

— EL AVISO —

May 2014

An introduction to our newest employee

Liana Martinez, Nurse Practitioner, will be with Las Clinicas in the El Rito clinic for several months, at the least until September for the duration of Dr. Kathleen Maley's leave.

Liana's full Hawaiian name is Ilianake alohikanika' holanui. She came from Hawaii to New Mexico 6 years ago on a 6 month assignment and ended up marrying Don Martinez from Taos – so much for plans.

Liana Martinez graduated with her NP in 1998 from the University of Pittsburgh and is working on her doctoral, hoping to be done in 2 years. She currently drives to El Rito from Albuquerque three days a week, where she lives with her husband and 6 dogs.

When asked how she connected with LCDN, she said "I teach ACLS and one of your providers, Katie, was taking my class and thought I would be a good fit with LCDN. I love Northern NM – it is so beautiful."

Stating that she has four grown children and two grandchildren, Liana goes one to say, "My oldest daughter flies on Air Force One. My father is from Hawaii, my mother from England."

"My husband's family dates back to the Onate period here in NM. He played basketball for Taos Catholic High School and they took the state championship in 1967. The school closed that year, so he played his

senior year at St. Michaels in Santa Fe and they won the state championship in 1968."

"He remembers playing in El Rito when the boarding school was open. His father – Polito Martinez was a school teacher and school principal in this area and his mother, Augustina Vigil, worked at the courthouse in Taos."

Commenting that she will rescue just about anything (ask her husband), Liana also plays the harp for the Health Science Center at UNM and for Healing Harps. She does 'giant knitting' which is using knitting needles that are about 5 feet long each and 2 inches in diameter. "They make great blankets", Liana says. Let's all welcome this creative and interesting lady to our LCDN El Rito clinic.

May is Women's Health Month

Along with Mother's Day on the 11th, May is also Women's Health Month. For your review here is a list of check-ups you as a women should do, especially in preparation for a visit to your own health care provider.

Before your next check-up make sure you do these four things.

1. Review your family health history

Are there any new conditions or diseases that have occurred in your close relatives since your last visit? If so, let your health care provider know. Family history might influence your risk ⇨

LAS CLINICAS DEL NORTE: A Community Health Center, Established in 1972

Serving the communities of Abiquiu, Ancones, Barranco, Cañon, Carson, Chili, Cañones, Cañon Plaza, Duranes, El Llanito, El Pueblo, El Rito, Gallegos, Gavilan, Ghost Ranch, La Cueva, La Madera, La Mesa, La Zorro, Las Casitas, Las Tablas, Los Pinos, Medanales, No Agua, Ojo Caliente, Olguin, Petaca, Placitas, Plaza Blanca, Rio Chama, San Miguel, Servilleta, Servilleta Plaza, Silvestres, Tierra Azul, Tres Orejas, Tres Piedras, Tusas, Vallecitos, Youngsville

Cont'd ⇒ Check-up List for Women May is Women's Health Month

of developing heart disease, stroke, diabetes, or cancer. Your provider will assess your risk of disease based on your family history and others factors and may also recommend things you can do to help prevent disease, such as exercising more, changing your diet or using screening tests to help detect disease early.

2. Find out if you are due for any general screenings or vaccinations.

Have you had the recommended screening tests based on your age, general health, family history and lifestyle? Check with your health care provider to see if its time for any vaccinations, follow-up exams or tests. For example, it might be time for you to get a Pap test, mammogram, prostate cancer screen, color cancer screening, sexually transmitted screening, blood pressure check, tetanus shot, eye check or other screenings.

3. Write down a list of issues and questions to take with you.

Review any existing health problems and note any changes.

- ⇒ Have you notices any body changes, including lumps or skin changes?
- ⇒ Are you having pain, dizziness, fatigue, problems with urine or stool, or menstrual cycle changes?
- ⇒ Have your eating habits changed?
- ⇒ Are you experiencing depression, anxiety, trauma, distress or sleeping problems?

If so, note when the change began, how it's different from before, and any other observation that you think might be helpful.

Be honest with your provider, If you haven't been taking your medication as directed, exercising as much or anything else, say so. You may be at risk for certain diseases and conditions because of how you live, work, and play. Your provider develops a plan based partly on what you say you do. Help ensure that you get the best guidance by providing the most up-to-date and accurate information about yourself.

4. Consider your future

Are there specific health issues that need addressing concerning your future? Are you thinking about having infertility treatment, losing weight, taking a hazardous job, or quitting smoking. Discuss any issues with your provider so that you can make better decisions regarding your health and safety.

Source: CDC, Women's Health Month

Contact LCDN health care providers at any of the three clinics listed on the back page of this newsletter.

