

Sandoval Health Collaborative
Health Happens Here



10 Things Every Child Should
Know by the Age of 10

A Parent's Guide to Helpful Health Resources



 **PRESBYTERIAN**
Center for Community Health

Photos by: Bruno Quintana and Kim Vesley


**SANDOVAL
HEALTH
COLLABORATIVE**
health happens here

**NEW MEXICO
DEPARTMENT OF
HEALTH**



**New Mexico
GAS COMPANY®**
AN EMERA COMPANY

IMPORTANT NUMBERS

Sandoval Co. Sheriff's Department	505-867-7526
Sandoval Co. Fire Department	505-867-0245
Rio Rancho Police Department	505-891-5900
Rio Rancho Fire Department	505-891-5912
Rio Rancho Emergency Medical Services	505-891-5283

Other local and tribal public safety departments near you:

_____	_____
_____	_____
_____	_____

CALL 911 IF IT IS AN EMERGENCY



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Dear Parent,

This health booklet was created by the Sandoval Health Collaborative as a fun and interactive tool to help your child to learn about and build a foundation for a healthy life. It's a tool to empower them as health ambassadors for our families and communities.

But the booklet is also for you! Helpful resources and reminders are here— all in one place. Many of the activities and resources are meant to be shared with your child. Please visit the Sandoval Health Collaborative website at www.sandovalhealth.com for links to useful health resources and digital versions of the 10x10.

Remember, your example makes a huge difference in how your child adopts healthy behaviors.

Our schools and community partners will be joining you to build a culture of health here in Sandoval County.

Sincerely,

Sandoval Health Collaborative team (of care providers, educators, job creators and community organizations)

This Health Booklet has been made possible through the generosity of these sponsors:

- Presbyterian Center for Community Health
- Sandoval County Health Council
- El Pueblo Health Services
- Health Community 50 Co-founders (American Public Health Association, National Association of Counties and Aetna Foundation)
- The Garza Organization
- Rotary Club of Rio Rancho and Foundation
- Draper Family Foundation



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RIO RANCHO AREA HOSPITALS

Hospitals in or near Rio Rancho

Gone are the days when you had to drive all the way to Albuquerque to find a hospital. We have put together a list of a few of the hospitals in Rio Rancho for your convenience. If you are not sure if the hospital you are interested in accepts your insurance, please call ahead before you schedule an appointment.

Hospital Name: Presbyterian Rust Medical Center
Address: 2400 Unser Blvd. SE
Phone Number: (505) 253-7878
Website: <https://rust-medical-center.phs.org>
Hours: Emergency Room open 24 Hours
Urgent Care: No
Care Coordination: Call 505-253-7878 for questions regarding your care or help in facilitation of your health care services

Hospital Name: UNM Sandoval Regional Medical Center
Address: 3001 Broadmoor Blvd. NE
Phone Number: (505) 994-7000
Website: <http://www.unmsrmc.org>
Hours: Emergency Room open 24 Hours
Urgent Care: No
Care Coordination: Call 505-994-7385 for questions regarding your care or help in facilitation of your health care services

Hospital Name: Lovelace Westside Hospital
Address: 1501 Golf Course Rd. NW
Phone Number: (505) 727-2000
Website: <http://www.lovelace.com>
Hours: Emergency Room open 24 Hours
Urgent Care: No
Care Coordination: Call 505-727-2443 for questions regarding your care or help in facilitation of your health care services

RIO RANCHO URGENT CARE

Urgent Care in Rio Rancho

If you are not sure if the urgent care facility you have chosen accepts your insurance, please call ahead prior to making your first appointment.

Name: Presbyterian Urgent Care in Rio Rancho
Address: 4100 High Resort Blvd. SE
Phone Number: (505) 462-8809

Name:	NextCare Urgent Care	NextCare Urgent Care
Address:	1721 Rio Rancho Blvd. SE	1630 Rio Rancho Blvd., Suite 101
Phone Number:	(505) 395-5520	(505) 395-5520

Name: ulTiMED Urgent Care
Address: 7555 Enchanted Hills Blvd. NE #104
Phone Number: (505) 771-9833



EMERGENCY ROOM vs. URGENT CARE

Know the Difference Between the Emergency Room vs. Urgent Care

Nothing is worse than your child getting sick or getting hurt. We understand that this can be a scary time for parents and children alike. However, being informed before an emergency strikes can save you both time and money.

