



April 2022

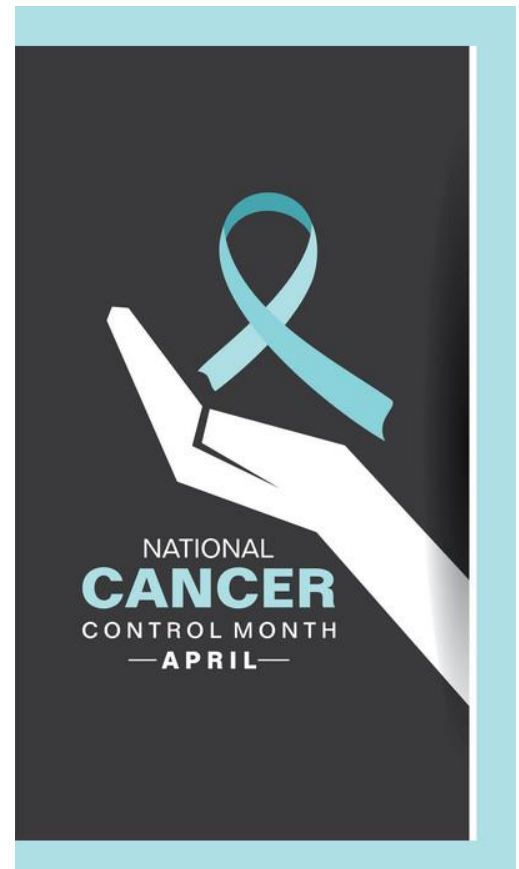
Dear Communities,

The VIVA Connects team hopes that you are all doing well and finding ways to safely enjoy activities outside. This newsletter has been designed to easily provide the most current and accurate health information to you all, so that you may keep yourselves and your community healthy. Please feel free to share this information with community members and loved ones.



April is Cancer Control Month

Every year in April, since 1938, the US celebrates those who bravely are fighting cancer as well as those who have beat cancer. This month is a time to acknowledge our family members, friends, neighbors, and community members who have been affected by cancer. Additionally, take this month to commit to healthy lifestyle choices to reduce the risk and burden of cancer for yourself and others!



Goals of Cancer Control Month

- **Prevention:** It is the best long-term strategy to help people avoid developing cancer. It is very important to educate people about prevention in order to help reduce their exposure to [cancer risk factors](#), and instead encourage [healthy lifestyle](#) choices.
- **Early Detection:** Detecting cancer early greatly increases the chances for successful cancer treatment and may also require less invasive medical care. Two major components of cancer prevention are:
 - 1.) **Education** – About cancer prevention, risk factors, what causes cancer, symptoms, how to talk to your doctor about cancer, etc.
 - 2.) **Screenings** – This is how medical professionals can determine if someone has cancer. It is important for individuals to get screenings such as pap smears, mammograms, and colonoscopies according to their health provider’s recommendation to catch early signs of cancer.
- **Increasing Successful Treatments:** Since not all cancers can be prevented, [continued research](#) to improve and create new methods of treatments is important for saving lives.

30-50% of cancers are preventable

In 2018, nearly 1.8 million people in the US were diagnosed with .

Education and screenings are the 2 components of cancer prevention

- **Improve Quality of Life:** To help patients and their families, it is important to provide resources and support during and after cancer treatment. For individuals in NM, you can visit the [New Mexico Cancer Resources](#) page for organizations who are here to help you.

Ways to reduce your cancer risk

World Health Organization
TOGETHER LET'S BEAT CANCER

- Do not smoke or use any form of tobacco
- Avoid too much sun, use sun protection
- Make your home smoke-free
- Reduce indoor and outdoor air pollution
- Enjoy a healthy diet
- Be physically active
- Breastfeeding reduces the mother's cancer risk
- Limit alcohol intake
- Vaccinate your children against Hepatitis B and HPV
- Take part in organized cancer screening programmes

For more information, visit:

- <https://www.nfcr.org/blog/cancer-control-month-how-you-can-make-a-difference/>
- https://www.who.int/health-topics/cancer#tab=tab_2
- <https://www.cancer.org/cancer/cancer-causes.html>
- <https://www.cdc.gov/healthyliving/index.html>
- <https://www.cancer.gov/>
- <https://www.nmcancercouncil.org/resources.htm>

2

Community Spotlight: Silver City Waterworks Project

The people in the town of Silver City, NM have been working hard to restore the historical Waterworks Building that is located on Little Walnut Road. Lee Gruber, director of Southwest New Mexico ACT (swnmACT), and Bridgette Johns, swnmACT project coordinator, are two of our very own VIVA Connects Action Community Members who are leading the restoration of the Waterworks building!

