

EL AVISO

April 2015



**Sally
Hauser,
RHIA, CCS**

New Director of
Medical
Programs at
LCDN

Sally holds a Bachelor of Science in Health Information Management from Stephens College Columbia Missouri in 1994; an Associate Degree in Medical Record Technology from Cuyahoga Community College, Cleveland, Ohio in 1976. Certifications are: (RHIA) Registered Health Information Administrator (1994 AHIMA-HIMA). (CCS) Certified Coding Specialist 1992 (AHIMA).

Born in Canton, Ohio Sally spent the majority of her life in the Cleveland, Ohio area. "I moved to New Mexico in May of 2008" she states, "and I was previously the Director of Health Information Management at Holy Cross Hospital in Taos. My husband and I had visited New Mexico and fell in love with the beauty and people. I was offered the position at Holy Cross. At that time my husband was able to retire early from the telephone company."

Sally chose to come to LCDN after having worked with Jeanne Alvarez, who suggested a career change for her. What she most appreciates about LCDN is having discovered the wonderful staff. "They have been so welcoming to me. I've never worked outside of the hospital environment so I am learning so much. I also have grown to appreciate LCDN's dedication to the community."

Dale Hauser is Sally's husband. They have two grown daughters, one who lives in Minneapolis and is an Art Librarian, the other commutes between Cleveland and Houston and is a trainer for United Airline. She also enjoys baseball, Ohio State football and gardening.

National Infant Immunization Week

April 18th through 25th, 2015

Immunizations are one of the most cost-effective health prevention measures. They have been cited by the U.S. Public Health Service as one of the Ten Great Public Health Achievements in the 20th Century. Vaccines play an essential role in reducing and eliminating disease.



By two years of age, it is recommended that all children should have received 4 doses of diphtheria-tetanus-pertussis (DTaP), 3 doses of polio, 1 dose of measles-mumps-rubella (MMR), 3 doses of Haemophilus Influenza, type B (Hib), 3 doses of Hepatitis B, 1 dose of Varicella, and 4 doses of Pneumococcal vaccine. This series is referred to in shorthand as "4:3:1:3:3:1:4."

Five Important Reasons to Vaccinate Your Child

You want to do what is best for your children. You know about the importance of car seats, baby gates and other ways to keep them safe. But, did you know that one of the best ways to protect your children is to make sure they have **all** of their vaccinations? **Cont'd →→→**

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 →→→ Five Reasons to Immunize

Immunizations can save your child's life.

Because of advances in medical science, your child can be protected against more diseases than ever before. Some diseases that once injured or killed thousands of children, are no longer common in the U.S. – primarily due to safe and effective vaccines. Polio is one example of the great impact that vaccines had in the United States. Polio was once America's most-feared disease, causing death and paralysis across the country, but today, thanks to vaccination, there are no reports of polio in the United States.

Vaccination is very safe and effective.

Vaccines are only given to children after a long and careful review by scientists, doctors, and healthcare professionals. Vaccines will involve some discomfort and may cause pain, redness, or tenderness at the site of injection but this is minimal compared to the pain, discomfort, and trauma of the diseases these vaccines prevent. Serious side effects following vaccination, such as severe allergic reaction, are very rare. The disease-prevention benefits of getting vaccines are much greater than the possible side effects for almost all children.

Immunization protects others you care about.

Children in the U.S. still get vaccine-preventable diseases. In fact, we have seen resurgences of measles and whooping cough (pertussis) over the past few years. Since 2010, there have been between 10,000 and 50,000 cases of whooping cough each year in the United States and about 10 to 20 babies, many of which were too young to be fully vaccinated, died each year. While some babies are too young to be protected by vaccination, others may not be able to receive certain vaccinations due to severe allergies, weakened immune systems from conditions like leukemia, or other reasons. To help keep them safe, it is important that you and your children who are able to get vaccinated are fully immunized. This not only protects your family, but also helps prevent the spread of these diseases to your friends and loved ones.

Immunizations can save your family time and money. A child with a vaccine-preventable disease can be denied attendance at schools or daycare facilities. Some vaccine-preventable diseases can result in prolonged disabilities and can take a financial toll because of lost time at work, medical bills or long-term disability care. In contrast, getting vaccinated against these diseases is a good investment and usually covered by insurance. The Vaccines for Children program is a federally funded program that

provides vaccines at no cost to children from low-income families. Visit <http://www.cdc.gov/vaccines/programs/vfc/index.html> to find out more about the VFC program, or ask your child's health care professional.

Immunization protects future generations. Vaccines have reduced and, in some cases, eliminated many diseases that killed or severely disabled people just a few generations ago. For example, smallpox vaccination eradicated that disease worldwide. Your children don't have to get smallpox shots any more because the disease no longer exists. By vaccinating children against rubella (German measles), the risk that pregnant women will pass this virus on to their fetus or newborn has been dramatically decreased, and birth defects associated with that virus no longer are seen in the United States. If we continue vaccinating now, and vaccinating completely, parents in the future may be able to trust that some diseases of today will no longer be around to harm their children in the future.

For more information about the importance of infant immunization, visit <http://www.cdc.gov/vaccines>.

This document can be found on the CDC website at: <http://www.cdc.gov/vaccines/events/niw/>

⊗ **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.

