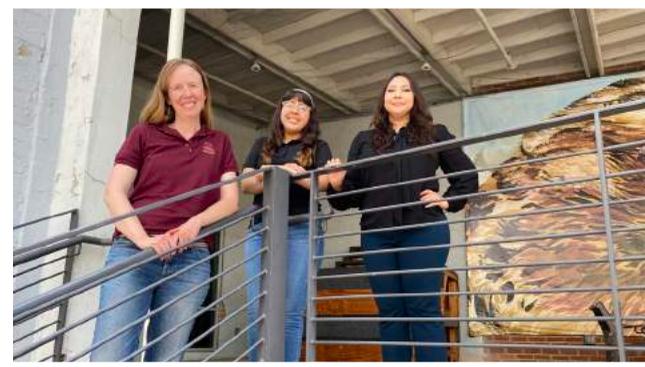


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4 Innovations in Adolescent Wellness

CONNECTING SOUTHERN ARIZONA



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of the Southwest

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A Message from the Santa Cruz County Superintendent

"Education is the passport to the future, for tomorrow belongs to those who prepare for it today." -Malcolm X

BACK TO SCHOOL



Alfredo I. Velásquez
Santa Cruz County School Superintendent
&
Staff

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Nogales, AZ 85621

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Border Eco Updates

We want to thank our readers and customers for their continued support. Your support helps us report on the great people, events, and organizations who make a difference in our community.

Our goal is to help connect Santa Cruz County. Santa Cruz County is a unique bordertown rich in culture, and traditions. We are here to support our community. Please send us any information on any upcoming community events, meetings, or conferences. Don't forget to follow us on Facebook, YouTube or Twitter for the latest events, people, and organizations who make a difference in Santa Cruz County.

We are always looking for new talent. If you have an interest in sales, journalism, or photography send us your resume at contact@bordereco.com



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Innovations in Adolescent Wellness

The Santa Cruz County Adolescent Wellness Network is a network that started in 2007. It is a formal partnership among different organizations dedicated to serve youth. The network targets adolescent wellness through addressing their health, educational, and social needs. Since then, the organization has adapted over that time. It first started with a focus on health literacy and physical activity. The members worked on school wellness policies, school-linked healthcare, youth leadership, and mental health. All programs are grant funded. They have been successful in obtaining funding from local, state, federal, and private sources.

"Today, we are focused on the implementation of School Based Telehealth. Through our School-based Telehealth Program, school staff will be able to access secure video conferencing technology to connect a student with a Mariposa board-certified physician. Students across Santa Cruz County pre K-12 can visit their school nurse who then determines if the student needs to be seen by a physician. Also school coaches and PE teachers can refer students following a sports injury," said Cassalyn David-Program Director.

"The School Based Telehealth was spearheaded by Dr. Williams. He identified it as a great tool to improve access to healthcare that would improve wellness and academic performance. He got everyone on board and has provided the energy to make it happen. We understand their needs, so we work in collaboration to help serve their needs. We provide a space for organizations to identify and address those gaps in services. We are always looking for innovative ways to improve the health of our adolescent population in Santa Cruz County."

The Santa Cruz County Adolescent Wellness Network not only provides services to adolescents but also to its providers. They currently have a training called "Ending the Silence or Youth Mental Health First Aid," which is aimed to help support youth's mental well-being. They have youth leadership and health education opportunities for youth.

Youth in Santa Cruz County have the opportunity to also participate in personal development courses taught by Arely Zavala. Youth learn about making healthy choices and developing healthy relationships. The program is called Love Notes. It is focused on helping youth learn about themselves, their sexuality, and safety.

Another program under the SCCAWN is the Nogales "Little Mercado Farmer's Market," which provides fresh, local food, and opportunities for small businesses. It works with incentive programs that give SNAP clients double fruits and vegetables when they shop at the market.

"Our schools are incredible. We just want to do everything we can to support them. They're asked to do everything with so little resources. If we can help them to improve student wellness with connections and resources, then everyone benefits. Your local schools and nonprofits have lots of programs and resources for families. Reach out and share your challenges," said David.

You can find out about their services and training by following them on:

Facebook@NogalesMercado
@santacruzcountyadolescentwellnessnetwork



A pioneer of public health-Casslyn David

Border Eco this month honors the service of all health care workers. One public healthcare worker in particular Casslyn David. She is a pioneer of public health. She has been working in the field of public health for over 11 years in a variety of roles.

