



CHRONIC DISEASE  
PREVENTION COUNCIL

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## Letter from our Board President

### Valerie Quintana, MA, PTP CDPC Board President



Dear Advocates, Supporters and Friends,

First, let me start off with gratitude for all of the amazing talent that keeps the work of the New Mexico Chronic Disease Prevention Council moving, successfully. Our impact wouldn't be half of what it is without you, so thank you!

I am excited to report that we had a very successful 2021 Legislative Session. Thanks to the tireless efforts of our extraordinary Executive Director, Laurel and the New Mexico Allied Council on Tobacco team, we were able to work on four tobacco related legislative initiatives in a virtual setting. In addition, we

held the Virtual Day of Action for tobacco prevention, partnering with the American Cancer Society Cancer Action Network, American Lung Association, American Heart Association, Rescue Change Agency, and the Southwest Tribal Tobacco Coalition, involving student, partners, and lawmakers statewide. A big THANK YOU to our state legislators and champions that advocated towards tobacco prevention and control.

The Board and Committees are working hard on getting the draft of the NM Shared Strategic Plan (NMSSP) ready for 2022 (I can't believe I'm even typing out that year). As you know, the NMSSP's goal is to empower New Mexicans to make changes that create healthier communities by creating a whole-system approach that focuses on risk factors that affect multiple diseases. The NMSSP is set for a 4-year period, and I am proud to say that this effort is being led and facilitated by the ever-talented John Linney from Impact Coaching & Speaking. Our selected priorities we are focusing on this year include:

- Goal V: **Increase access to chronic disease prevention** and self-management opportunities for people within their communities.
- Goal VIII: **Promote optimal behavioral health for all** New Mexicans living with chronic disease.
- Goal IX: **Prioritize health equity** by actively improving the conditions in which people live, work, worship, learn and play.

The NMSSP revision group will start to meet in July, with the updated 2022-2026 NMSSP ready to be shared with the public in December of 2021. Stay tuned and let us know if you would like to be part of this workgroup to update the NMSSP!

Two Board members retired this year, after completing impactful careers in Public Health. Elaine Luna retired as the Director of the Montanas del Norte Area Health Education Center in Las Vegas, New Mexico. Carol Hanson retired from the Department of Health as the Program Director of the Office of Community Health Workers. They both served on the CDPC Board for years, providing the team with their knowledge and passion that impacted measurable changes in chronic disease statewide.

I would be remiss to not mention the great loss of some Public Health heroes that we lost in 2020, Jerry Montoya & Tom Scharmen. The loss of both these gentlemen is huge for New Mexico Public Health, and their absence is greatly felt. Although their contributions to the state were very different, they made an excellent team as advocates to improve the health of our most underserved communities, promoted health education by reminding "us" the importance of meeting people where they're at, and championed the power of prevention. I know I am blessed to have known and worked with them both, and I will never forget what I learned just by being in the same room with them, especially Jerry. There was a beautiful virtual Memorial Event for Jerry and lives on YouTube. Please check it out if you are interested in hearing about his impact on New Mexico and its beautiful people, <https://www.youtube.com/watch?v=stppDWney6w>.

I close with gratitude because I understand the time, talent and passion it takes to make the work of the Council be successful. Know that you are seen and appreciated. "Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do." – Steve

In Service,



Valerie Quintana, MA, PTP  
Board President, NMCDPC

## Health Equity Workgroup Gets New Chair Dr. Ryan C. Warner

**Dr. Ryan C. Warner** is a licensed psychologist, researcher, speaker, and consultant. He specializes in integrating psychological, multicultural, and evidenced-based principles to enhance team performance and effectiveness. His research interests involve PTSD and substance use, clinical health psychology, and the analysis of social forces affecting racial/ethnic minorities. He has conducted talks and trainings at both national and international levels, has been published in various peer review journals, and has served as a graduate-level instructor. As the Founder and Chief Executive Officer of **RC Warner Consulting, LLC**, Dr. Warner utilizes a tailored and interactive approach to accelerate change within small and large organizations around the globe.



