

# — **EL AVISO** —

*August 2014*

## **Got Shots? Protect Tots! Annual Event**

**August 4-8** at the El Rito and Abiquiu Clinics

**August 5-8** at the Ojo Caliente Clinic.

During this event all children will receive vaccines at no-cost to parents. Call to schedule an appointment or stop in to see us! Great way to get your kids ready for school.

### **Why does my child need to be immunized?**

Immunizations have helped children stay healthy for more than 50 years. They are safe and they work. In fact, serious side effects are no more common than those from other types of medication such as antibiotics and fever reducers and pain relievers.

Vaccinations have reduced the number of infections from vaccine-preventable diseases by more than 90%! Yet many parents still question their safety because of misinformation they've received. That's why it's important to turn to a reliable and trusted source, including your child's doctor, for information.

The back-to-school season can arouse dread in parents and kids alike, especially when it comes to sickness and health. Aside from marking the end of summer's lazy days, "back to school" signals the start of a crazy time for many families, a time during which we scramble to update immunizations, re-establish more structured eating, television, and bedtime routines, and keep our kids healthy.

To help you plan a healthy and anxiety-free school year, here are nine questions on the minds of parents readying themselves for a new school year -- and a new cold and flu season.

### **1. How do I decrease my child's anxiety about starting school?**

For a happier, healthier transition, don't wait until the night before school starts to set up sleep and nutrition routines that might not have been strictly enforced

over the summer. Try setting bed and wake-up times a few weeks before school starts and gradually adjusting them to be earlier as the first day approaches.

Also, take a trip to the school in advance so children know where their classroom is. Give them a chance to meet their teacher, the school nurse, and other staff, if possible. If your child has a chronic health condition requiring medication, such as asthma or diabetes, a food allergy, or any type of health care concern requiring special attention, contact the school nurse early to put a plan in place well in advance of the first day of school.

Immunizations, which are a very necessary part of the back-to-school routine, can be a little scary for kids, but you don't need to drag them kicking and screaming to the doctor's office. Ease kids' worries by talking with them about the health benefits of vaccines so they understand why the shots are important and are less anxious about getting them. Make sure immunizations are current and ask your health care provider about other immunizations that might be recommended but not required, such as the flu vaccine.

### **2. How do illnesses spread among school children?**

Colds and flu are typically spread from person to person from respiratory droplets. Viruses enter the body through the eyes, mouth, or nose. A sneeze can spray thousands of infectious particles into the air at 200 miles per hour, and they can travel 3 feet. If children don't cover their mouths and spray other children or an object, such as a doorknob, and other children touch it and wipe their noses or mouths, they're more likely to get sick.

### **3. What's the best way to help my child prevent picking up an illness at school?**

It's important to teach kids to wash their hands before eating and after playing outside and using the restroom. Hand washing is one of the best ways to prevent illness. If parents enforce that at home, we'll reinforce it at school.

Talk to your kids about covering their mouths with →

*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 ⇒ Back-to-school**

a tissue when they cough and sneeze, and send them to school with a bottle of antiviral hand gel and instructions to use it often. Also, the CDC recommends the flu vaccine for kids ages 6 months and older.

**4. Can I send my child to school if he's not feeling well?**

If your child has a temperature higher than 100 degrees, body aches, and extreme sleepiness or is coughing or vomiting, you need to keep him home until he is free of those symptoms for 24 hours. If he's not really sick, but something seems off, let the school nurse know and ask her to monitor your child.

**5. What if there is a sibling at home who is sick?**

Tell the school nurse, "Joey's brother has been out with an illness. Joey's not having any symptoms, but I'm just letting you know." Then, reinforce healthy hygiene practices at home and school, and make sure all your kids are getting enough sleep.

**6. How can I tell if my child has a cold or the flu?**

A cold often begins with a sore throat that lasts for a day or two and is accompanied by sneezing, sniffing, and, in some cases, a temperature. It usually lasts for no more than a week, but symptoms can linger longer.

