

# HORIZONS

*of Health and Hope in Montezuma and Dolores Counties*

JANUARY-FEBRUARY, 2008

VOLUME I, ISSUE 6

## A New Year's Wish... From Your Friends at Southwest Memorial Hospital

Wendy Weygandt

Traditions of New Year's resolutions date back to 153 B.C and the time of the Romans. Janus, a mythical king, the god of beginnings, and the guardian of doors and entrances, names this first month of the year. Depicted with two faces, one on the front of his head and one on the back of his head, the Romans imagined Janus looking forward to the new year and back at the old year.

The Romans also began the tradition of exchanging gifts on New Year's Eve giving one another branches from sacred trees for good fortune. The wisdom of Janus and the Romans can be carried into our everyday lives as we move into 2008 remembering the lessons of 2007. Continuing this tradition resolutions are gifts we give to ourselves that move us into a mode of self empowerment and provide a lasting sense of accomplishment.

Resolutions are not only for adults, children can also benefit from annual goals. The Academy of Pediatrics (AAP)'s recommends the following healthful resolutions:

### Preschoolers

- ✦ I will clean up my toys.
- ✦ I will brush my teeth twice a day; wash my hands after going to the bathroom and before eating.

### Kids 5-12 years old:

- ✦ I will drink milk and water, and limit soda and fruit drinks.
- ✦ I will participate in a sport or an activity at least three times a week!

### Kids 13-years-old and up:

- ✦ I will help out in my community-through volunteering or working with community groups.
- ✦ When I feel angry or stressed out, I will take a break and find constructive ways to deal with stress, such as exercising, reading, writing in a journal or discussing my problem with a parent or friend.
- ✦ I will resist peer pressure to try drugs and alcohol.

### Adults:

- ✦ I will keep expectations for my resolution manageable and remember to organize my time and be realistic with what can and cannot be done.
- ✦ I will spend time with caring individuals and either reach out and make new friends or contact someone I have not heard from for awhile.
- ✦ I will leave "yesteryear" in the past and look forward toward the future remembering that life brings changes and each season is different and I will enjoy it in its own special way.

The traditions of the Romans continue today. It is Southwest Memorial Hospital's tradition is to share with you healthy lifestyles and quality health care. The Employees at Southwest Memorial wish you a safe, healthy and happy 2008 New Year!

*Southwest Memorial Health Systems has been serving the community since 1948. It is the goal of Southwest Health System to be the healthcare provider of choice and to enhance the quality of health for the people in Montezuma County and surrounding areas. For more information on health care services, please call [970-564-2142](tel:970-564-2142).*

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# 2008 the Year to Quit

Julia Hesse, Tobacco Prevention Coordinator

Are you or someone you know addicted to tobacco\*? Consider the following and make 2008 the year to quit.

**Family**-- Live a healthier longer life and be there for those who need and love you.

**Money**-- The average tobacco user spends \$2-\$3,000 a year on tobacco. "What else you can buy with that money?"

**Health**--Many smokers die from diseases caused by their addiction and others suffer from illnesses and a lessened quality of life.

**And you**--Don't you owe it to yourself? Ask yourself if the benefits you receive from tobacco use outweigh the detriments?

Quitting tobacco is hard. No doubt. It *IS* possible. And there is more help available than ever. The following is a list of local resources provided by the Target Tobacco Coalition at the Montezuma County Health Department:

**Colorado QuitLine** The most successful resource for quitters. A free service to Colorado residents the QuitLine offers personalized support and FREE NICOTINE REPLACEMENT PATCHES! Call 1-800-QUIT-NOW (1-800-784-8669) or [coquitline.org](http://coquitline.org)

**Not On Tobacco (N-O-T)** A ten-week program for Montezuma County high school students. N-O-T helps teens identify their reasons for smoking, find alternatives to tobacco, and people of support. The best thing about N-O-T: It really works! Contact Partners of Montezuma County at 970-565-4926, 1104 East Main Street Cortez, or Southwest Open School 970-565-1150.

