

EL AVISO

March 2006

Children's Health Fair

Wednesday *May 5* 9:00 am – 3:00 pm

Northern New Mexico College—El Rito

**Free Comprehensive
Health Screening for Children
birth to age five**

**Headstart pre-registration and
Health Screening**

**Vision, Hearing, Speech/language, Growth,
Dental, Health/Nutrition, Learning, Movement**

Medicaid Enrollment

**Information or Appointments, call Mary Chavez,
581-4728, ext. 229.
Walk-in's Welcome.**

This Child Health Fair is sponsored by many community agencies working with young children and their families. All these agencies have a common belief in and commitment to *Early Intervention* to meet the developmental needs of children between the ages of birth to 5 years. Intervention means to reach the child at the earliest time possible.

A few of the many questions parents ask about their child's developments are:

- Is my daughter walking well for her age?
- When should my toddler be able to speak clear sentences?
- Are my children's teeth okay?
- My son has trouble throwing a ball – is this normal?

When problems are obvious, parents will usually ask their health care provider for help. But some developmental problems aren't so clear, and may not be caught for years. For example, a speech problem unnoticeable at age one could be identified when the child reaches age three. This is one big reason more frequent check-ups are needed

for young children. Health experts recommend no less than six visits in the first year and three in the second year! Early Intervention is a way of meeting the needs of children who either show developmental delays or are at risk for delays because of medical or environmental factors that arise in the first months and years of their lives.

Children in their first three years do a tremendous amount of growing throughout their bodies. Some parents ask why so much attention is paid to screenings *before* school. After all, a child changes so much and so fast, why not just wait and see if they will grow out of a problem? Many families and even specialists have a "they'll grow out of it" or "don't rush them" attitude. The reason to not wait is that, *because* children grow so fast, the earlier the corrective intervention is done the more effective it will be. In those first three years of life, we experience overall the fastest growth rate of our lives. It isn't just height, it is everything – how to move, walk, lift, throw, talk, listen, recognize people and places, play games, and so forth. The list is endless. But *poor* speech, movement, eating, and other patterns can be learned just as quickly as *good* ones. And these in turn can have a bad effect on other things the child does, like playing with other children or learning to read. The earlier a child receives services, the earlier the body can be helped to counter problematic patterns of development and the child will be better able to participate in the mainstream of society. Early Intervention works!

Furthermore, the parents learn new skills to better meet an individual child's needs. Solutions might include changing foods eaten, reading more to the child, or playing games to learn how to move arms and legs in a certain way.

So bring your birth to 5 year old children to the ...

Health Fair in El Rito on May 5th.

NOTE: If you would like to apply for Medicaid at the fair, please bring a baptismal or birth certificate, the child's social security card, proof of income by bringing a copy of your last four weeks check stubs, and rent or utility receipts.

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 and Vallecitos and Youngsville

Heart Risk Factors for Women over 55

Some risk factors, such as age and family history of early heart disease, can't be changed. For women, age becomes a risk factor at 55.

What Are the Risk Factors for Heart Disease?

Risk factors are conditions or habits that make a person more likely to develop a disease. They can also increase the chances that an existing disease will get worse. Important risk factors for heart disease that you can do something about are:

- High blood pressure
- High blood cholesterol
- Diabetes
- Smoking
- Being overweight
- Being physically inactive
- Having a family history of early heart disease
- Age (55 or older for women)

After menopause, women are more apt to get heart disease, in part because their body's production of estrogen drops. Women who have gone through early menopause, either naturally or because they have had a hysterectomy, are twice as likely to develop heart disease as women of the same age who have not yet gone through menopause. Another reason for the increasing risk is that middle age is a time when women tend to develop risk factors for heart disease. Family history of early heart disease is another risk factor that can't be changed. If your father or brother had a heart attack before age 55, or if your mother or sister had one before age 65, you are more likely to get heart disease yourself.

While certain risk factors cannot be changed, it is important to realize that you do have control over many others. Regardless of your age, background, or health status, you can lower your risk of heart disease—and it doesn't have to be complicated. Protecting your heart can be as simple as taking a brisk walk, whipping up a good vegetable soup, or getting the support you need to maintain a healthy weight.

Some women believe that doing just one healthy thing will take care of all of their heart disease risk. For example, they may think that if they walk or swim regularly, they can still smoke and stay fairly healthy. Wrong! To protect your heart, it is vital to make changes that address each risk factor you have. You can make the changes gradually, one at a time. But making them is very important. Other women may wonder: If I have just one risk factor for heart disease—say, I'm overweight or I have high blood cholesterol—aren't I more or less "safe"? Absolutely not. Each risk factor greatly increases a woman's chance of developing heart disease. But having more than one risk factor is especially serious, because risk factors tend to "gang up" and worsen each other's effects. So, the message is clear: Every woman needs to take her heart disease risk seriously—and take action now to reduce that risk.

