


Cuba Health Center Prescription Trails Referrals

Checkerboard Area Health System clinics are now offering referrals for individual walking/exercise plans. If you are interested, referrals are available from all practitioners. Plans will be developed by Anna Schulte, Step Into Cuba walking champion by appointment. Your plan will cover medical and other considerations before you begin a walking program. It will discuss how to increase time and intensity of walking or other exercise. Your plan will also suggest places to walk, walking equipment and supplies, and groups to join.

National guidelines published in 2008 recommend 2 ½ hours of walking or other moderate physical activity per week for all adults. The walking time can be broken down into intervals of 10 or more minutes. Children and youth should have one hour of physical activity each day.

Please ask your doctor or practitioner for a referral.




STEP INTO CUBA
REFERRAL FOR WALKING PROGRAM

Take this referral to Anna Schulte, Step Into Cuba walking champion at the Nacimiento Medical Foundation of Cuba Health Clinic, 6382 Hwy 900. You may contact Anna at (575) 289-3718 or walkingchampion@stepintocuba.org or through the Step Into Cuba website at www.stepintocuba.org.

Patient Name _____ Date of Birth _____ M F _____
 _____ and _____
 Best way to contact _____ Height _____ Weight _____ BMI _____ Practitioner _____
 Special considerations for a walking program (injury, health issues, goals, etc.):

The 2008 U.S. Physical Activity Guidelines recommend children and adolescents spend 60 minutes/day and adults exercise 150 min. per week (for example 30 min./day at least 5 days/week). Exercise should be for at least 10 minutes at a time.

*Optional



STEP INTO CUBA
Prescription for Health:
Get up and get moving!

Here's a plan for increasing your physical activity:

Date: _____

Start with: _____ Minutes per day

_____ Days per week

Gradually increase to: _____ Minutes per day

_____ Days per week

Where: _____
(We will make this plan as specific as possible!)

Health Care Provider Signature: _____



PRESBYTERIAN MEDICAL SERVICES

Building a Healthier State[®]
**CHECKERBOARD AREA
 HEALTH SYSTEM**
Call now for an appointment!
(575) 289-3291



- Family Medicine
- Behavioral Health
- Dental Care
- Sports Physicals
- Immunizations
- Teen Health
- Sick and Well Child Care
- Chronic Disease Care
- Disease Prevention

Cuba Health Center (575) 289-3291

M-Th 8-5 Friday 8-4

Monday & Thurs evenings 5-7

Torreon Clinic (505) 731-2284

M-F 8:30 – 4:30

Counselor Clinic (575) 568-4328

M-F 8:30 – 4:30

Ojo Encino Clinic (505) 731-2268

M-F 8:30 – 4:30

Jemez Valley Medical Clinic

(575) 834-0802

M, W, Th 8:30 – 4:30 Friday 8:30 - 12

Our Providers are:

Tim Garcia, MD

Merle Wiseman, MD

Elena Snyder, FNP

Richard Kozoll, MD

Aurelia Staley, FNP

Carol Mills, FNP

Sally Rae Goble LMFT

David Schlottman, DDS Albert Brown, DDS

**Payment Options: Medicare, Medicaid,
 Presbyterian Salud, Lovelace Salud,
 Molina Salud, most private insurances accepted.**

**Uninsured patients welcome –
 Sliding fee scale services available.**

www.pms-inc.org

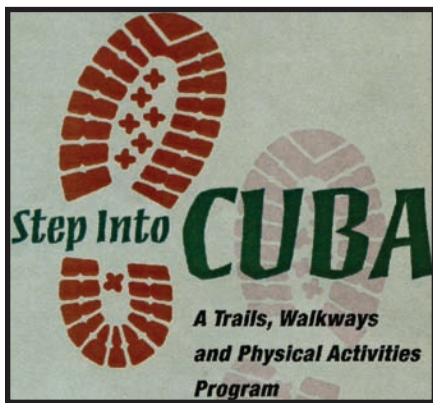
CHECKERBOARD FOOD PANTRY

New Winter Hours start:

November 5, 2009 – Thursday

2:30 pm to 4:00 pm

We always need volunteers to help unload food on the Wednesday before pantry and carry out on the day of pantry. If you would like to volunteer, please call Nacimiento Medical Foundation at 575-289-3718.