If your child gets sick but is not in immediate danger or threat, the first person that you should contact is his / her primary care physician. Your child's pediatrician knows your child's medical history and the expense may be covered by your insurance.

If your child gets sick but is not in a life threatening situation, and your primary care physician's office is closed, you should go to your nearest urgent care facility.

If your child has a life threatening emergency, take him/her to the emergency room or call 911. This option will be your most expensive option and you should only use it if your child is in immediate danger.



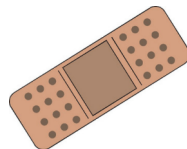
Doctor's Office

Best to schedule a visit

- Regular health screenings
- Check ups
- If something causes you concern
- Fever
- Cough or colds
- Unexplained weight changes
- Pain that doesn't go away

For Babies and Children:

- Head lice
- Vaccines
- Insect bites
- Minor ear pain
- Questions or concerns



Urgent Care

- Minor illness and injury
- Vomiting or diarrhea
- Flu or fever
- Lung disease problems
- Sprains or Strains
- Possible broken bones
- Sports injuries
- Eye infections
- Sore throats or earaches
- Coughs or colds

For Babies and Children:

- Poor Feeding
- Throwing up or diarrhea



Emergency Room

*Call 9-1-1

For life-threatening emergencies

- Difficulty breathing
- Serious head, neck or back injury
- Loss of limb
- A severely broken bone
- Chest pain or pressure
- Convulsions or seizures
- Unconsciousness
- Severe bleeding
- Poisoning
- Burns

For Babies and Children:

- Turning blue or pale
- Has slow or noisy breathing
- Lethargic or hard to wake up
- Swallowed chemicals or medicine

3 MONTHS OR YOUNGER

- Fever of 101 or higher



QUESTIONS TO ASK YOUR DOCTOR OR CLINICIAN

You and your child's health depends on good communication

Asking questions and providing information to your doctor and other care providers can improve your care. Talking with your doctor builds trust and leads to better results, quality, safety, and satisfaction.

Prepare your questions

Time is limited during doctor or clinic visits. Prepare for your appointment by thinking about what you want to do during your visit. Do you want to:

- Talk about a health problem?
- Get or change a medicine?
- Get medical tests?
- Talk about surgery or treatment options?

Write down your questions to bring to your appointment.

10 Questions You Should Know

The questions you may want to ask will depend on if your care provider is giving you a diagnosis, recommending a treatment, medical test or surgery, or prescribing a medicine.

The questions below can help get you started:

1. What is the test/procedure for? Do I really need it?
2. How many times have you done this procedure?
3. When will I get the results?
4. Why do I need this treatment? Are there simpler, safer options?
5. Are there any alternatives? What happens if I don't do anything?
6. What are the possible risks or side effects?
7. Which hospital is best for my needs?
8. How do you spell the name of that drug?
9. How much does it cost and will my insurance pay for it?
10. Will this medicine interact with medicines that I'm already taking?

Be Prepared

- Know your own and your family's medical history (including grandparents, parents, uncles, aunts, siblings); write it down
- Any changes to your medical history since last visit to clinic or doctor's office? (including medications prescribed by another care provider)
- Take all medications with you

After Your Appointment

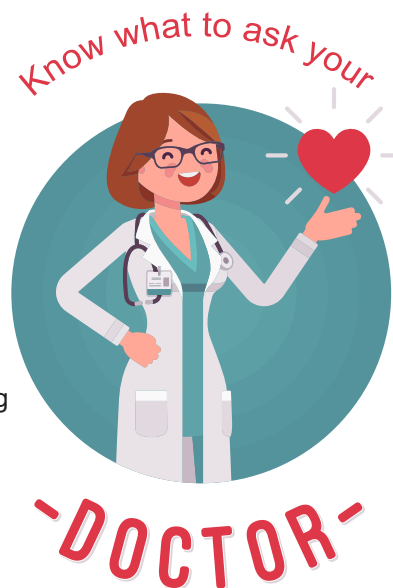
Find out what's next. Ask for written instructions, brochures, videos, or websites that may help you learn more. Write it down.

