool 1-505-424-7105

NM Office of the Superintendent
of Insurance 855-427-5674

Presbyterian Health Plan 1-866-388-7737

Presbyterian Turquoise Care
(Medicaid). 1-888-977-2333

Farmer’s Insurance,
Glen Cheng Agent. 575-257-7878

United Health Care 844-869-6204

United Health Care NM Turquoise Care
(Medicaid). 1-877-236-0826

NM SHIP Medicare
Assistance Program 1-800-432-2080

**INTEGRATED/NATURAL/
HOLISTIC**

Acupuncture

Alpha and Omega Chiropractic 575-258-5999

Biofeedback & Energy Medicine

Angel Evney 903-373-4344

High Mesa Healing. 575-336-7777

Living Energies 575-808-7190

Quiet Mind Access Bars 575-937-5085

Tim Seay. 575-770-0136

Core Synchronism

Chelsea Arbogast 505-620-8642

Essential Oils

Village Wellness - Doterra 575-258-2258

Rosemary’s Herb Stop 575-257-0333

Farmers Markets/Local Produce & Meat

El Gallo Loco 575-686-9203

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

Mario’s Market 575-257-0367

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

Wilson Beef 575-430-8141

Floataation Therapy

Floataation Station 575-315-0870

Functional Medicine

Fusion Medical Spa and Wellness
Dr. Stephen Rath 575-257-4772

Healing Centers

High Mesa Healing Center 575-336-7777

**Health Foods/Supplements/Herbs/
Vitamins**

Albertson’s Market 575-257-4014

Angel Envy. 903-373-4344

RUIDOSO
NATURAL REMEDIES
— OXYGEN BAR AVAILABLE —
2501 Sudderth Drive, Suite H • Ruidoso, NM 88345 • (575) 257-1406
Kalyn Wickware • Certified Herbalist III
ruidosonaturalremedies@gmail.com

Ruidoso Natural Remedies. 575-257-1406

Rosemary’s Herb Shop 575-257-0333

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

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

Zialife 575-937-3984

Health & Wellness Coach

Alondra Marquez 915-539-7789

HEALTH AND WELLNESS MENTOR
Conflict Resolution - Motivational interviewing
Dance-Yoga- Stewardship-
Civic Participation - Team-building
Andrea Fernandez
575-937-2725 • ziamentor@gmail.com

Andrea Fernandez. 575-937-2725

Crystal Evertte 575-937-5652

Misty McArthur, LCSW, EMDR 575-937-4673

Jemise Ray De La Cruz Bilingual Health Coach 575-651-1791

Homeopathic

Living Energies 575-808-7190

Rosemary’s Herb Shop 575-257-0333

Ruidoso Natural Remedies. 575-257-1406

Zialife 575-937-3984

Life Coach

Debbie Nix 575-937-0212

Massage

Adobe Day Spa 575-630-0515

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

Rebecca Forester 575-315-0870

Healing Intentions, Lisa Aguilar. . . . 575-973-5005

MOUNTAIN
MASSAGE & HEALING ARTS
www.nmmessage.com
Patti Gray MT #4299 575-937-2304
Located inside MCM Elegante Lodge & Resort
107 Sierra Blanca Dr. Ruidoso, NM 88345

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

Birgit Sawinski. 575-937-6822

Village Wellness 575-258-2258

Glen Wagner 575-937-8720

Debra Wilcox 575-937-4123

Massage Equipment

Pavelka’s 575-630-1234

Truman’s. 575-630-0125

Medical Spa

Fusion Medical Spa. 575-257-4772

Sierra Blanca Laser. 575-425-0792

Meditation

Bhavani Brown 603-475-2985

Stacy Tatum 505-610-2207

Village Wellness 575-258-2258

Nutrition/Counseling

Alpha and Omega Chiropractic 575-258-5999

Balanced Nutrition,
Roxanne Rodriguez. 575-973-1077
Jemise Ray De La Cruz Bilingual Health Coach 575-651-1791

Pain Management

Topline Therapy. 575-808-8721

Reiki

Earth Angel Reiki Works. 575-686-0413

Spiritual Counseling

Andrea Fernandez 575-937-2725

Barbara Mader 575-336-7777

Spas

Adobe Day Spa & Chiropractics 575-630-0515

Floataation Station 575-315-0870
Homegrown@sweetmagnolia

Day Spa and Salon 575-257-8982

Tai Chi

Tai Chi for Health 575-626-7150

Village Wellness 575-258-2258

Yoga

Andrea Fernandez. 575-937-2725

Ashley Zuri. 575-937-4915

Blue Lotus 575-257-4325

Buddha Yoga 575-802-3013

Marilyn Miller 575-808-2402

Niki Haynes 575-973-0552

LABS

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

LGBTQ SERVICES

Capitan Therapy & Behavioral Health 505-273-0982

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

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

**Transgender Resource Center of
New Mexico 505-200-9086** TGRCNM supports
transgender, gender-conforming, gender-varient people in New
Mexico with support groups, organizational educational trainings,
drop-in services, medical provider list, legal support, medical clinics,
needs exchange and events.

Trans Lifeline 877-565-8860

Christina Venta, PSYD ABMP
MACP . . not

Library	575-464-5010
MATI	575-464-4039
Mescalero Boys & Girls Club	575-464-9212
Mescalero Care Center	575-464-4802
Mescalero Hospital	575-464-4441
Mescalero Prevention Program	575-464-4516
Mescalero WIC Office, Families First.	575-464-0932
Parks & Recreation	575-464-2988
PT Benefits Coordinator	575-464-9232
Public Defenders Office	575-464-0414
Responsible Gaming Program	575-464-7106

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

Cancer

Cancer Resource Center.	575-437-8582
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Cardiology

New Mexico Heart Institute.	505-841-1000
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Presbyterian Medical Group Dr. Harold Sunderman.	575-630-8350
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Chiropractic

Adobe Day Spa & Chiropractic	575-630-0515
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Alpha and Omega Chiropractic	575-258-5999
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Dr. Vickie Peebles	575-973-0396
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White Mountain Chiropractic & Neurology.	575-257-7970
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Dermatology

Seeberger Dermatology	575-437-4533
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Diabetic Physician

Dr. Michael Padillo.	575-630-8350
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Ear, Nose, Throat

National Sinus Institute- Alamogordo	1-855-817-4687
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Ruidoso Walk-in Clinic	575-808-8297
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Endocrinology

Dr. Pilaiporn Palakawong	575-630-8350
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Gastroenterology/Digestive

Eastern New Mexico G.I. Services	575-624-4651
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General Surgery

Dr. Alexandra Drymon, Dr. Camilo Rosales	575-630-8350
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Hospital And Clinics

BCA Medical Associates - Pediatrics, Ruidoso	575-651-3003
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BCA Pediatrics Roswell	575-622-2606
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Ben Archer Health Center, Alamogordo	575-443-8133
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Capitan Medical Clinic, Suzanne Dennehy CNP.	575-354-0057
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Carrizozo Health Center, Candice Selgado PAC.	575-648-2317
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Christus St. Vincent	575-439-6100
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Christus St. Vincent Sleep Center and Medical Complex.	575-630-8092
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Hondo Clinic, Sanne Van Swol PAC	575-653-4830
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Indian Health Services	575-464-4441
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Lincoln County Medical Center- Clinics.	575-630-8350
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Lincoln County Medical Center- Hospital	575-257-8200
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PMS Behavioral Health	575-630-0571
<small>PMS Medicaid Eligibility Interviewer Outreach & Enrollment Specialist</small>	

PMS - Tularosa	575-585-1250
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Region 9 School-Based Health Center	575-630-7974
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Ruidoso Public Health Office	575-258-3252
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Ruidoso Walk-in Clinic	575-808-8297
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Internal Medicine

Dr. Chris Robinson, Dr. Suzelle Moffitt	575-630-8350
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Reni Fitzgibbon CNP.	575-630-8350
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Medical Equipment & Oxygen

LinCo Medical	575-257-7174
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Neurology

CSNM Neurology & Diagnostics	575-434-0901
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OB/GYN & Reproductive Health

Dr. Deborah Hewitt	575-257-7505
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Dr. Patricia Combs, Dr. Keri Rath.	575-630-8350
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Full Circle Health Center.	575-222-8594
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Las Cruces Women's Health Organization.	575-888-4623
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New Mexico Womens Health Line	833-767-3776
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Planned Parenthood	575-386-5204
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Optometrists/Ophthalmologist

Family Vision Center.	575-257-5029
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Dr. Fillmore Eye Clinic Alamogordo 1-800-323-4764	
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Walmart Vision Center	575-378-5287
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Dr. Michelle Yang.	575-437-9900
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Opticians

Westlake Optical	575-315-2247
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Orthopedics

New Mexico Bone & Joint Institute.	575-434-0639
<small>Dr. Douglas Dodson, Dr. Eric Freeh, Dr. John Anderson, Dr. Loren Spencer</small>	

Presbyterian Medical Group.	575-630-8350
<small>Dr. Damien Sacoman, Dr. Richard Purcell</small>	

Pharmacies/Discount Prescriptions

Albertsons Market Pharmacy	575-630-8020
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RX Outreach.	1-800-769-3880
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Sierra Blanca Pharmacy	575-258-2456
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Walgreen Drug Stores.	575-257-1566
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Walmart Pharmacy	575-378-5400
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Physical Therapy

