



Action Hub

Supporting San Juan County Families – Oct 2026

Take a few minutes and please give us feedback!

Federal: Federal: Medicaid Changes Ahead

New federal Medicaid rules will affect some New Mexico members. Not everyone will be affected, but it is important to keep your information current and respond to every letter or message from New Mexico Medicaid, which generally arrives in a turquoise-colored envelope.

Starting **October 1, 2026**, some lawfully present immigrants may no longer qualify for federal Medicaid. Starting **January 1, 2027**, many adults ages 19–64 may need to report **80 hours each month** of work, volunteering, school, job training, or other approved activities. Some adults will also renew coverage every **six months** instead of once a year. Exemptions apply for many people, including American Indian and Alaska Native members, pregnant and postpartum people, parents or caregivers of young children, people with certain disabilities or medical needs, foster youth, and others.

What to do now:

- Continue getting care, attending appointments, and filling prescriptions.
- Update your address, phone number, income, pregnancy, disability, or other changes at **YES.NM.GOV**.
- Open and respond quickly to Medicaid notices.
- Keep records of work/activity hours or documentation of an exemption, if the new requirements apply to you.

For Medicaid help, use the chat feature at **YES.NM.GOV** or call **New Mexico Medicaid: 1-800-283-4465**

State: New Mexico Support

Don't lose your Medicaid because of paperwork—know what to watch for and where to get help.



Trusted Messenger – San Juan County: 100% San Juan is implementing the Trusted Messenger grant through a collaborative local approach focused on helping families understand and navigate SNAP and Medicaid changes. We are coordinating with Deanna Aguiar with the National Indian Youth Council, Veronica Sanders with the UNM Family Development Program, ECHO, and the Community Compass Navigation Center to strengthen trusted, culturally responsive outreach and navigation. Trusted Messenger information is also being integrated into News & Chews and other existing 100% San Juan communication channels, allowing us to reach families through relationships

and systems they already know and trust.

If you have questions about this coverage transition, call **ECHO: 5050-787-4009**, or the **Community Compass Navigation Center at 505-636-7110** or **BeWell New Mexico: 833-862-3935**.

Local: Childbirth and Family Education

Free classes. Trusted information. Stronger starts for families.

Preparing for a baby can bring many questions. San Juan Regional Medical Center offers **29 free childbirth and family education programs** to help families feel informed, prepared, and confident throughout pregnancy, birth, and beyond.

Classes support parents at different stages of family life, with topics that include:

- Labor and pain management
- Pregnancy and nutrition
- Breastfeeding basics
- Newborn care and baby-care essentials
- Postpartum care and concerns
- Grandparenting 101
- Puberty, sexual health, and pregnancy education for tweens, teens, and young adults.

For expectant parents, classes can help make labor, delivery, recovery, and newborn care feel more manageable. Postpartum education also focuses on a mother's physical and emotional recovery and on knowing when to seek help.

All classes are free of charge as a benefit to the community. View current class offerings at [San Juan Regional Medical Center's Childbirth Center](#) and register online through the [SJRMC class registration page](#).

Now here's Cooking with Jen!

Three Sisters Harvest Skillet

- 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)

Directions:

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 chili, cook for an additional 4-6 minutes until warmed

Childbirth and Family Education San Juan Regional Medical Center



Comprehensive childbirth classes to help you feel informed, prepared and confident throughout pregnancy, birth and beyond.

With 29 programs to choose from, including:

- Breastfeeding Basics
- Change Ahead Puberty Class
- Grandparenting 101
- Just the Essentials of Baby Care
- Labor and Pain Management
- Newborn Care
- Postpartum Care and Concerns
- Pregnancy & Nutrition



All classes are provided free of charge as a benefit to our community

Learn more



**SAN JUAN REGIONAL
MEDICAL CENTER**

lifebetterhere.com



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



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

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