

NEWS+ CHEWS

HEALTH CONNECTIONS!
OCTOBER 2026

NEWS **Highlights**

Federal: Medicaid changes are coming. New federal rules will affect some New Mexico Medicaid members. Changes include work or activity requirements for some adults, more frequent renewals, and eligibility changes for some immigrants. Keep your contact information current and watch for letters from New Mexico Medicaid.

State: New Mexico is responding. Starting October 1, some lawfully present immigrants may lose Medicaid coverage because of new federal eligibility rules. New Mexico is creating a coverage program for many people affected by this change. Look for a turquoise letter from BeWell New Mexico with next steps. In San Juan County, ECHO and the Navigation Center can help!

Local: Childbirth and Family Education at SJRMC.

San Juan Regional Medical Center offers **29 free classes** to support families through pregnancy, birth, postpartum recovery, newborn care, breastfeeding, and beyond. Programs also include age-appropriate education for tweens and teens. Learn more or register at lifebetterhere.com



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October 2026 edition**

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San Juan County
Early Childhood Coalition



CHEWS

Three Sisters Harvest Skillet

Ingredients:

- 1 tablespoon neutral oil
- 1 cup yellow squash or zucchini, diced or sliced
- 1 can (15 oz) pinto or black beans, drained and rinsed
- 1 cups corn (fresh shucked, frozen or canned and drained)
- 1/2 cup diced onion (optional and to taste)
- Salt and Pepper to taste
- 1/2 tsp cumin, garlic or chili powder or Tajin (opt)

Instructions:

1. Heat oil in a large skillet over medium heat, add squash and onion and cook for 4-6 minutes until tender
2. Add corn, beans, seasonings and optional green chile, cook for an additional 4-6 minutes until warmed
3. Spoon into bowls or plates, finish with an optional squeeze of lime, herbs, radishes or spring onions!

Make it your own: Enjoy as-is, served over rice or quinoa, with cornbread or tortillas or topped with a fried egg or your favorite protein.

For a healthier alternative add plain Greek yogurt and use low sodium beans.



BONUS CHEWS

Zucchini Cornbread Mug Cake

Ingredients:

- 3 Tbs corn meal
- 2 Tbs flour
- 1 1/2 Tbs brown sugar
- 1/4 tsp baking powder
- 1/4 tsp cinnamon
- 1/4 tsp vanilla
- Pinch of salt
- 2 Tbs milk
- 1 Tbs oil or melted butter
- 1 egg (beaten)
- 2 Tbs dry, shredded zucchini

Instructions:

Mix dry ingredients well in a coffee mug, add wet ingredients, fold in zucchini and microwave 60-90 seconds until set.