LCMC Rehabilitation Services	575-257-8239
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Ruidoso Physical Therapy	575-257-1800
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Ruidoso Physical Therapy, Capitan Office	575-686-2338
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Therapy Associates.	575-257-5820
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Topline Therapy	575-808-8721
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Sentry Physical Therapy.	575-622-6260
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Podiatry

Dr. John Anderson	575-434-0639
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Dr. Loren Spencer	575-434-0639
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Primary Care Physicians/Family Practice

Capitan Medical Clinic, Suzanne Dennehy CNP.	575-354-0057
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Sierra Blanca Family Medicine.	575-630-1214
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Dr. Megan Belcher.	575-630-8350
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Journey to Wellness Medical Center.	575-630-0211
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Dr. Brandon Ferguson.	575-630-8350
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Dr. Mary Martinez.	575-630-8350
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Jovanna Ochoa, N.P	575-630-8350
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Dr. Stephen Otero	575-630-8350
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Dr. Terence Rousseu.	575-630-8350
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Carrizozo Health Center, Candice Selgado PAC.	575-648-2317
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Hondo Clinic, Sanne Van Swol PAC.	575-653-4830
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Radiologists

Alamogordo Imaging Center	575-434-1353
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Radiology Associates of LCMC	575-257-8292
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School Based Health Centers

Mescalero School Based Health Center.	575-464-4431
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Region 9 School-Based Health Center.	575-630-7974
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Speech & Language Pathologist

Lincoln County Medical Center	575-257-8239
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Surgeons

LCMC Surgical Clinic	575-630-8350
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QUIT SMOKING

Smoking Cessation	1-800-QUIT-NOW
<small>Quitnownm.com</small>	
Smoking Cessation smokefree.gov	

RECREATIONAL SPORTS/PARKS

Archery Backcountry Attitudes	575-937-5141
Biking Board House & Bike Shop	575-808-8991

Pinnacle Trails Bike Shop.	575-639-1415
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Bowling League.	575-258-3557
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Boys & Girls Club of Chavez & Lincoln County	575-454-7100
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Dance Instruction partner/belly	575-937-2725
<small>Andrea Fernandez</small>	

Capitan/Alto Line Dancing	575-644-5735
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Clogging.	850-723-8527
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Line Dancers	575-258-8765
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Bellydance - Marisalena Manchego.	575-626-7150
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Ruidoso Academy Ballet & Dance	575-808-8410
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Lincoln County 4-H	575-648-2311
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Peace Village Summer Day Camp	575-336-7777
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Pickle Ball, Patrick Quist	575-520-8914
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Qi Gong, Kim Kuhar	575-937-5817
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Ruidoso Community Center.	575-257-4565
<small>Dance Groups, Clogging, Exercise Groups, Exercise Equipment Available, Table Tennis and more.</small>	

Dynamic Discs New Mexico Ruidoso disc golf	575-315-2785
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Ruidoso Gymnastics.	575-378-4468
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Ruidoso Little League Daniel Holley	575-686-8679
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Running/Racing.	512-400-8485
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Smokey's Garden	575-257-4095
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Softball (Adult) Page Promotions sports@valomet.com	
Swim Team.	575-937-3527

Table Tennis.	575-257-4565
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Tai Chi - Marisalena Manchego	575-626-7150
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Village of Ruidoso Parks and Recreation	575-257-5030
<small>Basketball (Youth and Adult), Disc Golf, Hiking/ Mountain Biking, Ruidoso Little League football, Ruidoso Girls Fast Pitch, Swim Lessons, Youth Soccer Pool.</small>	575-257-2795

Wrestling Andy Olive, High School	817-946-1303
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Wrestling James Urban, Ages 4-15	575-937-3973
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SCHOOLS/EDUCATION

Buddha Yoga Teacher Training	575-802-3013
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Eastern New Mexico University Ruidoso	575-315-1120
<small>or</small>	1-800-934-3668

English as a Second Language/Citizenship	575-315-1120
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ENMU Community Development	515-315-1213
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HSE/GED	575-315-1120
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Work Force Solutions	575-315-1100
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Lincoln County Adult Literacy	575-258-7100
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Lincoln County Cooperative Extension	575-648-2311
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Lincoln County Early Head Start	575-257-2368
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Blue Lotus Healing Arts Center Massage School	575-257-4325
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Parents Reaching Out.	1-800-524-5176
<small>Statewide support network. For parents of children with special needs and education.</small>	

Region 9 Education Cooperative	575-257-2368
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Region 9 Early Head Start (6 weeks - 3 years).	575-630-0355
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Region 9 Headstart/PreK (3-5 yrs old)	575-651-1802
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Capitan Elementary.	575-354-8520
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Capitan Middle/High School.	575-354-8500
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Carrizozo Schools	575-648-2346
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Cloudcroft Schools	575-601-4416
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Corona Schools.	575-849-1911
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Hondo Schools	575-653-4411
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Mescalero Head start	575-464-9183
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CIVIC ORGANIZATIONS AND NON-PROFITS

- Altrusa International of Ruidoso 512-769-3787
- American Red Cross 505-331-9831
- Boys & Girls Club of Chavez & Lincoln County 575-454-7100
- Boy Scouts of America 575-622-3461
- EcoServant 575-808-1204
- Democratic Party of Lincoln County 575-937-8490
- Elks Lodge Ruidoso 575-257-2607
- Food 4 Kids Backpack Program 575-937-4732
- Girl Scouts of the Desert Southwest . 575-258-5919

- Help End Abuse For Life 575-378-6378
- High Mountain Youth Project 575-808-8633
- Hope Harbor-Puerto Esperanza Inc. Domestic violence transitional home 575-686-0990
- Humane Society of Lincoln County . . 575-257-9841
- Life-Way 575-315-2500
- L.C. Community Health Council 575-686-2066
- L.C. Community Theatre 575-686-0729
- L.C. COPE 575-258-1064
- L.C. Food Bank 575-257-0682
- L.C. Garden Club 575-937-0472
- L.C. Santa's Helpers 909-725-5481

- On Scene Support for First Responders 818-389-8550
- People Works NM 505-990-4186
- Republican Party of Lincoln County . 575-258-2750
- Ruidoso Rotary Club 575-937-3159
- Ruidoso Noon Lions Club 575-937-4235
- Ruidoso Valley Greeters 575-257-7395
- Ski Apache Adaptive Sports 575-464-3193
- Smokey's Garden 575-257-4095
- The Big Ben Sanchez Youth Foundation 575-937-1808
- The Community Foundation of LC . . . 575-808-0085
- Thrive of Southern NM 575-437-8400

People can't just walk away from opioid substance use – they need help.

By Laura Wilson

LEARN ABOUT THE TYPES OF MEDICATION, WHERE TO GET IT AND WHY STIGMA KEEPS PEOPLE FROM SEEKING HELP.

Opioid substance use is a chronic disease, like heart disease or diabetes that can't be cured, but it can be managed to help a person with opioid substance use regain a healthy, productive life. Tailored to meet each person's needs, medication-assisted treatment (MAT) is the use of medications, in combination with counseling to treat opioid substance use (Opioid Use Disorder) to prescription pain relievers, heroin or fentanyl. The prescribed medication operates to normalize brain chemistry, block the euphoric effects of alcohol and opioids, relieve physiological cravings, and normalize body functions without the negative effects of the abused drug. It is NOT the same as substituting one addictive drug for another and taken properly, does NOT create a new addiction.

Buprenorphine Treatment Practitioner Locator | SAMHSA
Opioid Treatment is Available Now | MAT | Statewide New Mexico



This Photo by Unknown Author is licensed under CC BY-NC-ND

POLYSUBSTANCE USE FACT

86%

of New Mexico Overdoses Include Mixing Drugs and/or Alcohol

Fentanyl

Fentanyl can be hiding in any drugs, and it takes as little as the size of a pinhead to kill. You can't see it, taste it or smell it. It can be found in pill and powdered form and is commonly mixed with heroin, cocaine, meth, perc, crack and addies to make them more powerful. It is also mixed in liquid form as nasal sprays, eye drops, and dropped onto paper or small candies.

THE FACTS ABOUT FENTANYL

50X stronger than heroin **100X** stronger than morphine **135%** increase in NM overdoses

Treatment is now available at your local public health office. Below are sources to find treatment options in our area.

Medication-Assisted Treatment
Break **FREE** from Opioids

Benefits

- Can lower the chance of dying from an overdose.
- Reduces cravings & withdrawal symptoms, making it easier to stay in recovery programs.
- Helps people keep jobs, rebuild relationships, & improve their overall life.

Connect to medication options near you:
Find a public health office near you at nmhealth.org/location/public or Call the NMHealth HelpLine 1-833-796-8773

For more information: Ruidoso Public Health Office 505-222-4660

PREVENT

- Use heroin or other opioids **safely to avoid an overdose event** in the first place – once an OD has occurred, it's a medical emergency.
- Use prescription opioids as prescribed, **do not share**.
- Use one drug at a time – if using multiple drugs, use less of everything. Avoid alcohol while using.
- Have a **rescue buddy** that knows where Narcan is and how to use it.
- Don't use drugs alone.**

RECOGNIZE

- SIGNS OF AN OPIOID OVERDOSE**
- Slow breathing or not breathing at all – if still breathing there may be snoring or gurgling sounds.
 - Blue or purplish skin (especially lips & nail beds).
 - Won't respond to attempts to wake the person.