Fall Fun Fitness Camp at Cuba Elementary School

Twenty-four students at the Cuba Elementary School successfully completed the 'Fun Fitness Camp'



which was held on Mondays after school for 6 weeks from November 2 through December 7, 2009:

Becky Chase, Jeri Etcitty, Jorell Garcia, Abigail Gurule, Lexie Gutierrez, Marisol Hernandez, Jasmine Herrera, Marimar Herrera, Bruno



Rey Herrera, James Jacquez, Gavin Jewell, Taya Leyba, Juliann Lucero, Andrew Lucero, Ivy Martinez, Anna Paterson, Zeanna Prieto, Mikayla Pruitt, Olivias Rafael, Emmalee Ramirez, Ray Lynn Sanchez, Adam Segura, Indiana Thompson, and Kaitlynn Velarde.

A mini grant from the New Mexico Department of Health was award-

ed to Cuba Independent Schools Wellness Center Coordinator, Beth Hamilton-Ignacio and Nacimiento Medical Foundation's Healthy Communities Coordinator, Anna Schulte for the Fun Fitness Camp.

A special thanks to Dr. Paddy Domier, Elementary School Principal for graciously allowing the use of the Elementary School, to Beverly Johnson, Elementary School Secretary for all her organization and help, and to Darlene Gurule, volunteer helper.

The purpose of the Fun Fitness Camp is to increase fruit and vegetable consumption, while decreasing junk food consumption AND to increase physical activity while decreasing 'screen time'.

Kids went for nature walks, and did other fun physical activity such as hula hooping and balance building. They explored healthy food and beverage choices while making snacks that included protein, vegetables, fruits and whole grains.

All food items were purchased at Mickey's grocery store to teach kids that they can choose healthy snacks from what is available locally.

Each week had its own theme from one of the six foundations of health: deep breathing in the fresh

air (very important, you can only live seven minutes without air!); drinking water (instead of other, sugary beverages) eating a plant based diet (you're mom was right, eat your vegetables!); getting plenty of exercise (60 minutes a day for kids); getting plenty of rest (if you haven't had enough sleep, forget the eating and exercise until you catch up!); and be-

ing outdoors in the sunlight and nature (proven immunity booster).

Every lesson included a discussion and a take home item (from stainless steel water bottles to soft, personal-size pillows) to help kids incorporate the weekly theme into their daily lives. At the end of the six weeks, participants received certificates of completion.

The next 6-week Fun Fitness Camp will be after Cuba Independent School District's spring break, so look for the announcement. It will be open to all third, fourth and fifth graders, but is limited to 20 participants. Kids who didn't attend the fall session will be enrolled first. Give your student a jump on healthy life style habits and sign them up!



UNM Landscape Architect St. Francis Assisi Park Planning Workshop II

On Thursday, December 3rd, the Step Into Cuba Alliance facilitated a discussion with Cuba citizens to talk about the future of St. Francis of Assisi Park. Five University of New Mexico Landscape Architecture students with support from the National Park Services' Rivers, Trails & Conservation Assistance Program interviewed 45 residents about the park. The UNM students talked with Cuba High School students and teachers, senior citizens, Village officials, state police officers, home schooling parents, health care providers, and park users and volunteers. "Physical activity is such an important part of good health and we hope the park and recreation center will provide more opportunities for all of us in Cuba to be physically active," said Anna Schulte, Healthy Com-



munities Co-

ordinator. The UNM students, led by graduate student Chance Munns, collected preliminary information for a Park Design Final workshop scheduled

for Saturday, January 30th. They are finding out what kind of improvements residents want for the park and recreation center. A design final workshop involves everyone in sketching, drawing and modeling ideas for the park with landscape designers. Hopefully, the community can reach an agreement on future park improvements at the end of the final workshop. "Its great to be giving back to my community." Michael Jacquez said as he walked his 'old stomping grounds'.

Ideas generated at the Walkability Workshop that was held in May, 2009, were further explored and new suggestions were made. including: an all-weather surface for the walking trail; more basketball courts; bike paths; a skate park; more shade; and more bathroom facilities. There were even suggestions for a water feature, an amphitheater and a bandstand.

For more information about the park planning design final workshop or the Step Into Cuba Alliance, contact Anna Shulte at 505-288-2733 or visit the Step Into Cuba website at www.stepintocuba.org.

Make Walking Your New Year's Resolution

Choosing to making walking a habit in the new year is like resolving to lose weight, get fit, strengthen your heart, relieve stress and boost your immunity all at the same time! Walking is simple, natural, and doesn't cost anything. Even if you haven't been active for a while, walking is a gentle, low-impact exercise that will ease you into fitness and health. Remember to check with your health care provider before beginning any exercise routine.

