



Take Charge of Your Health

During this time of social distancing, chronic disease community programs and other classes are still happening statewide. Taking a class may help during this time of stress and isolation. These workshops/programs or classes are available at no cost to you through distance learning. You can connect by phone or another electronic device using an internet connection. There are also several resources listed. If you have any questions, please call Blue Cross Community Centennial Member Services at **1-866-689-1523** (TTY: **711**).

Topic	Online Class Information
Alzheimer's	<ul style="list-style-type: none"> • Support groups, programs and events are available for individuals living with Alzheimer's as well as their caregivers. Please locate your local program using the Community Resource Finder or contact the 24/7 Helpline (800.272.3900) for details. • Alzheimer's and Covid-19 (https://www.alz.org/alzheimers-dementia/coronavirus-covid-19) Covid-19 Alzheimer's and Dementia – What your need to know. • Alzheimer's and Dementia Caregiver Center (alz.org/care) — a resource for caregivers, family and friends that provides reliable information and access to helpful online tools, including: <ul style="list-style-type: none"> ○ ALZConnected[®] (alzconnected.org) — an online community for people with dementia, caregivers, family and friends. ○ Alzheimer's Navigator[®] (alz.org/alzheimersnavigator) — an innovative tool for creating a customized plan of action for life with Alzheimer's. ○ Community Resource Finder (alz.org/CRF) — a tool for finding local resources, programs and support. ○ Green-Field Library (alz.org/library) — the nation's largest library dedicated to Alzheimer's disease with material accessible virtually. <p>Click here to download from our Classes Page: https://www.alz.org/newmexico/helping_you/nm_classes</p> <p>Additionally, below is a link to the most current Support Group listings: https://www.alz.org/newmexico/helping_you/support_groups_(1)</p>

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Asthma	<ul style="list-style-type: none"> • Asthma Basics online course (available anytime) through the American Lung Association website. To take the online course go to: www.lung.org/asthmabasics Lung Help Line: (800) 586-4872 Tobacco Quit Line: (800) 586-4872 TTY: (800) 501-1068
Autism	<ul style="list-style-type: none"> • UNM Center for Development and Disability presents: Hilos sobre el Autismo - <i>a monthly presentation series for families whose first language is Spanish</i> Each month, a topic of interest for families is presented through the internet, using an online meeting platform called “Zoom”. Our free series offer an opportunity for participants to gather and discuss the topic presented, and to make connections with other New Mexico families. Hearts for Autism and NM Department of Health are sponsoring this training. When? On first Thursday of each month (September 2020 – June 2021) Hour? 1:00 – 2:15 p.m. How can I participate? One-time registration is required for the series I have not used Zoom! We will teach you to use Zoom, just ask <hr/>For one-time registration, please go to: https://reg.abcsignup.com/reg/event_page.aspx?ek=0033-0021-078ac2bea7734f7390d6a9be344b868c Preguntas sobre Hilos sobre el Autismo, email Teresa at tcampos@salud.unm.edu; Brittany at bacrollett@salud.unm.edu; or Sylvia at ssarmien@salud.unm.edu
NM Crisis Line	<p>There is always someone here to hear at the <u>New Mexico Crisis and Access Line</u>. Professional counselors are available 24 hours a day, 7 days a week, 365 days a year when you call <u>1-855-662-7474</u> to talk about your emotional, mental, or behavioral health concerns. You are not alone.</p>

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Topic	Online Class Information
Diabetes	<ul style="list-style-type: none"> • Programs to support those with diabetes: <ul style="list-style-type: none"> ○ Better Choices Better Health ○ Chronic Disease Self-Management Programs ○ Tomando Control de su Salud (Spanish) ○ Diabetes Self-Management Programs ○ Programa de Manejo Personal del Dolor Cronico (Spanish) ○ Kitchen Creations – go to: https://kitchencreations.nmsu.edu/#anchor_168588 <p>Check out the Paths to Health New Mexico webpage for more information at www.pathstohealthnm.org. Or call (505) 850-0176 or (575) 703-2343 for further details.</p> <p>Diabetes classes – Registration is now open for diabetes classes and group meetings at no charge. You will need access to a computer for the Zoom sessions. Register by email: june@snmdo.org</p> <p>Or register by calling Southern New Mexico Diabetes Outreach (SNMDO) at (575) 522-0289.</p> <p>All Adult classes are held on ZOOM at this time.</p> <p>Adult classes are taught in English and Spanish by: T. J. Jasso, RN, BS, Diabetes Care and Education Specialist</p> <p>Children/youth diabetes group meetings are taught by Kim Schulmeister, RN. BS. These classes are held the first and third Tuesday of each month at 6:00 p.m. This is a hybrid class, it is held at 1320 S. Solano Ave., Las Cruces, NM and it is also held on ZOOM for those that can't attend in person.</p> <p><i>SNMDO is a member of ADA and ADCES (formerly AADE).</i></p>