For additional info and help:
NeverUseAlone.com
1-800-484-3731
NMCrisisLine.com
1-855-NMCRISIS (662-7474)

Order Online

Individuals can order Narcan (Naloxone) here.
<https://www.nmharmreduction.org/naloxone-saves/#order-form-start>

The information in this piece was taken directly from www.doseofreality.com

High Mountain Youth Project

By Laurie Benavides

The mission of High Mountain Youth Project of Lincoln County, New Mexico (HMYP), is to involve the communities of Lincoln County in providing a comprehensive safety net for youth experiencing homelessness or at risk of homelessness. The goal of HMYP is for youth to be safe, healthy, educated/employed, housed, and self-sufficient.

Current programs include a Drop-in Center and a 24-hour Youth Emergency Shelter with plans to add transitional housing and rental assistance as part of the safety net to youth and young adults in 2025.

Since 2018, HMYP has furthered the goal of helping youth stay in school by offering numerous free and confidential services through the Drop-in Center Program. Currently the Drop-in Center is open to teens Monday through Friday from 1:00 – 7:00 PM.

The Drop-in Center provides free prevention and gateway services to teens to help them achieve their goals. These resources include individual resource plans, academic support, and life skills training in a safe and supported environment. Youth are mentored and supervised by trained, caring staff and volunteers. Academic support includes a study area with laptops/WIFI, help with schoolwork, school supplies, and if additional support is required, a tutoring schedule can be arranged with one of HMYP's volunteer tutors. Other support for health and safety includes counseling from an on staff social worker, visits from emotional support dogs, healthy snacks and evening meals, laundry facilities, and referrals to community services. Outdoor recreation includes basketball, sand volleyball, disc golf, and soccer; indoor recreation includes ping pong, foosball, limited video games, movies, board games, puzzles, guitar, keyboard, and art activities including painting, drawing, and jewelry making. Casey Life Skills assessment and training focuses on maintaining healthy relationships, work and study habits, planning and goal setting, using community resources, daily living activities, financial literacy, computer literacy, and making permanent connections to caring adults.

In late April 2024, HMYP opened its long-awaited and much-needed 24-hour Youth Emergency Shelter, the first program of its kind in Lincoln County. The licensed 12 bed dormitory offers emergency shelter and counseling for up to a 90 day stay to youth ages

14 up to 18 who are experiencing homelessness or at imminent risk of becoming homeless. Individual service plans including goals for safety, health, education and/or employment, housing, and self-sufficiency are developed with the social worker. Staff receive training in positive youth development, trauma-informed care, and other trainings to help youth achieve their goals. The dormitory has bedrooms with bunk beds, bathrooms with showers, a laundry area, a living room, kitchenette, dining area, infirmary, and a counseling office.

Housing: HMYP is committed to working collaboratively with youth, local partners, schools, social service agencies, and community organizations to ensure that youth and young adults up to age 24 have housing security. Coming in 2025, HMYP will add Transitional Housing and Rental Assistance to the comprehensive safety net.

High Mountain Youth Project appreciates the support of the many donors and volunteers for their compassion for youth and being part of a vision of loving and caring communities where all youth are protected, empowered, loved, respected, and treated with dignity.

For more information on any of HMYP's programs,

Call (575) 808-8633,

email at info@highmountainyouth.org,

or visit the website www.highmountainyouth.org

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Deborah Burk

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DROP-IN CENTER
ALL TEENS WELCOME!

Open Monday-Friday 1:00pm-7:00pm

- Snacks and Meals
- Outdoor & Indoor Recreation
- Academic Support
- Laundry & Showers

24-HOUR YOUTH EMERGENCY SHELTER
AGES 14 UP TO 18

A SAFE HAVEN AND POSITIVE ENVIRONMENT FOR TEENS.

High Mountain Youth Project
637 Sudderth Drive, Ruidoso

For more information, Call 575-808-8633 www.HighMountainYouth.org



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Discover Ruidoso through a series of unforgettable mountain races, where pristine trails and breathtaking alpine views await every walker, jogger, or runner. Join us for our upcoming race series in the cool mountain air of southern New Mexico's most enchanting village. 2025 race dates coming soon.



DiscoverRuidoso.com

Engaged Aging

By: Debbie Nix

As I am becoming a woman of "a certain age," I'm finding there may or may not be a way to do it gracefully. When I first owned the idea that I was fast becoming a member of this elite group, I realized there are many ways to become this new version, this new reinvention of myself. To be clear, I wasn't unhappy with the previous version but there came a point of realization that I could get on board and take my seat in the front of the bus where the fun group sat or I could hide in the back of the bus and completely miss this new opportunity to grow into my new self.

I read an inspiring question years ago, "When was the last time you did something for the first time?" When we are young, most everything is a first. As life progresses, we tend to get a bit complacent about the importance of firsts.

I'm still a believer that if your dreams don't scare you, they're not big enough for you. The difference now is there is a calmness, a knowing when something peaks my interest that is truly worth my time. Energetically, I am all about worth my time choices when I choose to read a book, what music I listen to, what events I attend, what causes I volunteer for, and most of all, what my heart and mind space are filled with.

I remember my mom's wisdom when I was trying to make a big decision in my life, she said, "If it's yes it's yes, if it's no it's no, if it's maybe, it's still no." When I was younger I wasn't as dedicated to this litmus test but now it is my daily go to. I don't want to waste my days but nor do I have the need to prove anything, justify my value or get my validation from "doing". Rather, my sweet spot now has more to do with "being". Being in the moment, being available, being calm and appreciating simple experiences.

It has been said that it takes 21 days to develop a new habit. My new

habit is to be open to the newness life has to offer each and every day. Several tips that have helped me pay attention;

1. Actively choose to be in a yes space rather than a no space. I try not to make assumptions about people but I realized I was making old assumptions about myself. I didn't love baking when I was younger, just didn't have the time, but when a friend offered me a sourdough starter, I said yes! My loaves are definitely a labor of love and a bit organic in shape, but good Irish butter never tasted so yummy as it does on my very own artisan, hot, crusty bread slice.

2. Consider engaging with one new potential friend each week. We can't be experts in every area of life but we can be stimulated by another's expertise. Call the gal that writes poetry and reads at the open mic night at your local coffee shop. Ask the probing questions. What motivates her poetry? What age did she write her first piece?

3. Engage one new activity a month. I don't consider myself to be particularly artistic, but high quality paint by number kits have been surprisingly satisfying. I may just invest in a nice frame for my masterpiece when I'm finished!

A side benefit from adopting these three activities is a renewed ability to hold stimulating conversations above and beyond the usual, "How are the grandkids?"

DIY-paintbynumbers.com

canvasbynumbers.com

YouTube, Beginner Sourdough, Joshua Weissman

Poem, Sweet Darkness, David Whyte

Debbie Nix, Life coach, lifecoach@zianet.com, 575-937-0212



26374 US HWY 70 | RUIDOSO DOWNS, NM
(575) 378-6378

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WWW.HELPENDABUSEFORLIFE.ORG

- Domestic Violence Shelter
- Crisis Intervention
- 24/7 Toll-Free Crisis Hotline
- Assistance with Orders of Protection
- Counseling & More



OPEN TUES - SAT
10AM - 5PM

All proceeds benefit The Nest.

New Location!

SWEET CHARITY RESALE BOUTIQUE
147 MESCALERO TRAIL
RUIDOSO, NM 88345
575-257-0041



The Lincoln County COAD

By Kristen Hall

The Lincoln County COAD (Community Organizations Active in Disaster) is a group that has formed following the South Fork Fire 2024 in Lincoln County, New Mexico with the goal of convening community entities to identify and increase capabilities, encourage training, share information, and integrate into an efficient and effective disaster preparedness, mitigation, response, and recovery system. The Lincoln County COAD does not engage in the direct provision of disaster relief services, but provides a network that supports the efforts of its members who provide disaster services to those affected by natural disasters in Lincoln County. COADs are utilized throughout the United States, but the Lincoln County COAD is the only local COAD currently available to Lincoln County, New Mexico. Read more about COADs in the information below!

What is a COAD?

Community Organizations Active in Disaster (COAD) is an organization, based within a community or geographic area, which is comprised of representatives from public, private, and not-for-profit agencies. The COAD will have a broad mission: to strengthen area-wide disaster coordination by sharing programs, policies, information, joint planning, and training. The end goal is to enhance the community's ability to mitigate, prevent, prepare for, respond to, and recover from disasters.

Who participates in a COAD?

COADs include any agency, individual, or organization with a role to play in any phase of emergency management. This includes disaster services agencies, human services agencies, emergency management agencies, and public, private, or not-for-profit organizations with an interest in addressing a community's emergency management needs. The COAD is a collaborative working group in which all the participants are equal partners united by common goals.

When will COADs be active?

COADs will be active in all phases of emergency management including mitigation, prevention, preparedness, response, and recovery!

How can my organization join?

Please contact the Lincoln County COAD at lincolncountycoad@gmail.com for more information!



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575.219.7542

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We are EMDR therapist and Certified Clinical Trauma Professionals



**FREE EDUCATIONAL PROGRAM
FOR CHILDREN 6 WEEKS TO
4 YEARS OLD!**



REGION 9 HEAD START/PREK & EARLY HEAD START



HOW TO APPLY:

- Fill out an application online at www.rec9nm.org, scan the QR code, or come in person!
- Provide the following documents:
 - 12 months income (W2, 1040, current check stubs, etc.)
 - Child's birth certificate
 - Immunization Record
 - Medicaid/Insurance Card



**Children must be 3 or 4 years old
before September 1st to qualify for
Head Start/PreK, and 6 weeks to
2 years old for Early Head Start**

APPLY HERE!