Worried about a loved one's drinking?

Come to the
Al-Anon Meeting at EL RITO CLINIC
Every Wednesday
at 6 pm
Meeting Group Name is **OVERCOMERS**

⊗ **Community Events** ⊗

Contact: Joan Tollefson 1-505-323-1519/ 553-5820 or email: joan@lcdn.org

For Health Advise when clinics are closed, call Nurse Advise New Mexico (NANM) 877-725-2552 open 24 hrs.

El Rito

Las Clinicas del Norte Board Meeting - every 4th Monday, 6 pm, El Rito clinic Community Room.

El Rito Library- Tues, Wed, Thurs, Fri, Sat, 12 am – 5 pm
Library Board Mtgs. - every 2nd Wednesday, 6:00 pm

El Rito Fire Dept. Mtgs. - every 2nd Wednesday, 7 pm, at the El Rito Fire Station, open to the public.

El Prado Convenience Station at Rural Events Ctr. Open 5 days Tue-Sat 8am-4pm. Info: North Central Solid Waste 747-8459

Abiquiu

Abiquiu Library - Sun, Mon, Tues, Wed, Thurs, 1 pm – 6 pm, located on the Plaza.

Abiquiu Fire Dept. - **DAY CHANGED** to 2nd **Sunday - 6 pm**, at the Abiquiu Fire Dept. Station at the REC on Hwy 554.

Abiquiu Area Emergency Services Project Mtg. - second Wed. at 6:00 pm at the Rural Events Center.

Abiquiu AA Meetings - Wednesday, 5:30-6:30 pm, Abiquiu clinic, & Saturday, 10:00 am, Abiquiu Library. **New Contact:** Alex at 505-901-7701.

Abiquiu Al-Alon - will return in late-spring.

Recycling - 5 days a wk. Tue-Sat 8am-4pm. Recycle at the El Prado Convenience Station at the Rural Events Ctr. For information call North Central Solid Waste, 747-8459.

Ojo Caliente

Ojo Caliente Fire Dept. Mtg. - every 1st Wednesday, 7:00 pm
Ojo Caliente Fire Dept.

Northern NM College

The El Rito Campus is sponsoring the following trainings or workshops. Register: C. Romero 575-581-4117 / cromero@nmmc.edu

May 8—9. Program Evaluation Training at Espanola Campus

Thurs. & Fri., 9am to 4pm, Cost \$120.00
Program evaluation is a systematic method for collecting, analyzing, and using information to answer questions about the effectiveness and efficiency of existing projects and programs. Training for employees and managers of small or large businesses, educational institutions, tribal entities, non-profit organizations government agencies and others.

May 27—31, El Rito Workshop on Traditional Folk Music of New Mexico with Dr. Cipriano Vigil

Tues.—Sat., 9am—2 pm. Cost \$199.00
Specializing in “La Nueva Canción Nuevo Mejicana”, a mix of Spanish Colonial and indigenous styles developed by ancestors of the region for hundreds of years.

June 13 –June 15, El Rito Campus, New Mexico Spanish History, with Maria Dolores Gonzales. Ph.D.

For more information: Cecilia Romero 505-581-4117 or 747-5477, cromero@nmmc.edu.

PUEBLO DE ABIQUIU LIBRARY **And Cultural Center**

505-685-4884

POB 838, Abiquiu, NM 87510

abiquiupl@gmail.com

www.abiquiulibrary.wordpress.com

Library Hours: 1 pm to 6 pm, Sunday - Thursday

GIVE GRANDE NEW MEXICO

On Tuesday, May 6, 2014 from 8:00 am to 8:00 pm Pueblo de Abiquiu Library and Cultural Center along with Northern Youth Project will host **GIVE GRANDE NEW MEXICO**. This celebration of the 100th Anniversary of Community Foundations and ***The Community Foundation Coalition of New Mexico*** is encouraging you to participate in a national day of giving. We will have the Library doors open for everyone wishing to contribute online. Library and NYP staff will be assisting with easy-to-use online access. The library will be giving free books to anyone that donates to our organization. Any one that donates to NYP will receive a seed packet. There will be a celebration between 6-8 pm and free coke floats for anyone who brings in a printout receipts as donors. Giving is also totally possible to do at home by going onto the website of Give Grande <http://www.givegrandenm.org/> for more information.

Cont'd - Abiquiu Library

Summer Reading Program 2014

Starting on May 1, 2014 Pueblo De Abiquiu Library and Cultural Center will be signing up children ages 5 to 12 for the Summer Reading Program. The summer program will run from June 10th to August 7, 2014, on Tuesdays and Thursdays from 3:00 to 5:00. The theme this year is FIZZ BOOM READ. Part of the program is having children make a contract to read their desired number of books. We then give prizes to children after they bring in their accomplished reading. It is a good way to keep the children positively busy for the summer. Every time we meet, there are activities to match books.