QUESTIONS TO ASK YOUR DOCTOR

- What is my risk for heart disease?
- What is my blood pressure? What does it mean for me, and what do I need to do about it?
- What are my cholesterol numbers? (These include total cholesterol, LDL or "bad" cholesterol, HDL or "good" cholesterol, and triglycerides.) What do they mean for me, and what do I need to do about them?
- What is my "body mass index" and waist measurement? Do they indicate that I need to lose weight for my health?
- What is my blood sugar level, and does it mean I'm at risk for diabetes?
- What other screening tests for heart disease do I need? How often should I return for checkups for my heart health?
- What can you do to help me quit smoking?
- How much physical activity do I need to help protect my heart?
- What is a heart-healthy eating plan for me? Should I see a registered dietitian or qualified nutritionist to learn more about healthy eating?
- How can I tell if I'm having a heart attack?

Announcements and News

Welcome to Denise Fallwell, CNP

(Certified Nurse Practitioner) who started in Ojo Caliente at the end of April. Look for more information on Denise in the next issue.

Schedule of April Diabetic Classes

April topic: *Kidneys and Nervous System*

Bring a dish for the Potluck. And bring your diabetic recipes for the LCDN Cookbook.

Promotoras available at all sites.

Abiquiu - April 18 — 10 am-12:30 pm
Promotora Elaine Valdez, 685-4479

Ojo Caliente - April 19 — 10 am-12:30 pm
Promotora Aggie Olsen, 583-2191

El Rito - April 20 — 10 am-12:30 pm
Promotora Lucille Chacon, 581-4728

⊗ **Community Events** ⊗

Contact: Joan Tollefson 1-505-553-5820 / 581-4728 x255 / email: joan@lcdn.org

Las Clinicas 24 hr After Hours Number - 1-888-678-6160

El Rito

Las Clinicas del Norte Board Meeting - every 3rd Monday,
6 pm, El Rito clinic Community Room

El Rito Library - Tues, Wed, Thurs, 11 am – 6 pm, and Sat,
11 am – 3 pm.

El Rito Library Board Mtgs. - every 2nd Wed, 6:30 pm
at Library

Al-Anon Meetings - new time/location: Wednesday, 6-7 pm,
Archive Rm. next to NNMCC Library in the Cafeteria
Bldg, contact # 581-4430

AA Meetings El Rito - Tues, & Thurs, 6-7 pm, at Catholic Parish
Hall and Sun, 5-6 pm, at El Rito Library.
Open discussion. Contact Ed S. 581-4559

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

Tutoring - El Rito Save the Children Ctr, contact # 581-4516

Recycling - Last Saturday of each month, pick-up behind Martin's
Store. Sabra Moore 685-4842

Abiquiu

Abiquiu Fire Dept. Mtg. - every 2nd Thursday, 7 pm, Fire Dept.

AA Meetings Abiquiu - Saturday, 12 Noon, Abiquiu Library

Abiquiu Library - Mon, Tues, Wed, Thurs, 12:30 pm – 6 pm
and Sunday, 9 am - 12 noon, located on the Plaza

World Peace Meditation - 1st Sunday of the month, 10-11am, at
River Spirit Yoga Center. For location, call 685-4549

Recycling - Last Sunday each month, pick up at the Abiquiu
clinic. Contact Sabra Moore 685-4842

Ojo Caliente

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

Northern New Mexico College

APRIL Calendar—El Rito Campus

3-7 Spanish II with Alejandro Lopez 8:30-4:00 PM

3-7 Saddle Blanket Weave class 8:30-5:30 PM with Liesel
Orend for info. call 753-9744

4 Movie Night **Diaros de Motocicleta**, Cutting Hall 7 PM

10 Pre-Registration Began for Summer/Fall

11 Movie Night **Historias de Futbol**, Cutting Hall 7 PM

14 Holiday (Good Friday)

21 Espanola High School will be on campus for a tour

21-22 Loom Construction Class with Karen Martinez .
For info. call 581-4113

23-29 ElderHostel will be on campus

Community forum survey results

Two months ago there was a community forum in El Rito which addressed the future use of the college here. A community survey was taken to see what ideas the community liked, including the creation of a Heritage Retreat Center, along with other thoughts. Community forum survey results can be picked up at the office of Dr. Dorothy Duran or simply have her mail out the results to you. She can be reached at 581-4115. Thanks to all that participated.

