

MECA *Monthly*

This Month's Happenings

Early Childhood Program

Attention parents: On November 7th we will be holding our 90-day transition conference for parents who have children exiting the Early Childhood Program. These conferences take place monthly on the first Friday of every month. Next month's conference will be taking place on December 5th. For more information on scheduling an exact conference time, please contact your Service Coordinator for additional details.

This Month's Community Workshop: Adaptive PE

Each month MECA Therapies hosts a community workshop where professionals share their expertise on developmental topics.

This month Gary Silva, Special Ed/PE teacher/Coach, will be focusing on the physical abilities and needs of children. He will be sharing his ideas for motor activities which can be used in the classroom and during outside play. This session will educate participants on how to make exercise a fun daily routine. To RSVP to this workshop please call 526-1161.

Location: MECA Therapies

Date & Time: November 20th from 6:15-8:15 pm

Special Olympics

On November 21st-23rd the Special Olympics State Qualifying Holiday Classic will be taking place right here in Las Cruces. The affair will bring in teams from across the state to compete in the two-sport event. The athletes will be competing in the games of basketball and bowling.

Once again, MECA Therapies will be a Premier Sponsor of this Special Olympics event. Many members of the MECA family,

including staff, parents and friends will be lending a helping hand as they volunteer at the event.

If you, or others you know, would be interested in being a volunteer please contact Roberta Martinez-Flores at (575) 522-9502.

The Season of Giving

Each year families around the nation gather around the table with family and friends to enjoy the feast that is Thanksgiving. Although it may be hard to believe, many families in our own communities go without having this meal.

This year MECA Therapies would like to continue its tradition and provide Thanksgiving dinner—all the fixings included—to twenty families in need.

If you know of a family in need, please contact your Service Coordinator for additional information. Meals will be provided on a first-come, first-serve basis.

Seeking Your Input

Here at MECA Therapies, we strive to create an environment that is comfortable, friendly and beneficial to the needs of you and your family. In order to do that, we are seeking your input. We want to know how you feel about our services and would like your opinions about how we can make our programs better. If you haven't already, stop and see Christina Ybarra at the front desk and fill out a satisfaction survey.

October Recap As part of the Halloween festivities MECA had trick-or-treating for all the little ones. Some of our visitors were Foxy Cleopatra from Austin Powers and a little lady bug.



So
Cute!



Staying Healthy this Cold & Flu Season

Getting the flu or a cold is just about as unpleasant as having a root canal—except being sick lasts a lot longer. Nobody wants to get the flu or catch a cold but it happens, and although there's no guaranteed prevention, you can increase your chances of staying healthy this holiday season with a few simple tricks.

Get Up and Get Moving. For many, the winter months mean a lot more food and a lot less exercise. This might not seem like a big deal but exercise and proper nutrition helps your immune system stay resilient. Without these two healthy lifestyle components your body becomes more susceptible to sickness.

Tip: Even though it's tempting to be lazy during these winter months try to exercise 30 minutes each and every day. Also, ensure your diet includes plenty of fresh fruits and vegetables, lean proteins and complex carbohydrates.

Wash Your Hands Regularly. Unfortunately, colds are passed on from contact with infected people, and unless you want to spend the next several months in a bubble try to ward off a cold by simply washing your hands more regularly.

Tip: Hand sanitizer is a quick way to kill germs on the go.

Keeps your hands away from your face. Germs enter your body through your eyes, nose and mouth.

Tip: Place a bright colored band on your wrist to remind you to keep your hands away from your face.

Try to limit your stress. It's amazing the negative effects stress can have on the body. Stress can put your immune system down and out really quickly so try to keep stress to a minimum.

Tip: Take at least 30 minutes a day for you to de-stress and relax.

Cold & Flu Facts

What months are considered flu season?

Peak months for the flu are November to March

How can I tell the difference between the flu and a cold? Although it is often difficult to tell the difference between the flu and a cold the FDA's website, www.fda.gov, states, "A stuffy nose, sore throat and sneezing are usually signs of a cold. Tiredness, fever, headache, and major aches and pains probably mean you have the flu."

What to do if you get sick

According to the Center of Disease Control and Prevention, if you do get sick you should rest, stay home, drink plenty of liquids and consult with your with doctor on the best treatment.

Important Dates

Diabetes Awareness Month

Native American Heritage Month

Nov. 7th – EC Transition Conference

Nov. 11th – Veterans Day

Nov. 13th – World Kindness Day

Nov. 20th – Community Workshop: Adaptive PE

Nov. 21st-23rd – Special Olympics Event

Nov. 27th – Thanksgiving

November