



4TH EDITION | FALL 2017

FAMILIES LIKE US

CHILDREN & THEIR DEVELOPMENT

A Spotlight
on **EARLY**
CHILDHOOD
INTERVENTION

40 FINGERS & 40 TOES:

Welcoming
THE SANCHEZ
Quadruplets

CARING FOR
COMMUNITIES:
Covenant
Children's





Dear Lea County,

It has been the pleasure of MECA Therapies, LLC to provide early intervention services for children and their families in Lea County for the past five years. It is our goal at MECA Therapies to help children grow and develop to their fullest potential.

We have a highly qualified staff that strive to build relationships with families to set and meet goals that are most important to the family. We are currently able to offer service coordination, speech therapy, help with feeding and swallowing difficulties, physical therapy, occupational therapy, family therapy and developmental instruction. These services are provided to infants and toddlers ages birth to three years old and their families in all five communities and outlying areas in Lea County. We are excited to have a new facility to call our home located in Hobbs at 2424 N. Lovington Highway. You are invited to stop by our new location and visit with our staff at any time.

Our staff has come from all over the United States and the world to live and work, many have chosen to make Lea County their permanent home. We have enjoyed meeting and being a part of the lives of the families we have had the privilege of serving. MECA Therapies is looking forward to our future in Lea County and is excited to expand our services to include outpatient services for children ages three (3) to 21 in early 2018.

Thank you Lea County,

Libbie Plant

Regional Director – Lea County

WHAT'S IN THIS EDITION:

PAGE 3 MECA THERAPIES - HOBBS:
MECA Therapies is no stranger to Lea County, which has served families with early childhood intervention services and supports for the past five years. The company has recently renovated a brand new facility to better serve Lea County. Learn more about this family of professionals working everyday to make a difference in the lives of the families of New Mexico.

PAGE 4 THE SANCHEZ QUADRUPLETS:
Welcoming the Sanchez Quadruplets to the world! On May 3, 2017, father Donavin Sanchez and mother Cassie Sanchez met their healthy quadruplets! Read more about this astonishing story!

PAGE 6 COVENANT CHILDREN'S HOSPITAL:
Covenant Children's Hospital in Lubbock, Texas not only serves the preemies of Lea County who need the vital care of the neonatal intensive care unit (NICU), but is also a level III C which is the highest rated NICU in the region.

PAGE 8 LEA COUNTY CHILDREN & FAMILY RESOURCES:
Check out the listing that we compiled for families just like you, who are looking for services to promote and maintain healthy families.

Welcome TO



FAMILIES LIKE US

A Publication for the Families of New Mexico

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ABOUT US

Families Like Us is published monthly by Cheddar Advertising and is free to our readers. This publication aims to inform the Southern New Mexico public and beyond of the issues facing our communities in regards to child development. Our goal is to shed light on child development and the issues surrounding this subject.

SUBMISSION POLICY

Families Like Us is always open to collaboration that will create awareness to child development and welcomes submissions. Submissions can be emailed to anthony@cheddarize.com. Families Like Us reserves the right to edit submissions and cannot guarantee publication.

ADVERTISING POLICY

Space in this publication will be available soon for paid advertising.



A SPOTLIGHT ON

Early Childhood Intervention: MECA Therapies in Hobbs



Throughout life, your child is going to crawl, walk, and hurdle through obstacles. Some children need help to grow, and that is okay. That is why MECA Therapies will always be there for the children of Lea County.

Since 1998, MECA Therapies has improved the lives of thousands of children and families in communities throughout New Mexico and have been serving Lea County since July 2012.

MECA Therapies has made it their mission to change the lives of children in the state of New Mexico through specialized therapy services that include early

childhood intervention. Early childhood intervention supports a child's learning and development. Learning and development are most critical from birth to age five.

MECA Therapies offers New Mexico Family Infant Toddler (FIT) Program Services free for New Mexico families with children. MECA Therapies is a FIT Service Provider through the New Mexico Department of Health. Children can receive FIT services from birth to age three. MECA Therapies' services are provided in home and in community-based services.

You will find a variety of services and supports offered by MECA Therapies such as physical therapy, occupational therapy, speech therapy, special instruction,

family therapy, social work, and service coordination. They cover conditions such as, speech delays and disorders, feeding and swallowing difficulties, physical delays, developmental delays, neurological and neuromuscular conditions, sensory integration conditions, autism spectrum disorder, and nursing.

