

JANUARY RECAP

Our New Year's Resolutions

Each year millions of Americans use the first of the year to change their lives in one way or another. This year, MECA Therapies used the first of the year to make some resolutions of its own. Here are our plans for 2009:

Resolution #1: Launch our *Don't Wait* Campaign

According to a study conducted by *Pediatrics*, the official Journal of the American Academy of Pediatrics, an estimated 13% of American children (0-24 months) have developmental delays. This same study also concluded that only 10% of those children are actually receiving services—that's thousands of American children that aren't receiving the services they need. Here at MECA Therapies, we believe we can do something about this problem.

Our mission for 2009 is to inform our communities that services are available—no child should ever go without the services he or she needs. Our *Don't Wait* campaign will stress the importance of early intervention which is proven to significantly improve a child's overall development. With state funding that ensures, "No family will ever be turned away because of inability to pay for supports and services," services are available to all families, regardless of income or socio-economic status.

Help our goal become a reality. If you have a child or know a child that may have a developmental delay or may be at risk for developing delays please contact us at (575) 526-1161 to set-up a free screening.

MECA is providing early intervention services in the following counties: Dona Ana, Curry, Roosevelt and Quay.

Resolution #2: Be the Best We Can Be

Since MECA was founded—over 10 years ago—providing quality services has been the root of our business and a staple of our success, but in 2009 we are dedicated to not only providing quality services but being the best, most comprehensive service provider in the communities in which we serve.

MECA Monthly

This Month's Happenings

The Nurturing Program: Developing Moral, Values & Rules

MECA Therapies has partnered with NMSU to put on a series of classes that address some of the many challenges parents face. This month's class will help parents develop morals, values and rules. Childcare will be provided at no cost. To RSVP to this class please call 526-1161.

Location: MECA Therapies

Date & Time: February 20th from 5:00-6:30 pm

Community Workshop: Development in Children

The focus of this month's community workshop will be on the development of children. Questions like "when should a child walk?" and "when should a parent seek out services?" will all be addressed within this informative workshop. This workshop is free of charge and space is limited so please RSVP to La Vida at 527-1149.

Location: MECA Therapies

Date & Time: February 26th from 6:15-8:15 pm



February 2009: Important Dates

Black History Month

American Heart Month

Feb. 2nd – Groundhog Day

Feb. 14th – Valentine's Day

Feb. 16th – Presidents Day (Clinic will be closed)

Feb. 20th – Nurturing Class (see details above)

Feb. 26th – Community Workshop (see details above)

Family Health and Fitness: It's Good for Everyone

With child and adult obesity on the rise it's crucial that families start putting their health and wellness in the forefront, rather than in the backseat. Here are some tips for making 2009 a year for health and fitness for the whole family.

Tip 1: Limit Empty Calories

Soda, candy, cakes and cookies may be delicious but unfortunately most are filled with empty calories, a ton of sugar and a slew of fats, including trans fats which are known for their many negative health effects.

After the family weans itself off junk food you may discover that eating "healthy" may not be as bad as you think—many of your family's favorite recipes can be modified to be healthier while still maintaining a delicious flavor.

According to www.AHealthyMe.com the following substitutions can make meals healthier and more nutritious. Give them a try—you have nothing to lose.

If your recipe calls for...	Try...
Eggs	Replace half the eggs with egg whites. Don't use egg whites only when it comes to desserts and breads tough.
Oil (for sweet breads such as banana bread and pumpkin loaf)	Using half the recommended amount of oil and replacing the other half with applesauce, canned pumpkin or mashed bananas.
Sour Cream (for baking)	Plain low-fat yogurt
Whole milk	Skim or 1% milk
Heavy Cream (for soups or casseroles)	Evaporated milk or evaporated skim milk
Lard, butter or shortening	Olive oil, canola oil or sunflower oil (all are healthy oils)
Regular Cheese	Low-fat cheese
1 cup regular cheddar	¾ cup sharp cheddar (you get more flavor without having to use as much)
All-purpose flour	Replace half the flour with whole wheat flour
Salt	Spruce up your food with spice and herbs instead

Tip 2: Get Active

Family time can be more than going to a movie or watching a TV show together. There are a number of activities that can bring the family together while also getting the family up and moving. For your next family outing try taking the kids to the batting cages, go bike riding or go to play Frisbee in the park. Everyone will have a blast and the whole family gets some much needed exercise. Also, make house chores like working in the yard something that the whole family participates in—even the kiddos.

Tip 3: Make it A Family Affair

Becoming a healthier family means everyone needs to participate, including the kids. Try to make the change towards a healthier lifestyle something they can be excited about. A great way to spark the kids enthusiasm is by letting them help plan the menu for the week or even



participate with some of the cooking—they will be thrilled that they get to participate in the "important stuff" and you'll be thrilled that they're on board with the new healthy lifestyle.

THE MORE YOU KNOW

According to www.healthiergeneration.org "nearly 1 in 3 kids and teens are obese or overweight."

The Healthy Lunch Box

According to www.healthiergeneration.org you can make your child's lunch much for more nutritious by making some simple swaps. Here are some of their suggestions:

"Swap the white bread for whole wheat varieties for added boosts of fiber."

"Switch from bologna, salami, pastrami or corned beef, and other fatty luncheon meats to low-fat alternatives such as lean turkey or chicken breast."

"Try using a thinner layer of peanut butter and substituting jelly with banana or thin apple slices for a healthier spin on an old favorite."

"If you pack juice, make sure it's 100% juice. All fruit drinks are required to list the "% juice" on the label. Many juice drinks contain no more than 10% juice and are mixed with a lot of sugar."