**Southwest Memorial Hospital and Montezuma County Health Department** offer classes and group support. Join the free class, "Getting Ready to Quit", **January 15<sup>th</sup>**, from **5:15-7:00 p.m.** in the Southwest Memorial Hospital Conference room, 1311 North Mildred, Cortez. This is an introduction for the five session "You Can Quit!" class offered in January. For more information call Mary 970-565-3056 ext. 248.

**Your doctor** can prescribe pharmaceuticals such as Chantix or Wellbutrin to assist in quitting. Pfizer, maker of Chantix provides the drug for free or at reduced costs and also offers free support programs for those using Chantix as a cessation aid. Contact Pfizer/Chantix at [www.chantix.com](http://www.chantix.com) or 1-866-706-2400.

**The internet** Coquitline.org offers chat rooms, quit plans, and personalized messages sent to your email address to support your quitting. Teenagers should check out [fixnixer.com](http://fixnixer.com) and their personalized 21-day quit support service, which includes: quitblogs, text messages, and other services. (Also check out [Ownyourc.com](http://Ownyourc.com) and [Quitdoingit.com](http://Quitdoingit.com))

**Free Quit Kits** for smokers, chewers, teens, and pregnant women are available at the health department: 106 West North St. Cortez.

**Tobacco Prevention and Education Program** please contact Call Julia Hesse, at 970-565-3056 ext 233

*\*(tobacco includes the use of cigarettes, spit tobacco, pipes or cigars)*

## BE PREPARED: GIVE YOUR KIDS REFUSAL SKILLS



Our youth may know what's expected of them but that does not mean they always have the skills to avoid trouble and make healthy choices in a risky situation. Parents and other adults can help youth learn the following refusal skills:

### Step #1—Ask questions

Ask questions until you know whether or not trouble may be ahead.

### Step # 2—Name the trouble

There are different kinds of trouble: family trouble (breaking family rules), school trouble (cheating on a test), health trouble (using drugs), "inner trouble" (breaking a promise)

### Step #3—Identify the consequences

There are different kinds of consequences: legal, family, health, school, etc. Practice using "if-then" examples, such as, "If you smoke cigarettes, then..." or, "If you get in a car with people who are drinking alcohol, then..."

### Step #4—Suggest an alternative

This allows you to show you still want them to do something fun with their friends.

### Step # 5—Move it, sell it or leave, but leave the door open

Your child may have to try hard to convince their friends to do something different. If they do not agree, encourage your child to leave the situation. But "leave the door open", by telling their friends to let you know if they change their mind.

Adults should create opportunities to practice using refusal skills with youth. Anticipate situations where youth will need to use refusal skills and provide opportunities to rehearse a situation beforehand. As adults and parents we can help to protect our youth when they face a decision to join their friends in problematic behavior. We give youth the tools to choose healthy behaviors and maintain friendships.

Taken from *Guiding Good Choices Session Three—Avoiding Trouble: How to Say No to Drugs, a program for parents of children Ages 9 – 14*. For more information about this program, please call Melissa at 970-565-1455 extension 25 at The Pinon Project.

# JANUARY 2008

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

*If each grain of sand were to say: One grain does not make a mountain, There would be no land.*



**New Year's Day**

**1**

**2**

**Character Council**  
12:10-1:30pm Sheriff's Office

**4**

**Violence Prevention Coalition**  
11-12pm Johnson Building

**Speak Up!**

5:30-7pm Cortez Rec. Center

**7**

**8**

**9**

**10**

**11**

*If each drop of water were to say: One drop does not make an ocean, There would be no sea.*

