

Calendar of Events

Spread the Health Santa Fe - National Women's Health Week

May 9 - 16, 2010

www.SpreadtheHealthSantaFe.org



Sunday, May 9

WHS Mother's Day Community Walk - Celebrate Santa Fe Women & Girls!

Walk starts from Women's Health Services at 2 pm

901 W. Alameda, Suite 25 (505) 955.9426

Pomegranate Studios / Mosaic Dance Company, Kumusha Women's Marimba Ensemble,
Santa Fe Children's Museum Face Painting!

Spring 2010

<p>Monday, May 10 WHS Class - Living Well: Stress Reduction Women's Health Services 901 W. Alameda, Suite 25 Time: 6 pm, please reserve by calling (505) 955.9426</p>	<p>Monday, May 10 Stress-Busting for Busy Times: A free sampler of stress-reduction techniques Santa Fe Rape Crisis & Trauma Treatment Center 6601 Valentine Way Time: 1-2 pm</p>	<p>Tuesday, May 11 Spread the Health Santa Fe Night Zia Diner 326 South Guadalupe St (505) 988.7008 Proceeds benefit Women's Health Services www.ziadiner.com</p>
<p>Tuesday, May 11 NM Women's Health Office: Education and Health Literacy Day Speaker: Justina Trott, Health Equity and Gender, at the DOH Runnels Building 1190 S. St. Francis Drive, 11 am - 1 pm</p>	<p>Tuesday, May 11 Garcia Street Books, Author Reading Laura Bell—Claiming Ground 376 Garcia St (505) 988.7008 Time: 5 pm www.garciastreetbooks.com</p>	<p>Tuesday, May 11 Women's Voices Discussion What's Right in Santa Fe Collected Works Bookstore 202 Galisteo St. www.womensvoicesinternational.com</p>
<p>Tuesday, May 11 Drawing Class with Maggie Muchmore Art & Leadership Program for Women Time: 6 - 8 pm Georgia O'Keeffe Museum 217 Johnson St (505) 946-1000 www.okeeffemuseum.org</p>	<p>Wednesday, May 12 Free Fitness Screenings for students and all women of the community Santa Fe Community College, Fitness Education Center Time: 12:30 to 4 pm 6401 Richards Ave (505) 428-1291</p>	<p>Wednesday, May 12 Plan Jam - Discussion & Music celebrating Reproductive Health at 6 pm Planned Parenthood of New Mexico 730 Saint Michaels Dr (505) 982-3684 (above Kinkos) www.plannedparenthood.com</p>
<p>Thursday, May 13 Healthy Day in the Park Games, Activities, Food, noon - 3 pm Santa Fe County Health Office Alta Vista / Salvador Perez Park 605 Letrado (505) 476-2600</p>	<p>Thursday, May 13 WHS Class - Living Well: Menopause Women's Health Services 901 W. Alameda, Suite 25 please reserve (505) 955-9426 Time: 6 pm</p>	<p>Thursday, May 13 Dance Party with Nosotros 9 pm, music starts at 10 pm Corazon 401 S. Guadalupe St www.nosotrosmusic.net</p>
<p>Friday, May 14 Spread the Health Santa Fe Night Backroad Pizza 1807 2nd St (505) 955-9055 www.backroadpizza.com Music by Daniel Link Event to benefit WHS</p>	<p>Saturday, May 15 Birthing Community & New Parent Resource Fair Wild Oats Community Room 1090 St Francis Dr, Time: 1 - 3 pm (505) 955-9426 Birthing & Lactation Resources</p>	<p>Saturday, May 15 Garcia Street Books - Author Reading Linda Whittenberg - Tender Harvest 376 Garcia St (505) 986-0151 Time: 2 pm www.garciastreetbooks.com</p>
<p>Saturday, May 15 Family Fitness Day NM Women's Health Office Hispanic Cultural Center Albuquerque, NM www.newmexicowellwoman.com</p>	<p>Sunday, May 16 Free Intro to Yoga Class YogaSource at 1 pm 901 W San Mateo Rd (505) 982-0990, www.yogasource-santafe.com</p>	<p>For more information contact Katy Yanda (505) 955-9426 kyanda@whssf.org www.SpreadtheHealthSantaFe.org</p>



WOMEN'S HEALTH SERVICES

A National Community Center of Excellence in Women's Health

The Solana Center 901 W Alameda, Ste 25 Santa Fe, NM 87501

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Santa Fe, NM
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www.SpreadtheHealthSantaFe.org

The mission of Women's Health Services is to provide quality, accessible, woman-centered health care.



Spread the Health Santa Fe

National Women's Health Week 2010
A Women's Health Services Initiative



CENTURYBANK

People • Relationships • Community



Spread the Health Santa Fe - National Women's Health Week 2010: May 9-16
Join Women's Health Services and groups throughout Santa Fe for events focused on health, healthy living and
wellness. Find up to date information and useful materials at www.SpreadtheHealthSantaFe.org.



**Genoveva Chavez
COMMUNITY CENTER**

From the Executive Director

by Nancy S. Adelsheim

Executive Director of Women's Health Services

Happy Spring! We are all looking forward to the turning of the season here at Women's Health Services (WHS). We have many events planned to celebrate National Women's Health Week (NWHW) May 9th - 16th 2010, beginning on May 9th with our **community walk for Mother's Day 2010**. Our calendar of events is included in this Spring Newsletter and can also be found on our NWHW website at www.SpreadtheHealthSantaFe.org.

National Women's Health Week is a weeklong observance coordinated by the U.S. Department of Health and Human Services' Office on Women's Health (OWH) designed to empower women and their families to make their health a top priority through local community events, actions and education.