You will need to follow your doctor's or clinician's instructions to keep your health on track.

Call them if you are unclear about any instructions or:

- If you experience any side effects or other problems with your medicines.
- If your symptoms get worse after seeing the doctor.
- If you receive any new prescriptions or start taking any over-the-counter medicines.
- To get results of any tests you've had. Do not assume that no news is good news.
- To ask about test results you don't understand

Whenever possible, have someone go with you to the appointment. A loved one or a friend can help you remember what the care provider said and help you get your questions answered.



Source: Agency for Healthcare Research & Quality (U.S. Dept. of Health & Human Services)



QUESTIONS TO ASK YOUR PEDIATRICIAN

Recommended Questions to Ask Your Prospective Pediatrician

Parents: Please make sure to do your research regarding any prospective pediatrician. It is a good idea to keep the same pediatrician for your child so that your child feels comfortable when going to the doctor. Prior to attending your first visit, it is important to make sure your doctor of choice accepts your insurance. Below are some of the things you can ask your prospective pediatrician to ensure your child is getting the best care possible. For a full list of things you should know, please visit the website listed below.

<http://www.parents.com/baby/care/pediatricians-medicine/checklist-choose-the-right-pediatrician/>

- Is the pediatrician certified by the American Board of Pediatrics (AAP)?
- Does the doctor have specialized training?
- How long have you been in practice?
- What is your childcare philosophy?
- How long does a typical check-up last?
- What are the office hours?
- How are emergencies handled?
- Is there a call-in policy?
- Do you make house calls?
- Is there a separate waiting area for sick kids?
- Is there 24-hour visiting for parents?
- If your child has to be admitted, can you stay overnight with him or her?
- Can you recommend a hospital or clinic closest to us where you (pediatrician) are admitted to practice?

If you have specific concerns regarding your child's health, please list them below:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



HEALTH RESOURCES IN YOUR COMMUNITY

Free or Low Cost

Bernalillo and Placitas

El Pueblo Health Services

121 Calle Del Presidente

Bernalillo, NM

505-867-2324

www.elpueblohealth.org

NM Department of Public Health- Sandoval Health Commons

1500 Idalia Rd.

Bernalillo, NM 87004

505-867-2291

Don Tomas Fitness Trail

Calle Barrio Nuevo & Don Tomas

walking, jogging, fitness 1 mile long

Athena Park

Athena & Melissa

walk & jog, just under 1 mile

Community Center Recreation Center

Rotary Park

Free weights and fitness

Corrales

Bosque Walking Trails

www.getmovingsandoval.com

Cuba

Checkerboard Area Food Pantry

Sandoval County Fairgrounds in community building & operated by Nacimiento Community Foundation

3rd Wednesday of each month

1:30-4:30 p.m. (or until food runs out).

Applications can be picked up at site.

Eagle Springs Baptist Church

HCR 79 Box 1609

Cuba, NM 87013

505-731-2479

3rd Thursday of each month, 8:00 a.m.-5:00 p.m.
(or when food is out)

Christ For All Nations

900 Atkins Rd

Counselor, NM 87018

903-244-0644

Thursdays, 9:30 a.m.-Noon

Presbyterian Medical Services (PMS):

PMS provides medical, dental and behavioral health services in the same facility, creating a continuum of care spanning across healthcare professions.

575-289-3291

Services & hours of operation

Primary Care

Monday & Thursday

8:00 a.m. - 6:30 p.m.

Tuesday, Wednesday & Friday

8:00 a.m. - 5:00 p.m.

Behavioral Health

Wednesday & Friday

9:00 a.m. - 4:00 p.m.

Dental

7:30 a.m. - 5:30 p.m.

