



## 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"> <li>• <b>Support groups</b>, programs and events are available for individuals living with Alzheimer's as well as their caregivers. Please locate your local program using the <a href="#">Community Resource Finder</a> or contact the <a href="#">24/7 Helpline</a> (1-800-272-3900) for details.</li> <li>• <b>Alzheimer's and COVID-19</b> (<a href="https://www.alz.org/alzheimers-dementia/coronavirus-covid-19">https://www.alz.org/alzheimers-dementia/coronavirus-covid-19</a>) Covid-19 Alzheimer's and Dementia – What you need to know.</li> <li>• <b>Alzheimer's and Dementia Caregiver Center</b> (<a href="http://alz.org/care">alz.org/care</a>) – a resource for caregivers, family and friends that provides reliable information and access to helpful online tools, including: <ul style="list-style-type: none"> <li>○ <b>ALZConnected</b><sup>®</sup> (<a href="http://alzconnected.org">alzconnected.org</a>) – an online community for people with dementia, caregivers, family and friends.</li> <li>○ <b>Alzheimer's Navigator</b><sup>®</sup> (<a href="http://alz.org/alzheimersnavigator">alz.org/alzheimersnavigator</a>) – an innovative tool for creating a customized plan of action for life with Alzheimer's.</li> <li>○ <b>Community Resource Finder</b> (<a href="http://alz.org/CRF">alz.org/CRF</a>) – a tool for finding local resources, programs and support.</li> <li>○ <b>Green-Field Library</b> (<a href="http://alz.org/library">alz.org/library</a>) – the nation's largest library dedicated to Alzheimer's disease with material accessible virtually.</li> </ul> </li> </ul> <p>Click here to download from our Classes Page:  <a href="https://www.alz.org/newmexico/helping_you/nm_classes">https://www.alz.org/newmexico/helping_you/nm_classes</a></p> <p>Additionally, below is a link to the most current Support Group listings:  <a href="https://www.alz.org/newmexico/helping_you/support_groups_(1)">https://www.alz.org/newmexico/helping_you/support_groups_(1)</a></p>

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Asthma	<p><b>Asthma Basics online course</b> (available anytime) through the American Lung Association website. This website will also provide information on every aspect of Asthma and how to manage it.</p> <p>To take the online course go to:  <a href="http://www.lung.org/asthmabasics">www.lung.org/asthmabasics</a>  Lung Help Line: 1-800-586-4872  Tobacco Quit Line: 1-800-586-4872  TTY: 1-800-501-1068</p>
Autism	<p><b>New Mexico Autism Society</b> – Advocacy, education, support, services and the promotion of research from the cornerstones of ASA’s activities. Meet monthly – a different activity for the autism community monthly. Please check our event calendar frequently to keep up to date on our events. Support autism groups around the state of New Mexico. To find out all the resources and activities available, go to <a href="https://nmautismsociety.org">https://nmautismsociety.org</a>.</p> <p><b>A guide for moving with children.</b> Finding comprehensive resources that keep kids comfortable with changes in their surroundings can be challenging.</p> <p>Our free guide provides helpful tools and tips to integrate a child into their new home. You can check it out here:  <a href="https://www.mymove.com/moving/guides/moving-children-with-autism/">https://www.mymove.com/moving/guides/moving-children-with-autism/</a></p>
Cancer	<p><b>Cancer Foundation of New Mexico</b> – offers a variety of support groups free to cancer patients, caregivers, friends, and family. The following groups are organized and managed by the Cancer Foundation for New Mexico and led by experienced, licensed facilitators. There is no cost to attend. Locations and times vary. Website: <a href="http://CancerFoundationforNewMexico.org">Cancer Foundation for New Mexico (cffnm.org)</a>. For a schedule and to register by phone, please contact the Cancer Foundation's Patient Services Coordinator:</p> <p><b>Caroline Owen</b>  <b>(505) 955-7931 x.3</b>  <b><a href="mailto:caroline@cffnm.org">caroline@cffnm.org</a></b></p>
Suicide and Crisis Lifeline	<p>24/7 Lifeline for Emotional, Mental or Substance Use Distress – Call, text, or message <b>988</b> for Mental Wellness. People can use <b>988</b> if they are having thoughts of suicide, experiencing mental health or substance use crises, or any other kind of emotional distress. People can also dial <b>988</b> if they are worried about a loved one who may need crisis support.</p>