Donald E. Martinez, Student Activities Coordinator-El Rito

Free Fitness and Wellness Day

10-2 Saturday April 22

Atlas Gym,

On Industrial Park Road, Espanola.
Off #84/285 - Industrial Rd is west, Fairview Rd. is east. 1 mile up Industrial past county offices, across from Carlos Vigil Mid School

Free health and fitness testing,
snacks, massages;
short classes in martial arts,
stress management,
dance, yoga;
talks on nutrition, movement,
spirituality, and more.

For information

call 753-5748 or 583-2152

The **Ghost Ranch** Piedra Lumbre Education and Visitor Center initiates their Celebrate Northern New Mexico Days with a two-day event on May 13-14. The Van of Enchantment, the Museum of New Mexico's educational outreach vehicle, will be on site both days. The current exhibit is called Lasting Impressions: the Private Presses of New Mexico. The curator of the exhibit, Pam Smith, will present a slide show about women printmakers on Saturday. On Sunday Malcolm Ebright will be signing his new book, *The Witches of Abiquiu*. Additional speakers and demonstrations are planned for both days. Call for details: (505) 685-4312. 10 am - 4 pm both days. Our rotating gallery will feature a traveling exhibit related to book arts and printmaking from the Museum of New Mexico for the months of May and June. Located on US Highway 84 between mile markers 225 and 226, just north of the Ghost Ranch entrance. www.ghost ranch.org

EL RITO LIBRARY

We are Celebrating our 20th Year!

PRESIDENT'S MESSAGE

The April 12th, 2006 Board Meeting is a Community Meeting of the Library Board. We are inviting all of our friends and supporters to attend. We will report on our activities over the last year and our future plans. The board will also answer questions and take suggestions from the floor and hope to receive feedback on how we are doing.

During this community meeting, we are also seeking outside nominations for new Board Members. If you would like to nominate yourself or anyone else for a position on the Board, please send your written nomination to Christine Trujillo, Library Director, P.O. Box 5, El Rito, NM 87530. Nominations will also be accepted from the floor the night of the meeting, but obviously these can only be considered if the nominee is present.

The Community Meeting will be on the usual day, **April 12, 2006** (the second Wednesday of the month) starting at 7:00 p.m.

John H. Caster, Board President

DIA DE LOS NIÑOS - DIA DE LOS LIBROS

HEY KIDS, this day is for you!

Sunday, **April 30**, from 1:00 to 4:00 pm

Come to the Library and bring your parents, grandparents, sister, brother, cousin, or anyone you'd like and enjoy a celebration of books and kids.

We will have the following participants at this event: "**Mariachi Maravillosos**"; musical entertainment from our High School Students; **Ms. Paulette Atencio**, Professional Storyteller from Chama; and **Susan Guevara**, our very own El Rito Illustrator, who last year won an award from the New York Times for best illustrated book entitled "*Chato Goes Cruising*". Some of Susan's friends who are Authors and Illustrators will also be joining us. We will have fun breaking a Piñata and you will be treated to cake and punch. So mark your calendars and plan to attend this event planned especially for YOU - our KIDS.

FLEA MARKET AT THE LIBRARY

Spring is in the air! It's that time again for you to start cleaning out your closets, attics, sheds, etc. and come sell your unneeded items at the El Rito Library's Flea Market event on Saturday, **April 29, 2006**. First Come, First Serve. So come early and reserve your space. Bring your own tables and chairs. Now that the Library has been in the renovation stage, we will have many odds and ends to sell, including furniture, appliances, and chairs; and of course books!

COME IN AND CHECK OUT OUR NEW ARRIVALS!

Dozens of new videos and DVDs, recent as well as famous films from the 60's, 70's and 80's. And for your long car drives to Los Alamos, Santa Fe, and beyond, we've got a bunch of great new audio books on cassettes and CD's, not just for adults, but for children also.

You will also be amazed at the hundreds of new books, many of them donated by Community Members, on subjects as widespread as *Beating the Odds at the Casino*, *Cooking Venison and Game Birds*, *Home-schooling*, *The Spiritual Life of Children*, *Rescuing Relationships*, *Stopping the Aging Clock*, *War and the American Dynasty*, *Cinematherapy*. The list goes on and on, including current biographies, travel guides, and great new additions to our already well-known Southwestern Collection. Come on in and have a look. You won't be disappointed.

DONATIONS

Don't forget that the El Rito Library is always in need of donations to keep the doors open. Send your donations to: El Rito Library, P.O. Box 5, El Rito, NM 87530. Thank you.

LIBRARY'S WEBSITE

Keep informed of events, new arrivals, community events, El Rito Studio Tour information, and much more. To access our website just go to **www.elritolibrary.org**.

El Rito Library phone: 581-4608

Abiquiu Public Library

685-4884

Our Library is planning the annual fundraiser -
Spring Fling, Saturday, May 13th

We will have the newly published book by **Malcom Ebright** called "*Witches of Abiquiu*" for \$35 dollars. Order your copy in advance! Not many copies are left and it is not certain that this book will ever be published again once all the copies have been sold (approximately only 500 copies!).

