



The Pulse

Fall 2018

THE HEARTBEAT OF THE COMMUNITY SINCE 1972



LA FAMILIA HEALTH & WELLNESS FIESTA

THE SANTA FE COMMUNITY JOINS IN THE FESTIVITIES

La Familia held its **2nd Annual Health & Wellness Fiesta** on **Saturday, August 11, 2018**, from 10 am – 2 pm, on the grounds of the Alto Street Clinic. The Fiesta coincided with the start of *National Health Center Week*, a celebration of community health centers across the nation.

The event was another success! The Fiesta was a multi-generational event with approximately 300 members of

the community attending; parents with their children and grandparents, seniors, and young people were all part of the festivities.

The morning started with an energized Zumba performance lead by Merlinda Martinez, LFMC HR Coordinator. Members of our staff and *Special Olympics* came together to participate in the Zumba session.

The entertainment was superb. *Los Niños de Santa Fe Company*, a dance troupe made up of children ranging in

ages, performed a number of folkloric dances. *Emi Arte Flamenco Youth Company* performed Spanish Flamenco. We are grateful to the two dance troupes who offered their performances at no cost to La Familia as a way of giving back.

Other highlights of the day included health and dental screenings, massages, backpacks and school supplies distributed to children, free haircuts for kids, healthy food samples, free face paintings for kids and a 5K Family Fun Run/Walk along the River Trail.

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Divine Decadence Chocolate Challenge

SATURDAY, MARCH 23, 2019
6 pm at the Eldorado Hotel & Spa

Join us for an evening of divine chocolate delights with champagne, hors d'oeuvres, music and a silent auction *benefiting* the patient programs and services of La Familia Medical Center.

Support the health of your community & join the fun by purchasing tickets online at www.lafamiliasf.org starting **January 1, 2019**, by donating to our silent auction or by sponsoring the event. If you would like information on how you can help, please contact **Gloria Martinez at gmmartinez@lfmctr.org**.

Matching Gift Challenge

GRANT SUPPORTS THE HEALTHY CHILDREN'S INITIATIVE

La Familia Medical Center is honored to receive support from the **Carl C. Anderson, Sr. & Marie Jo Anderson Charitable Foundation** in the form of a **\$40,000 Challenge grant**. These matching funds will be used to leverage an additional \$40,000 from private donors to further support La Familia's *Healthy Children's Initiative*.

La Familia Medical Center's *Healthy Children's Initiative* provides comprehensive health/dental care for over **3,000 children** from birth through their formative years.

THIS INITIATIVE INCLUDES: prenatal care and education, dental care for expectant mothers, follow-up care after delivery, well-child medical visits, immunizations, children's dental program, Reach Out and Read Program and the Car Safety Seat Program. La Familia's *Healthy Children's Initiative* is unique because it focuses on a variety of areas that significantly improve the health and welfare of Santa Fe County's children to receive consistent, quality health care.



Southside Clinic Expansion

FEDERAL GRANT HELPS LA FAMILIA MEDICAL CENTER

Last year, La Familia Medical Center was awarded **\$1 million plus in a federal grant** from the **Health Resources and Services Administration (HRSA)** to expand our Southside clinic in Santa Fe. The expansion included the addition of 6 new exam rooms, educational room, and a demonstration kitchen. La Familia Medical Center's management is happy to report that the completion of the expansion is nearly completed and plans are underway to celebrate the **Grand Opening in early January 2019**. *Stay tuned for more!*

#GIVINGTUESDAY™ NOVEMBER 27, 2018

#GivingTuesday is a global day of giving, fueled by the power of social media and collaboration. La Familia Medical Center will be part of the global day of giving by participating in the social media campaign on Tuesday, November 27, 2018.

Celebrated on the Tuesday following Thanksgiving and the widely recognized shopping events Black Friday and Cyber Monday, **#GivingTuesday** kicks off the charitable season, when many focus on their holiday and end-of-year giving.

