

"It was the best of times.
It was the worst of times."

Charles Dickens wrote about a place where happy, fulfilled people lived side-by-side with neighbors who suffered with depression, sickness, poverty, and hopelessness. In a way, Dickens could have been describing our situation here in Quay County.

When you see your neighbors suffering with medical problems, struggling to keep their kids in school and off of drugs, or living with unmet needs, do you say to yourself: "I want to help, but what can I do?"

There is an answer: Join us.

The Quay County Maternal Child and Community Health Council is a group of your neighbors that comes together to improve the quality of life for people in our county. Some of our members are community leaders and healthcare professionals who affect good changes in the way things work. Others affect change through small acts of kindness and service to the person next door or down the street. Everyone involved learns more about what people in our county need to be healthier and happier and how we can work together to meet those needs. No matter what your circumstances are, if you would like to help make Quay County a better place to live, we invite you join us in this very important work!

The Executive Board of
The Quay County MCCH Council

The Quay County Maternal
Child and Community
Health Council has a
general meeting on the first
Tuesday of each month at
11:30 am until 1:00 pm
September through June.
Watch local media for the
place.

Everyone is welcome!

Call Alida Brown for more
information at 461-4218 or
find us on the web at:

www.quaymcch.com

This pamphlet was produced
with funds from the
New Mexico Department of Health.

QUAY COUNTY
MATERNAL CHILD & COMMUNITY
HEALTH COUNCIL

Join Us in
**Affecting
Change**
to Improve the
Quality of Life
and Health of
Quay County
Residents

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What can members of the Quay County Maternal Child and Community Health Council receive?

1
A Positive Working Relationship with your Community Leaders and Neighbors

2
An Approach to Change that gives opportunities for Personal and Professional Development

3
A Strong Voice in Decisions that can Make a Difference

4
An Opportunity to Serve your Neighbors in a Meaningful Way

Be a Member!

Why would you want to join the Quay County Maternal Child and Community Health Council? You might like to because of the four things that you might receive from it!

1
Since the Quay County Commissioners appointed the members of the original Maternal and Child Health Council in 1991, this dynamic group has drawn together people from many walks of life that were concerned about mothers and children in our county. Members have included elected officials, government workers, business-people, educators, and others who were interested in a common goal: making Quay County a better and healthier place to live for mothers and children.

In the spring of 2001, the original Council joined forces with the Quay County Health Council to become the Quay County Maternal Child and Community Health Council, often called the MCCH Council. This change created an exciting group that works with issues that affect *everyone* in our county. The mission of the MCCH Council is "Affecting Change to Improve the Quality of Life and Health of Quay County Residents." As a member of the MCCH Council, you can be a part of improving the lives of your neighbors by making a better Quay County!

2
"Affecting Change" begins with learning what things in our county need changing and how we can best make the needed changes. The MCCH Council is constantly working to educate its members on issues such as substance abuse, drunk driving, teen pregnancy, and access to healthcare, which are among the most troubling things that make life difficult for our neighbors. Members also discover and share methods and programs that are most likely to address these problems. All of this learning can be applied to your own life and work, not just health issues. As we become more knowledgeable, we have a greater ability to "affect change" in ourselves, our families, our neighborhoods, our workplaces, and our county.

Members of the MCCH Council are now learning about a process called "Community Systems Change," a new way to take what we have learned about Quay County and turn it into effective citizen action! It is an exciting time to be a part of the effort!

3
Another important part of membership in the MCCH Council is the insight and understanding of community needs that each person brings to the group. A few members often join together in committees to work on a problem that touches them deeply. Through one committee and its collaboration with area agencies, Quay County now has a Family Health Center that serves people that can't afford traditional medical care. Other committees helped bring the much-needed GRADS program and the USDA Breakfast Program to the Tucumcari Schools. As a member of the MCCH Council, your voice can help shape decisions that really make a difference in the lives of everyone in our county.

4
Many MCCH Council members go far beyond voting and making decisions to become active participants in many activities in our area. Members have organized and put on annual Community Wellness events and semiannual Childhood Skills Workshops. Members also facilitate the important "Strengthening Families Program" and run a youth center that helps kids teach kids to choose healthier life-styles. For several MCCH council members, *doing* the work is their most important contribution to making Quay County a better place. This may be *your* reason for joining the group, too!

No matter what your skills, if you are interested in helping to "Affect Change to Improve the Quality of Life and Health for Quay County Residents," the Quay County Maternal Child and Community Health Council can help make it happen. As you are building your knowledge and ability to affect change, you will be serving your neighbors and making our county a better place to live!

Join the MCCH Council Today!