**Celebrate Community**

**Speak Up!**

5:30-7pm Cortez Rec. Center

**14 Getting Ready to Quit**

5:15-7:00pm SWMHospital

**16**

**17**

**18**

**Guiding Good Choices**  
5:30-8pm Pinion Project

**Speak Up!**

5:30-7pm Cortez Rec. Center

MAC 10:30am **21**

SCYC 11:15am

Early Childhood Council 12:15  
Cortez Welcome Center

**Martin Luther King Day**

The Incredible years  
5:30-8:30pm Pinion Project

**22**

**23**

**24**

**25**

*Our Youth are  
Healthy*

Teen Maze Room Leader Meeting  
11-12pm Cortez Welcome Center

**Speak Up!**

5:30-7pm Cortez Rec. Center

**National Mentoring  
Month! Give 3 hours  
a week and make a  
difference in a youth's  
life. Contact Partners  
970-565-4826**

**28**

**29**

**30**

**31**

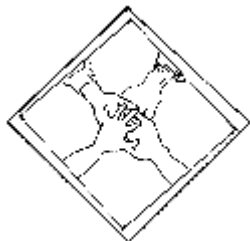
**HORIZONS On Air**  
8:30am KSJD

**Speak Up!**

5:30-7pm Cortez Rec. Center

*If each note of music were to say: One note does not make a symphony,  
There would be no melody.*

## School Community Youth Coalition



### *We listen to our Community*

Collaborating with community members  
to create a safe and healthy environment  
for our youth.

To become involved call  
970-882-1253 x7#

## Speak Up!

*Amplify Youth's Voice!*

**Thursdays  
Cortez Rec. Center**

**5:30-7pm**  
Dinner Provided

*Promote Change thru Community  
Involvement*

Call 970-882-1253 x 6#  
For more information



*Montezuma and Dolores Counties*

## The Incredible Years

For parents of 2-10 year olds

5:30-8:30pm

Dinner & babysitting provided



## Guiding Good Choices

For parents of 8-14 year olds

5:30-8pm

Dinner & babysitting provided

970-564-1195  
300 N. Elm St. Cortez, CO

# FEBRUARY 2008

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



4

5

6

7

8

*We Listen to our Community*

Violence Prevention Coalition  
11-12pm Johnson Building

*We are Invested in our Youth*

1

11

12

13

14

15

*How beautiful a day  
can be when kindness  
touches it!*  
~George Elliston

Valentine's Day

**Speak Up!**  
5:30-7pm Cortez Rec. Center

**Speak Up!**  
5:30-7pm Cortez Rec. Center

MAC 10:30am  
SCYC 11:15am  
Target Tobacco Coalition 12:15  
Cortez Welcome Center

19

20

21

22

Teen Maze Room Leader Meeting  
11-12pm Cortez Welcome Center

President's Day

**Speak Up!**  
5:30-7pm Cortez Rec. Center

25

26

27

28

29

**HORIZONS** On Air  
8:30am KSJD

Leap Year

**Speak Up!**  
5:30-7pm Cortez Rec. Center

*National School Counseling Month. Thank your schools' counselors.*

## S.M.A.R.T Goals

Goals are a viable way of creating life changes. If you experience a desire to grow or change a certain aspect within your life setting goals may help you accomplish this feat. Change, essential to life is never quick or easy. Set yourself up for success- follow these simple guidelines and create the life of your dreams.

**SPECIFIC**-Be clear about what you hope to accomplish. Identify the behavior you want to change. Details are critical, limit exceptions and loop-holes .

**MEASURABLE**-Be able to count your success. Don't leave it open ended. Note: how many or for how long.

**ATTAINABLE**-While it's important to reach for the stars, be sure your goal is within your means.

**REALISTIC**-It is important to be successful and challenged. Be sure your goals aren't overburdening- it is better to set a reasonable goal and be successful than feel that you are never going to accomplish the goal you set.

**TIMLEY**- Have a clear beginning and ending time for your goals. Then find a positive way to celebrate your success.



Partners of Cortez hosts the 22nd Judicial District's Restorative Justice Program. As an alternative process:

**Traditional Justice asks:**

What law was broken?