Restoring the Waterworks building has not been an easy project thus far, but Bridgette and Lee know that their efforts will help create and support outdoor economic and education development opportunities for their community.

Town of Silver City's Historic Waterworks Building and 5-acre grounds, adjacent to Silva Creek



Little Walnut Road, Silver City



Bridgette Johns and Lee Gruber standing by the Waterworks building.

To date, the communal kitchen has been completed with help from an AmeriCorps crew, and the Gila Native Plant Society continues to help with new landscaping projects. ALCS and AmeriCorps crews have also helped with the New Mexico Clean and Beautiful Landscaping Project focused on restoring and beautifying the land around the Waterworks building.

WATERWORKS: ALCS Youth Conservation Corps

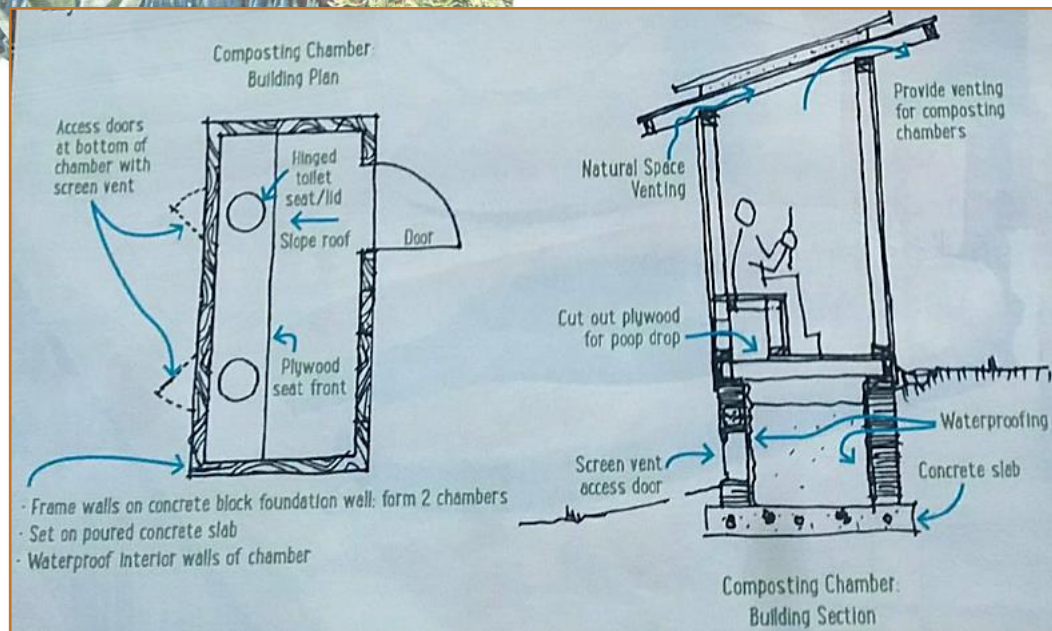
“For the community and by the community”