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

EL RITO PUBLIC LIBRARY

575-581-4608

Hours: Tuesday thru Saturday 12-5pm

Welcome to Your Library: El Rito Public Library from the new Director, Krysta Kavanaugh

One of my most endearing and long-lasting memory (memories, actually) from my childhood is sitting on my father's lap, with my brother on the other leg, my mom nearby, as well as our gorgeous collie dog, my best friend, Beauty. My dad read – very expressively – to us. We took adventures together: Robinson Crusoe, Swiss Family Robinson, and, of course, Lassie. And depending on our age and mood, Dr. Seuss and Mrs. Piggie Wiggle thrown in. Those times were filled with joy, ease, adventure, excitement, and family togetherness. I cherish those times. This began a life-long love affair with reading for pleasure and knowledge.

I want everyone, every last person, to have the opportunities that reading/literacy affords and the doors it opens, whether that be for: deeply personal time for contemplation, relaxation and sheer pleasure; or for finding what your purpose is, and gaining the knowledge necessary, to find a job that fulfills you, uses your gifts and positively enhances your community; or whatever serves you to create a more complete and fulfilling life.

I love challenges, so keeping the tradition of this glorious library, that has abundantly and richly served the community for almost 29 years, alive and thriving is before me. I invite, truly invite, sitting down with you and learning what moves you, what needs this library could serve for you, what you like, what we could do better, how to outreach into the community, how to be a center of welcoming, fun, learning.

Please tell me your stories, and then let's co-create (we can't keep the doors of a nonprofit open without your help!) new ones together. As you look back on your life, I want El Rito Library to be one of your enduring, and endearing, memories.

**National Library Week is April 12-18**

Come visit us - take out a book, a movie, work on the computers.

PUEBLO DE ABIQUIU LIBRARY**And Cultural Center**

505-685-4884

POB 838, Abiquiu, NM 87510

abiquiupl@gmail.com

www.abiquiulibrary.wordpress.com**STEM to READ**

There will be a STEM Trunk called "Spinning Science" coming to the Library in April. Be sure to visit!

Explora Museum in Albuquerque, NM provides experiential program and exhibit activities that illuminate the basic concepts in science, technology and art for people of

Abiquiu Public Library—Cont'd

all ages. Explora will facilitate its interactive, materials-based science programs for up to 15 parent-child pairs pre-schoolers and adult caregivers in the Abiquiu Library selected. Each Explora science program will be paired with a story time on an associated book. Throughout the inquiry-based learning process, Explora educators will model facilitation questions for caregivers to help them develop their own skills for supporting science learning at home. Parent-child pair will be encouraged to check out the books to extend their learning on the subject to their home environments.

The goal of this program would be to help children and families develop a lifelong love of learning and exploring while connecting it to literacy and the resources offered by the library.

Proposed Program	Program Description	Story
Round and Round	Test different shapes to see which ones make the best wheels and investigate different surfaces for roadways as you explore wheels moving "round and round."	<i>Cars Galore</i> by Peter Stein or <i>Wheels!</i> By Annie Cobb or <i>Wheels</i> by Susan Canizares & Daniel Moreton

National Library Week— April 12 - 18

The Theme for this year is "Unlimited Possibilities @ your Library". Come in during the week of April 12 to partake in making our fabric banner.

New Mexico Museum of Natural History and Science

New Mexico Museum of Natural History and Science is offering the opportunity for our library card holders to check out a membership card that will allow 2 adults and up to 4 children in free to the museum. Check out the museum card at our library by leaving a \$20 deposit to be returned upon receipt of the card. This is made possible by foundation donors. Call the library in advance for more information 685-4884.

Upcoming Genizaro Conference**Saturday May 16th**

Save the date for our upcoming all-day conference on Saturday May 16th at the Jose Ferran Gym in Abiquiu. We will be welcoming scholars Dr. Jun Sunseri and Dr. James Brook with updates on the findings from the archeological dig last summer at the Library and more new research on the Genizaro experience. The Conference theme is *Abiquiu: Honoring the History and Experience of a GENIZARO Pueblo*. All events are free but you will need to register in advance. To receive updates, please send your email address to abiquiupl@gmail.com.

New Children's Books

The Libri Foundation donated new children's books ready for check out. Some titles are: *The Dot* by Peter H. Reynolds, *The Watermelon Seed*, Greg Pizzoli, *Chloe*, Peter McCarty, *Pete the Cat and His Four Groovy Buttons*, Eric Litwin, and *How Do Dinosaurs Say I am Mad* by Jane Yolen

Las Clinicas del Norte

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

MEDICAL:

MON and TUESDAY 8:00 am– 6:30 pm
WEDNESDAY THRU SATURDAY 7:30
am 5:00 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;

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 Members: Mary F. Lovato, Jeremias Archuleta, Willie Picaro and Susie Verkamp.

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

\$ 500 - Kathleen E. Maley (12-14)

\$ 800 - Katharine & Boudinot (Bill) Atterbury - James Talcott Fund (12-14)

\$ 1,000 - Sam R. & Isabel E. Jewell (12-14)

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\$ 1,500 - Andy R. Lopez (01-15)

Las Clinicas del Norte, Inc.

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

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