RC Warner Consulting, LLC provides leadership development, diversity training, and wellness enhancement for a broad array of organizations and Fortune 500 corporations. They specialize in integrating psychological, multicultural, and evidenced-based principles to enhance organizational commitment and effectiveness. Using a dynamic approach, they offer memorable and engaging educational trainings on a broad array of topics, including, but not limited to diversity and inclusivity, unconscious bias, mental wellness, creating healthier habits, teamwork enhancement, disability, emotional intelligence, and leadership development. [Learn more >>](#)

[Join the Health Equity Workgroup  
NOW!](#)

**Meet Jay Blackwell, CDPC's New Chair  
Sustainability & Funding Workgroup**



We would be remiss to not say "thank you" to **Gail Buckley Crane** whose passion and commitment got this Workgroup off the ground! She persevered and made this happen and we are very grateful to her. She will be stepping down from the Chair position this month. *We wish you the best Gail!*

### Now meet Jay Blackwell, MA

**Jay** is the current Director of Programs at **Umoja Behavioral Health PC** in Albuquerque, where he continues to utilize his extensive background in public health, community development and organizational excellence by participating in several community and regional activities. He previously consulted with the US Department of Health and Human

Services in the Office of Minority Health and Resource Center. There, he focused on assisting underfunded and underserved communities and organizations. For the last two decades, his professional services in the public health field have included assisting his clients improve health care access and treatment services to at-risk populations. Jay is considered an expert trainer and facilitator in organizational infrastructure and resource development strategies and techniques.

[Learn more about Umoja Behavioral Health PC >>](#)

**Join the Sustainability & Funding Workgroup**  
**NOW!**

## **Prevent Diabetes Workgroup Starts New Initiative: *Beat Diabetes Summer Challenge***

July is the perfect month to enjoy the warm beautiful weather by getting outdoors and going for a walk or a hike. It is also a perfect month to cool off with a dip in the pool. Make it a family affair by planning a camping trip and getting more fresh air and physical activity. July is also an excellent month to indulge in delicious fruits and vegetables.



Each intentional challenge builds on each other until it becomes a habit, together we can beat diabetes in New Mexico. To register click [here](#). Receive a gift in the mail when you participate and complete the healthy activity for each day.

Okay – let's get started!! Click on the image to download your challenge!

Or go to our website for more info: [www.ChronicDiseaseNM.org](http://www.ChronicDiseaseNM.org)

# June 11 – July 10

## 2021

Beat Diabetes Weekly Challenge: Product of CDPC Prevent Diabetes Workgroup

### Intentional Healthy Challenge!

Each challenge builds on each other until it becomes a habit, together we beat diabetes in New Mexico.

Click [here](#) to register to and receive your gift in the mail.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## Capacity Building Workgroup Plans New Event "Paint & Sip for NM ACT"

We are looking to host another event at a local winery. We're calling it:  
**"Paint and Sip for NM ACT!"**

A local winery will host a painting event that will build capacity for NM ACT. We need new members; individuals empowered to facilitate change that can impact our advocacy efforts and community, and who can further work to effect systemic change.

We're challenging current members to bring a new potential member to the event. It's a fun and creative way to give back and build capacity for NM ACT!



**Details Coming Soon!**



## Native American Partnership (NAP) Upcoming Event "Mind, Body and Spirit"

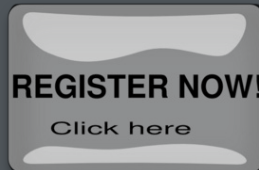
June 23, 2021 10:30 am - 12:00 noon

Via Zoom

A virtual event featuring James Junes, a motivational speaker/comedian who will talk on 'Humor Healing' and why he believes, "We can make each other better by sharing what we have endured. I call my presentations 'Humor-Healing', because I want to inspire a lifestyle of wellness and good health."



James Junes



## CDPC 2nd Quarterly Meeting

June 15th, 1:00 pm - 4:00 pm

3 CEUS for NASW-NM and CHWs

### 2<sup>nd</sup> Quarterly Meeting

June 15<sup>th</sup>, 2021  
1:00 pm – 4:00 pm



Offering 3 CEU hours for Social Work and CHW



Jessica D. Richardson, Ph.D., CCC-SLP  
Understanding Chronic Communication Disorders  
after Brain Injury and Disease

Register  
online today  
it's free!



Alberta Becenti, MPH  
Indian Health Services  
Health Promotion  
Disease Prevention Program Overview:  
Sharing What's Working

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