Women in health care continue to make an impact in our healthcare system and on the delivery of services in our community. Individuals like Cassalyn who work in public health do not diagnose or treat patients. Instead, their focus is to research and track health trends including biological, environmental factors, and behavioral. She uses research to help predict and prevent future health events or problems that could impact the health of the general population. Her work is focused on educating the public on ways to protect, and prevent against health risks.

Cassalyn David has been working for Mariposa Community Health Center for 9 years as one of the managers in the Community Health Services Department, and Platicamos Salud. The grants and programs she works under fall into community-based partnerships, food systems, and youth. She is the program director for the Santa Cruz County Adolescent Wellness Network.

The Santa Cruz County Adolescent Wellness Network is one of the longest-running projects. It combines primary care, behavioral health, nonprofits, schools, and youth so it can improve the overall well-being of adolescents.

"Our teens told us we needed to focus on mental health and overall wellness, so we do that by offering training,improving coordination, and making referrals. Right now I'm helping coordinate the creation of a school based Telehealth. Dr. Williams wanted to bring telehealth to our schools and community because of the benefits it will have on our student wellness and academic success. We were fortunate that our schools have been partnering with the Adolescent Wellness Network for many years, so we already have a foundation and relationships to build from."

"I was drawn to public health because it seemed like it had the best tools to understand and solve problems. I wanted to work on things like health disparities and with public health you think outside the clinic walls and have an opportunity to create a healthier environment. Mariposa does that in so many different ways, by offering education, the Nogales "Little" Mercado Farmer's Market, and by partnering with schools and nonprofits. About half of my family members are educators, so they showed me the strengths and the challenges schools face," said David.

She grew up in the Phoenix area and went to college in Tucson. She was interested in international relations and got to spend a semester in central Europe. This experience sparked her interest in public health. David received her Masters in Public Health from the University of Washington. She considers herself fortunate as it gave her the opportunity to live in a lot of beautiful places. She worked as an AmeriCorps Volunteer near the Olympic Mountains and backcountry ranger in Alaska.

Southern Arizona

Casslyn lives in Patagonia with her son and husband, Nate Porter, a teacher, coach, and Athletic Director at Patagonia High School. He was the 2020 SCC Teacher of the Year Runner Up. One of their favorite recreational activities is hiking.

"I love the variety of roles I have in my job. I am able to work on many, many different subject areas...Many different organizations and people are our partners, and it seems as though there is always something new every day...This specific role has allowed me to continue learning and I really feel as though I am able to provide a service to people and make a difference in our community. It is a very rewarding position," said Cassalyn David, program director for the Santa Cruz County Adolescent Wellness Network.

Making Waves Across the Healthcare Field

Lutheran Social Services of the Southwest is a 501(c)3 nonprofit organization based in Arizona. The Aging & Disability Services have been in Santa Cruz County since 2005. They currently serve older adults and people with physical and mental disabilities of all ages.

They saw a need in Santa Cruz County for services for older adults and people with disabilities. In 2005, Lutheran Social Services got a contract to start providing home care services. The first thing they did was hire three providers. They started knocking on doors, surveying the community, interviewing people in parks, neighborhoods, and everywhere. They have 121 staff members in Santa Cruz County.

“We knew the need was huge. My neighbor was one of the first people to receive services. Once we got started with a few clients, we found out that people really had been waiting for a service like this. We spread through word of mouth. In 3 months, we were able to go from 3 providers to 12. When people received quality care, they told their neighbors, and we started making friends with the community. We have grown so much over the years,” said Linda Manjarrez, Director of Aging & Disability Services. Their mission is to stabilize lives in times of crisis and transition, build foundations for people to thrive, and preserve dignity and respect for the most vulnerable. They provide services in 4 counties in Arizona to a variety of different populations. They were founded by the Lutheran church in 1970, but the organization is not the church. People do not need to be Lutheran to work or receive services from them.

In Santa Cruz County, Lutheran Social Services provides home care to 196 people. In Cochise County, they have 198 clients, and in Pima county, they have 173 home care clients. In Pima County they deliver groceries twice a month to 312 clients, and have 556 Meals on Wheels clients who receive meals every week. They are delivering the meals twice a week, 7 meals total.

“We have our heart in what we do. Many of our Direct Care Workers have been working with us for more than 15 years. We have a great team. My role is to support the staff in their work, connect with the community, and connect people in need to the help they deserve. I enjoy making friends with people in the community, and act as the instrument to bring people together;” said Manjarrez.