Region 9: (575) 257-2368
Head Start: (575) 651-1802
Early Head Start: (575) 630-0355

www.rec9nm.org/Head_Start
2710 Sudderth Drive, Ruidoso, NM

The Silent Threat: Why Waiting on Dental Issues Can Cost You More Than Just Money

By Dr. Felicia Frizzell, DDS, MHS, FACD - Owner of Enchantment Family Dentistry

As a Mescalero and Ruidoso native, my dental journey has come full circle. Enchantment Family Dentistry, formerly owned by Dr. Sally Waters, is where I first encountered dentistry on a kindergarten field trip. That early experience sparked my passion for oral health. Today, I'm proud to serve my community in the very place that inspired my career.

In my years of practice, I've noticed a concerning trend. Many patients, when faced with a dental diagnosis, often say, "Well, nothing is hurting, so I don't want to do anything." While this approach may seem logical in the moment, it can lead to more significant problems down the road.

At Enchantment Family Dentistry, we believe in empowering our patients with knowledge to make informed decisions about their oral health. Addressing dental issues early is crucial for your overall well-being and financial health.

The Domino Effect of Dental Neglect: Imagine a small cavity. Left untreated, it can progress into larger decay, potentially requiring a root canal or even leading to tooth loss. What started as a simple filling could escalate into a more complex and costly procedure. This scenario is all too common and entirely preventable.

Pain--Not Always a Reliable Indicator: One of the most dangerous misconceptions in dental health is equating the absence of pain with the absence of problems. Many dental issues, including gum disease and early-stage cavities, can progress silently without causing immediate discomfort. By the time pain sets in, the problem has often advanced significantly.

The Cost of Waiting: Financially speaking, preventive care and early intervention are always more cost-effective than reactive treatments. A small filling today could prevent the need for a crown or implant tomorrow. Moreover, the emotional and physical toll of extensive dental

procedures can be significant. Why endure unnecessary stress when simple, timely interventions can maintain your smile?

Beyond the Mouth--Oral Health and Overall Wellness: It's crucial to understand that oral health is intricately linked to your overall well-being. Poor dental health has been associated with various systemic conditions, including heart disease and diabetes. By maintaining good oral health, you're investing in your entire body's wellness.

Early Detection of Oral Cancer: One of the most critical reasons for regular dental check-ups is the potential for early oral cancer detection. During your dental exam, we perform a thorough screening for signs of oral cancer, which can be life-saving if caught early. Oral cancer can often develop without noticeable symptoms in its initial stages, making professional screenings invaluable. By visiting us regularly, you're not just protecting your teeth and gums -- you're taking a proactive step in safeguarding your overall health.

A Holistic Approach to Health: As the saying goes, "Health is not just about what you're eating. It's about what you're thinking and saying too." This wisdom extends to how we approach our dental care. A positive, proactive mindset towards oral health can lead to better habits and outcomes.

Take Action Today: At Enchantment Family Dentistry, we're committed to partnering with you for a lifetime of healthy smiles. Don't wait for pain to prompt action. Schedule regular check-ups, address issues promptly, and invest in your oral health today for a brighter, healthier tomorrow. Remember, these visits are not just about cleaning your teeth -- they're comprehensive health checks that can detect serious issues like oral cancer at treatable stages.

Remember, your smile is an investment, and we're here to help you protect it. Let's work together to ensure that your dental health contributes positively to your overall well-being and quality of life. By choosing regular dental care, you're choosing to prioritize your health in ways that extend far beyond your mouth.



Picture courtesy of pexels-karolina-grabowska

Ways to Increase Happiness: Simple Strategies for a Fulfilling Life

By Ashlee McEwen

In today's fast-paced world, finding happiness can sometimes feel elusive. However, research in psychology and positive thinking has uncovered several effective strategies that can help enhance our overall well-being. Here are some practical ways to increase happiness in your daily life.

1. Cultivate Gratitude

One of the simplest yet most powerful ways to boost happiness is by practicing gratitude. Keeping a gratitude journal, where you jot down a few things you're thankful for each day, can shift your focus from what you lack to what you have. This practice not only fosters a positive mindset but also increases resilience against stress.

2. Connect with Others

Social connections are fundamental to our happiness. Building and maintaining relationships with family, friends, and community members provides emotional support and a sense of belonging. Make time for regular social interactions, whether through phone calls, video chats, or in-person gatherings. Volunteering and helping others can also create a sense of fulfillment and connection.

3. Engage in Physical Activity

Exercise is a powerful tool for enhancing mood. Physical activity releases endorphins, which are known as "feel-good" hormones. Aim for at least 30 minutes of moderate exercise most days of the week. This could include walking, cycling, dancing, or any activity you enjoy. Regular physical activity not only improves physical health but also boosts self-esteem and cognitive function.

4. Practice Mindfulness and Meditation

Mindfulness involves being present in the moment and fully engaging with your thoughts and feelings without judgment. Practices such as meditation, yoga, or deep breathing exercises can help you cultivate mindfulness. These techniques reduce stress, enhance emotional regulation, and improve overall mental health. Even a few minutes of mindfulness practice each day can lead to significant improvements in your mood.

5. Pursue Hobbies and Interests

Engaging in activities you are passionate about can greatly enhance your happiness. Whether it's painting, gardening, playing music, or cooking, dedicating time to your hobbies provides a sense of accomplishment and joy. Exploring new interests can also spark creativity and prevent monotony in your daily routine.

6. Set Goals and Celebrate Progress

Having goals gives us a sense of direction and purpose. When setting goals, make sure they are specific, measurable, achievable, relevant, and time-bound (SMART). Break larger goals into smaller, manageable steps, and celebrate your progress along the way. Acknowledging your achievements, no matter how small, can boost your motivation and sense of fulfillment.

7. Limit Social Media and News Consumption

While social media can help us stay connected, excessive use can lead to feelings of inadequacy and anxiety. Try to limit your screen time and be mindful of the content you consume. Curate your feed to include positive, uplifting content and take regular breaks from social media and news to foster a more positive mindset.

8. Practice Self-Compassion

Being kind to yourself is essential for happiness. Instead of harshly criticizing yourself for mistakes or setbacks, practice self-compassion. Treat yourself as you would a close friend--acknowledge your feelings, offer support, and forgive yourself. This shift in mindset can significantly improve your emotional well-being.

Simple Ways to Increase "Happy Chemicals" in the Brain

1. Smile: Even if you do not feel happy, the simple act of smiling (a really big, ridiculous smile) releases several chemicals in the brain which are known to increase happiness, manage mood, and decrease stress.

2. Laugh: Watch a funny video or even just make yourself laugh to release "happy chemicals" in the brain.

3. Hug: The simple act of hugging someone (or even a pet) for more than 6 seconds has been found to improve mood, lower levels of depression, strengthen the immune system, deepen relationships, and improve sleep.

Conclusion

Increasing happiness is a personal journey that requires intention and effort. By incorporating these strategies into your daily life, you can create a more fulfilling existence. Remember, happiness is not just a destination but a continuous process of growth and self-discovery. Embrace the journey and take

small, meaningful steps toward a happier you.

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Wound Care and Physical Therapy Go Hand in Hand

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

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

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

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

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

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

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





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Project Hope

By: Sara Chapman

According to the New Mexico Department of Health in 2021 our state, New Mexico, had the 6th highest overdose rate in the Nation, with a total of 1,029 people dying from drug overdoses. To put it in perspective that means 1 person in New Mexico dies every 8.5 hours from a drug overdose. Almost 70% of those drug overdose deaths involved an opioid. On September 7, 2017, the New Mexico Attorney General's Office (N MAGO) filed a complaint against companies who either manufacture opiate-based analgesic pain medications (opioids) or who distribute those opioids from the manufacturers to pharmacies, the N MAGO filed this complaint to recover money spent by the State of New Mexico. Lincoln County has received settlement funds to be used to mitigate damages caused by the use of opioids in our county. These settlement funds were awarded to Hope Floats Counseling, LLC in July of 2024 and the Project Hope initiative was established. Project Hope's goal to begin

fighting the opioid crises in Lincoln County will be assisting persons with an identified Opioid Use Disorder (OUD) and perhaps those at risk of OUD by offering trainings, education, peer support, community navigation and connecting program participants to already established programs and services offered in Lincoln County. The county can also expect to see our team offer several different trainings, such as Naloxone administration and educational materials to bring awareness to this epidemic. In addition, Project Hope will be offering pain management classes, individual and group therapy for those struggling with an OUD, support, and educational groups for family members as well as several other services. For more information about Project Hope please contact (575) 260-9058.



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ADDICTION: None are Immune; Many are At Risk

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

Whether you are a person who wrestles with addiction or not, addictions can be difficult to understand and to manage. Addictions come in many forms, and some are sneakier or more hidden than others. Addictions can involve substances, behaviors or things. If you don't think you have an addiction, try handing your cell phone to someone else for a few hours! Did you know that shopping, hoarding, video gaming, over exercising, overeating and anorexia/bulimia can be similar to addiction? Other behaviors such as gambling, and excessive or obsessive sexual behaviors have been defined as addiction but are not as well known or addressed in society as substance abuse problems.

One way to characterize an addiction is to look at the 4 Cs: Compulsion, Craving, Consequences and Control.