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## Diabetes

- **Programs to support those with diabetes:**
    - 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](https://kitchencreations.nmsu.edu/#anchor_168588)

Check out the Paths to Health New Mexico webpage for more information at [www.pathstohealthnm.org](http://www.pathstohealthnm.org). Or call (505) 850-0176 or (575) 703-2343 for further details.
  - **Diabetes classes** – This two-day course will cover the American Diabetes Association (ADA) guidelines for proper care, management, nutrition, and information on the latest medications, treatments, equipment, and other diabetes topics. Classes are offered monthly in both English and Spanish (upon request) classes are instructed by T. J. Jasso, RN, BS, Diabetes Care, and Education Specialist. Classes are being held in person at 1320 S Solano Dr. Las Cruces, NM 88001. Call (575)522-0289 or email [snmdo@snmdo.org](mailto:snmdo@snmdo.org) to register.  
  
<https://www.snmdo.org/adult-dm-classes>
  - **Children/youth diabetes support group** - The type 1 group meetings are held on the 1st and 3rd Tuesdays of each month from 6:00 – 7:30 p.m. in person at 1320 S Solano Dr. Las Cruces, NM 88001. Educating youth and adults on proper Type 1 diabetes management and information on the latest medications, treatments, equipment, and other diabetes services available to them in our community. Parents/Guardians are required to attend with child(ren). Instructed by Kim Schulmiester, BS, RN. Call (575) 522-0289 or email [snmdo@snmdo.org](mailto:snmdo@snmdo.org) to register.  
  
<https://www.snmdo.org/type-1-group-meeting>
  - **Adult diabetes support group** - The adult support group is held on the 1st Monday of each month from 5:00 pm to 6:30 pm via Zoom. PROVIDING OPEN DISCUSSION REGARDING DIABETES, HEALTH AND WELLNESS, AND SUPPORT FOR ATTENDEES. INCLUDING A BRIEF QUESTION AND ANSWER PERIOD. Call (575)522-0289 or email [snmdo@snmdo.org](mailto:snmdo@snmdo.org) to register and receive the Zoom link.  
  
<https://www.snmdo.org/adult-group-meeting>
- SNMDO is a member of ADA and ADCES (formerly AADE).*

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Fitness	<ul style="list-style-type: none"> <li>• <b>Walk with Ease</b> – <a href="#">Walk with Ease</a> is a 6-week self-directed online fitness program that runs 3 times a week for 1 hour. <ul style="list-style-type: none"> <li>• Walk 3 times a week at your own time and pace.</li> <li>• Series of 6 weekly emails with health education, stretching and strengthening exercises, 10–35 minutes of walking.</li> <li>• Connect with others in the program through social media.</li> </ul> </li> </ul> <p>Walk with Ease is part of the group of prevention and management programs offered through <a href="#">Paths to Health NM: Tools for Healthier Living</a>. Email or call to register and learn more.</p> <p><b>Email:</b> <a href="mailto:pathstohealthnm.org">pathstohealthnm.org</a></p> <p><b>Phone:</b> Paths to Health NM Call Center at (505) 850-0176 or (575) 703-2343</p> <p>The Walk with Ease program is supported through a grant from the Centers for Disease Control and Prevention, under the Cooperative Agreement DP18-1815PPHF18: Improving the Health of Americans Through Prevention and Management of Diabetes and Heart Disease and Stroke.</p> <ul style="list-style-type: none"> <li>• <b>Fit Families</b> – 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 at <a href="https://bit.ly/3rpP5AL">https://bit.ly/3rpP5AL</a>, or for more information call Lucinda Banegas-Carreon at (575) 646-2034.</li> </ul> <p><b>Familias en Forma</b> – for the Spanish program register at <a href="https://bit.ly/35YR7Q6">https://bit.ly/35YR7Q6</a>. For more information call Lourdes Olivas at (575) 646-3936 or email her at <a href="mailto:loumunoz@nmsu.edu">loumunoz@nmsu.edu</a>.</p> <p><i>This class is offered by the NMSU Cooperative Extension Service and funded by BCBSNM.</i></p>
Grief	<ul style="list-style-type: none"> <li>• <b>Online Grief Support Groups</b></li> </ul> <p>For group meeting times and Zoom instructions, go to <a href="https://www.griefshare.org/groups/search">https://www.griefshare.org/groups/search</a>.</p>