If you feel your infant or toddler of three (3) years of age may be experiencing delays or developmental issues, contact MECA Therapies for a free evaluation. Anyone can make a referral. ■

For more information contact MECA Therapies at (575) 492-9505 or visit online at www.mecatherapies.com.

NEW MECA THERAPIES FACILITY NOW OPEN!



MECA Therapies' New Hobbs Location
2424 N. Lovington Hwy. Hobbs, NM 88240

MECATHERAPIES.COM • ☎ (575) 492-9505

40 FINGERS & 40 TOES: Welcoming THE SANCHEZ Quadruplets



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orty new fingers and 40 new toes joined the world on May 3rd, 2017.

Quadruplets Arrow, Gunner, Cheyenne, and Scarlett, all five months now, joined their place in the Sanchez Family with mother Cassie

Sanchez, 26, of Lovington, New Mexico; father Donavin Sanchez, 26, of Portales, New Mexico, and big brother Hazen Sanchez, 4.

Born at 30 weeks, 10 weeks early, the Sanchez Quadruplets needed specialized care only a neonatal intensive care unit (NICU) could provide. Before the quadruplets were born, Cassie was put on bed rest in the NICU for 75 days at Covenant Children's, a non-profit, stand-alone children's hospital in Lubbock,

Texas, and wasn't released for another week after giving birth to the quadruplets.

"A couple of weeks, I lived day by day hoping my babies survived. And that was probably the hardest," Cassie said. "I know they were in the NICU and they had a chance, but the most challenging part is just hoping and praying if they were gonna have a good day and survive."

Scarlett and Cheyenne were in the NICU for six weeks, Arrow was in the NICU for seven weeks, and Gunner was in the NICU for 13 weeks after being born. The quadruplets received crucial NICU support.

"We were never really scared going to the NICU. We always trusted the doctors' and nurses' decisions," Cassie said. "The nurses

really helped us. They would talk us through things that we could understand in our version. The nurses were very comforting. Any questions we had we were right there."

Thea Helms, RN, an antepartum nurse with Covenant Children's, was the receiving nurse when Cassie was admitted into her unit. The main role of the antepartum unit and nurses is to make sure the family understands why they are being admitted to the hospital and understand what the physicians' plan of care for the mother and baby or babies is.

The nurses are advocates for the patient and the family by meeting the physical, emotional, and spiritual needs, while helping to keep that understanding of the current situation, Thea said.



Thea walked into the hospital to a teary-eyed Cassie holding onto her twin sister's hand. Thea introduced herself and asked if there was anything the quadruplet mother needed, Thea recollected. Cassie asked the nurse if she could pray for her.

"I sat down on the bed by her and her sister, took her hand and prayed over her, her babies, her family, and the staff that would be taking care of her and the babies during her stay," Thea said. "The next morning, as she was getting ready for her procedure, all of her family and I formed a circle around her holding hands, and prayed over her. I will never be able to express the love, the faith and the feeling of God's presence that I felt in that room."



One in 10 babies are born prematurely each year in the United States. These babies

are admitted into an NICU for specialized care due to premature birth, delivery complications, and other signs of health issues during the first few days of life.

The Sanchez Quadruplets are considered preemies because they were born 10 weeks early. Babies born at 27 weeks and lower are considered micro preemies.



Families go through a number of challenges after having a preemie. Most spend weeks in the NICU, even months. The Sanchez Family pulled together and adjusted their lives around the quadruplets admission into the NICU.

"My husband was there from day one. The whole hospital stay he never left my side. He was probably my number one support system because he was there every step of the way, day and night," Cassie said. "It

would have been really hard to do it all alone. And for him being there was godsent to me because I couldn't have done it alone."

Cassie said her family was her support system and that having the support system was important for the health of the quadruplets. After she was released from the hospital and awaited the release of the newborn quadruplets from the NICU, Cassie and Donavin lived with Cassie's twin sister, Lindsey Jameson.

Although the family lives in Lovington, NM, Cassie's and Donavin's son Hazen lived with grandparents Ladonna and Martin Sanchez in Portales, where Hazen lived and went to school for 75 days. Donavin's brother JT Sanchez and grandmother Vicki assisted with anything they could to support Cassie, Donavin and the quadruplets while they were in the NICU. This familial assistance was essential as well as the supports from Covenant Children's.