Who broke it?

What punishment is deserved?

**Restorative Justice asks:**

What harm has been done and to whom?

What needs to be done to repair the harm?

Who is responsible for repairing the harm?

Victim and offender participate in a conference and create a reparative agreement. Ultimately, victims ask questions and bring closure to the event; offenders offer remorse and accountability for their actions; and the community addresses the underlying conditions which generate crime. Working together to create a safe, thriving, peaceful community.

Referrals are now being accepted. Also seeking community members to receive mediation training and facilitate conferences.

*For more information call 970-882-1253 ext. 6#*



# What I've Done

What I've done wrong,  
Has somehow got me strong,  
What I've done then isn't something  
I do now,  
What I did last month is something I  
Won't regret,  
What I did last year is something I'll  
Have to live with,  
And my first start is forgiveness,  
I'll forgive myself and everything I've  
Done,  
Hate for myself there will be none,  
I don't want to have regrets,  
From my years of adolescence,  
And if I do,  
I want to leave those behind,  
I vow to take care of my  
Responsibilities,  
As a young adult,  
And there is no one who can tell  
Me wrong,  
What I've done over the years,  
Can sometimes bring me to tears,  
But I've learned to face my  
Biggest fears,  
What I do tomorrow, next week,  
Or for the rest of my life will  
Be up to me,  
But I want to make the best  
Decisions of my life,  
Decisions I won't regret.

By: Bianca Araiza

*I'm Bianca Araiza. I am a freshman at South West Open High School in Cortez, CO. Every student who enrolls here has to take and pass a course called, "SWOSology", or the "study of SWOS".*

*In this course, students are taught how to deal with their problems and past experiences, and they learn the SWOS "norms" as well as the SWOS values.*

*During this class, I learned and realized that I should not bring myself down for the choices I have made in the past. I learned that I am responsible for making my own decisions, and I want to make good ones from now on.*

*With this in mind, I wrote a poem called, "What I've Done", which is about how I want to do good things with my life now.*

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## Southwest Open School

The mission of Southwest Open School is to create a community of learners who utilize experiential education in developing and nurturing high academic, character, and physical standards while honoring diversity and fostering self-directed lifelong learning. For more information call 970-565-1150

## On the HORIZONS

Ahh! The beginning of another New Year, with the rush of the holidays safely behind us it is time to consider the lessons of the winter season.

Incapacitated by weather, we remember to move slow and deliberately, spend time inside, and rest. For, blanketed beneath the white snow, seeds lay dormant preparing for the growth spring will bring.

The enthusiasm of New Year asks us to reflect and project. Yet, let us not forget the importance of these winter weeks. Snow days, slow days, and the perfection of glistening snow covered fields offer opportunity for contemplation. Whether you set resolutions, goals, or just have hope, remember the rest season is just as important as the growth or harvest season. Take time and be mindfully clear about what you want to grow this season. Then, rest and relax, and be ready for whatever may be on your Horizons this year.

Committed to co-creating healthier communities **HORIZONS** wishes you and your family a happy, healthy, and prosperous 2008.

Krystyn F. Dennis,  
**HORIZONS** Newsletter Coordinator

## CHARACTER CHOICES

**January**— Be a person of good character by practicing **AVAILABILITY** (making my own schedule and priorities secondary to the wishes of those I serve) instead of being self-centered.

**February**— Be a person of good character by practicing **DEFERENCE** (limiting my freedom so I do not offend the tastes of those around me) instead of being rude.

*Provided by the Character Council*

**HORIZONS** is funded by state Title V funds through Montezuma County Partners and the Target Tobacco Coalition. Focused on issues related to supporting healthy lifestyle choices for the youth of Dolores and Montezuma counties, please send submissions including: calendar items, health news, ideas, and corrections to [Horizons@scycinc.org](mailto:Horizons@scycinc.org)

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## HORIZONS

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