

## A Message from Dr. Justina Trott

Director of Policy, Education, and Research



WHS is committed to improving the health of our community by focusing on *women's* health - healthy women create healthy families create healthy communities. To that end WHS provides sex - and gender - specific direct care to women and their families, outreach and education and advocacy, professional education, leadership development and research.

Professional education, research and advocacy (policy analysis and development) are examples of how our work extends beyond our clinic walls, and the patients we see, to the larger community - locally, regionally, and nationally. Some examples of recent work in professional education and policy include:

Lectures: The aim of professional education is to ensure that patients have access to the latest, high quality, evidence-based women's health care. Recent advances such as new screening and diagnostic and treatment tests for heart disease specific for women help to decrease deaths from heart attacks in women, closing the gap between and women and men. Lectures at UNM, MD Anderson, and Rice University are examples of professional educational activities focused on Women, Men and Health Equity.

The aim of outreach and education is to provide the community with accurate information about their health and to help navigate confusion in such controversies as who should get screening mammograms and when, and help in navigating the menopausal life transition. Our Bodyworks program is an example of community outreach and education.

WHS assisted and led the effort to create the NM Women's Health Advisory Council Office which analyzes and makes policy recommendations to address system changes to improve the lives of girls and women and their families. Policies such as the elimination of gender rating ensure that women and men pay the same for their health insurance. Participation in workgroups such as the Medicaid taskforce gives members of WHS the ability to give women-centered input on restructuring Medicaid and evaluating benefits.

Supportive donations to WHS make all of these programs possible, and help us to help women, which helps create a healthy community. Thank you for your support.

## A Message from Dr. Lynn Bickley

Medical Director



Women's Health Services continues to grow in our mission to serve *you*, the patients we care so much about. The last few months have seen a number of new initiatives. Here are some of our recent highlights!

As we pursue our goal, state of the art women-centered care for women and families, we welcome our two new providers, Dr. Julie Craig and Dr. Jennifer Pierce, who welcome you and new patients to their practices of family medicine. They form an excellent complement to our internist and nurse practitioners.

We have an emerging focus on women's heart health. As you know, women have different symptoms and treatment needs for chest pain and heart conditions.

We have increased coordination among our providers so that you can have more comprehensive care; reaching toward the goal of one stop for your health care needs. That's why we are proud to provide services in psychiatry, counseling, gynecology, and acupuncture. Our providers include special outreach for teens as well. We are committed to helping teens make healthy choices about all their healthcare needs.

Our on-site therapist and psychiatrist work ever more closely together with our providers to address our patients' concerns through the WHS integrated Behavioral Health program.

Our new resident teaching program in geriatrics, in collaboration with UNM, is one of several growing programs in community outreach and education, including teen pregnancy and STD prevention, nutrition and physical activity promotion, and high school student mentorship programs.

We will soon welcome a NEW group visit program, including bone health, weight support group and Living Well classes, which we hope to start with the turn of the new year.

We wish you all a healthy and happy holiday season, and express our appreciation of your support for Women's Health Services.



# 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

Nonprofit  
U.S. Postage Paid  
ALBUQUERQUE, NM  
PERMIT NO. 1888

Winter 2010

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



**Katy Yanda, MPH**  
Outreach and Education Coordinator



Women's Health Services is thrilled to announce that WHS, Tewa Women United, and Young Women United received a one-year planning grant from the HHS Office on Women's Health (OWH) to establish the NM Coalition for a Healthier Community. The Coalition reflects the diversity of women in New Mexico and is based on the NM Governor's Women Health Council. The Coalition will apply for a five-year continuation HHS grant mid-2011 and is working closely with other partners to build financial and structural sustainability.

The Coalition will conduct a community needs and capacity assessment and sex and gender analysis to identify issues impacting the health of women in New Mexico, with a diversity lens that prioritizes diversity and other social determinants of health of women. While the scope of analysis will be statewide, the activities will be focused on communities with a high percentage of Native American and Hispanic/Latina women. The results will inform the creation of a strategic action plan, implementation plan, and evaluation plan to implement evidenced-based interventions through a public health approach with the goal of increasing healthy behaviors among women in the community.



## From the Executive Director Nancy S. Adelsheim

Let me begin by thanking all of you in our community for your on-going commitment to our organization. The mission of WHS is to provide access to **quality, affordable health care to women and their families**. WHS provides sex and gender specific health care, outreach and education, professional education, leadership development, and research. We recognize that well-being depends on psychological, social, spiritual, and physical health. We honor western, traditional, and complementary approaches to care. WHS provides professional education in our clinic, as well as other training programs, to prepare the next generation of upcoming practitioners.

I am pleased to introduce Dr. Jennifer Pierce, MD who joined our practice in October. Dr Pierce is Board Certified in Family Medicine. She has experience providing emergency medicine and acute care in rural settings. Dr. Pierce enjoys providing primary care and especially welcomes urgent care and sport medicine. We are excited to have her on board.

