



June 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 communities safe. Please feel free to share this information with community members and loved ones.



June is National Cancer Survival Month

*Celebrate the 17 million Americans who have
battled and survived cancer this month*

This month is all about honoring, supporting, and recognizing those who are currently going through treatment, or have successfully completed treatment and are cancer survivors.

How to Celebrate Survivors

Many people may think that after someone has “beat” cancer, that they are no longer effected by the cancer. However, often times that individual who survived cancer may still struggle with mental, physical, and financial burdens.

So, what can you do? If you know someone who is currently, or has completed cancer treatment, reach out to them often to offer support. Sharing your love, time, and resources can greatly help your loved one! Make sure to celebrate their cancer journey, and understand that even after treatment is over, their cancer battle may still continue in other ways (mental, physical, and financial obstacles).



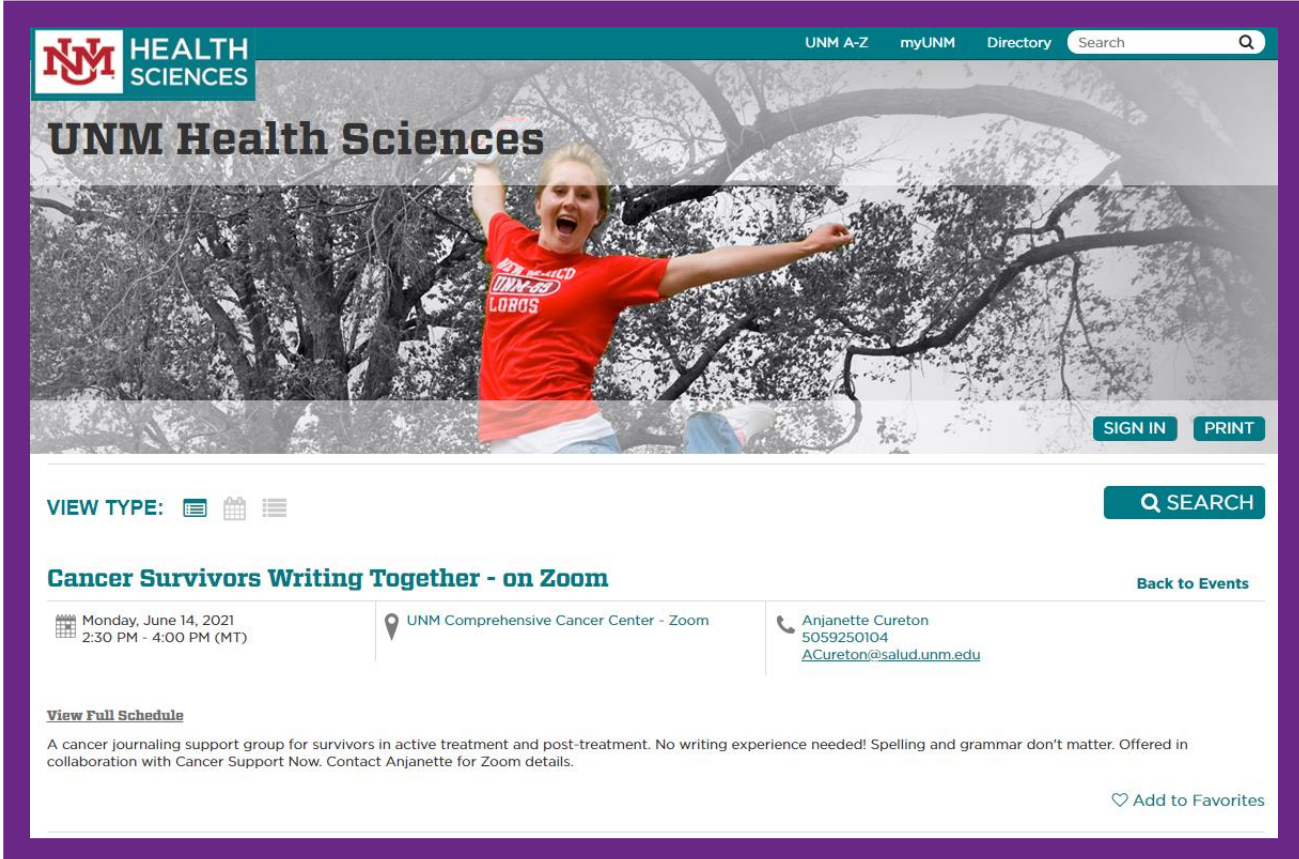
How to Celebrate as a Survivor

Rejoice in how strong you are as an individual overcoming cancer! It is important to honor yourself and your journey this far. One way that you can honor your cancer journey and support others who have/had cancer is by sharing your story.




