

EL AVISO

September-October 2006

**World Hospice and Palliative Care Day
October 7, 2006**

What is Hospice?

Considered to be the model for quality, compassionate care for people facing a life-limiting illness or injury, hospice and palliative care involve a team-oriented approach to expert medical care, pain management, and emotional and spiritual support expressly tailored to the patient's needs and wishes. Support is provided to the patient's loved ones as well.

The focus of hospice relies on the belief that each of us has the right to die pain-free and with dignity, and that our loved ones will receive the necessary support to allow us to do so. It is not only where you go when there is "nothing else to be done". Hospice is the "something more" that can be done for the patient and family when the illness cannot be cured. It is a concept based on comfort-oriented care. The focus is on caring, not curing, and in most cases:

- Care is provided to you in your own home.
- Hospice care also can be provided in freestanding hospice facilities, hospitals, and nursing homes and other long-term care facilities.
- Hospice services are available to patients of any age, religion, race, or illness.
- Hospice care is covered under most private insurance plans, Medicare, Medicaid, HMOs, and other managed care organizations.

How Does Hospice Work?

Hospice care is for any person who has a life-threatening or terminal illness from which they are not expected to live more than 6 months. Most reimbursement sources require a *prognosis of six months or less if the illness runs its normal course*. This does not mean care will not continue if the patient lives beyond that time.

Patients with both cancer and non-cancer illnesses are eligible to receive hospice care. This means the patient has chosen not to treat the disease assertively with hospital care and drugs, etc. It does not mean that all care need stop or not be

taken care of, such as emergency care or a broken arm, etc. All hospices consider the patient and family together as the unit of care. The majority of hospice patients are cared for in their own homes or the homes of a loved one. "Home" may also be broadly construed to include services provided in nursing homes, hospitals and prisons.

Typically, a family member serves as the primary caregiver and, when appropriate, helps make decisions for the terminally ill individual. Members of the hospice staff make regular visits to assess the patient and provide additional care or other services. Hospice staff is on-call 24 hours a day, seven days a week.

Who is the Hospice Team?

Hospice care is a family-centered approach that includes, at a minimum, a team of doctors, nurses, social workers, counselors, and trained volunteers. They work together focusing on the dying patient's needs; physical, psychological, or spiritual. The goal is to help keep the patient as pain-free as possible, with loved ones nearby until death. The team develops a care plan that meets each patient's individual needs for pain management and symptom control.

It is important to find out what the role of the patient's primary doctor will be once the patient begins receiving hospice care. Most often, hospice patients can choose to have their personal doctor involved in the medical care. Both the patient's physician and the hospice medical director may work together to coordinate the patient's medical care, especially when symptoms are difficult to manage. Regardless, a physician's involvement is important to ensure quality hospice care. The hospice medical director is also available to answer questions you or the patient may have regarding hospice medical care.

The team usually consists of the:

• Patient's personal physician; Hospice physician (or medical director); Nurses; Home health aides;

• Social workers; Clergy or other counselors; Trained volunteers and family members;

• Speech, Physical, and Occupational therapists, if needed.

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 and Vallecitos and Youngsville

Cont'd ►

What Services Does the Hospice Team Provide?

On-call 24 hours a day, among its major responsibilities, the interdisciplinary hospice team:

- Manages the patient's pain and symptoms;
- Assists the patient, family and caregiver with the emotional and psychosocial and spiritual aspects of dying;
- Provides needed medications, medical supplies, and equipment;
- Coaches the family on how to care for the patient;
- Delivers special services like speech and physical therapy when needed;
- Makes short-term inpatient care available when pain or symptoms become too difficult to manage at home, or the caregiver needs respite time; and
- Provides bereavement care and counseling to surviving family and friends.

In many cases, family members or loved ones are the patient's primary care givers. Additionally, hospice recognizes that loved ones have their own special needs for support. As a relationship with the hospice begins, hospice staff will want to know about the primary caregiver's priorities. They will also want to know how best to support the patient and family during this time. Support can take many different forms, including visits with the patient and family members; telephone calls about the patient's condition to loved ones, including family members who live at a distance; and the provision of volunteers to assist with patient and family needs.

Counseling services for the patient and loved ones are an important part of hospice care. Bereavement support is offered to families for at least one year after the patient's death. Grief is a reaction to loss and is often expressed by feelings such as anger, guilt, sadness or loneliness. But grief affects us in other ways as well - spiritually, behaviorally, physically. Bereavement is the way we process grief. It is best to think of the grieving process not as a timeline but as a roller coaster, full of ups and downs, highs and lows. Since grief is so stressful, it helps to take good care of yourself and also to share your feelings. There also are guideline for helping a child deal with death.

Your local hospice services can take a variety of forms, including telephone calls, visits, written materials about grieving, and support groups. Individual counseling may be offered by the hospice or the hospice may make a referral. Las Clinicas del Norte can provide additional information on services available.