Cuba Public Health Office

6362 Highway 550

575-289-3718

Coyote Senior Center

Hwy 96 Forest Rd 309 #70

Coyote, NM 87038

575-289-0174

Monday-Friday, 10:00 a.m.- 2:00 p.m.

Navajo Nation Dept. for Self-Reliance – Crownpoint Office

www.nnpsr.navajo-nsn.gov

505-786-2384 ext. 2232

Toll free: 1-866-784-1694

Brenda Yazzie, training Instructor email:

brenda.yazzie@nntanf.org

Cuba Senior Center

16-A Cordova St., Cuba, NM

575-289-3510

Monday-Friday, 8:00 a.m. to 5:00 p.m.

Lunch served Monday-Friday, 11:30 a.m. to 12:30 p.m.

Cuba Senior Center serves the Cuba area & surrounding communities of La Jara, Regina, and Lindrieth



Jemez Springs

Jemez Valley Medical Clinic-Presbyterian Medical Services

8372 Highway 4
Jemez Pueblo, NM 87024
575-834-0802

Jemez Health Clinic

575-834-7413

Jemez Valley Community Center

Offers activities, group shopping trips, and meals
(\$2 for seniors, \$6 for non-seniors)
575-834-7630

Food pantry

Jemez Springs Community Presbyterian Church

575-829-3797
3rd Saturday of each month,
10:00 a.m.-noon

Yoga group

Village of Jemez Springs Conference Room
Thursday mornings

Pena Blanca

Roadrunner Food Bank (age 55+ qualify)

Pena Blanca Community Center
778 Highway 22, # B
505-465-2652
Every 2nd Thursday at noon

Rio Rancho

Parks and Recreation

www.rrnm.gov/parksandrecreation.com
505-891-5015
<http://corrgis.maps.arcgis.com/apps/MapJournal/index.html?appid=f5b6e568d0134219a172fc84fb256ce0>

www.getmovingsandoval.com

Food banks

Most churches in Rio Rancho

High Desert UMC

4200 Meadowlark Lane #6
Rio Rancho, NM 87124
505-891-4206

People Helping People

245 Moonstone Dr. NE
Rio Rancho, NM 87124
505-615-1951

St. Felix Pantry

4020 Barbara Loop SE

Rio Rancho, NM 87124
505-891-8075

Storehouse West

1030-F Veranda Dr SE
Rio Rancho, NM 87124
505-892-2077

Monday and Friday from 9:00 a.m.-1:30 p.m.

Wednesday from noon-4:30 p.m.

2nd and 4th Friday of the month from 9:30-11:30 a.m.

Substance Abuse

Four Winds Behavioral Health

4100 Barbara Loop, SE
Rio Rancho, NM
505-702-8547

Behavioral Health

NAMI Westside

505-990-2292

New Mexico Crisis & Access Line

855-662-7474

UNM Health Sciences Rio Rancho Campus

Behavioral Clinic
505-994-5050

24 Hour Nurse Hotlines

Blue Cross Blue Shield: 877-213-2567

PresRN:

