



For more information, please contact:
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FOR IMMEDIATE RELEASE

Save the Date for the 9th Annual HMS “JUMP Into Summer” Family Fun Day

Silver City, NM (May 1, 2017) – Join Hidalgo Medical Services (HMS), community sponsors, and the public on Saturday, June 10, 2017 for the 9th Annual HMS “JUMP Into Summer” Family Fun Day. This exciting event will take place at Gough Park in Silver City from 11:00am to 3:00pm. The purpose of this annual, community event hosted by HMS is to highlight the importance of family fitness and nutrition through fun. HMS positively impacts the health, well-being and quality of life for the communities of Hidalgo and Grant counties by providing comprehensive community services, resources, and events, such as JUMP Into Summer.

Featured event activities this year will include an obstacle course, a water slide, and a climbing wall – to name a few. Event participants will have a chance to visit informational tables to learn more about community resources available in Grant and Hidalgo counties. Freeport McMoRan is this year’s presenting sponsor and Crest Insurance Group and Montgomery Andrews, PA are partnering sponsors. Numerous local businesses are also sponsoring this year’s JUMP Into Summer event.

According to Kathleen Tunney, HMS Family Support Program Manager, JUMP Into Summer centers around the “5-2-1-0 Health Initiative.” This nationally-recognized program promotes 5 or more fruits and vegetables, 2 hours or less recreational screen time, 1 hour or more of physical activity, and 0 sugary drinks and more water every day. Participants who complete various activities throughout the park will have the chance to enter their name for a prize drawing. Prizes available to event participants include items donated by local merchants, such as gift certificates, merchandise for children and adults, and even bicycles!

EVENT: 9th Annual HMS “JUMP Into Summer” Family Fun Day
LOCATION: Gough Park in Silver City
DATE: Saturday, June 10, 2017
TIME: 11:00am to 3:00pm

This event is open to the public – everyone is welcome!

JUMP Into Summer activities and donations are made possible every year with the support of generous sponsors, local businesses, and collaborative community organizations. Opportunities still exist for those organizations that would like to commit to a sponsorship, share a monetary or prize donation, coordinate a fun event activity, exhibit an informational table, or participate as a healthy food vendor.

For more information, please contact Kathleen Tunney or Belinda Scott in HMS Family Support Services at (575) 534-0248. Please visit www.hmsnm.org to learn more about HMS services, providers, and locations.



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Hidalgo Medical Services Awards 2017 Scholarship Program Recipients

Silver City, NM (May 15, 2017) Hidalgo Medical Services (HMS) recently awarded financial scholarships (\$500 each) to recipients of its 2017 HMS Scholarship Program and also of its 2017 HMS Employee Child Dependent Scholarship Program (\$200 each). Recipients who met and exceeded the eligibility criteria are 2017 high school graduates from Grant and Hidalgo counties. Recipients must also be enrolled to attend college in the Fall 2017 semester/quarter.

“HMS believes that these young adults will continue to develop their leadership skills and, one day, effectively serve their communities throughout southwest New Mexico, the United States and the world,” stated Dan Otero, HMS Chief Executive Officer. Carmen Acosta, HMS Board of Directors Chair added, “The HMS Board of Directors are very proud to support these students and their achievements. The accomplishments of each applicant to the 2017 HMS Scholarship Program are truly inspiring.”

2017 HMS Scholarship Award (Grant County) recipients – each awarded \$500:

- Gabriella Montes - Silver High School
- Hayleigh Drozda - Cliff High School
- Allison Sedillos - Cobre High School

2017 HMS Scholarship Award (Hidalgo County) recipients – each awarded \$500:

- John Plowman - Lordsburg High School
- Kylee Guillian - Animas High School

2017 HMS Employee Child Dependent Scholarship Award recipient – awarded \$200:

- Gabriella Montes – daughter of HMS employee, Evelyn Montes
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FOR IMMEDIATE RELEASE

Hidalgo Medical Services Contributes \$2,500 to Western New Mexico University School of Nursing for the 2017 Nikki Bascom Memorial Scholarship

Silver City, NM (May 16, 2017) Hidalgo Medical Services (HMS) awarded an \$2,500 annual scholarship to Jesse Jimenez, a recent Western New Mexico University (WNMU) School of Nursing graduate, at their May 2017 ceremony. Jimenez was selected as the inaugural recipient of the annual Hidalgo Medical Services Nikki Bascom Nursing Scholarship.