Compulsion is having the irresistible urge to get the substance or thing; or engage in the behavior, even if you know it is bad for you. A compulsion is a behavior or strong desire to engage in behavior.

Craving. This is an intense desire, and we can feel this physically or psychologically. Often this is triggered by stimulus – seeing an ad for gambling, or hearing about a party.

Consequences. Often addictions come with negative consequences, despite how good you may feel while engaging in an addiction. Consequences can be less devastating, such as an impact on your spending; or devastatingly difficult such as a loss of your job, or loss of a close relationship.

Control. While involved in an addiction, it is difficult to control oneself. Regaining control will be a sign of recovery, but one may need support to achieve that.

As the person with addiction, you may not even realize an addiction has developed until later, when you start to feel the consequences! Or, maybe someone else in your circle is noticing and talking to you about it.

Please note that there are changes in our brain biology as a result of addictions. This may decrease our natural reward system in the brain and therefore we rely on the addiction which creates a feeling of pleasure or reward. Through time, however, the brain's reward system may wear out, and it takes higher amounts of a substance or more behaviors to achieve the same effect.

What makes us more at risk of an addiction?

1st: Family history of addiction. This may or may not mean biology, though some people may have genetic predisposition to substance

use disorders. A recent large study by National Institute of Health involving 1 million people found that the dopamine signaling system was a predictor (neurochemical that makes us feel pleasure or motivation). Also, when we observe our family members engage in addictive behaviors, there's an implicit permission to do so ourselves. We learn by modeling our parents or peers or other people to whom we look up to. However, even if you have the genetics or the family history which could lead you to addiction, it is NOT guaranteed. Nora Volkow, Director of the National Institute for Drug Abuse says, "genetics play a key role in our health but are not our destiny." (NIDA.NIH.gov)

2nd Factor: Exposure to substances or gambling establishments or behaviors can make us more prone to developing a problem. The more we use, the more we gamble, the more we shop, we increase our likelihood to become addicted. More exposure begins to actually change our brain through time. And early exposure creates more risk. If you begin drinking in your early teens, you are more likely to develop a problem later.

3rd Factor: Other mental health issues. When we feel depressed or anxious, we may turn to substances or gambling or shopping to help us feel better. Did you know that over 70% of people with a gambling problem also have a problem with alcohol? People with bipolar disorder or an impulse control disorder such as attention deficit disorder may be more prone to using substances or gambling for example. These are not causal relationships – meaning having one problem doesn't cause another – but they are connected and complicated!

4th Factor: Trauma or adverse experiences in childhood. Traumatic events are defined as those events which threaten our life; or see others' lives threatened; or experience significant harm to ourselves. "Shell shock" was the early definition of response to trauma experienced by military personnel returning from the battlefield. We then realized that other life events are also traumatic, whether one time or repetitive. Early significant experiences with violence or deprivation in our life can create strong emotional reactions to events or people which remind us of the bad experience. As a result of these traumatic or adverse experiences we may develop unhelpful patterns of behavior or poor relationships. Repetitive negative or threatening events in childhood can actually change our brain structure and brain functioning. (Frontiers in Psychiatry 2018) In addition, if we have recurring memories of bad events, commonly referred to as flashbacks, we may want to squash those memories by gambling, or using substances. There is a high occurrence of addiction when someone has had adverse experiences.

5th Factor: Big life stressors. We know what stress feels like! We have life transitions or periods of time when we are experiencing more stress which may be difficult to manage. Negative stressors such as losing a loved one or financial troubles cause emotional pain for us. We may turn to addictions to help us with our anxious or sad feelings, but the remedy for what was making us feel bad may make us feel good for a short time again, and then bad again. Often, we experience additional problems as a consequence, like gambling debt! Please note that even good stressors such as getting involved in a romantic relationship or having a new job may prompt us to either celebrate or seek relief by using substances, or gambling or shopping.

Though there are multiple factors in developing addiction, (more than what is listed here) recognizing a problem early may help you head off a full-blown addiction. When you are going to the casino or gambling more money online; when you start to have more drinks in a week; when you find yourself high more hours in a day than before; being able to identify your change in patterns is helpful. If you find you cannot control your behaviors, please reach for support. Remember, you are not the only one with a problem, as millions of people are facing addiction every day. Our brains are wired for addiction – and there is no need for shame. Reach to someone you trust, whether a good friend, or a self-help group, or a professional. You have to do the work, but you don't need to do it alone!

Healthy Aging

By Richard Houston



Richard Houston

Every adult who celebrates their 40th year birthday has a concrete opportunity to shape their future. Adult health in decades beyond age 60 is shaped by daily and weekly habits developed in middle age. Psychological factors play an important role in determining personal quality of life and these factors are often not recognized nor well managed. For example, optimistic adults contract dementia at half the rate of their more pessimistic peers according to research published out of Yale University. Personal agency, or what psychologists call locus of control, plays a powerfully influential role the aging process. Do you believe that you are the master of your personal destiny or do you believe that your fate will be shaped by factors beyond your control? People who believe that they are the master of their own destiny are more likely to develop and sustain healthy habits in the belief that they will promote better health in later life decades.

Resilience is another 'game changer.' Resilient adults enjoy the following benefits:

- Stronger adaptive coping ability
- Fewer chronic health conditions
- More independence in daily living skills
- Lower incidence of depression
- Lower frequency of hopelessness
- More physically active daily habits, and,
- Increased lifespan longevity.

Our own original research with 1600 adult residents of Silicon Valley points to a decisive role played by psychological factors in shaping healthy lifestyle habits. Adults who maintained healthy lifestyle habits

made more constructive interpretations of challenges associated with their activity routine. In contrast, sedentary adults evidenced a more negative outlook and were much more likely to get discouraged and interpret events as more evidence that they were unlikely to ever build regular activity habits. Managing the meaning of various events can shape tangible outcomes.

Lincoln County adults should understand that the best reason for developing active lifestyle habits is likely related to the human brain. Nearly half of the adult population over 65 report some type of memory dysfunction. People over 60 should understand that they can take concrete steps to sustain and even improve memory function.

Neuropsychologists long believed that the number of neurons in the human brain remained stable throughout life. In fact, the adult brain has fewer neurons than a child's brain since many neural circuits are 'pruned' if they are not used. However, neuropsychology research in recent years has conclusively shown that humans are capable of neurogenesis – the growth of new neurons – in the hippocampus, a sea-horse shaped region tucked deep in the middle of the human brain that functions as a central switching station for memory. Every reader of this article has the opportunity to spawn neuron growth in their hippocampus by their activity today and tomorrow. Physical exercise stimulates the growth of new neurons in this essential part of the human memory circuit.

Brain plasticity – the ability to learn – remains strong in our later decades. Our brain retains the ability to adapt and to learn new things. In fact, mature adults need to challenge the brain in order to maintain its vigorous adaptive quality. Readers are invited to review our tutorial on the neuropsychology of aging – free of charge – at <https://www.senior-psych.com/>

Every reader of this article should finish with a firm conclusion that adults in their 40's, 50's and 60's can shape their future quality of life by their daily and weekly routines. Mature adults can invigorate their brain health and build resilient cognitive / behavioral habits that pay off in tangible form in years ahead. We strongly encourage readers to embrace an internal locus of control. Believe that you can shape your personal destiny. This perspective pays big dividends and will enhance your quality of life in senior decades.

Richard T. Houston, Ed.D.

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THE JENGA BLOCKS OF TRAUMATIC STRESS AND HOW IT AFFECTS OUR HEALTH AND WELLBEING

By: Bequi Livingston, BodySense Wellness

We all experience levels of stress during our lives; in fact, our humanness relies on some levels of manageable stress. However, it's when that stress becomes chronic, and or cumulative, that it becomes problematic. When we look at stress, we can put it in three categories:

- **Eustress** = the good stress such as a job promotion, wedding or birth of a child.
- **Distress** = the bad stress such as job loss, divorce or loss of a loved one.
- **Traumatic Stress** = the chronic and cumulative stress that is ongoing and affects our health and wellbeing, such as: abuse, neglect, shame, wildfires and flooding, and the daily stress that combat veterans and first responders deal with.

With eustress and distress, they are usually short term; eventually allowing our nervous system to normalize once the stress passes or subsides. However, when we think of traumatic stress, we can compare it to the game of Jenga Blocks. You start with a stable foundation, placing blocks, one on top of the other; hoping that the stack holds. You come to a point though, where you begin removing blocks, one at a time, slowly; hoping that your block won't be the one that causes the whole stack to fall apart, into pieces on the floor.

“You know you are dealing with traumatic stress when red flags and rainbows, all feel the same.”

~ Bequi Livingston

Traumatic stress is much the same, beginning at birth, with a stable base. Each life event, and stressor, can be represented by the blocks.


We build our Jenga Block stack with the eustress; and then with distress, blocks are taken away. Yet, the stack keeps building, and depending on your life's events, that stack can be stable, or catawampus – swaying on the edge of disaster. Yet, we keep on building higher and higher, oftentimes not even aware of the stack's imbalance, until something happens and everything comes tumbling down.