First of all, make it fun! Walk with a friend, your children or your pets. Chatting and laughing makes time fly and lifts your spirits! If you can, walk somewhere that you enjoy being. Lucky for us here in Cuba, there are many beautiful places to be in nature. If you can't get out of town, try our St. Francis park, surrounded by stunning mountains and mesas.

Bring water and dress appropriately for the weather, always wear comfortable shoes. These simple things will help make your new walking habit successful.

Schedule your walking time into your day. Begin with 30 minutes a day, five days a week, the recommended amount of physical activity for adults. You can break this up into three 10 minute walks or two 15 minute walks if you want. Also, just get up and walk around for a few minutes every hour (unscheduled walking time).

If you miss a day or even a week of walking, it doesn't mean you should stop altogether. Just get started again as soon as you can. Don't give up. Make walking a life long habit. Get out there!



UNM Landscape Architecture Students Katya Yushmanova and Michael Jacquez at the St. Francis of Assisi Park



Walking in the "Winter Wonderland"

Walking is one of the most effective and easiest forms exercise, so don't let the winter weather keep you indoors! Walking outdoors in the 'winter wonderland' can be refreshing and invigorating as long as you keep these tips in mind.

If possible, choose a place to walk where there is little or no traffic, like one of many wilderness hikes in our area, or in town try St. Francis park, quiet residential streets or the high school track. Walk with a friend or carry a cell phone, especially if you go on a wilderness hike!

Sidewalks along 550 can be impassable during winter months, and most other roadways in our community don't even have sidewalks, so if you must walk on roadways, walk against the traffic as close to the curb as possible. It's important to stay aware of the traffic, so don't cover your ears, you will want to hear cars approaching. Snow packed and icy roads may prevent motorists from stopping or slowing down, so be cautious.

Dress in bright colors or wear reflective gear, and make sure any children you are walking with are also dressed in bright colors or reflective gear.

Dress in several lightweight layers that you can take off or put on to keep you from overheating or getting too cold. Make sure kids are dressed in layers, too!

Winter sun can be very strong, so wear sunglasses and a hat.

Wear gloves and a scarf. Wear comfortable shoes, preferably waterproof, that fit well and have good traction.

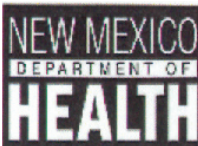
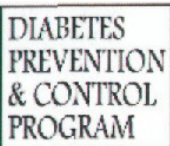
Start your walk slowly to give your muscles a chance to warm up.

Take slower and smaller steps to prevent slips and falls on icy surfaces.

Bring water. Dry winter air can be dehydrating.

Don't carry heavy bags or packages as this can impair your balance.

Stay safe and active this winter season! Happy Holidays!

 		<h3>Healthy Communities Winter 2009</h3> <p>Step Into Cuba Walks & Activities Calendar (All Walks & Activities Free of Charge)</p>			
	Monday	Tuesday	Wednesday	Thursday	Friday
10:00 AM	Weekday Adventure WALK 60 minutes	Ti Chi 60 minutes	Weekday Adventure WALK 60 minutes		Weekday Adventure WALK 60 minutes
12:30 PM	Senior Center WALK or YOGA 15 - 20 minutes	Senior Center WALK or YOGA 15 - 20 minutes			Senior Center WALK or YOGA 15 - 20 minutes
02:00 PM			Senior Center BINGO BREAK 10-15 minutes	Senior Center BINGO BREAK 10-15 minutes	
04:00 PM	Cuba Schools WALK 30-60 minutes	Cuba Elem. Cafeteria YOGA 30-60 minutes	Cuba Schools WALK 30 - 60 minutes	Cuba Elem. Cafeteria YOGA 30-60 minutes	Cuba Schools WALK 30-60 minutes
<p>We also offer: Brisk Break Walks - 15 minutes during a break in your workday at your place of work; Workout Walks -- 30 minutes during your lunch hour at your work place; After Work Walks - 30-60 minutes after work at your place of work or other location. Call or e-mail to sign up for an activity or to schedule a Walk. Anna Schulte, walkingchampion@stepintocuba.org/ 505-288-2733 cell/ 575-289-3718 office Senior Citizen's Center 575-289-3510, Melissa Crespin Cuba Independent Schools 575-289-3211 x607, Beth Hamilton Ignacio</p>					