



SCHOOL OF  
MEDICINE  

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PREVENTION RESEARCH CENTER

May 2022

Dear Communities,

The VIVA Connects team hopes that you are all doing well and finding ways to safely enjoy activities outside. This newsletter has been designed to easily provide the most current and accurate health information to you all, so that you may keep yourselves and your community healthy. Please feel free to share this information with community members and loved ones.



## VIVA Connects Site Visit with To'Hajiilee

On Tuesday May 10<sup>th</sup>, PRC members from the VIVA Connects and Healthy People Healthy Places team visited the community Canoncito Band of Navajos Health Center newly created community walking path.





**To'Hajiilee Walking Trail trailhead with signage and a book library**

To'Hajiilee is one of the VIVA Connects Action Communities awarded with a mini-grant this year to build a walking path around the health center. The .8 mile graveled walking path, benches, outdoor exercise equipment, and a trailhead sign are all part of this amazing walking path project for all community members to walk and bike along.



**Exercise station placed along the trail to allow people to play and exercise**



**Benches along the trail allow walkers to stop and rest**



So far, many community events each month have been held to increase interest in walking and physical activity. The PRC members are all very impressed with the work, dedication, and enthusiasm that the To'Hajiilee team have put into this walking path for their community!

Future plans include community events at the walking path as well as creating another trail at the East end housing for people to walk along.

- *Special thanks to everyone who has spent time and energy to create this beautiful path, and to the To'Hajiilee members who welcomed the PRC team members to walk the trail and learn more: Sarah Bitsui, Lester Secatero, Santiago Montoya, and Jim Platero*
- *Special thanks to the PRC team members who attended the site visit: Marla Pardilla, Elverna Bennett, and Cydney Padilla*



# NM Cancer Resources

New Mexico has many free resources for patients and families fighting cancer. Below is a list of different organization that work hard to support NM community members and families. Many of these organizations provide services virtually as well as in person to accommodate the needs of the NM people they serve.

## UNM Support Groups

Event	Date	Event	Description
UNM Comprehensive Cancer Center Survivors Writing Together	Every Monday	2:30pm – 4:00pm	This group is currently being offered on Zoom. Call Anjie at 505-925-0104 or email ACureton@salud.unm.edu to request the Zoom link.
UNM Comprehensive Cancer Center Advanced Cancer Journaling Group.	Every Tuesday	3:30pm – 5:00pm	This group is currently being offered on Zoom. Call Anjie at 505-925-0104 or email ACureton@salud.unm.edu to request the Zoom link.
UNM Comprehensive Cancer Center Family & Friends Cancer Support Group	Every Thursday	4:00pm – 5:30pm	This group is currently being offered on Zoom. Call Anjie at 505-925-0104 or email ACureton@salud.unm.edu to request the Zoom link.

For more information about UNM support groups, visit:

<https://unmevents.unm.edu/site/hsc/?category=5ab0fea6-c909-4091-b1fe-948f8b4da92a>



## American Cancer Society in New Mexico

“If you’re looking for cancer information and resources in New Mexico you’ve come to the right place. From our local fundraising events to our cancer support programs, you’ll find everything you need to fuel the fight against cancer and get patient support – right here in our community.”






For more information visit: <https://www.cancer.org/about-us/local/new-mexico.html>

			
<b>Transportation</b>	<b>Advocacy</b>	<b>Cancer Information</b>	<b>Lodging</b>
Road To Recovery gives cancer patients free rides to treatment.	We're activists leading the fight for a world without cancer in New Mexico.	Looking for information? We're here when you need us: 1-800-227-2345.	When cancer treatment is far from home, we provide a place to stay.

## RELAY FOR LIFE of Carlsbad Eddy County

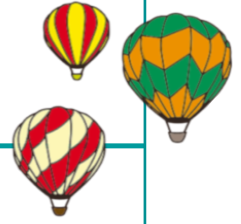
Lace up your walking shoes, grab your family and friends, and join this amazing relay event put on by the American Cancer Society! This Relay For Life event will be in Carlsbad Eddy County this September 2022 at 6PM.