Centennial Care members: 888-730-2300

Medicare patients: 800-887-9917

All others: 866-221-9679

University of New Mexico: 844-308-2552

**For questions or suggestions,
please visit:**

Sandoval Health Collaborative

<http://sandovalhealth.com/>



FAMILY HEALTH CLINICS IN SANDOVAL COUNTY

Operated by Presbyterian Medical Services - www.pmsnm.org

Bernalillo Head Start

100 Ricardo Lane
Bernalillo, NM 87004
505-771-0647

Counselor Clinic

9837 U.S. Highway 550
Counselor, NM 87018
575-568-4328

Cuba Head Start and Early Head Start

50 County Road 13
Cuba, NM 87013
575-289-3211 ext. 1501

Cuba Health Center

6349 U.S. Highway 550 C
Cuba, NM 87013
575-289-3291

Cuba School-Based Health Center

50 County Road 13
Cuba, NM 87013
575-289-2082

Jemez Valley Medical Clinic

8372 Highway 4
Canon, NM 87024
575-834-0802

Little Steps Early Head Start

421 Quantum Rd. NE
Rio Rancho, NM 87124
505-962-1813

Optum Family Medicine

Rio Rancho Blvd.
Rio Rancho, NM 87124
(505) 896-8610

PMS- Sandoval County Health Commons Dental Services

1500 Idalia Road, Building B
Bernalillo, NM 87004
505-404-5894

Presbyterian Medical Services Family Health Center

2300 Grande Blvd SE, Suite A
Rio Rancho, NM 87124
505-896-7100

Rio Rancho Family Health Center

184 Unser Boulevard, NE
Rio Rancho, NM 87124
505-896-0928

Rio Rancho Head Start

32 Unser Boulevard
Rio Rancho, NM 87124
505-891-5162

Sandoval County Home Visiting Program

12 Unser Boulevard, SE
Rio Rancho, NM 87124
505-896-9431

Torreon Health Clinic

2500 State Highway 197
Torreon, NM 87013
505-731-2284

HEALTH CONTACTS FOR LOCAL PUEBLOS

Cochiti

Community Prevention Program
505-465-3116

Health Clinic

505-465-2440

Five Sandoval Indian Pueblos, Inc.

Substance Abuse

Behavioral Health Program
4231 Fulcrum Way NE, Suite B
Rio Rancho, NM 87144
505-867-3351

Community Health Rep

505-771-5361

Behavioral Health

505-771-5393

WIC Program

505-771-5387

Kewa

Health Clinic
505-465-3060

Dental Clinic

505-465-3078

Pueblo of Jemez

Jemez Valley Medical Clinic

8372 Highway 4
Jemez Pueblo
575-834-7413

Public Health

575-834-7207

Sandia

Sandia Health Center

505-867-3317, option 7

San Felipe

Community Health Rep, Health & Dental Clinics, Wellness
505-867-2739

Santa Ana Pueblo

Community Health Center
505-867-2497

Wellness Center

505-771-6700

Zia Pueblo

Health & Dental Clinic
505-867-5258



EAT WELL- GROWERS' MARKETS

Fresh, affordable organic produce near you! Seasons and hours vary. Call the numbers below for more information. Snap-EBT/WIC Accessible (some)

Wagner Farms

42 Wagner Lane
Corrales, NM
505-270-5015
July-November

Bernalillo Farmers' Market

Rotary Park Camino and Caye Don Francisco
Bernalillo, NM
505-228-5801
Mid June-October, Friday's 4-7pm

Corrales Growers' Market

500 Jones Rd. & Corrales Rd.
Corrales, NM
505-898-6336
End of April - Early November, Sunday's 9-12
Mid July - Mid October, Wednesday's 9-12
Winter Market
December - April 1st Sunday of every month 11-1

Santo Domingo Farmers' Market

Exit 259, I-25, Highway 22 W.
Santo Domingo Pueblo, NM
505-261-8810
July - Late October, Thursday's 3-7

Santo Domingo Village Farmers' Market

1 Tesuque
Santo Domingo Pueblo, NM
505-228-9525
July - Late October, Monday & Tuesday's 8-12

Jemez Springs Community Farmers' Market

30 Jemez Springs Plaza
Jemez Springs, NM
575-834-0044
Late May - October, 9-11:30

Cuba Farmers' Market

6385 US Hwy. 550
Cuba, NM
June - October, Saturday 9-1 & Monday's 9-12

Hasbidito Community Garden (Dine')

www.hasbidito.org



Jemez Pueblo Farmers' Market

Red Rocks Park
July-October
9am-noon

FOOD BANKS

Meadowlark Methodist Food Pantry

4200 Meadowlark Lane
Rio Rancho, NM 87124
(505) 891-4206

Rio Rancho SDA Church Food Pantry

1351 Westside Blvd.
Rio Rancho, NM 87124
(505) 892-4421

First Baptist Church of Rio Rancho Food Pantry

3906 19th Avenue
Rio Rancho, NM 87124
(505) 892-1323
(505) 892-1323

Nacimiento Community Foundation

6362 Main Street
Cuba, NM 87013
(575) 289-3718

So Many Picturesque Places in Sandoval County to Enjoy.