New Mexico TRUE Summer Reading Challenge

Governor Martinez will lend a hand to boost summer reading involvement of the State summer reading theme with adventurous & cultural prizes that celebrate the beauty of our state in the New Mexico TRUE Summer Reading Challenge. To *spark* greater involvement beginning April 22 through July 31 youth can log their reading for the following prizes including-A Trip to Disney's Animal Kingdom, Culture Passes (200 of them!), Family ski trip to Red River, A family trip to Elephant Butte and a fossil dig in Socorro, Balloon rides, Behind-the-scenes tour of the NM Museum of Natural History & Science, Meet the Lobos game tickets, Meet the Aggies game tickets, Be an ABQ BioPark Zookeeper for a day.

Book Club for Youth Pueblo de Abiquiu Library is starting a book club for children age 8 to 12 that will meet twice a month to discuss what they read. The library will have a list for the children to make a selection from. Please come in to get more details if anyone is interested.

Children's' Room Our Children's' room now has touch-screens for learning programs geared at ages 2 to 5. Come in and ask the Librarian to help get you started. We are also working on having a Parent Station that will encourage adults to spend time with their youth in early learning.

Puzzles Anyone interested is swapping puzzles in good shape, call the Library so we may put you in contact with other patrons who are interested in doing this with others locally.

Reading Skills: UNM Continuing Education has a reading skills and speed reading program for preschoolers through 10 graders online. Call 1-800-470-3698.

Summer Youth Intern Program Mesa Prieta Petroglyph Project has a summer youth intern program from June 9-20th that will award a stipend to 12 youth 13 years of age and over. Deadline to apply is May 9th. Work will be from 7:30 am to 1 pm. Call 852-1351 and speak with Janet MacKenzie. Trained Archaeologists will lead.

Las Clinicas del Norte

EL RITO CLINIC
PO Box 237, El Rito 87530
Phone: (575) 581-4728
1-800-869-7624

OJO CALIENTE CLINIC
PO Box 307, Ojo Caliente 87549
Phone: (505) 583-2191
1-866-665-6832

ABIQUIU CLINIC
PO Box 757, Abiquiu 87510
Phone: (505) 685-4479
1-866-578-1662

MEDICAL:

MON thru FRI 8:00 am– 5:00 pm
1st and 3rd SAT of month 8:00 am 4:00 pm
Confidential Family Planning Title X Services available

COUNSELING: 581-4728, # 232

Mondays and Wednesdays only.
Please call for an appointment.

DENTAL SERVICES: 581-0028

MON thru FRI 8:00 am– 6:00 pm;
SAT 8:00 am-4:00 pm

MEDICAL:

TUES thru FRI 8:00 am- 6:30 pm
Confidential Family Planning Title X Services available

COUNSELING: 583-2191

Tuesday and Friday
Call to schedule

NO DENTAL SERVICES

MEDICAL:

MON thru FRI 8:00 am- 6:30 pm
Confidential Family Planning Title X Services available

COUNSELING: 685-4479

Monday through Friday
Call to schedule

NO DENTAL SERVICES

**SCHOOL BASE HEALTH SITES: Mon-Fri - Pojoaque: 505-455-4026
- Mesa Vista: 505-583-2401**

REMEMBER TO BRING YOUR CHILD'S IMMUNIZATION RECORD for all clinic visits

MENTAL HEALTH CRISIS NM HOTLINE - 1-855-NMCRISIS (1-855-662-7474)

LCDN BOARD OF DIRECTORS — *President* - Gary Salazar, *Vice-President* - Pauline Varoz, *Treasurer* - Erma Crim, *Secretary* - Barbara Lovato; *Members:* Tony Chacon, Sophie Garcia, Rex Davidson, Terry Boyle, Jasmine Serrano.
Honorary Member: Mary F. Lovato.

Donations - listed for one year - Las Clinicas would like to thank the following donors

\$ 100 - Annabelle X. Gutierrez Sisneros (4-13)
\$ 175 Each—Dr. Anthony Garcia, Dr. Aine Malone,
Dr. Ed Trujillo (each) (02-14)
\$ 500 - Pamela Harris (12-13)

\$ 1,000 - Sam R. & Isabel E. Jewell (12-13)
\$ 1,000 - Kathleen E. Maley (12-13),
\$ 1,000—Terence P. & Susan C. Boyle
\$ 1,500 - Andy R. Lopez (01-14)

Las Clinicas del Norte, Inc.

D/B/A Las Clinicas del Norte
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El Rito, NM 87530

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