Stay tuned for more information on how you can engage in the power of giving and support your local community health center – La Familia Medical Center.



Show your support by including your donation in the remittance envelope and check the box to indicate your donation to the **MATCHING GIFT CHALLENGE**.

Candy Craze – The Struggle is Real!

**BY LAURA
MCCANN, MS, RD, LD**

Laura is a Registered Dietitian at La Familia Medical Center, available for individual consultation for adults and children. For more information on preventing or treating diabetes or obesity, please call (505) 982-4425 for a new patient appointment. Laura also writes articles and recipes for raising healthy families at her bilingual blog **My Family Fork** at www.myfamilyfork.com.

Every year it starts in October—first there's the Halloween candy, then there's Thanksgiving with all of the pies, then comes Christmas with cookies galore! Do you get frustrated with all the added sugar your kids are eating? Do you struggle with the temptation of sweets in the house? Being concerned about added sugar in your family's diet is valid. Eating too much added sugar can increase a person's risk for weight gain, obesity, type 2 diabetes and heart disease.

What is added sugar?

Added sugars are any sugars added to foods and beverages in their preparation. They include white sugar, brown sugar, high fructose corn syrup, honey, maple syrup, agave nectar and other forms of sugar. They do not include the naturally occurring sugars lactose and fructose in milk and fruit, respectively.

How much added sugar is okay?

The Dietary Guidelines for Americans 2015-2020 recommend limiting added sugars to less than 10% (ideally less than 5%) of total daily calories. National statistics show that adults and children get an average of 16% of their daily calories from added sugars! Studies describe children who eat more than the recommended limit of added sugar also tend to eat more calories than necessary and fewer nutritious foods like whole grains, fruits and vegetables, than are recommended.

THINGS YOU CAN DO TO REDUCE ADDED SUGAR INTAKE OVER THE HOLIDAYS AND ALL YEAR LONG:

1. National studies show that the majority of added sugar intake comes from sugar sweetened beverages. Other sources include sweet baked goods, dairy treats and sweetened cereals. Avoid buying sugar-sweetened beverages to have in the home. As an alternative, make homemade fruit-infused water or buy sparkling water. Enjoy treats in small amounts once in a while. Look for cereals and granola bars with less than 6 grams of sugar per serving (and note the serving size!).
2. Buy fun non-food items to hand out to trick-or-treaters (stickers, temporary tattoos, glow sticks, or if you're like my mom who was in the dental field, toothbrushes!).
3. Make a family food policy around sweets—do you restrict treats or allow a candy free-for-all? Will children enjoy one piece of Halloween candy per day? Will you throw candy away after a certain period of time? Every family is different. Parents can guide a family discussion that results in decisions that work best for everyone.
4. Serve fresh seasonal fruits for dessert on holidays. Persimmons and pomegranates are beautiful, special fruits that are available over the holiday season. Or get fancy and try a cardamom citrus salad!

Added sugars do not need to be avoided completely; it's okay to enjoy a sweet treat now and then! Being mindful of how much and how often we indulge is the key to healthy, balanced living.



MISSION

Our mission is to foster community well-being in partnership with our patients by providing excellent, accessible, family-centered medical, dental and behavioral health care.

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NEWSLETTER

Gloria Martinez, Development Director
/ Communications

LA FAMILIA MEDICAL CENTER LOCATIONS

Alto Clinic
1035 Alto Street
Santa Fe, NM 87501
505-982-4425

Southside Clinic
2145 Caja del Oro Grant Road
Santa Fe, NM 87507
505-438-3195

Dental Clinic
6401 Richards Ave.
Santa Fe, NM 87507
505-984-5048

Health Care for the Homeless
1532B Cerrillos Road
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To view a list of our generous donors,
please visit our website at www.lafamiliasf.org



La Familia Medical Center placed 2nd in the Best of Santa Fe in Healthcare.

We could not do all that we do without the generous support of the Santa Fe community – thank you!

www.lafamiliasf.org