We are also happy to welcome Julie Craig, MD. Dr. Craig graduated from the Northern New Mexico Family Medicine Residency Program in Santa Fe. She is fluent in Spanish and sees patients of all ages. Dr. Craig provides primary care services and gynecological care and procedures.

Dr. Lynn Bickley is our Medical Director and brings her experience and leadership skills straight into the patient room. Dr. Bickley is Board Certified in internal medicine. She served on the faculty at the University of Rochester and Texas Tech University HSC School of Medicine. She is the author of a widely used medical student and nurse practitioner textbook, "Bates Guide to Physical Examination and History Taking."

Part of our comprehensive health care model is to reach out to our community with educational opportunities that enable our patients to manage their wellness, not just treat an illness. Our Living Well series of classes is funded by grants and private donations and is another example of how your help makes a real difference in the wellness of your community. Through our Living Well program, we offer practical hands-on information for good health and local ideas for fun and accessible activities.

When you give to Women's Health Services, you support our ability to provide a wide range of health applications by enabling us to conduct activities, campaigns, classes, workshops, and initiatives through the year, such as:

- National Women's Health Week - Spread the Health Santa Fe
- Heart Truth Campaign: Understanding risk factors and preventing heart disease
- Menopause: An Integrated Approach
- Plan B Project—training for peer mentors on emergency contraception and distribution of the very successful Bee Safe card
- Bodyworks—an evidence-based nutrition and physical activity curriculum for children and their parents.
- Health Careers Pathways—WHS has health career programs with Capital and Monte del Sol high schools, the Santa Fe Community College and UNM to provide career mentorship, medical education, on-site placements and training through WHS.
- Teen-Friendly Services— Youth-friendly protocols, provider resource referral guides and materials.

WHS is grateful to our community and its partnership with us in our fundamental work. Please enjoy our newsletter. We invite you to come by and see our clinic and learn about our programs. Spread the word about our mission. Thank you for the opportunity to serve YOU.

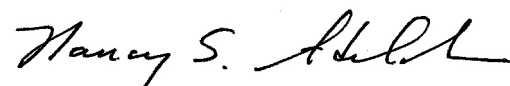


photo by Melanie West 2010

### About This Newsletter

Our newsletter is published several times a year by Women's Health Services as a way to communicate with patients, donors and community members. Please contact us with any comments, suggestions, corrections or address changes by emailing [whsmarketing@whssf.org](mailto:whsmarketing@whssf.org).

This issue made possible by:



*2011 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](mailto:whsmarketing@whssf.org) or 505-955-9426 for more information.



## How To Donate:

Mail the enclosed envelope with  
a check or money order

or

Go to our website and fill out the contact form

or

Click on our Paypal Donation button on our website.

*All donations are tax deductible,  
we are a 501c3 Non-Profit Organization.*

### Thank you!



*Our on-going thanks to the  
Frost Foundation for their support.*

Get our WHS Newsletter by Email! Send your email address to [whsmarketing@whssf.org](mailto:whsmarketing@whssf.org) for paperless future newsletters.

## From the President of the Board of Trustees Ethel Hess

It was with great pleasure that I assumed the role as President of the Board of Women's Health Services. It's been my "medical home" for many years and I welcome the opportunity to serve the organization that embodies patient care at its highest level.

WHS stands on the edge of all that's important in health care today. We practice medicine that distinguishes differences between women and men, recognizing the disparities that exist in the fields of research and practice. We believe that every patient has the right to excellent health care and has the right to participate in her/his medical decisions. We welcome the era that will provide health care to all, and we are ready - well *almost*.

This year we need your help more than ever. Our state funding was virtually eliminated and the needs of many of our patients have greatly expanded. You can help! Please consider making a donation in the envelope provided. You can help us make a difference.

May 2011 be a year of health and happiness for you.

### *Living Well*

We would like to invite you to our first 2011 Living Well class. Dr. Justina Trott will present Women & Heart Health - heart health specifics for women.

Date: Wednesday, January 19, 2011

Time: 6pm

Location: WHS, 901 West Alameda, Suite 25

RSVP: [kyanda@whssf.org](mailto:kyanda@whssf.org) or 505-955-9426

### **WHS Board of Trustees**

**President:** Ethel Hess

**Vice President:** Amber Espinosa-Trujillo

**Secretary:** Ellen Biderman

**Treasurer:** Judith Wilson

#### **Trustees:**

David Ginsberg, Emily Kaltenbach, Prudy Krieger, Lizzie Morris, Ann Ross, Olivia Sloan, Sarah Steadman

**Executive Director:** Nancy S. Adelsheim

**Director of Policy, Education, and Research:** Justina Trott, MD, FACP

**Medical Director:** Lynn Bickley, MD

#### **Providers:**

Lynn Bickley MD, Julie Craig MD, Cecelia de La Vallee MD, Naomi Landau CFNP, Denise L'Heureux MD, Jennifer Pierce MD, Carolyn Tjoland LPCC, Cristy Wickman, CFNP