

— EL AVISO —

February 2016

February is Heart Awareness Month



According to the American Heart Association, about 80 million adults in the U.S. have at least one form of heart disease—disorders that prevent the heart from functioning normally—including coronary artery disease, heart rhythm problems, heart defects, infections, and cardiomyopathy (thickening or enlargement of the heart muscle).

This American Heart Month, the Centers for Disease Control and Prevention (CDC) and [Million Hearts](#)[®]—a national effort to prevent 1 million heart attacks and strokes in the United States by 2017 – are first of all encouraging Americans to know their blood pressure, and if it's high, to make control their goal.

Uncontrolled high blood pressure is a leading cause of heart disease and stroke. In fact, more than 67 million Americans have high blood pressure. People with high blood pressure are 4 times more likely to die from a stroke and 3 times more likely to die from heart disease compared to those with normal blood pressure.

High blood pressure often shows no signs or symptoms, which is why having your blood pressure checked regularly is important. It's easy to

get your blood pressure checked. You can get screened at any of our clinics and drugstores or even check it yourself at home, using a home blood pressure monitor.

- **Make Control Your Goal**

If you know you have high blood pressure, take these steps to help get it under control.

Ask your doctor or health care provider what your blood pressure should be. Set a goal to lower your pressure with your provider and talk about how you can reach your goal. Work with your health care team to make sure you meet that goal. Track your blood pressure over time.

Take your blood pressure medicine as directed. Set a timer on your phone to remember to take your medicine at the same time each day. If you are having trouble taking your medicines on time or paying for your medicines, or if you are having side effects, ask your provider for help.

- **Reduce sodium intake.**

Most Americans consume too much sodium, or salt which can raise blood pressure. Read more on page 2 under **Eating for a Healthy Heart** for more information on sodium intake.

- **Cigarette Smoking**

Smoking greatly increases your risk for heart disease.

Quit smoking— if you don't smoke, don't start if you do get help quitting below.

Get help from 1-800-QUIT-NOW or [Smokefree.gov](#). You can find tips and resources at [CDC's Smoking and Tobacco website](#).

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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 → | — Heart Awareness

• Cholesterol

High cholesterol affects 1 in 3 American adults. Getting a simple blood test is the only way you can know if you have high cholesterol. Your provider can suggest steps you can take to prevent high cholesterol or to reduce your levels if they are high.

• Eating for a Health Heart

Making healthy food choices is one important thing you can do to reduce your risk of heart disease—the leading cause of death of men and women in the United States.

Experts say you can reduce the risk of developing heart problems with lifestyle changes that include eating a healthy diet. But with racks full of books and magazines about food and recipes, what is the best diet for a healthy heart?

Food and Drug Administration nutrition expert (FDA's) Barbara Schneeman says to follow these simple guidelines when preparing meals:

- Balance calories to manage body weight
- Eat at least 4.5 cups of fruits and vegetables a day, including a variety of dark-green, red, and orange vegetables, beans, and peas.
- Eat seafood (including oily fish) in place of some meat and poultry
- Eat whole grains—the equivalent of at least three 1-ounce servings a day
- Use oils to replace solid fats.
- Use fat-free or low-fat versions of dairy products.

The government's newly released "Dietary Guidelines for Americans 2010" also says Americans should reduce their sodium or salt intake. The general recommendation is to eat less than 2,300 mg. of sodium a day.

But Americans 51 or older, African-Americans of any age, and people with high blood pressure, diabetes, or chronic kidney disease should restrict their intake to 1,500 mg. The government estimates that about half the U.S. population is in one of those three categories. Visit [ways to reduce your sodium](#) and the Million Hearts® [Healthy Eating & Lifestyle Resource Center](#) for heart-healthy, lower-sodium recipes, meal plans, and helpful articles.

Learn more about Million Hearts® and ways to protect your heart during February and throughout the year at millionhearts.hhs.gov.

Sources: Janet Wright, MD, FACC, is the Executive Director of Million Hearts®; www.fda.gov and cdc.gov

Heart Health Facts

To avoid heart disease cut the fat from your diet?

False- Keep the good fats—polyunsaturated fats in nuts, vegetables oils and fish are best.

Women and men have different heart risks?

True- Women's body weight, blood pressure and bad cholesterol LDL levels rise more steeply with age, putting them at more risk than men.

If you stay at a normal weight, you'll avoid heart disease?

False- When it comes to heart disease the scale doesn't tell the whole story. More important is where fat is located and other risks you may have.

No matter when you quit smoking you'll reduce heart disease risk.

True- Quitting will begin to improve your damaged heart and blood vessels regardless of when you stop smoking.

Source: WebMD

ANNOUNCEMENTS

New Employee: Welcome to Ricardo Gonzales, PhD., a Psychologist who will be working with us at the Mesa Vista SBHC/Ojo Caliente Clinic two days per week and at the Abiquiu Clinic one day per week.

⊗ **Community Events** ⊗

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

For Health Advice when clinics are closed, call Nurse Advice 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/Fri - 12 n to 5 pm. Thurs - 12 n to 7 pm, Sat - 9am to 2 pm **Library Board Mtgs.** - every 2nd Thurs, 5:30 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. Alex at 505-901-7701.