RELAY FOR LIFE OF		
<b>Carlsbad Eddy County</b>		
		
<b>SEPTEMBER 2022 -- MORE INFO SOON!</b>	<b>LAKE CARLSBAD BEACH PARK</b>	<b>FOLLOW EVENT</b>
6:00 PM	904 E Riverside Dr Carlsbad, NM	  ANGELA CAMPOS <a href="mailto:angela.relay4life@hotmail.com">angela.relay4life@hotmail.com</a>
<a href="#">MORE DETAILS &gt;</a>	<a href="#">MAP IT &gt;</a>	<a href="#">575-200-8582 &gt;</a>
<a href="#">DONATE</a>	<a href="#">JOIN THIS RELAY</a>	<a href="#">LUMINARIA</a>

For more information on this event and to register, visit:

[https://secure.acsevents.org/site/TR/RelayForLife/RFLCY22SOR?fr\\_id=103468&pg=entry&\\_ga=2.188186219.2112008936.1649945646-1951192125.1646670915](https://secure.acsevents.org/site/TR/RelayForLife/RFLCY22SOR?fr_id=103468&pg=entry&_ga=2.188186219.2112008936.1649945646-1951192125.1646670915)



Free to cancer patients, caregivers, and loved ones.

All groups are currently being held remotely in response to COVID-19.

Technical support is available for all groups.

## Living With Cancer

This group is open to all who have a cancer diagnosis, and includes tips on how to navigate and be supported by the healthcare system. All patients, including those with ongoing, recurrent, or metastatic cancer, can share their emotional and practical concerns in a confidential and empathetic environment. This group addresses the concept of living well with a chronic illness as well as the associated grief, loss, and fears.

*Every Wednesday from 1:00 - 2:30 p.m.  
Facilitated by Janet Smith, RN  
For remote access, please email [janet@smith.net](mailto:janet@smith.net)  
or call (505) 795-4814*

## Together

This group is open to caregivers, including family and friends of cancer patients, and addresses their unique needs. It provides an opportunity to share with others and discover ways to find hope and healing in a compassionate and non-judgmental setting.

**SESSION 1:**  
*Meets every Tuesday from 11:00 a.m. - 12:15 p.m.  
Facilitated by Ronni Levine, LMFT  
For remote access, please email  
[rslevinemft@aol.com](mailto:rslevinemft@aol.com) or call (909) 896-3816*

**SESSION 2:**  
*Meets the 2nd & 4th Wednesdays of every month  
from 11:00 a.m. - 12:15 p.m.  
Facilitated by Lori Padilla, MA, LMHC  
For remote access, please email [pmlori@q.com](mailto:pmlori@q.com)  
or call (505) 670-5643*

## Grief & Recovery

There is no expiration date on grieving because the process changes and evolves over time. This group is open to anyone who is experiencing grief and has lost a loved one to cancer. Caregivers, family, and friends are welcome to share and learn with others in a safe space.

*Meets every Thursday from 11:00 a.m. - 12:15 p.m.  
Facilitated by Ronni Levine, LMFT  
For remote access, please email [rslevinemft@aol.com](mailto:rslevinemft@aol.com)  
or call (909) 896-3816*

## Write to Heal Workshop

This popular workshop for cancer patients and survivors runs intermittently throughout the year, meeting once per week for 8 weeks. Participants will explore expressive writing as a way of healing. More relevant than ever, group members will have the opportunity to connect with each other while writing and sharing stories inspired by their unique cancer journeys. All experience levels are welcome. The workshop is based on the acclaimed Amherst Writers & Artists method.

*Facilitated by Joanne Brown, MSW.  
Joanne is a cancer survivor and has led workshops in Berkeley, Santa Fe, and Mexico.*

*To register for an upcoming workshop, please email [joanne@joannebrown.com](mailto:joanne@joannebrown.com) or call (510) 381-1205*

The Cancer Foundation for New Mexico is a 501(c)3 nonprofit organization and offers a wide range of supportive services for those affected by cancer. To learn more, visit [www.cffnm.org](http://www.cffnm.org) or contact us:

PHONE: (505) 955-7931 x. 3

EMAIL: [Caroline@cffnm.org](mailto:Caroline@cffnm.org)

MAIL: PO Box 5038, Santa Fe, NM 87502

For more information about the Cancer Foundation Support Groups, visit

<https://cffnm.org/who-we-serve/support-group-schedule/>

*Sincerely,*

*The VIVA Connects Team*

Compiled by Laurel Fimbel for VIVA Connects

Please contact at: [LFimbel@salud.unm.edu](mailto:LFimbel@salud.unm.edu)