



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

A Positive Working  
Relationship with your  
Community Leaders and  
Neighbors

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

A Strong Voice in  
Decisions that can Make a  
Difference

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!

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!

"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!

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.

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!