The flu usually comes on fast and includes more intense symptoms such as body aches and soreness, fever, headache, sore throat, and congestion that can last about a week. Kids with the flu don't want to get up and play. Flu can cause gastrointestinal symptoms, such as nausea and vomiting (swine flu tends to be associated with vomiting and diarrhea).

**7. How should I treat my child who has a cold or flu?**

Make sure your child gets plenty of rest and fluids, such as water or 100% fruit juice, especially if your child has diarrhea or vomiting. Giving her a pain reliever, such as acetaminophen or ibuprofen (not aspirin), for fever is OK if taken as directed. But don't give your child an over-the-counter cold remedy without first talking to your health care provider. Many of these medicines are no longer recommended for children.

If symptoms continue after three days and your child is still running a fever, call your health care provider. It's also helpful to contact the school nurse and ask what she sees going on at school. Is she noticing strep throat? Other illnesses? Ask what you should be watching for. **And call your health care provider if the symptoms persist beyond three days, if your child's fever is higher than 101 degrees, or if your child has ear pain, a worsening cough, or a sinus-type headache.**

**8. If my child has been immunized for flu and the kids around her haven't, will her immunity be less effective?**

No, your child's immunity is not going to be compromised because other children haven't been vaccinated. But there is a certain herd phenomenon with vaccine-preventable illnesses, such as the flu. That means that the more children who are vaccinated, the fewer kids will become sick and miss school.

**9. What should my child's school be doing to protect kids from germs?**

Ask what the school is doing to keep the grounds clean. Particularly during flu season, we make sure drinking fountains and other surfaces are cleaned several times a day. Also ask what the school is doing about prevention and if it has a plan for what to do during a flu outbreak. Is it providing classroom instruction about hygiene and making sure kids follow through? Will it be offering a flu vaccine on site? Ultimately, it's important to remember that a sanitized room is clean only until you and I walk into it.

**Source: [webmd.com/parenting/features/parents-top-9-questions-for-back-to-school](http://webmd.com/parenting/features/parents-top-9-questions-for-back-to-school)**

⊗ **Community Events** ⊗

**Contact: Joan Tollefson 1-505-323-1519/ 553-5820 or email: [joan@lcdn.org](mailto: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 2<sup>nd</sup> Wednesday, 6:00 pm

**El Rito Fire Dept. Mtgs.** - every 2<sup>nd</sup> 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.

**Recycling Station** - Tues-Sat, 9am-5pm, Bldg #35631 Hwy 285/84.

**EL RITO PUBLIC LIBRARY**

575-581-4608 Hours: Tuesday thru Saturday 12-5pm

**Annual Flea Market**

Our annual flea market will be on **Saturday, August 23rd from 8:00 am to 3:00 pm**. Start cleaning out your closets, garages, sheds, etc. and sell what you no longer need. Bring your own tables and chairs. Pack it in - Pack it out! Anybody from the El Rito and surrounding communities are welcome to come sell. We recommend a 10% donation of what you sell.

**STEM to Read**

The El Rito Library has received a grant from the New Mexico Children's Foundation and United Way of Northern New Mexico to be a pilot library for a pre-literacy program for toddlers. We are excited to participate in this pilot program where we will be targeting 2-5 year olds. More details will be in next month's issue of El Aviso and our website. We are still in the planning stages, trying to get training, purchasing supplies, and preparing a program schedule. Our hope is that we can meet twice a week for one hour here at the library.

**Library Director Position Open**

The El Rito Public Library Board is seeking candidates for a new Library Director. Christine Trujillo will be retiring on December 15, 2014 and will train the new director before she leaves. Minimum qualifications - Preferred: 1) Bachelor's Degree or higher in area related to Library Science. An unrelated Bachelor's Degree or higher will be heavily weighted; 2) experience in grant writing; 3) able to get along with different types of people (good communication skills); 4) organized; 5) supervisory experience; and 6) budget experience. We will consider: 1) associate's degree; and 2) aptitude for grant writing.