"Trust the nurses and doctors and it's okay to be in the NICU because it's just support and help for your baby," Cassie said. "The nurses are the mommas to your babies when the mommas are not there. They love those babies. When I wasn't there I trusted that those nurses were taking care of them." Today, the Sanchez Quadruplets are growing, eating good, gaining weight, and developing personalities of their own.

"By looking at them now you wouldn't be able to tell they were a whole two pounds when they were born," Cassie said.

The Sanchez Quadruplets are currently working with MECA Therapies, a local childhood development service provider in Lea County, to promote the quadruplets healthy development. ■



CovenantChildren'sSM

CARING FOR COMMUNITY

The neonatal intensive care unit (NICU) is a place of healing and is a beacon of light for families who have premature babies. Covenant Children's serves Lea County with support for preemies and their families. It is the region's only fully licensed freestanding children's hospital.

In January 2017, Covenant Children's acquired the free-standing children's hospital license, which signals innumerable growth opportunities for Lubbock's only hospital built just for children, according to Covenant Children's.

"With our prior licensing, we have been limited in the number of patients we can serve here and in the region," said Dr. Amy Thompson, president of Covenant Children's. "We are excited to be the only free-standing fully licensed children's hospital in the region."

When a baby is born with medical complication or is born premature they are admitted into a NICU for specialized treatment.

"Our unit is fully equipped to handle infants' surgical needs as well as premature and ill infants. Lubbock is the hub for the panhandle, Permian basin and areas of New Mexico," said Kristie Griffin, BSN,

RNC-NIC, NICU nurse. "Covenant has our own transport team that is always ready to transport the high-risk pregnant women and the sick, premature babies. We count it a privilege to service such a wide area."

Premature babies born in Lea County are often transported to Lubbock, Texas, where Covenant Children's is located, to receive treatment. Covenant Children's is the highest-rated NICU in the region.

Babies who are born at less than 32 weeks and weigh less than 1,500 grams require much more care and support.

Covenant Children's follows special procedures for each individual family who will come into the NICU, said Courtney McPherson, NICU manager. "Anytime we have a high-risk mom, or we've identified a mom with a baby that's going to have complications, we make a plan for their care in our Perinatal Advisory Council."

Every staff member necessary for the care of an incoming NICU baby or babies is included in the Perinatal Advisory Council, which is an essential component for the individualized care of each preemie.

"All babies are different. You can have four babies that act differently and do things on their own time," McPherson said. "The Sanchez Family ended up taking three babies home and left one here for a bit because the one was not quite ready to go home. We have to be flexible with that and help families however we can."

The Sanchez Family is a family from Lovington, New Mexico in Lea County who had quadruplets who received care from Covenant Children's NICU. [Read more about this story on page 4-5].

The NICU also is designed to allow siblings to sleep in the same pod. This increases and supports the bonding between the babies, which also increases the overall health.

All the Sanchez Quadruplets were kept together during their time at the NICU, and received the specialized care that Covenant Children's NICU provided.

"They were in a pod lined up, A, B, C, D," McPherson said. The NICU at Covenant Children's allows two to three family members in the NICU per baby. "The family was able to come in, and they were all together. We always will accommodate that when we have multiple babies per family."

The hospital also doesn't restrict sibling visitation, McPherson said.

"Even if a family were to have eight kids, they could all come in at once," McPherson said. "We want them to visit as a family unit together and for them to be able to have all of their children new babies included together in one setting."

Covenant Children's NICU contains 43 beds and safely cares for the most critical babies. Babies are provided support by a team specially trained in the care of critically ill and premature babies:

TIES: Covenant Children's

- neonatologists and neonatal nurse practitioners staffed in-house 24 hours a day
- speech therapist, physical therapist, occupational therapist
- respiratory therapist
- dietitian
- lactation consultants
- pediatric pharmacists
- social workers
- chaplains

Covenant Children's has the only dedicated pediatric emergency room in the region with specialized, highly-trained staff and

equipment focused on the treatment of the children the hospital cares for. The hospital also has the first and only OB emergency department staffed around the clock with board certified OB/GYN physicians to care for expectant mothers.

From its early roots as Methodist Hospital and St. Mary's Hospital, Covenant Health has been providing crucial services to West Texas and eastern New Mexico for nearly 100 years, and is a member of Providence St. Joseph Health. The organization is a not-for-profit health system.