When we experience stress, our body reacts with a cascade of stress hormones, depending on the type of stress. Eustress promotes the release of hormones: oxytocin, serotonin, dopamine and endorphins. Oxytocin, known as the 'cuddle hormone' is released when we are in love, or even with a simple hug. I think we've all experienced these feel-good hormones. Then we have the stress hormones released during bad stress: cortisol, epinephrine, and norepinephrine. That's when we feel the jitters, sweaty palms, and racing heart. Our nervous systems are doing exactly what they were developed to do by keeping us safe and out of harm's way. These bad stress hormones help us fight the enemy, run away from danger, rescue, or shut-down and play dead; all to keep us safe.

Our stress hormones are designed to increase, based on the stress response, subsiding and normalizing once the danger, or stressors, have passed. With traumatic stress, these stressors often remain heightened, keeping the cascade of stress hormones oscillating through our body, which can result in a myriad of health issues if not dealt with in a timely, and healthy manner. Our primal brain remains in a heightened state of awareness.

“Danger, danger, Will Robinson!”

~ for any of you Lost in Space fans, as the robot waves his arms trying desperately to warn Will Robinson of danger.



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Continued from page 28. Our autonomic nervous system (ANS) has put us in a perpetual state of survival stress, to keep us safe. Many times, in this state of survival, our Pre-Frontal Cortex (PFC) in the frontal lobe of our brain, goes offline = “wifi’s out!” The PFC is responsible for cognitive thinking and decision making, so not surprising when we can't make a decision to save our life. Then, we go into what's referred to as, Amygdala Hijack. This response is part of our primal brain, and limbic system; the fire alarm that warns us of impending danger. The amygdala is a small part of the brain, most often responsible for the processing of emotional responses, such as fear, anxiety and anger. However, it can become a monster when in danger or survival mode, hijacking the brain.

This is where the survival response of, fight, flight, fawn, and freeze or shutdown come into play. You know the feelings? The fight response keeps us angry, rageful, hostile, aggressive; casting negativity, shame and blame on everyone and everything. Whereas the flight response results in us wanting to run away, isolate, play small, and do everything we can to distract ourselves from the pain. These are both part of the Sympathetic Nervous System response. The fawn response, is related to people-pleasing and rescuing, while trying to push the pain away by taking care of others and being HAPPY, POSITIVE and JUST FINE. When we look at the freeze and shutdown response, also known as collapse, this is where we tend to feel depressed, lethargic, unmotivated, helpless, hopeless, and sometimes suicidal.

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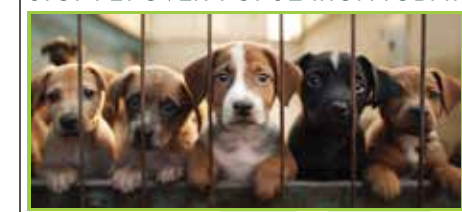
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This is part of the Parasympathetic Dorsal Vagal nervous system response. Yet, all these reactions are a perfectly normal reaction to traumatic stress.

Also, of importance, is understanding the Parasympathetic Ventral Vagal response, which includes, social connection, community, feelings of joy, body language, facial expressions and a sense of belonging. This is the place we all want to be, and this where our body, heart and soul finds healing. All these nervous system responses are part of the Polyvagal Theory, first developed by Dr. Stephen Porges, providing a roadmap of our stress reactions. For more information, please visit: <https://www.polyvagalintstitute.org/>

So, how do we deal and heal from the recent South Fork and Salt wildfires and subsequent flooding? How do we focus on our health

and wellbeing after experiencing traumatic stress in our lives? The roadmap is simple:

- 1. Education:** learn as much as you can about the effects of traumatic stress on your health and understand your ANS default response to stress. Education = Empowerment
 - 2. Get Support:** please know that there are amazing resources in our communities that deal with all aspects of wellness: physical, mental, emotional, relational, and spiritual. Of great importance is mental and emotional health. One of the most courageous things you can do is ask for help, and be willing to receive it. **If ever in distress, or crisis – CALL 9-8-8.**
- ** This Health and Wellness Resource Guide is full of amazing local resources.

3. Prioritize Self-Care: we are ultimately responsible for our own health and wellbeing. Find healthy modalities that promote self-care and feel right for you.

✓ **Mindfulness:** finding mindfulness practices that resonate with you, helping to calm your nervous system and traumatized brain. This can include: mindfulness-based stress reduction (MBSR), spiritual practices, guided meditation, yoga, somatic movement, equine therapy, fishing, walking in nature and prayer.

✓ **Movement:** finding movement that keeps you in the parasympathetic mode, such as yoga, somatic movement, tai chi, qigong, and walks in nature; which also incorporates mindfulness.

✓ **Body Work:** massage, cranio-sacral, core synchronization, chiropractic, healing touch, and acupuncture are some modalities to consider. Most importantly, find Trauma-Safe practitioners and modalities that feel right to you.

✓ **Healthy Lifestyle:** this is so important and includes, healthy nutrition, hydration, and sleep. All are essential to health and wellness.

✓ **Medical Intervention:** this includes finding a professional medical practitioner that understands traumatic stress, if possible. Routine exams, lab work and medication, as needed, is so important when you are dealing with traumatic stress. This includes checking thyroid and adrenal gland function, and inflammation markers that are most oftentimes affected by chronic stress.

4. Find Community: community is the cornerstone to healing traumatic stress, such as: local support groups or spiritual centers, with like-minded people, who understand what you're going through, having had similar experiences. Humans are hard-wired for connection, and community can provide the healing balm to our aching hearts.

Oftentimes, traumatic stress results in us feeling; unsafe in ourselves, unsafe in the world, and unsafe knowing our place in the world after our traumatic experience. It's important to watch out for maladaptive coping behaviors such as; addictions, compulsions, isolation, depression, and suicidal or homicidal thoughts. Two other cornerstones to healing traumatic stress include:

- SAFETY = feeling safe in our environment, and in ourselves
- TRUST = trusting the people in our lives and those trying to support us

In summary: Please know that much of what many of us are experiencing is a normal reaction to the traumatic stress, based on what we have been through in the last 4 months. It may feel scary, and you may feel broken; but I assure you – YOU ARE NOT BROKEN; you are just HUMAN. Please know that there is always HOPE for HEALING for those with the courage to face their traumatic stress and grief, and get the help and support that you need and deserve. On a side note: you can also be a beacon of light for others that might be struggling, even when you are not. You can be that person that provides safe space for others to talk and share their stories, as long as, you have the capacity and tolerance to do so. If not, you can walk alongside them, guiding them to find the right support. Remember, if you can't do anything else – just BE KIND, because we can always BE KIND.

To your HEALTH and WELLNESS

The Importance of Annual Hearing Health Checkups

By Your local audiologists at Advanced Hearing Care

Hearing is one of the five essential senses that enable humans to interact with their environment, yet it is often overlooked in routine health care. Annual hearing checkups are a proactive measure to preserve auditory health, detect early signs of hearing loss, and address potential issues before they progress.

Hearing Loss: A Common and Growing Concern

Hearing loss affects millions of people globally and is expected to increase due to aging populations and exposure to noise pollution. The World Health Organization (WHO) estimates that over 430 million people worldwide have disabling hearing loss, and this number could rise to 700 million by 2050 without preventive action.

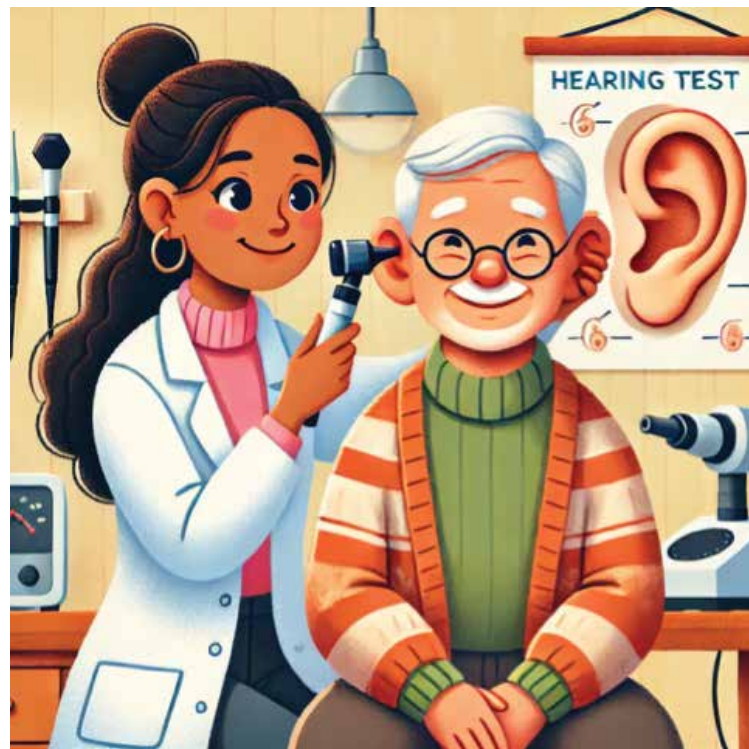
Hearing decline is not limited to the elderly; it affects individuals of all ages. For instance, about 15% of children aged 6-19 in the U.S. experience some level of hearing impairment, often due to noise exposure or infections. Annual checkups can help identify such issues early, potentially mitigating damage.

Early Detection is Key

Most forms of hearing loss develop gradually, making it difficult to notice the problem until it significantly impacts daily life. Regular hearing checkups allow audiologists to establish a baseline and monitor changes over time. Early detection can lead to better management strategies, such as hearing aids or therapy, which improve communication and quality of life.

Untreated Hearing Loss: Broader Implications

The consequences of untreated hearing loss extend beyond difficulty hearing. Research shows that hearing loss is associated with cognitive decline, depression, social isolation, and even increased risk of falls.



falls.