The scholarship was established by the HMS Board of Directors this year in honor of Nikki Bascom, RN. Bascom graduated from the nursing program at WNMU in 2009. Bascom was held in the highest regard at HMS and within Hidalgo and Grant counties for her professionalism, leadership, and the quality of care that she gave to all patients and the community. Bascom served as HMS Director of Nursing, prior to her passing in April 2016.

HMS will be awarding this scholarship to a recipient from either Hidalgo or Grant County from each WNMU School of Nursing graduating class. Scholarship awards will be based on academic merit and personal commitment to serving southwestern New Mexico. “On behalf of the WNMU School of Nursing, we are very grateful for this partnership with HMS,” stated John Scarbrough, WNMU School of Nursing Associate Dean. Scarbrough added, “The scholarship helps to fulfill the mission of the WNMU School of Nursing, which is to promote health and improve the quality of life for diverse populations by providing nursing education which instills the values of community, nursing scholarship, practice and community service.”

“As a healthcare leader in Grant County, HMS is fortunate to have the ability to honor the memory of Ms. Bascom with this scholarship,” stated Darrick Nelson, MD, HMS Chief Medical Officer and HMS Family Medicine Residency Program Director. “We took great care to select a recipient that we felt embodied Nikki’s compassion, tenacity, and work ethic. The WNMU School of Nursing has a history of helping supply our region with a competent and caring Nursing workforce, and HMS is proud to help support this effort, while remembering the spirit of Nikki Bascom, RN,” added Nelson.

“Nikki was an incredible individual who was loved by everyone at HMS, and we miss her dearly,” stated Dan Otero, HMS Chief Executive Officer. Otero added, “The HMS Board of Directors, in support of HMS employees and leadership, appreciates this opportunity with the WNMU School of Nursing to honor Nikki’s memory and to inspire our community.”

Please visit www.hmsnm.org to learn more about HMS services, providers, and locations. Please visit www.wnmu.edu to learn more about WNMU degree programs, services, and resources.



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FOR IMMEDIATE RELEASE

HMS to Host Public Meetings in Silver City and Lordsburg to Discuss Local Senior Centers

Silver City, NM (May 16, 2017) HMS will be hosting a Public Meeting on May 24, 2017 at 5:00pm at The Grant County Veteran’s Memorial Business & Conference Center at 3031 Hwy 180 East, Silver City, NM. Additionally, HMS will be hosting a Public Meeting on May 25, 2017 at 5:00pm at the Chamber of Commerce in Lordsburg (206 W. Main Street). Please contact info@hmsnm.org or Edith Lee, HMS Chief Support Officer, at (575) 597-2738 with any questions regarding these Public Meetings.



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FOR IMMEDIATE RELEASE

Inaugural “HMS Healthcare Listen & Learn” Series Kicks Off in Hidalgo and Grant Counties with Presenter and HMS Clinical Psychologist, Pat Rowan, PsyD to Discuss Effective Communication

Silver City, NM (May 25, 2017) – Pat Rowan, PsyD, HMS Clinical Psychologist, presented “*Say What? Adventures in Communication Land*” to Grant County community members on Tuesday, May 23 at the HMS Silver City Community Health Center off of Pope Street. Dr. Rowan also shared her presentation with Hidalgo County community members at the HMS Lordsburg Clinic on Wednesday, May 24. HMS has recognized May as “National Mental Health Awareness Month” and the intent of Dr. Rowan’s presentation was to encourage community members on how to communicate more effectively.

According to Kathy-Lyn Allen Pacheco, HMS Director of Marketing and Recruitment, “The HMS Healthcare Listen & Learn Series is a new, quarterly presentation series geared towards sharing relevant, healthcare education with the public in an informal and comfortable setting.” Dan Otero, HMS Chief Executive Officer, added, “As our mission states, Hidalgo Medical Services positively impacts the health, well-being and quality of life for those we serve providing comprehensive, integrated, affordable healthcare and education of patients and healthcare professionals. Starting this series is part of HMS’

multi-year, strategic plan to fulfill our mission, and to pursue our vision to be the local, healthcare provider of choice. I personally invite everyone to attend the HMS Healthcare Listen & Learn Series with their family or friends whenever they can make it.”

Dr. Rowan, a clinical psychologist, provides comprehensive mental health services at the HMS 32nd Street Community Mental Health Center. Dr. Rowan and her colleagues will be moving to the new HMS Tranquil Skies Community Mental Health Center at 1318 E. 32nd Street in early June. To receive more information about the quarterly “HMS Healthcare Listen & Learn Series” schedule, please email info@hmsnm.org or call (575) 597-2727. Please visit www.hmsnm.org to learn more about HMS services, providers, and locations.