Lutheran Social Services employs 116 Direct Care Workers in Santa Cruz, 98 in Cochise, and 62 in Pima. There are 4 office staff members in Nogales, 3 in Cochise, and 5 in Tucson (not including Meals on Wheels). They receive most of their funding from contracts with different government organizations who pay for the cost of services. They also have some clients who pay for their services directly. There are many donors and local organizations who support them financially because they trust and support the organization’s mission.

The program is mainly a fee for service for different government organizations. Clients are authorized to receive a certain number of hours of care, and we are paid per hour to provide those services. We do the best we can with each client, and that brings in more referrals.

We also have generous community partners and donors who allow us to give clients extra support. The clients call and thank us for caring about them. We always let them know that it is not just the staff, it is the community that cares about them too. It is all of us together that makes this possible.

“Our care coordinators make sure to find providers for each referral we get, and of course, to make sure they are a good match. We make sure our clients get the service they need with a worker who provides the best care for them. Our Direct Care Workers provide a variety of services to people in their homes, including personal care, housekeeping services, and so much more” said the Director of Aging & Disability Services.

Community members can make donations of funds, items, or time; refer clients who need services; or stop by and visit their office to see what they do. For more information about Lutheran Social Services look at their website at www.lss-sw.org to find out more about ways to get involved. Donations are always needed and welcome. They need the following donations of cleaning supplies, non-perishable foods, fans in the summer, and heaters in the winter. Donations make a huge difference to their clients, and they are grateful for the support.



People who "echo" Linda Manjarrez

For the month of August, Border Eco recognizes a woman in our community who is making a difference in the healthcare field. We are honored to have selected Linda Manjarrez. She has over 25 years of extensive experience working in the field of gerontology. Manjarrez is the regional program director for Luminaria Home Care Services. She has been working with Lutheran Social Services since 2011.

"Through this job I have been able to grow in a professional and personal manner. Ever since I had started out as care coordinator, I have found myself to be more confident and better able to connect with those around me. I take pride in improving myself and being able to lead my staff in a way that can help them and the people we serve. We are an inclusive organization dedicated to service regardless of background, creed, or ethnicity. It always brought me great joy in the ways we can improve the lives of others," said Manjarrez.

Linda is an active community member who understands some of the challenges families with limited resources face when caring for their loved ones. The high cost of healthcare has made it difficult for local families to have access to the services their loved ones need to lead normal healthy lives. She has made it her lifetime career helping seniors and people with disabilities find the resources they need, so they are able to lead fulfilling lives.



"I know personally some of the challenges many caregivers face when caring for their loved ones. I am always looking for new venues to help the elderly and children with special needs in our community. I have been working with Lutheran Social Services/Luminaria Home Care for several years now. I am very passionate about the work we do in Southern Arizona. I am honored to work for an organization who is dedicated to serving those in need. Our caregivers have gone above and beyond to make sure they are there for their clients," she said.



"This past year, during the pandemic we learned just how valuable caregivers are in our community. Our caregivers are superheroes! They worked tirelessly and never complained. I admire their bravery. They worked throughout the entire pandemic. Caregivers truly make a difference in many people's lives. They are individuals that dedicate their time and energy to helping their clients or loved ones, during challenging times in their lives. They are selfless individuals who spend their days ensuring their clients or loved ones are comfortable, safe, and happy," said Linda Manjarrez.



"I love working for Lutheran Social Services because there is such an incredible sense of morale. Our caregivers care so much about their jobs and what we do is very important. I take a tremendous sense of pride in feeling that what I am doing is helping to preserve and protect not just the health of our clients but also our caregivers. They really are such a tremendous resource and an unbelievable opportunity to work to preserve such a caring staff."

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<https://www.lss-sw.org/>

Be a hero! Do your part!

National Immunization Awareness Month

August is National Immunization Awareness Month. It aims to promote the use of vaccines to protect people of all ages against disease. The Coronavirus vaccine has brought us closer, and will bring us closer again if we all make the effort to get vaccinated to help stop the spread of the virus. Yet, there are still nearly millions of Americans today who are not getting the Coronavirus vaccine they need. This is partly due to the rapidly circulating misinformation in social media and certain media outlets around the topic of vaccination, which simply adds to this threat.