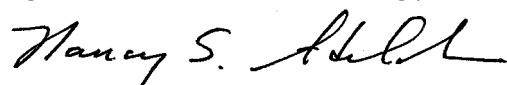
Here at Women's Health Services, our Spread the Health Santa Fe - National Women's Health Week mission is to encourage women and their families to take the week of May 9 - 16, 2010 to focus on their health and to remember that taking care of themselves is essential to living longer, healthier, and happier lives.

We have a week of activities, a website full of information, and a wealth of downloadable materials to accomplish this goal. We are connecting women and their families in our community with Santa Fe area health partners, businesses, and supporters. Women's Health Services embodies the mission of National Women's Health Week all year long as we serve women and their families in Santa Fe and our surrounding communities, regardless of their ability to pay for their health care services. Most of our Spread the Health Santa Fe - National Women's Health Week resources are free thanks to our local community sponsors. All donations and sponsorships go towards the mission and organization of Women's Health Services, helping us be the non-profit health care clinic that has served the Santa Fe community for over 37 years.

I am pleased to welcome Julie Craig MD, and Daniel Radunsky MD, who will join Women's Health Services as primary care providers starting this month. Dr. Craig is a bilingual family practice physician who will be working at Women's Health Services full time. Dr. Radunsky is also fluent in Spanish and is a family practice physician. He and his wife and two children moved here from Argentina last year. He will be working at Women's Health Services on Thursdays and Fridays and continue to provide services as the sole physician in Clayton, NM on Mondays and Tuesdays. We are very excited to have these two talented physicians join our organization.

Women's Health Services has always worked at the front lines of primary health care by serving not only the insured members of our community, but also underinsured or uninsured women, men, and children. We are seeing the effects of our economic changes in our patient's lives, our funding, and in our own organization. Your continued support is more critical than ever and we are deeply grateful to our donors, sponsors, and community partners. I look forward to sharing our experiences in future newsletters and to be able to report our continued improvements as we move forward through this historic time.

In my next letter, I will introduce our work embracing the values of our Patient Centered Medical Home. Come out and see us on May 9th at the Casa Solana Center on West Alameda and join us for a community walk and a day of celebration. Please bring your family to celebrate Mother's Day together! We look forward to seeing you there!



Get our WHS Newsletter by Email! Send your email address to whsmarketing@whssf.org for paperless future newsletters.

About This Newsletter

Our newsletter is published four times a year by Women's Health Services as a way to communicate with patients, donors and community members. Please go to our website, www.womenshealthsantafe.org, to contact us with any comments, suggestions, corrections or address changes.

This issue made possible by:

COKER
FOUNDATION

2010 Corporate Sponsorship Opportunities. Women's Health Services invites local business sponsorship and partnering. We have a variety of levels and benefits. Join us in reaching out to women and women's health supporters throughout Santa Fe and our surrounding communities. Contact us at whsmarketing@whssf.org or 505-955-9493 for more information.



Join Us in Celebrating Santa Fe Women and Girls!

May 9-16 2010 is Spread the Health Santa Fe/National Women's Health Week. Women's Health Services is working with numerous community partners for events throughout Santa Fe to celebrate women and girls and promote health, healthy living and wellness.

Fabulous activities throughout Santa Fe range from the **Mother's Day Community Walk**, dance party and other nights of music, classes on stress reduction, menopause, and all sorts of fun physical activity, Birthing Community and New Parent Resource Fair, author readings and discussions, restaurant nights sponsoring WHS (at Zia Diner and Backroad Pizza), and discounts, free passes and products from local businesses.

The **WHS Mother's Day Community Walk** launches the week. The Walk starts Sunday, May 9 at 2 pm, from Women's Health Services at Casa Solana Center. There will be music and performances from Kumusha Women's Marimba Ensemble and Pomegranate Studio/ Mosaic Dance Company, and raffle prizes from the Genoveva Chavez Community Center, Yoga Source, Pomegranate Studio, Tranquility Spa, Oho's Coffee, Backroad Pizza and others. Santa Fe Children's Museum will provide Face Painting, fun, and food with La Montanita Co-op.

Come celebrate the Mothers, Friends, Daughters, Grandmothers, Sisters, Aunts and Cousins in your life! Come celebrate YOU!

Events are listed in this newsletter, along with our community partners and corporate sponsors. For current details, or sponsorship opportunities, please visit our website: www.SpreadtheHealthSantaFe.org or contact Katy Yanda, 955.9426 or kyanda@whssf.org.



WHS Call for Voices! WHS wants to hear your stories of health care in America.... and how our organization has helped you or someone you know. Putting voices to our statistics is one way of bringing our funders, supporters, and legislators the information they need to empower us to continue to reach women and families in need. No names are required - tell us your story any way you would like. Email us at whsmarketing@whssf.org, or call 505-955-9493 or write us at 901 W. Alameda St, Ste 25, Santa Fe NM 87501.

Governor Richardson signs Health Care Reform Legislation at Women's Health Services

On Tuesday, March 9th 2010 Women's Health Services was honored to host Governor Richardson as he signed two important pieces of health care legislation aimed at improving coverage for New Mexicans, part of his health care reform package. The Governor signed Senate Bill 148, which had been sponsored by Senator Nancy Rodriguez, a long standing supporter of Women's Health Services. SB 148 - No Use of Gender for Health Insurance Rating addressed the historical problem of women's health insurance premiums being higher than men's. He also signed House Bill 12 - Health Insurer Service Reimbursement.



Pakistani Delegation Comes To Women's Health Services



A delegation of health specialists came to visit us from Pakistan.

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