FOR IMMEDIATE RELEASE:
May 25, 2017

Local Contact: Edith Lee, HMS Chief Support Officer
(575) 597-2738 (phone) / elee@hmsnm.org (email)
National Contact: www.mentalhealthfirstaid.org

Hidalgo Medical Services To Offer Mental Health First Aid Training
Part of a National Initiative to Increase Mental Health Literacy

Hidalgo Medical Services (HMS) will be offering Mental Health First Aid training in Silver City and Lordsburg over the summer months in 2017. This groundbreaking, 8-hour training course gives people the tools to identify when someone might be struggling with a mental health or substance use problem, and also provides the tools to connect individuals with appropriate support and resources, when necessary.

1 in 5 Americans has a mental illness, but many are reluctant to seek help or might not know where to turn for care. Unlike physical conditions, symptoms of mental health and substance use problems can be difficult to detect. For friends and family members, it can be hard to know when and how to step in. As a result, those in need of mental health services often do not get them until it is too late.

Just as cardiopulmonary resuscitation (CPR) helps individuals without clinical training to assist an individual having a heart attack, Mental Health First Aid prepares participants to interact with a person experiencing a mental health crisis. Mental Health First Aiders learn a 5-step action plan that guides them through the process of reaching out and offering appropriate support.

“Through this program, we hope to take the fear and hesitation out of starting conversations about mental health and substance use problems,” says Linda Rosenberg, President and CEO of the National Council for Behavioral Health, which helped bring Mental Health First Aid to the U.S. in 2008. “When more people are equipped with the tools they need to start a dialogue, more people can get the help they may need.”

In just ten years, Mental Health First Aid has become a full-blown movement in the United States—more than 550,000 people are certified Mental Health First Aiders, and that number is growing every day.

“As a mental health provider, I have witnessed how this training benefits the members of our community, employers/employees, friends, and family members to recognize the signs and symptoms of mental illness. I am honored to be able to provide this training opportunity to members of our community,” says Edith Lee, HMS Chief Support Officer.

Participants must preregister. There is a \$25 fee, which includes a participant workbook and refreshments; lunch will be provided. Available training dates in Silver City and Lordsburg include:

Saturday, June 24 at Hidalgo Medical Services (Silver City, NM)
Saturday, July 22 at Hidalgo Medical Services (Lordsburg, NM)
Saturday, August 19 at Hidalgo Medical Services (Silver City, NM)

For more information or to participate in an upcoming Mental Health First Aid training, please contact Edith Lee, HMS Chief Support Officer, at (575) 597-2738 or elee@hmsnm.org.

Please visit <http://www.thenationalcouncil.org> to learn more about Mental Health First Aid training. Please visit www.hmsnm.org to learn more about HMS services, providers, and locations.



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Hidalgo Medical Services Student Health Advisory Committee at Cobre High School Coordinates Engaging “Summer Safety Tips” Community Resource Event

Silver City, NM (May 26, 2017) –The Hidalgo Medical Services (HMS) Student Health Advisory Council (SHAC) at Cobre High School recently coordinated an engaging day of “Summer Safety Tips” for students and community members. Student activities and dialogues during the event addressed the consequences of underage drinking, the importance of saying “no” to distracted driving, and how to recognize and speak up against teen dating violence.

According to Melanie DeLaGarza, HMS Director of Operations, “The intent of this community, safety outreach event was to provide Cobre High School students and community members with valuable resources, especially as the end of the school year and summer approaches.” Kristi Apodaca, HMS Grant County Clinic Coordinator, added, “The students of the HMS SHAC team at Cobre High School led this exciting day through their creative posters, “spin the wheel” game, and individual conversations with other students about these very important, teen health and wellness issues.”

“According to the National Institutes of Health, students who have used school based health clinics (SBHCs) have been more satisfied with their health and engaged in a greater number of health-promoting behaviors than did students who did not use SBHCs,” stated Dan Otero, HMS Chief Executive Officer. “The HMS Cobre Health Clinic team works to provide Cobre High School students, faculty, staff, and community members with accessible, reliable, and confidential health, mental health, and family support services,” added Otero.

To learn more about the HMS SHAC program at Cobre High School, please contact Pamela Madrid, HMS Patient Specialist, at (575) 537-5069 or pammadrid@hmsnm.org. The HMS SHAC program at Cobre High School encourages any students to participate in the next, academic year’s SHAC activities.

Please visit www.hmsnm.org to learn more about HMS services, providers, and locations.