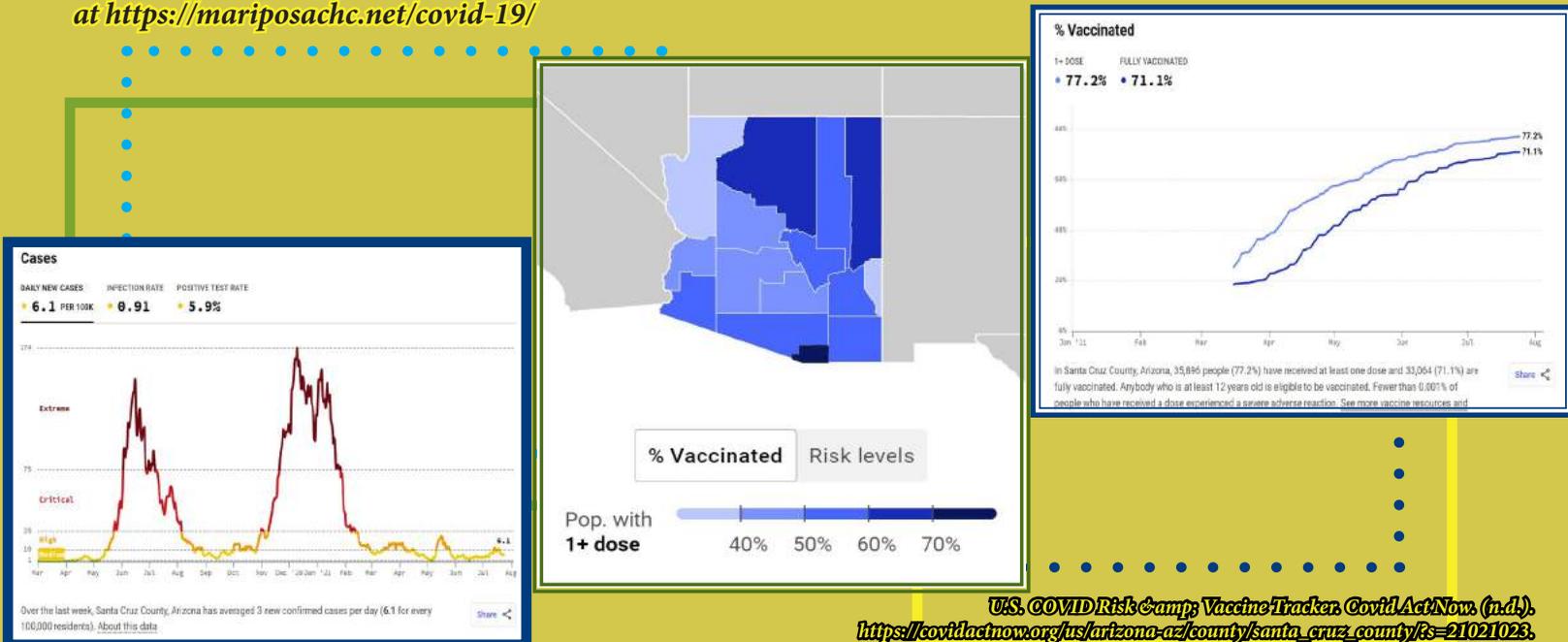
It is simply ridiculous that people are willing to believe random people in social media who have no expertise in epidemiology or medicine. For years, we have depended on immunizations to help save millions of lives every year. It has been recognized as one of the world's most successful health interventions. While the world has been focused on fighting against COVID-19, there is a need to ensure routine vaccinations are not missed.

As a result, many children, adolescents, and adults have not been vaccinated during the global pandemic, leaving them at risk. This month with schools planning on opening their doors to students, it is important to emphasize the need to get vaccinated.

The development of vaccines have continued to advance, bringing us closer to a world free from childhood diseases, TB and cervical cancer etc. The investment in science and recent research findings have enabled groundbreaking approaches to vaccine development helping to bring us closer still to a healthier future.

Here in Santa Cruz County our local health organizations collaborated to ensure the large majority of our population got vaccinated against COVID-19. Unfortunately, 22.8% percent of our population in Santa Cruz County have not been vaccinated. If we want to ensure our children are safe this school year then we need to make sure we take action and get vaccinated. Please do your part to help protect our students this new school year, be a hero and get vaccinated!