If you are interested in the Director position, check out our website at [www.elritolibrary.org](http://www.elritolibrary.org) for more detailed duties for this position.

Please contact Board President, Judith Uhrich, at 575-581-0011, or by email at [juhrich.nm@gmail.com](mailto:juhrich.nm@gmail.com), or send your resume to P.O. Box 181, El Rito, NM 87530.

**Obituaries and Memorial Cards Still Needed**

Next month we will be starting to work on our Obituary Book by alphabetizing the names and putting them in some kind of order. While we already have approximately **735** names listed in our Obituary Book, we know there are still many more out there that we don't have. **Please, please, and please, bring in your obituaries and memorial cards to the library to photocopy for our book before we start the process.** This book is all about the El Rito people who were born or lived here. We do not want to leave anyone out, so please participate in this project. The Obituary Book will be here at the library so anyone can come see it and make copies of pages that you might want. This project is on-going and won't be completed for at least another three months. Thank You!

**Propane Heaters**

We still have 2 propane heaters for sale. The price is \$300 for each one (we paid over \$600 for them) and they are still in great working condition. Come take a look at one if you are interested.

**PUEBLO DE ABIQUIU LIBRARY****And Cultural Center**

505-685-4884

POB 838, Abiquiu, NM 87510

[abiquiupl@gmail.com](mailto:abiquiupl@gmail.com)[www.abiquiulibrary.wordpress.com](http://www.abiquiulibrary.wordpress.com)

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

**Library Will Return next Month****NORTHERN YOUTH PROJECT'S FREE SUMMER TEEN PROGRAM IS IN FULL SWING!****Garden Open House rescheduled for Saturday, September 6, 2014, 4—7 PM**

Garden Open House includes a **Salsa Contest** and **Live Music**.

Meet your friends and neighbors to **celebrate** our garden and our community!

The Garden is magnificent and thanks to a grant from the **East Rio Arriba Soil & Water Conservation District** we were able complete our irrigation project instructed by the **Natural Resources Conservation Service of the US Department of Agriculture!**

With the help of the kids from **Ghost Ranch** and **Pollinator Partners**, our teens recently built a "**Pollinator Hotel**" to attract beneficial insects to our garden. Especially popular are the new cooking classes by our head gardener, **Marcela Casaus**, and art classes with **Iren Schio** and photography with **Leihzel Baybayan**. NYP was also lucky enough to work with filmmaker **Lupita Salazar** of Canones to shoot footage for a teen recruit PSA!

The kids also designed t-shirts mentored by graphic designer **David Grey** of the **Sante Fe University of Art and Design**. AND they went on a field trip to **Warehouse 21** where they were taught the art of silk-screening and made their own t-shirts—with the winning design by **Darian Reyes!** Congrats Darian!

The Summer Teen Program is made possible in part by a grant from the **New Mexico Children's Foundation** and we want to express special thanks to **Sam Lucero, Cesar Barrionuevo, Ron Royer**, the parents of the teens, and all our **volunteers** for their support. We couldn't do it without you!

Our most popular programs continue through the Fall. For info on all NYP projects check out our website [www.northernyouthproject.org](http://www.northernyouthproject.org) or contact Program Director Leona Hillary at [northernyouthproject@gmail.com](mailto:northernyouthproject@gmail.com) or 505 685 9474.

# Las Clinicas del Norte

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

**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

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

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

**LCDN BOARD OF DIRECTORS** — *President* - Tony Chacon, *Vice-President* - Pauline Varoz, *Treasurer* - Erma Crim, *Secretary* - Barbara Lovato; *Members*: Gary Salazar, 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 (02-14)

\$ 500 - Pamela Harris (12-13)

\$ 800 - Katharine & Boudinot (Bill) Atterbury - James Talcott Fund (12-13)

\$ 1,000 - Sam R. & Isabel E. Jewell (12-13)

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\$ 1,000—Terence P. & Susan C. Boyle

\$ 1,500 - Andy R. Lopez (01-14)

## Las Clinicas del Norte, Inc.

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