Every day, people are being told that they have cancer. Think back to when you first learned of your diagnosis, and how someone’s survival story helped answer your questions and empower you to fight. The National Foundation for Cancer Research is dedicated to connecting those affected by cancer. For those willing to share their story, please visit Faces and Voices of Cancer at www.facesandvoicesofcancer.org.

You can also join a free UNM Cancer Survivors Writing Together zoom support group to connect with other's battling or who have survived cancer. This group is held weekly from 2:30-4pm every Monday afternoon. Click the link for more details:

<https://unmevents.unm.edu/site/hsc/event/cancer-survivors-writing-together---on-zoom-63/>



The screenshot shows the UNM Health Sciences website interface. At the top, there is a navigation bar with the UNM logo, 'HEALTH SCIENCES', and links for 'UNM A-Z', 'myUNM', 'Directory', and a search bar. Below the navigation bar is a large banner image of a woman in a red t-shirt with 'UNM' and 'LOROS' on it, standing in a park-like setting with trees. The text 'UNM Health Sciences' is overlaid on the banner. To the right of the banner are 'SIGN IN' and 'PRINT' buttons. Below the banner is a 'VIEW TYPE' section with icons for list, calendar, and menu. To the right is a 'SEARCH' button. The main content area features the event title 'Cancer Survivors Writing Together - on Zoom' and a 'Back to Events' link. Below the title is a table with event details:

 Monday, June 14, 2021 2:30 PM - 4:00 PM (MT)	 UNM Comprehensive Cancer Center - Zoom	 Anjanette Cureton 5059250104 ACureton@salud.unm.edu
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Below the table is a 'View Full Schedule' link and a paragraph of text: 'A cancer journaling support group for survivors in active treatment and post-treatment. No writing experience needed! Spelling and grammar don't matter. Offered in collaboration with Cancer Support Now. Contact Anjanette for Zoom details.' At the bottom right is an 'Add to Favorites' button.

How to Increase Cancer Survivorship

Each year more research and treatment opportunities are discovered to help individuals diagnosed with cancer. You can help yourself and your loved ones reduce your cancer risk by going to routine check-ups with your health care provider. Many types of cancers are treatable if they are found early at routine check-ups.

For more information, visit <https://www.nfcr.org/blog/celebrating-national-cancer-survivor-month/>

Community Highlight: Quay County Five Mile Park

Tucumcari Metropolitan Park (5-mile Park) is located on the far West-end of the City Limits approximately 5 miles from the center of town. The 240-acre park holds several shooting ranges on the East side. The middle has a parking area, pool area and a recently installed disc golf course and the West side has several City water wells.

The Park has historical significance to the community as it had a large outdoor pool and bath house, which was a WPA building project, and is it located on original Route 66. In the 1060's the park averaged 2000 visitors daily to the pool during the swimming season. Many people have great memories of time spent at the park. The pool and gathering area are in ruins and the bath house burned in 2010. There is a lot of interest in preserving the history of the park, but past plans have not been fruitful.



Most of Quay County's state land is private land locked which makes this park an important asset for the well-being of the residents of Tucumcari. The Park allows them the opportunity to get out and experience nature and be physically active.

With assistance from the National Parks Service, residents of Tucumcari participated in a 3-year process to develop a Revitalization Plan for the park. The process involved a variety of focus groups and surveys. Conceptual plans were developed through a series of workshops and meetings. Then the long process of writing. The plan was accepted by the Tucumcari City Commission in April 2021. As with any long-term planning project, public enthusiasm has dwindled.



This small Viva Connect project will help us to build the enthusiasm back as we show that we are attempting to implement parts of the plan. The Park has many roads leading to the different areas, wells, and power lines. The installation of the disc golf course also added paths between the launch pads. Our project is to build connector paths to create circular walking routes. Three different routes were identified. The funds are being used for a kiosk, route markers, and crusher fines to build paths. Additional funding from other sources will provide seating and trash cans. A workday was held with 25 volunteers from the Friends of 5-mile Park, Tucumcari Rotary Club, and Tucumcari Disc Golf Association to build a connector trail and clean up the park. A final workday is scheduled for June to install signs along the trails and the kiosk. A kick-off celebration is planned with activities including a ribbon cutting, a painted rock scavenger hunt and disc golf demonstration.

- *Story provided by Brenda Bishop
Quay County Health Council and VIVA Connects Member*
- *Photos provided by Daniel Zamora
County Manager and VIVA Connects Member*

Stay safe, mask up, and get outside!

Sincerely,

The VIVA Connects Team

Compiled by Laurel Fimbel for VIVA Connects

Please contact at: LFimbel@salud.unm.edu