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<b>Mental Health Help and Resources</b>	<ul style="list-style-type: none"> <li>• <b>National Alliance on Mental Illness (NAMI)</b> – Support for individuals living with mental illness For more information about Zoom classes and support groups or to register, go to <a href="http://namialbuquerque.org/">namialbuquerque.org/</a>. <b>Phone:</b> (505) 256-0288 For services, education and support groups, click on link below: <a href="http://networkofcare.org">Find services in your local area, New Mexico (networkofcare.org)</a></li> </ul>
<b>NM Crisis Line</b>	<ul style="list-style-type: none"> <li>• There is always someone here to hear at the <a href="#">New Mexico Crisis and Access Line</a>. Professional counselors are available 24 hours a day, 7 days a week, 365 days a year when you call <a href="tel:1-855-662-7474">1-855-662-7474</a> to talk about your emotional, mental, or behavioral health concerns. You are not alone.</li> </ul>
<b>Traumatic Brain Injury</b>	<ul style="list-style-type: none"> <li>• <b>Call a Brain Injury Information Specialist:</b> Monday-Friday 8:30 a.m.-3:30 p.m. Please call (505) 243-3835 or 1-844-366-2472</li> <li>• <b>Retrain Your Brain Support Group Meeting</b> with Ralph Frakes. Wednesdays at 11:00 a.m. Please contact Ralph Frakes at (505) 296-0173 to connect to the Retrain Your Brain Support Group. <a href="#">CLICK HERE</a> to join Ralph Frakes' meeting via ZOOM. <b>ZOOM ID: 883 328 719.</b></li> <li>• <b>Get Support: The Brain Injury Alliance of New Mexico.</b> Website: <a href="https://www.braininjurynm.org/support/">https://www.braininjurynm.org/support/</a></li> </ul>
<b>Narcotics</b>	<ul style="list-style-type: none"> <li>• <b>Narcotics Anonymous</b> <b>24/7 Telephonic Treatment Support:</b> 1-800-407-7195 <b>Web:</b> <a href="http://www.narcotics.com">www.narcotics.com</a></li> <li>• <b>The NM 5-Actions Program™</b> – 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 <a href="https://nm5actions.com">https://nm5actions.com</a> to register and learn more about this program and begin your self-guided journey.</li> </ul>

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<p><b>Parkinson's Connection</b></p>	<p><b>Connect to learn with others.</b> 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. <a href="https://www.parkinsoncnm.org">https://www.parkinsoncnm.org</a> <b>To receive an invitation to a Zoom meeting, email us at <a href="mailto:info@parkinsoncnm.org">info@parkinsoncnm.org</a></b></p>
<p><b>Tobacco Cessation and Trainings</b></p>	<ul style="list-style-type: none"> <li>• The <b>American Lung Association's</b> 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. Access via this link: <a href="#">Tobacco Basics Online training</a> <ul style="list-style-type: none"> <li>○ How to Help People Quit: <a href="https://lung.training/courses/how-to-help-people-quit.html">https://lung.training/courses/how-to-help-people-quit.html</a></li> <li>○ Ask-Advise-Refer to Quit: <a href="https://lung.training/courses/ask-advise-refer-to-quit-dont-switch.html">https://lung.training/courses/ask-advise-refer-to-quit-dont-switch.html</a></li> <li>○ Youth Cessation Program – American Lung Association's <b>NOT for Me</b> web-based program is available at no cost at <a href="http://www.NOTforMe.org">www.NOTforMe.org</a>.</li> </ul> </li> <li>• <b>Quit Now New Mexico</b> – Free Help Quitting – offers 24/7 Support, unlimited coaching sessions, free gum/lozenges/patches, and more at <b>1-800-Quit-Now (1-800-784-8669)</b>. <a href="https://www.Quitnownm.com/">https://www.Quitnownm.com/</a></li> </ul>

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

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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'dé'é', t'áá jik'eh, éí ná hóló, kojí' hódílnih 1-855-710-6984 (TTY: 711).

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