New Mexico Medicaid covers hospice care as does other insurances. Espanola Hospice services include:

Ambercare Hospice 747-7861
Los Rios Home Health Care 747-2525

Interview with Community Resource

Two years ago Sharon Leftwich, RN, BSN started the Santa Fe and Espanola branches of Ambercare Hospice, a New Mexico hospice care company also located in Las Cruces, Silver City, Belen, and Albuquerque. At this time she runs the Espanola branch which covers areas north through Gallina, east to Truchas and south to Pojoaque.

Sharon Leftwich has been associated with hospice work for the last 20 years of her 30 years in the nursing field. She and her husband feel blessed to complement each other in their work. They became nurses together in Michigan, practiced then in California and now New Mexico, living in Medanales the last 4 years.

Sharon believes her hospice program to be unique in many ways and its services are not marketed, but growing quickly by work of mouth. It is staffed by local people living in Espanola and surrounding communities, most of whom speak Spanish. Family is one the biggest areas of focus for support, which includes education in their decision making choices. Its services include such therapies as massage, healing touch, aromatherapy, music and spiritual counselors who make visits. Grief and homicide survivors support groups are offered monthly and are open to the community.

Dr. Kathleen Maley of our LCDN Medical Department is their medical director. Ambercare takes indigent patients and no one is refused service if not covered by insurance.

Announcements

Welcome to **Ana Gulden, LPC** (Licensed Professional Counselor), who will be counseling at Mesa Vista School and El Rito Elementary. **LeAnn Archuleta** is a student intern training to be a Licensed Independent Social Worker, working part-time at the schools. **Ida Baldonado** is a new Dentist Assistant in El Rito. Welcome aboard to all.

Farewell to Cashier Receptionist **Natalia Brezo** in Abiquiu. Good luck to you.

The **Community Needs Assessment** data collection was completed at the end of August. A summary of the report will be in the November El Aviso. The community needs assessment process was done under the direction of the Las Clinicas Advisory Board.

There were a total of 204 surveys completed in the clinics, post offices and stores in all 3 communities and 48 interviews of key informants in the community. There were about 15 people that attended the community forum.

Thank-you to all who helped with this important process. Your opinions are valuable to us!

Las Clinicas del Norte
SUBSTANCE ABUSE RECOVERY

Group Beginning October 5, 2006
Every Thursdays from Noon to 1:30 pm
LCDN—Ojo Caliente
Bring your Lunch
Co-facilitated by Kathy Albrecht, LISW and
Julian Garcia, Community member

3 ⊗ **Community Events** ⊗

— **EL AVISO** —

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

For Health Advise when we are closed, call Nurse Advise New Mexico 877-725-2552 open 24 hours.

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, Sat, 11 am – 5 pm

El Rito Library Board Mtgs. - every 2nd Wednesday, 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.

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. Contact 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

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———— El Rito Campus

Northern News October

6- Endowment Scholarships Due

7-8 Conversational Spanish with Alejandro Lopez

9-13 Mid Term Exam Week

16-17 Fall Break No Classes

16-19 Advanced Fire Fighting with Roy Carson

24-25 Interagency Incident Business Class with Ken Schein

13-17 Vegetable Dye Class with Liesel Orend

18 and Nov. 17- Roof Design & Construction with Quentin Wilson

26-27 Northern's Annual Strategic Planning Forum, 8-5 PM, Cutting Hall

* We will also continue offering Intensive Spanish Immersion classes until December.

* On November 17-19 another intensive workshop on Indigenous Medicine of Mexico will be offered. The instructor is Tzenwaxolokauhtli Tzatzohetzin, Carrier of the Tetzkatlipoka medicine tradition for the Mexican people. Cost is \$170.

For more information on up coming classes please feel free to contact Donald at 581-4120. And for continuing education classes feel free to contact Cecilia Romero at 581-4100.

From all at the El Rito Campus -

Be safe on Halloween

Las Comunidades begins a CFRP project

Las Comunidades, which has been reorganizing with the support of the National Forest Foundation, has received a four-year grant from the US Forest Service for "A Collaborative Forest Restoration Project (CFRP) for the Vallecitos Federal Sustained Yield Unit".

The goal of the project is to prevent catastrophic wildfires and restore forest and watershed health through a multi-year process of analysis, education, planning and implementation that supports economic development and environmentally sound use of forest materials. Local youth are being trained in environmental monitoring by Forest Guild. A post peeler has been purchased and wood from thinning projects is being converted into posts, vigas and latillas. Upcoming activities include a Forest Worker Certification Course later this month and a "Community GIS for the VFSYU" Please contact John Ussery (john@lcdn.org) for more information.

The **El Rito Cemetery Committee** would like to express their sincere thanks to those who have made donations to the cemetery. Many members of the community also donated materials that were needed for fencing. Many, many thanks to:

Mr. Jose Vasquez and Tony Chacon for the fencing project of the cemetery grounds.

Mr. Malcolm Morrison for donation of marquee.

Mr. Jose A. Vasquez donation of the large cross at the cemetery.

The late Preciliano Lopez donation of a cross at the cemetery.

Ms. Ann Dwelle donation of the entrance gates to the cemetery.

Nelson & Esperanza Gonzales monetary donation.

Mr. Raymond Lucero, Albuquerque, monetary donation.