Malcom Ebright is well known for his vast research for more than thirty years in area water rights and genealogy research. Other books include the *Tierra Amarilla Land Grant* and *Origins of Local Last Names*.

He will personally be at our *Spring Fling* celebration to speak of the Pueblo history and will be **book signing** that same evening during social hour prior to the dance. Tickets will be out for sale soon.

You can have your personalized copy of this one-of-a-kind rare books to display in your own home or business exhibits by calling in or visiting the Library on Wednesdays or Sundays from 1 to 6 PM. Get on this list immediately for it will fill up soon. We have only been able to access fifty or so to date. Add this to your special collection for its facts of yester-years and the history you can carry on.

Also happening on May 13th—

We will continue this year with the 2nd annual honoring of **Living Legends**, so be sure to nominate by mail today your thoughts and come to see and hear this year's noted speakers.

This will all be coordinated with ESDC and the Ghost Ranch Conference Center Museum's 'Celebrate Northern New Mexico Days' weekend, April 13-14. Plans are underway for an Archeological Society of 50 to visit the Pueblo during our Library's big May 13th celebration fundraiser.

Thank You

Inter-Faith Leap and Pacific Institute of Community Organizers (PICO) are actively taking an interest in the "the greater Abiquiu" needs-and-potentials.

Much help is needed in order for our library to open additional weekly hours. Your neighborly support - be one of a winning party with involvement by giving your time, talents or treasures - is beneficial to this local environment.

A big **Thank You** from us to **Vanessa War** of Medanales, who has volunteered every Wednesday to be behind the circulation desk learning the check-out system and public relations. She is only 16 years old, but is already leading her own way toward career development. We invite you to come share your experiences in discussions with graduating seniors about your field. Do your part in advocating for the needs of tomorrow's futures for our youth!

RAIL (Rio Arriba Independent Libraries) includes Abiquiu, El Rito, Truchas and Embudo and is very supportive of a combined effort to cover all the Northern area. Abiquiu is working on activating an advisory group with leadership to advance reading interest through **Family Reading**, which invites Grand-Parents, Parents, Siblings and children every Wednesday to the Library.

Panel Discussions

Remember also our up-coming panels beginning **Sundays in May from 1 to 4 PM** to be held in the Library. Our first will be on Gardening, then Water and Orchards if participation continues. There will be for self-decided donations, and our requests are especially incredible!

April Library Hours
Open Wednesday 1- 6 pm
Open Sunday 1- 6 pm

Las Clinicas del Norte

EL RITO CLINIC

PO Box 237, El Rito 87530

Phone: 581-4728

1-800-869-7624

OJO CALIENTE CLINIC

PO Box 307, Ojo Caliente 87549

Phone: 583-2191

1-866-665-6832

ABIQUIU CLINIC

PO Box 757, Abiquiu 87510

Phone: 685-4479

1-866-578-1662

MEDICAL:

MON thru FRI 8:30 am- 4:30 pm

Confidential Family Planning Title X Services available

MEDICAL:

MON thru FRI 8:30 am- 4:30 pm

Confidential Family Planning Title X Services available

MEDICAL:

MON thru FRI 8:00 am-6:00 pm

Confidential Family Planning Title X Services available

COUNSELING: 581-4728, # 232

Hours vary, call to schedule

COUNSELING: 581-4728, # 232

Hours vary, all to schedule

COUNSELING: 581-4728, # 232

Hour vary, call to schedule

DENTAL SERVICES

NO DENTAL SERVICES

NO DENTAL SERVICES

LCDN BOARD OF DIRECTORS

President George Flores, Vice-President Gary Salazar, Treasurer J. Curt Hoffman , Secretary Lillian Gallegos, Members: Tony Chacon, Trudy Drake, Peter Hanson, Erma Crim, Pauline Varoz, Gilbert Ferran, Marcos Garcia, Honorary Member: Jeremias Archuleta

DONATIONS – will be listed for one year

Las Clinicas would like to thank the following 2006 contributors

\$ 300 - Andy R. Lopez, El Rito(3/06)

\$ 500 - Elizabeth G. Paddon and Reta L.Ireland, La Madera(1/06)

Listing for 2005 ran through March of 2006 and now we will continue with the 2006 contributions.

Las Clinicas del Norte, Inc.

D/B/A Las Clinicas del Norte

PO Box 237

El Rito, NM 87530

Bulk Rate Permit

No .1

PO Box 237

El Rito, NM 87530

BOXHOLDER

A UNITED WAY AGENCY

Funded in part by the

NM DEPT. of HEALTH,

PUBLIC HEALTH DIVISION