Protect Your Health.

Walk in Beauty.

www.getmovingsandoval.com

24 Places to Explore

<http://tourism.sandovalcountynm.gov/>

Here are a few:

Cuba

<https://www.stepintocuba.org>



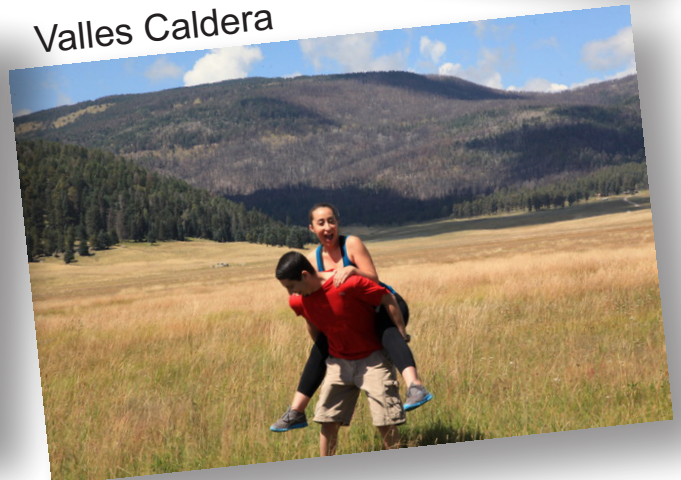
Coronado Monument



Tent Rocks



Valles Caldera



Battleship Rock



Seven Springs Lake



SCHOOL & STUDENT INFORMATION PAGE

Student Name: _____

School Information:

Academic School Year	
School Name	
School Address	
School Office Phone Number	
School Nurse Phone Number	
School Transportation Phone Number	

Student Information:

Student ID Number	
Grade	
Teacher's Name	
Teacher's Phone Number	
Teacher's Email Address	
Classroom Number	

Emergency Contact Information

Name	
Address	
Phone Number	
Relationship to Student	

Name	
Address	
Phone Number	
Relationship to Student	

Allergies

Allergy	
Allergy	



STUDENT DENTAL CHECK-UP APPOINTMENTS

Recommended Family Dentist Check-Up Schedule

Parents should take their children to the dentist 6 months after the first tooth appears but no later than their first birthday. Adults and children should visit the dentist twice a year, or every six months.

www.ada.org

Date of Last Dental Exam	
Name of Dentist	
Reason for Visit	
Date of Follow-up Appointment	
Appointment Phone Number	
Reason for Follow-up	
List any Prescribed Medications	

Name of Family Member	
Date of Last Dental Exam	
Name of Dentist	
Reason for Visit	
Date of Follow-up Appointment	
Name of Dentist (if different)	
Reason for Follow-up	
List any Prescribed Medications	

Name of Family Member	
Date of Last Dental Exam	
Name of Dentist	
Reason for Visit	
Date of Follow-up Appointment	
Name of Dentist (if different)	
Reason for Follow-up	
List any Prescribed Medicines	



STUDENT INSURANCE & PROVIDER INFORMATION

Student's Insurance Information

Insurance Provider Name	
Insurance Group Policy Number	
Insurance Expiration Date	

Student's Pediatrician Information

Pediatrician Provider's Name	
Address	
Phone Number	

Student's Primary Health Provider's Information

Primary Health Provider's Name	
Address	
Phone Number	

Student's Specialist Provider's Information

Specialist Provider's Name	
Address	
Phone Number	

Student's Dentist Information

Dentist Name	
Address	
Phone Number	

Student's Optometrist Information

Optometrist Provider's Name	
Address	
Phone Number	



NOTES

Parents, this space is provided for you to keep notes about your child so that you can have the information ready when you visit the doctor. Jot down notes regarding concerns, questions, fever logs, clinic reviews, dates of visits to urgent care, the emergency room, medications your child is currently taking, or potential allergies you would like to ask your doctor about.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.