



**SCHOOL OF
MEDICINE**
PREVENTION RESEARCH CENTER

December 2021

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's safe. Please feel free to share this information with community members and loved ones.





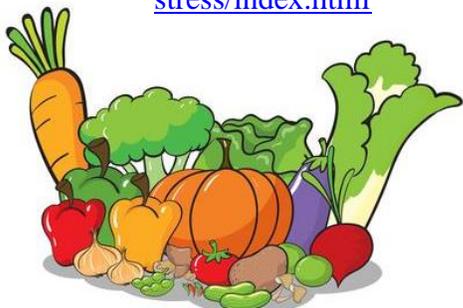
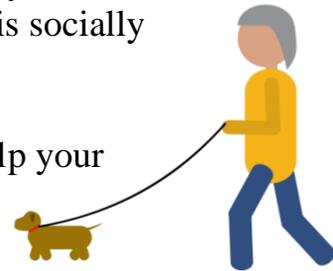
This Holiday Season, Give Yourself the Gift of Self Care

This year has been a whirlwind of change for us all! This holiday season allow yourself to relax and unwind so that you and others around you find greater peace and happiness this December.

Here are some [recommendations](#) for you to take care of your body and mind:



- * Make time for yourself to unwind. Enjoy doing activities that you find relaxing and fun. This can be done alone or with family members, up to you!
- * Try meditation, yoga, breathing exercises, and stretching. There are lots of helpful phone apps and youtube videos that can help guide you in these practices.
- * Connect with others who make you feel happy and supported. This can either be done safely with friends and family (please practice [COVID recommendations](#)), or on zoom calls. This can be a great way for you to tell others how you are feeling and help feel connected with others this socially distanced holiday season.
- * Walking, jogging, hiking, playing sports, and any exercise can help your body feel strong and happy.
- * Getting plenty of sleep each night helps your body and mind prepare for each day.
- * Eating healthy and well-balanced meals with grains, vegetables, and fruit helps your body stay healthy.
- * Visit your health care provider regularly to stay up to date with vaccines, cancer screenings, and other routine check-ups.



For more information, visit <https://www.cdc.gov/mentalhealth/stress-coping/cope-with-stress/index.html>





Community Highlight: Silver City Bike Repair Stations

Martyn Pearson (owner of Gila Hike and Bike, member of Town of Silver City Trails and Open Space Advisory Committee, mountain biking enthusiast, and mountain biker) first brought the Dero Bicycle Repair Kits to our attention during the first VIVA Connects project on Boston Hill. As we were installing new trails and specific mountain biking loops on Boston Hill, it made good sense to invest in the installation of a repair station. Now that the station is installed and being used, we are not disappointed in the investment made.

“As a mountain biker, there are several pre-ride checks I should perform before I ride my bike. Unfortunately for my bike (and sometimes for my well-being), I’m often far too excited about riding to complete those check outs at home. With a built-in pump, work stand and a selection of handy tools, a Dero Fixit located at the trailhead allows me to check my bike quickly and conveniently before I ride. It’s also worth noting that nothing makes me feel more welcome at a new mountain bike location than having my trailhead needs met. A Dero stand located close to where I park, next to a kiosk with a clear map, starts my mountain biking experience off on the right foot!” – Martyn Pearson





Although the Repair Station has only been installed on Boston Hill for just over a month, we have been receiving rave reviews from community members that are really excited to have this tool so readily available on Boston Hill. As you know, we are now getting ready to install a second unit at Dragonfly Trailhead, near Fort Bayard, in Santa Clara.

Dero has created an app whereby communities can add their Fixit Unit locations onto a map, encouraging mountain biking enthusiasts from all over the county to visit new riding destinations.



*-Photos and story provided by Bridgette Johns
VIVA Connects and SWNMACT member*

*Sincerely,
The VIVA Connects Team*

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