The Santa Cruz County Health Department in partnership with Mariposa Community Health Center continues to expand vaccinations to all children and adults in Santa Cruz County. For information on getting vaccinated contact Mariposa Community Health Center at (520) 281-1550 or visit their website at <https://mariposachc.net/covid-19/>



Let's Talk Health

World Breastfeeding Week 2021

Protect Breastfeeding: A Shared Responsibility

World Breastfeeding Week was started by The World Alliance for Breastfeeding Action in 1992 to generate public awareness and support for breastfeeding. World Breastfeeding week is officially celebrated on 1-7 August every year worldwide. The World Alliance for Breastfeeding Action is responsible for the Baby Friendly hospital initiative and so much more. As part of the campaign to achieve their goals and get more information about breastfeeding out to the world, WABA began to think about creating a day to dedicate to the celebration of all things breastfeeding. The idea of a day grew and lead to what we now know as World Breastfeeding Week. Each year, WABA designs a new theme and slogan to represent World Breastfeeding Week. The theme is meant to emphasize and bring awareness to a particular aspect of breastfeeding while building upon the topics of the past. This Year will focus on how breastfeeding contributes to the survival, health and wellbeing of all, and the imperative to protect breastfeeding worldwide.

Mariposa Community Health Center will host their annual World Breastfeeding Week Celebration on August 4th, 2021, from 10:00am-12:00pm. This will be the first in Person celebration since 2019. Pregnant and Breastfeeding mothers can come and celebrate their accomplishments with breastfeeding and hear testimonial from previously breastfeeding mothers and learn more about its benefits. Some Benefits include Ideal Nutrition; Breast milk contains everything baby needs for the first 6 months of life, in all the right proportions. Antibodies, reduces the risks of infections, SIDS, diabetes, and childhood leukemia. The WIC Program includes a Breastfeeding Peer Counselor Program, which helps support mothers during pregnancy and breastfeeding.

WIC formed a Breastfeeding Support Group called "Milky Mamas" this group is currently meeting the 4th Thursday of the Month via Zoom at 4pm. This Group includes pregnant and breastfeeding moms that need support from peers that have similar concerns and talk about "mom life". Mariposa WIC is working on restarting the Breastfeeding Circle Committee, which is a committee that collaborates with other community agencies and members to increase breastfeeding rates and duration in the community. For more information, please contact Andrea Tapia, WIC Breastfeeding Coordinator at (520) 287-4994.



Follow us on YouTube @ Border Eco

BACK 2 SCHOOL



Mayor Arturo Garino & Nogales City Council

It's back to school time - good luck students and teachers, may you have a wonderful school year.

BACK 2 SCHOOL



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Monica Martinez-Recorder/Voter Clerk

Rosa Anna Fajardo-Recorder Clerk

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Mayor's Corner



Hello my friends,

This past month has been a very busy one at City Hall. In early July, the City of Nogales hosted a meeting with Senator Mark Kelly and other local elected officials. We held a roundtable discussion on many topics including infrastructure, the economy, the IOI, and the border travel restrictions. The meeting went very well, it was nice to sit with the Senator and voice our concerns directly with him and his staff. I feel he will do his best to help our residents and community.

Even though we weren't able to hold our traditional annual 4th of July festivities this year, we still held a fireworks spectacular on Fleischer Park. Many gathered in different areas of Nogales, including the field at the park, to watch the 30 minute show. With the amount of people in our community currently vaccinated, we're planning on having our traditional large annual 4th of July celebration next year.

We're currently planning other community events for this year, including our annual Christmas Light Parade. Stay tuned for additional information.



Sheriff's Round-Up



The Santa Cruz County Sheriff's Office is taking over law enforcement responsibilities in the beautiful town of Patagonia. The Sheriff's Office is making special efforts via our Command Staff, our volunteers, and our patrol deputies to reach out to individuals and businesses in Patagonia to make sure we are addressing concerns of residents. We already facilitated a very successful Fourth of July parade and fireworks presentation and have provided security and traffic control for other recent events such as the celebration of the life of Patagonia resident Harold Swyers. Sheriff Hathaway met with U.S. Senator Mark Kelly in Nogales this month along with other elected and appointed officials to discuss border infrastructure improvements to be provided by the federal government. If you are looking for a great job, the Sheriff's Office is actively recruiting for Detention Officers. This is a great job with a starting pay of \$32,181 and lots of overtime potential resulting in most officers earning over \$40,000. The job also includes paid vacation, paid sick leave, and health insurance. Come by and get an application, apply on-line at santacruzsheriff.org, or call 520-761-7869. I hope you are getting out and enjoying the great outdoors! - **Sheriff David Hathaway**



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