Recycling - 5 days a wk. Tue-Sat 8am-4pm. Recycle at the El Prado Convenience Station at the Rural Events Ctr. **NO BOTTLES** 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

Fall Hours — Tues/Wed/Fri - 12 n to 5 pm
 Open late Thurs - 12 n to 7 pm
 PHONE: 575-581-4608 Sat - 9am to 2 pm
 Sunday and Monday: Closed

Email: elritopubliclibrary@yahoo.com Website: www.elritolibrary.org

Latino Scholar to Give Talk at Library

Saturday Feb. 6

The El Rito Library will host Dr. LM Garcia y Griego for an afternoon of events focused on Hispanic land grant issues in Northern New Mexico. Griego is Associate Professor of History and Chicana and Chicano Studies at UNM and Director of the UNM Land Grant Studies Program. His lecture will begin at 3 PM. A video viewing and discussion of an episode from the PBS documentary *Latino Americans: 500 Years of History* will follow at 4:30 PM. This is the library's second in a series of programs honoring Latino history in the U.S. - all sponsored by the American Library Association and the National Endowment for the Humanities. Stay for both sessions and enjoy a community pot-luck at 6 PM - all at the library. Bring food to share, engage your brain, meet your neighbors in some lively discussions! It's all free.

Library Movie Nights Begin on Friday Feb. 12

If you're beginning to get 'house happy' this winter and have an itch to travel or need to have something to do with your family after a week's work - come to our **Winter Foreign Movie Fest!** Beginning Friday evening Feb. 12 at 5:30 PM we'll screen a selection of family-friendly movies (with G, PG and PG-13 ratings). You'll be able to roam the world for free and eat popcorn while doing so. We'll begin our movies on Feb. 12 with *Kolya* (PG-13 Czechoslovakia film. Winner of the Academy Award and Golden Globe as Best Foreign Language Film of 1996). The story line: a confirmed bachelor who knows little about children finds himself caring for a six year-old boy and in the process discovers new dimensions to his life. On Feb. 26 we'll screen *Trail of the Panda* (G- rated Chinese film) which is beautifully filmed in China in Giant Panda habitats. See the library website for details (elritolibrary.org). Movies are shown free of charge at the library.

Library Holds Organizational Meeting for Volunteers Jan. 27

If you missed the library's meeting on Wed. Jan 27 to become a new or revived volunteer, please contact Lynett Gillette at the library: 575-581-4608 or at: director@elritolibrary.org. We very much need help with everything from tutoring, to organizing summer opera visits from El Rito, to helping with the Summer Reading Program and much more. Put your interests and talents to work for your community!

Family Passes still available

The NM Department of Cultural Affairs issued free passes last fall that are still good for visiting many Santa Fe and Albuquerque museums and many historic sites in the state. They're good for up to six per family group and can be checked out for a week at a time from the library. All you need is a valid library card to make it happen.

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

Buy special gifts and support the Library:

DVD's from the May 20015 **Genizaro Conference** are now available @ 40 per set. Speakers included : Dr. Jun Sunseri from University of California at Berkeley, Dr. James Brooks, Gregorio Gonzales, Moises Gonzales from UNM, Tessie Naranjo from Santa Clara Pueblo, David Lopez and Dr. Charlie Carrillo from Abiquiu.

You can now order **Genizaro Dancers**, a fine art print by Randy Silva documenting the dancers for Santa Tomas Fiesta during the nineteen fifties. Prints are available in 11 x 17 inch format or 24 x 30 inches. Stop by or call the library to place your order at 685-4884 or via email abiquiupl@gmail.com

Upcoming Library Events:

February 21, 2016: Joins us for a screening of "**And Now Miguel**" filmed here in Abiquiu in the 1950's.

March 20th, 2016: All afternoon **Read-a-thon & Draw-a-thon**. Join the reading race to support the Library.

Welcome to New Board Members:

We are happy to welcome **Elizaida Martinez** and **Linda Grace** as members of Pueblo de Abiquiu Library Board.

HOLIDAYS:

Feel free to stop by the library on Presidents' Day February 15th; we'll be open!

Books and Magazines Available for Checkout

We recently moved over 40 reference books to our art section and they are now available for checkout. Some of the titles include: **Van Gogh** by Frank Milner, **Gothic Architecture, Sculpture, and Painting** Edited by Rolf Tomam and **Michelangelo and His Times** by Veronique Milande.

Available also for checkout are all our magazines. We ordered some new magazines, which have already started to arrive. Here is a list of the new magazines: **REMINISCE MAGAZINE, BACKYARD POULTRY, BETTER HOMES AND GARDENS, RODALES ORGANIC LIFE, FAMILY CIRCLE, RING, DIESEL POWER**

New Book available for check out: **Mesa of Sorrows: A History of Awatovi Massacre** by James F. Brooks.

New Tutor Available

Pueblo de Abiquiu Library now has a new volunteer that would like to help with tutoring in writing applications for college scholarships and help on essays. Call or come into the library to set up an appointment.

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)
NEW MEXICO NURSE ADVICE—24 Hour Toll Free Nuber—1-877-725-2552

LCDN BOARD OF DIRECTORS — *President* - Tony Chacon, *Vice-President* - Pauline Varoz, *Treasurer* - Erma Crim,
Secretary - Barbara Lovato; *Members*: Gary Salazar, Sophie Garcia, Bruce Smith, Jasmine Serrano and Frank Chacon.
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 (1-16)

\$ 800 - Katharine & Boudinot (Bill) Atterbury - James Talcott Fund (1-16)

\$ 100.00 Tony Chacon (6-15)

\$ 2000 - Andy R. Lopez (1-16)

Las Clinicas del Norte, Inc.

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

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