-Lee Gruber, swmACT director

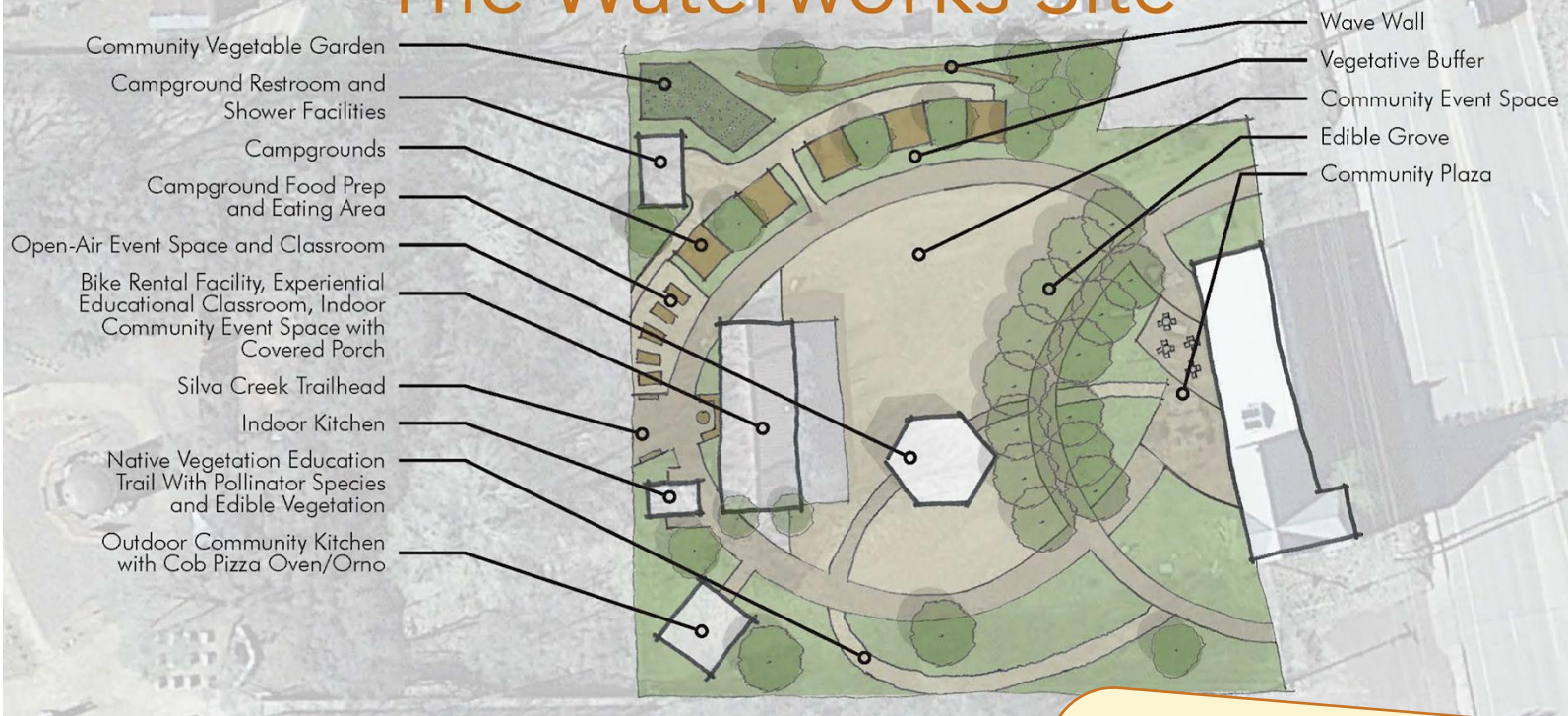


Campsites, composting toilets, solar showers, an outdoor pavilion, community garden, and a connector trail (Silva Creek Nature Trail) leading to the Waterworks building are part of future projects for the swmACT team and partner organizations. All this hard work will help promote outdoor recreation businesses, provide areas for community members and visitors to explore and bike, outdoor education areas, and allow CDT hikers a place to rest along their journey.

Waterworks: Outdoor Education & Community Event Space



The Waterworks Site



WATERWORKS: Building Restoration



“Outdoor recreation and connection to place, culture and history is the heart of what this is all about”

-Lee Gruber, swmACT director

- Story provided by the Silver City Daily Press
<https://www.scdailynews.com/2022/02/11/historic-waterworks-redevelopment-gains-steam/>
- Photos provided by Bridgette Johns, swmACT and VIVA Connects Action Community Member

*Sincerely,
The VIVA Connects Team*

Compiled by Laurel Fimbel for VIVA Connects
 Please contact at: LFimbel@salud.unm.edu