A 2021 study published in The Lancet linked untreated hearing loss to dementia, emphasizing that managing hearing loss is one of the most modifiable risk factors for cognitive decline. Annual hearing checkups can ensure timely interventions to prevent these cascading effects.

Continued from page 30.

Who Should Get Annual Hearing Tests?

While annual hearing checkups are essential for everyone, certain groups are at higher risk:

- Adults over 50: Age-related hearing loss (presbycusis) is common in this demographic.
- Workers in noisy environments: Regular screenings can prevent occupational hearing loss.
- Individuals with chronic illnesses: Conditions like diabetes and cardiovascular disease can affect auditory health.
- Children: Pediatric hearing tests ensure normal language and cognitive development.

Hearing health is a cornerstone of overall well-being. Making annual hearing checkups a priority can protect you or your loved ones from the far-reaching impacts of untreated hearing loss. Consult an audiologist to schedule a hearing test and safeguard your ability to connect with the world through sound.

References:

1. World Health Organization. (2021). World Report on Hearing.
2. Centers for Disease Control and Prevention (CDC). (2022). Noise-Induced Hearing Loss.
3. Livingston, G., et al. (2021). Dementia prevention, intervention, and care: 2020 report of the Lancet Commission. The Lancet.
4. National Institute on Deafness and Other Communication Disorders (NIDCD). (2020). Quick Statistics About Hearing.

For more information, consult your local audiologist at Advanced Hearing Care locations in Alamogordo and Ruidoso, New Mexico.

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Dr. Allison Money Penny, AuD CCC-A
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Serving the Mescalero Youth and Community for over 20 years!

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

- SUBSTANCE ABUSE AWARENESS** (Sticker shock campaign, BIA Collaborations)
- SUICIDE PREVENTION** (MHFA, QPR, Natural Helpers, 988)
- TRADITIONAL TOBACCO EDUCATION**
- PRESCRIPTION DRUG ABUSE PREVENTION** (Drug Take Back Day, Deterra Bags, IHS Collaborations)
- CULTURAL REVITALIZATION WORKSHOPS** (Traditional Regalia, Plant Collection, Historical trauma)

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

Mescalero Prevention Program
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https://www.rec9nm.org/Developmental_Services
https://www.rec9nm.org/Home_Visiting_Services

Early Childhood Services

Two programs serving the youngest of Lincoln County's population.
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Developmental Services

- ✓ Birth-Age 3
- ✓ Eligibility
 - Developmental Delay
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 - Environmental Risk
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- ✓ Child Find Services

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



Lincoln County Community Emergency Response Team (CERT)

By Robert Barber

Lincoln County Community Emergency Response Team (CERT) is here to help citizens to prepare for all kinds of natural or man-made disasters.

What is CERT? Lincoln County CERT is a non-profit group of volunteers trained in a consistent, nationwide approach to prepare for, respond to, and recover from disasters. CERT volunteers support emergency responders with disaster preparedness and with protecting family, neighbors, and others in a disaster or emergency situation. We are registered with FEMA, NM Department of Homeland Security and sponsored by Lincoln County Office of Emergency Services. Our mission is to help the county and neighbors to be more resilient during all kinds of disasters.

We accomplish this mission by educating everyone on prepare for and react to events. We encourage networking and collaboration among citizens so they can help each other following a catastrophic event. We train citizens in basic emergency procedures for increased disaster resiliency. Encouraging them to serve the county by volunteering on the CERT program and teaching others about disaster preparedness. Since we started in 2023, we conducted over 10 out reach events where we educated over 300 people on how to prepare for the next disaster. We're continuously looking for opportunities to conduct these educational events. If you are part of an organization that would like to learn more about disasters and how to prepare for them, contact Robert Barber at lnmcert@outlook.com.

The CERT program trains volunteer teams, who respond to disasters by opening and operating evacuation shelters, small and large animal shelters and logistic distribution centers for citizens adversely affected by any emergency events. Our teams are made up of local volunteers

and by working directly with the County Office of Emergency Services, we can respond quickly to citizen needs. Our responses to Blue2, Southfork and Salt fires are examples of how we help the county during a disaster. During the Blue2 fire we opened people and animal shelters at the County's Fairgrounds. When the Red Cross, with their greater infrastructure, could take over, we continued to operate a large animal shelter until people were allowed to return home. During Southfork and Salt fires, we opened and operated the evacuation shelter at the Ruidoso Convention Center until the clients could be moved to Capitan HS shelter four days later. At the same, we helped open the shelters at the Fairgrounds. After the Red Cross got the Capitan HS shelter, the CERT continued to operate an animal shelter and distribution center until the animals returned home and distribution centers were established in Ruidoso.

The Lincoln County CERT is funded entirely on Grants and Donations. Our teams are made up entirely of volunteers. We meet and train once a month in Capitan. If you're interested in donating, volunteering or just learn more about the program, contact Robert Barber at lnmcert@outlook.com. Robert Barber is the founder and Executive Director of the Lincoln County CERT.



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For Mental Wellness
 Hn'zhu gu naats'edzi'kee's gu jiinda

You have the power to prioritize your health!

By Jemise Ray De La Cruz, Health coach

Has the doctor ever told you that you need to change your diet or lose weight, but you have no idea how to start?

We have all created habits that either keep us healthy or contribute to becoming chronically ill. Balancing work, relationships, school and family can make it difficult to prioritize health. However, without it, we are unable to fulfill our obligations or attain our desires.

Fortunately, you can improve your health by taking small steps and making gradual changes. Here are simple suggestions that you can implement today to jump-start your journey to leading a healthier lifestyle.

Shift your mind-set. Believe that you are valuable, and it is worth the effort to change habits that are hurting your health. Write down how your life would change for the better if you were healthier. Keep those written motivations posted somewhere in your physical space to keep you motivated.

Once you have prepared your mind-set, make a SMART goal. SMART is an acronym that stands for specific, measurable, attainable, relevant and timely. SMART goals allow you to keep track of your success and identify what changes you may need to make to accomplish your goal. Try choosing a goal you can accomplish in a week or less. An example of a SMART goal would be, "In order to lose weight, I will make a healthier lunch Monday of this week. This goal meets all the criteria of a SMART goal and keeps you accountable. It specifically states what will be done and within what time frame. Preparing a healthier lunch is relevant because it is a stepping stone to achieve our principal goal of losing weight. Time can be set aside to make lunch and buy what is necessary, which makes it achievable. It is also easy to measure if we accomplish this goal. Follow the above steps to create your SMART goal today!

Most importantly, when you accomplish your goals find a way to cel-

brate! Acknowledging your success will motivate you to reach further goals; but do not let your celebration turn into a setback. Get creative and reward yourself by doing an activity with enjoyable company! Sharing a health supportive smoothie or veggie juice at Windy Point Vista or taking a trip to Carrizozo Volcanic Field are wonderful ways to celebrate with a loved one.

If you want to celebrate by satisfying your sweet tooth, you may want to try my recipe for "Tremendous Tri-Melon Treat" pictured below.



If you are interested in this recipe, write me at salubrehealthcoaching@gmail.com. It's fun to prepare alone, with your significant other, or with kids!

As you embark on your wellness journey, take one step at a time. Be patient with yourself. It may have taken years to create habits that don't nourish your body, but you have the power to create new healthy habits. Shift your mind-set, set SMART goals and celebrate your accomplishments. If you want help getting started, Ruidoso has local health coaches who can help clarify your goals and keep you accountable until you reach them. I am one of those local health coaches, offering completely free sessions for a limited time. It would be an honor to accompany you in pursuit of your goals. We have the power to prioritize our health, to not only make ourselves healthier, but to also better the health of our families and communities.

¡Tome las riendas de su salud!

Por Jemise Ray De La Cruz, Entrenadora de salud

¿Alguna vez un doctor le ha dicho que necesita cambiar su dieta o bajar de peso, pero no tiene ni idea de cómo comenzar? Todos hemos creado hábitos que nos mantienen saludables o nos ponen crónicamente enfermos. Puede ser difícil priorizar la salud cuando tenemos que dividir nuestro tiempo entre el trabajo, las relaciones personales, la escuela y la familia. Sin embargo, si no estamos saludables, no podemos cumplir con nuestras obligaciones ni hacer lo que deseamos. Sigue estos consejos hoy mismo para vivir una vida más saludable.

Cambie su actitud mental. Decida valorarse y que vale la pena cambiar los hábitos que deterioran su estado de salud. Escriba como sería su vida si fuera más saludable. Ponga estos motivos en un lugar donde los pueda ver todos los días para mantenerse entusiasmado.

Ahora está listo para seguir al próximo paso, el cual es ponerse una meta SMART. Esto es un acrónimo en inglés que significa: específica, medible, alcanzable, relevante y a tiempo limitado. Cuando decida su primera meta, escoja algo que puede lograr en una semana o menos. Un ejemplo de una meta SMART sería: "para bajar de peso, voy a preparar un almuerzo más saludable el lunes de esta semana." Esta meta es específica y medible porque declara lo que va a hacer y es fácil comprobar si lo hace. Preparar el almuerzo es un paso hacia la misión principal de bajar de peso; por lo mismo es relevante. También es alcanzable porque puede apartar el tiempo y comprar lo necesario para cumplir con la meta. Finalmente, la va a terminar en un tiempo limitado. Este método le permite registrar sus éxitos e identificar cuáles son los cambios necesarios para lograr su meta. ¡Póngase una meta SMART hoy!