"Covenant Children's is part of the Children's

Hospital Association of Texas, so we have been aligned with other children's hospitals across the state. We've always had the desire to expand the services that we have," Thompson said. "We now can expand the current services we have and add other service lines that we haven't been able to offer up to this point. We also will be able to explore some areas we know that are really needed both in our city and in the region." ■

For more information on Covenant Children's, call (806) 725-0000 or visit covenantchildrens.org on the web.



MECA Therapies is a leader in Neonatal Intensive Care Unit (NICU) Family Support and Early Intervention Therapies in the state of New Mexico.

MECA Therapies understands the struggles and hardships families face while they have a premature baby in the NICU. This critical time in a family's life is MECA Therapies' motivation to strive in providing the best support services for babies from the time of birth and beyond.

While receiving services from the NICU Family Support Team, families receive two great sources: MECA Therapies and the March of Dimes.

As an early intervention therapy company, MECA Therapies holds the only March of Dimes Community Partnership title in the United States, and provides these partnered services in New Mexico.

The NICU Family Support Team provides care and resources for your family with:

- NICU Family Liaison
- Peer Support/Counseling
- Certified Lactation Counselor
- NICU Nurse

Contact our NICU Family Liaison, Camille Plante, today!
 ☎ (575) 522-9555 | ✉ camille@mecatherapies.com
www.mecatherapies.com

LEA COUNTY, NEW MEXICO: A Little Place We Like to call home!



FAMILY & COMMUNITY Resources

Andrews Family Medicine
Alyssa D. Tochterman, M.D.
Family Practice/OB-GYN
Address: 700 Hospital Drive, Andrews,
Texas 79714
Phone: (432) 523-6624

Andrews Family Medicine
Bailey Hargrave, R.N., M.S.N., F.N.P.-C,
Family Nurse Practitioner
Address: 700 Hospital Drive, Andrews,
Texas 79714
Phone: (432) 523-6624

Andrews Family Medicine
Rahul Dinesh Puri, M.D
Family Medicine Obstetrics
Address: 700 Hospital Drive, Andrews,
Texas 79714
Phone: (432) 523-6624

CASA of Lea County
Address: 501 N. Linam St., Hobbs, NM
88240
Phone: (575) 393-0015
Hours: 8 a.m. - 5 p.m.
Website: casaofleacounty.org

**Children Youth & Family
Department (CYFD)**
Address: 907 W. Calle Sur St, Hobbs, NM
88240
Phone: (575) 397-2478
Hours: 8 a.m. - 5 p.m.
Website: ccyf.d.org

Covenant Health System
Address: 3514 21st St., Lubbock, TX 79410
Phone: (806) 725-0000
Hours: 24 hours
Website: covenanthealth.org

Covenant Children's
Address: 4015 22nd Pl, Lubbock, TX 79410
Phone: (806) 725-0000
Hours: 24 Hours
Website: covenantchildrens.org

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Address: 415 N. Avenue F Denver City, TX
79323
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MECA Therapies, LLC
Address: 2424 N. Lovington Highway
Phone: (575) 492-9505
Hours: 7:45 a.m. - 5 p.m.
Website: mecatherapies.com

Guidance Center of Lea County
Address: 920 W. Broadway St., Hobbs, NM
88240
Phone: (575) 393-3168
Hours: Monday - Friday, 8 a.m. - 6 p.m.
Website: gclcnm.org

Jay Frankfather, M.D.
OB/GYN
Address: 415 N. Avenue F Denver City, TX
79323
Phone: (806) 592-9501

Lea Regional Medical Center
Address: 5419 N. Lovington Hwy., Hobbs,
NM 88240
Phone: (575) 492-5000
Hours: Open 24 Hours
Website: learegionalmedical.com

Memorial Hospital Clinic West
Timothy Gloyd, M.D.
Family Medicine
Address: 806 Hobbs Hwy, Seminole, Texas
79360
Phone: (432) 758-4965

Natural Nesters
By Appointment Only
Phone: (575) 392-4874
Website: naturalnesters.com

Satish Nayak, M.D.
Elena Rodriguez PA-C
Address: 706 Hospital Drive, Andrews,
Texas 79714
Phone: (432) 523-3001

**University Medical Center (UMC) Health
System**
Address: 602 Indiana Ave., Lubbock, TX
79415
Phone: (806) 775-8200
Hours: Open 24 Hours
Website: umchealthsystem.com

Wendjell W. Parkey, M.D.
Obstetrics/Gynecology & Family Practice
Address: 207 NW 8th St., Seminole, Texas
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Phone: (432) 758-1155



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