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Topic	Online Class Information
<p>Fitness</p>	<ul style="list-style-type: none"> • Walk with Ease – Walk with Ease is a 6-week self-directed online fitness program that runs 3 times a week for 1 hour. <ul style="list-style-type: none"> ○ Walk 3 times a week at your own time and pace. ○ Series of 6 weekly emails with health education, stretching and strengthening exercises, 10–35 minutes of walking. ○ Connect with others in the program through social media. <p>Email or call to register and learn more. Email: walkconnectmanage@gmail.com Phone: (505) 440-0213 (Vanessa)</p> <p>The Walk with Ease project is supported by Grant or Cooperative Agreement No. 5NU58DP006261-03, funded by the Centers for Disease Control and Prevention.</p> <p>Fit Families – statewide delivery program for parents and children. One-year virtual monthly sessions. Offered in both English and Spanish. This year long series will focus on family social emotional well-being, with additional suggestions on how to eat healthier and incorporate physical activity. All interested participants living in counties in New Mexico are welcomed to join so long as they have a child between 5-12 years of age. Pre-registration is required. Register https://bit.ly/3rpP5AL or for more information call Lucinda Banegas-Carreon at 575-646-2034.</p> <p>Familias en Forma – for the Spanish program register at https://bit.ly/35YR7Q6 for more information call Lourdes Olivas at 575-646-3936 or email her at loumunoz@nmsu.edu</p> <p><i>This class is offered by the NMSU Cooperative Extension Service and funded by BCBSNM.</i></p>
<p>Grief</p>	<ul style="list-style-type: none"> • Online Grief Support Groups <ul style="list-style-type: none"> ○ For group meeting times and Zoom instructions, go to https://www.griefshare.org/groups/search.
<p>Mental Health Help and Resources</p>	<ul style="list-style-type: none"> • National Alliance on Mental Illness (NAMI) – Support for individuals living with mental illness <p>For more information about Zoom classes and support groups or to register, go to namialbuquerque.org/.</p> <p>Phone: (505) 256-0288</p> <p>For services, education and support groups click on link below: Find services in your local area, New Mexico (networkofcare.org)</p>

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<p>Traumatic Brain Injury</p>	<ul style="list-style-type: none"> • Call a Brain Injury Information Specialist: Monday-Friday 8:30 a.m. – 3:30 p.m. Please call 505-243-3835 or 1-844-366-2472 • Retrain Your Brain Support Group Meeting with Ralph Frakes. Wednesdays @ 11:00 a.m. Please contact Ralph Frakes @ 505-296-0173 to connect to the Retrain Your Brain Support Group. CLICK HERE to join Ralph Frakes' meeting via ZOOM. ZOOM ID: 883 328 719. • Retrain Your Brain Support Group website: http://retrainmybrain.org/index.php/media-channels • Support Group Meeting with David Smalls • Every 3rd Wednesday @ 7 p.m. beginning on July 15. Please contact David Small @ 505-858-0939 to connect to his group. CLICK HERE to join David Smalls' meeting via Zoom.
<p>Narcotics</p>	<ul style="list-style-type: none"> • Narcotics Anonymous 24/7 Telephonic Treatment Support: (800) 407-7195 Web: www.narcotics.com <p>The 5-Actions Program – Struggling with Substance use or Behavioral Addiction? If you or someone you know – a neighbor, friend, family member, or co-worker – is struggling with addiction, the NM 5-Actions Program™ provides support for those who need help right now. It is a self-guided roadmap out of addiction with 24/7 crisis and peer-recovery phone support. Go to https://nm5actions.com to register and learn more about this program and begin your self-guided journey.</p>
<p>Parkinson's Connection</p>	<p>Connect to learn with others. You are not alone! People with Parkinson's and their loved ones are on a journey to live well, confront the challenges, and navigate the systems of care. You don't need to do this alone. We invite you to connect and learn with others. We are here for you at all stages of your journey. https://www.parkinsoncnm.org To receive an invitation to a Zoom meeting, email us at info@parkinsoncnm.org</p>

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Topic	Online Class Information
Tobacco Cessation and Trainings	<p>The American Lung Association’s Tobacco Basics course has been recently updated and is now available on-demand. This free, one-hour online course includes five learning modules designed to lay a foundation in understanding the toll of tobacco use in the U.S. including e-cigarettes and vaping devices, the effect of tobacco uses on the human body and brain, nicotine dependence, proven policies that protect public health from the toll of tobacco, and the programs available to help tobacco users successfully quit for good.</p> <p>Access via this link: Tobacco Basics Online training</p> <ul style="list-style-type: none"> • How to Help people quit: https://lung.training/courses/how-to-help-people-quit.html • Ask-Advise-Refer to Quit: https://lung.training/courses/ask-advise-refer-to-quit-dont-switch.html • Youth Cessation program - American Lung Association’s NOT for Me web-based program is available at no cost at www.NOTforMe.org. <p>Quit Now New Mexico-Free help Quitting – offers 24/7 Support, unlimited coaching sessions, free gum/lozenges/patches, & more at 1-800-Quit-Now (1-800-784-8669). https://www.Quitnownm.com/</p>

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Parenting	<ul style="list-style-type: none"> • Parenting classes available online: <ul style="list-style-type: none"> ○ Circle of Security Class ○ Nurturing Parenting Class <p>Classes are offered by MCH Family Outreach. For additional information and to register, call (575) 222-0177 or email lascrucesoutreach@mch.org. Staff will walk you through the virtual setup. Website: https://sharenm.org/mch-family-outreach/circle-of-security-parenting-classes</p> <p>Address: MCH Family Outreach 230 S. Alameda St., Suite 201 Las Cruces, NM 88005</p> <p>Office Phone: (575) 222-0177</p> <p>Office Fax: (575) 888-4930</p> <p>Classes are CYFD-certified. A certificate is available for completion of programs.</p> <ul style="list-style-type: none"> • Lovelace Health Systems – Online parenting classes <ul style="list-style-type: none"> ○ Parenting ○ New parent ○ Breastfeeding ○ Baby care <p>For additional information and to register, go to https://lovelace.com/events.</p>

To ask for auxiliary aids and services or materials in other formats and languages at no cost, please call 1-866-689-1523 (TTY/TDD: 711).

Blue Cross and Blue Shield of New Mexico complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-710-6984 (TTY: 711).

Díí baa akó nínízin: Díí saad bee yánílti'go Diné Bizaad, saad bee áká'ánída'áwo'déé', t'áá jiiik'eh, éí ná hóló, koji' hódíílnih 1-855-710-6984 (TTY: 711).

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