¡Ya que ha logrado su meta, es hora para celebrar y reconocer su éxito! Esto le impulsará a alcanzar sus otras metas. Sea creativo y haga una actividad con compañía placentera. Elija un premio que apoye sus hábitos nuevos. Disfrute un licuado o jugo verde en el Windy Point Vista o planee un viaje local a Carrizozo Volcanic Field para explorar al aire libre.

Si quiere celebrar con algo dulce, pruebe el delicioso dulce de tres melones en forma de corazón hecho de melón verde, sandía y melón anaranjado (vea la foto abajo). El sabor exquisito de la combinación



de los tres melones es saludable y un deleite al paladar.

Si a usted le gustaría tener la receta para preparar este dulce, escríbame

a salubrehealthcoaching@gmail.com. ¡Es divertido prepararlo solo, en pareja o con niños!

Los primeros pasos en su camino a la salud son pequeños, tenga

paciencia consigo mismo. Se ha tomado años creando hábitos que no aportan salud a su cuerpo. Recuerde que usted tiene el poder de crear nuevos hábitos saludables. Cambie su actitud mental, póngase metas S.M.A.R.T. y celebre sus logros. Si quiere formar un plan detallado para lograr sus metas de salud, acuda a los servicios de un entrenador de salud. Afortunadamente, ¡Ruidoso tiene sus propios entrenadores de salud, y yo soy una de ellos! Por un tiempo limitado estoy ofreciendo sesiones gratis a nuestra comunidad. ¡Comuníquese conmigo hoy mismo para tomar las riendas de su salud!

Jemise Ray De La Cruz
salubrehealthcoaching@gmail.com | 1-575-657-1797



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National Forest 101

By Jodie Canfield, retired District Ranger, Smokey Bear Ranger District



If you live in or visit Ruidoso, perhaps you know that there is a Forest Service office on Mechem with a sign reading "Smokey Bear Ranger District". But what do you really know about the Forest Service? Having worked for this agency for 32 years, my aim is to offer some perspective.

There are different kinds of public lands. National Forests and Grasslands, are managed under the Department of Agriculture, whereas Bureau of Land Management lands (BLM) and National Parks and Monuments are managed by the Department of Interior. National Parks and Monuments are "preservation oriented" and National Forests and BLM lands have "multiple uses".

These multiple uses include forest product removal, fire management, livestock grazing, mining, and recreation (including the Wilderness Pres-

ervation System).

This came about starting in 1897, when the Organic Act was passed allowing for the establishment of forest reserves to protect timber and water resources. The Forest Reserve Act of 1891 allowed the president of the United States the power to set aside forest reserves in the public domain. In 1905, President Theodore Roosevelt transferred their care to the US Department of Agriculture's new agency, the US Forest Service.

The National Forest System consists of nine Regions. The forests in New Mexico and Arizona are assigned to Region 3, with headquarters in Albuquerque. Each Forest is divided into Ranger Districts. The Lincoln National Forest has its headquarters in Alamogordo, and district offices in Cloudcroft (Sacramento Ranger District), Carlsbad (Guadalupe Ranger District), and in Ruidoso (Smokey Bear Ranger District). The District in Ruidoso is famous for being the home of Smokey Bear, who was rescued from a fire in the Capitan Mountains in 1950. We are also known for the Ski Apache Resort, and the White Mountain Wilderness, and our wonderful trail systems.

We are blessed in this country to have the National Forest system. No other country in the world has so much land dedicated to the enjoyment of its people.

So as part of your new wellness routine, get out on your public lands and hike, fish, hunt, gather firewood, and camp. It's all yours!



Finding Help, Finding Hope for Problem Gambling

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

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

Thanks for reaching out.
How can I help you?



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Confidential assistance when you're gambling too much



2024 LINCOLN COUNTY COMMUNITY HEALTH COUNCIL

A collaborative effort between service providers and community members aimed at promoting cooperation and networking among agencies providing community health-related services in Lincoln County & Mescalero.

Mission: To promote and strengthen the health, well being, and quality of life of Lincoln County & Mescalero residents.

Access & Recovery

12th Annual Health Fair hosted 76 booths for our 626 visitors this year.



The Health & Wellness Guide is a health resource guide for Lincoln County and Mescalero. Over 8K distributed.

Annual Pink Soccer Game honored 3 survivors this year and we distributed educational information & giveaways.



1st Annual Sobriety Celebration had 5 booths & 3 speakers for our 195 visitors.

Hunger & Resources

2024 Mescalero Mobil Food Pantry Totals:



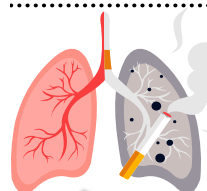
4th Annual Community Educational Garden where community members attended a workshop once a month to learn how to start their gardens at home, as well as grow some food together in the community garden.

Community Fruit Picking where community members attended a workshop to learn how to identify & pick fruit.



Youth Engagement

Hosted Anti-Vaping booths at youth focused health fairs, presentations in schools, and presentations at community youth events that included a healthy and nicotine laden pig lungs for visual comparison.

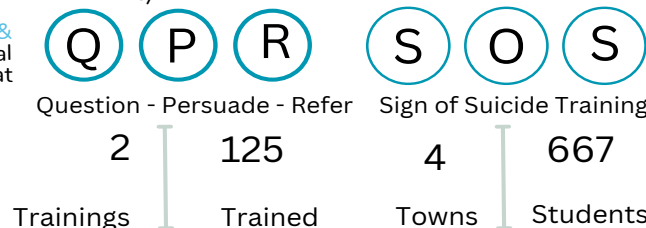


Anti-Vaping frisbees & coloring books at annual Midtown Trick or Treat Event



Mental Health Awareness

Promoted mental wellness through events like the Suicide Prevention Glow Walk and Mental Health Awareness Walk, providing gun locks and resources, fostering dialogue, and supporting recovery in our community.



Gun safety billboard up for 12 months



FREE CLASS

Join a FREE class if you are living with:

- **Chronic Disease** – One or more health problems that you deal with every day. Things like arthritis or heart disease.
- **Diabetes** – High blood sugar.
- **Chronic Pain** – Pain that you feel almost every day.
- **Cancer** – Any type of cancer that you had before or have now.

New classes start every month. You can choose classes:

- In the **morning**, **afternoon** or **evening**.
- During the **week** or on the **weekend**.

You can attend classes:

- **In person**, **online** or on the **phone**.

You will learn how to:

- **Set goals** for your health.
- Make an **action plan**.
- **Make decisions** about your health.
- **Communicate** with family and doctors.
- **Think positive**.
- Deal with sad **feelings**.
- **Solve problems**.
- **Eat healthy**.



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Paths to Health ^{NM}
Tools for *Healthier* Living



Visit pathstohealthnm.org

Find us on Facebook @pathstohealthnm



575-686-2066

info@lincolncountyhc.org

www.lincolncountyhealthcouncil.org



The most efficient and affordable walk-in clinic and urgent care in Ruidoso!
Most of our office visit fees are less than your co-pay.

RUIDOSO

Walk-In Clinic/Urgent Care



WEIGHT LOSS PROGRAM

LOSE WEIGHT FOR A HEALTHY NEW YEAR
A NEW YOU!

WEIGHT LOSS PROGRAM BY
SEMAGLUTIDE GLP-1 INJECTIONS
OR ORAL MEDICATIONS

\$299

FIRST OFFICE VISIT INCLUDES:

1. Exam
2. 1 month supply of semaglutide injections
3. Body computer analysis
4. Diet plan
5. Personal trainer consultation and nutrition consultation



VALUE FOR YOUR HEALTH BEFORE IT IS TOO LATE!

ENT (EAR - NOSE - THROAT) PROBLEMS

Vertigo- Hearing loss- Tinnitus-Allergy- nasal congestion

We offer random and pre-employment Urine and alcohol drug screening including TB gold test, MMR and Varicella lab test.

No Appointment Needed

- Saturday: 9 am - 3 pm
- Sunday: 9 am - 1 pm
- Mon, Thurs, Fri: 9 am - 3 pm
- Closed Tue and Wed

Minor Injury Treatment

- Affordable
- Caring healthcare professional
- X-ray off site
- Hard stick lab draw

We also provide a variety of lab services.

Here For You

Our professional team is here to guide our patients and their families every step of the way throughout their health journeys.

Call to schedule your appointment today!

We Treat These Minor Medical Conditions:

- Allergies
- Ear Pain
- Vertigo/Dizziness
- Sinus Infection
- Mild Dehydration
- Laceration
- Abscess
- Minor Muscle Strains
- Urinary Tract Infections
- Mild Asthma
- DOT Physical
- I and D
- Weight Loss
- Pediatric (6 months & up)
- Toothache
- Minor Burns
- Constipation
- Ear Wax Removal
- Acid Reflux
- Ingrown Toe Nail
- Tinnitus
- Sore Throat
- Common Viral Infections
- Cold & Flu Symptoms
- Cough & Bronchitis
- STD's
- Hearing Loss

WE ACCEPT



QUALITY CARE YOU CAN TRUST

Open Every Saturday & Sunday 9 am to 1 pm | Thurs. - Mon. 9am-3pm
Tues. & Wed. CLOSED

159 Mescalero Trail, Suite 8 Ruidoso, NM 88345

CALL: 575-808-8297

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