Mr. Willie Sisneros, Utah, monetary donation.

We thank all who have contributed to this important endeavor. With your kind support, our El Rito Community Cemetery will continue to improve.

The Abiquiu Fire and Rescue Emergency Services Project will hold a

free Barbeque

on Saturday October 21

from Noon to 3:00 pm

at the Rural Events Center on the El Rito Highway.

Everyone welcome.

EL RITO LIBRARY

We are Celebrating our 20th Year!

Phone:581-4608

El Rito Studio Tour and Chocolate

We will again be participating in this year's El Rito Studio Tour on October 14th and 15th. Our popular fundraising event, "**Death by Chocolate**" at the Library will return this year for both days. Come taste the delicious homemade chocolate desserts donated by our community members to benefit the library.

If you are interested in making your special "chocolate" dessert and donating it to the Library for this event, contact Lynn Nequin at 581-4646 as soon as possible. This year, we are asking all our bakers for their recipes so that we can have a recipe book for sale next year.

Also at the Library during the studio tour, **Deborah Begal's Radio Production Class** (Summer Arts Program funded by the New Mexico Children's Foundation) will be performing

Ballad of a Princess Star,
a radio musical,
12:00 noon through 1:00 p.m.

Come see our local kids perform what they have been working on all summer. There will also be local artists selling their work.

Live and Silent Auction

Our next fundraising event is tentatively scheduled for December 2, 2006 at the El Rito Library. Professional Auctioneer, Donald Martinez, Jr., will be auctioning off items that have been donated by artists and other vendors. This event is just in time for Christmas gifts.

Donations Requested:

We are asking local artists from El Rito, Abiquiu, Ojo and all surrounding communities to contact the Library at 581-4608 if you wish to donate an item or items for this event. More information will be forthcoming in the next month.

Rio Arriba County

We would like to thank all three Rio Arriba County Commissioners for their annual donation to all four RAIL (Rio Arriba Independent Libraries) which include the Abiquiu Library, El Rito Library, Embudo Valley Library and the Truchas Library. Their annual contributions have continued to increase through the years and this year each library received \$10,000.00 for general operating expenses. THANK YOU Commissioners!

Story Hour with Grandma Rena

Come join Grandma Rena every Saturday morning for Story Hour starting at 11:00 a.m. until 12:00 noon. Grandma Rena will have several books selected for reading or bring your favorite book.

Summer Arts Program

Hey Kids, even though your summer vacation is over and school has been in session for about a month now, we will continue our arts workshops on Saturdays. We hope to start on Saturday, October 21, 2006 and continue until the end of December. We will be distributing flyers at local places and at your school for a complete listing of workshops available once the schedule has been finalized.



To access our website
just go to
www.elritolibrary.org

Keep informed of events,
new arrivals, community
events, El Rito Studio
Tour information, and
much more.

581-4608

El Rito Library Summer Hours

Tuesday, Wednesday, Thursday
11 am - 6 pm
Extended Saturday 11 am - 5 pm

Abiquiu Public Library

Library Friends— Hermanos y Hermanas

If you have already received a **Pledge Book** in the mail for support of your local Library, please continue to consider contributions each month—big or small. This will help add to our open hours and more services for all. We also invite you to respond with your ideas, suggestions or comments each time. The open invitation stands year after year as many come and go.

It is an honor to be advised by State Historian Estevan Rael-Galvez for our library/museum collaboration. It is a great step forward and we ask YOU to join in forming this repository of historical uniqueness. Take your part in a historical movement and become Hermanos y Hermanas (Brothers and Sisters) in every sense of the word.

Thank You to Mr. John Bossard and his wife, the new owners of the old Gonzales/Bode store near the Pueblo, where early 1920-1930 documents were found under the renovated floors. Their donation to the Library was displayed during the annual Santa Rosa Fiesta and the Bossard's thoughtfulness was very appreciated by many.

Y Muchas Gracias to the Georgia O'keeffe Museum Directors who donated general operating support at a very crucial time that allowed us to continue keeping our doors open during the summer months. Children walked in daily to work on special projects with our new librarians.

Another great big "Thank You" to SSB (Some Serious Business) and Susan Martin for recruiting Paulette Atencio through a Humanities grant. We will now have a grand opening to our storytelling garden, we hope to have elders talk about their lives in the past in this very Pueblo surrounding, speaking to our children.

Farewell — Jennifer Harding is leaving our circulation desk. She has been very giving of her time with great physical effort, leaving an important mark for successful future projects. Thank you so much, Jen and good luck!

Volunteer - Abiquiu has long been the center for trade and communication of diversity! Therefore, give your time—call the Library if you can make time to schedule private sessions with children with whom you may make a difference in their world. Our aim is to have more one-to-one attention in our matchmaking program.

Summer Reading Program

Results are in - 16 students were involved and more than 30 books were read!

1st Place Winner is Shantel Fields, who read nineteen books this summer and won three glowing/glittering puzzles.

2nd Place Winner is Jasmine Garcia, who read eight books and won a glowing sunset tiger puzzle.

3rd Place Winner is Marena Salazar, reading seven books and awarded a "no mail" puzzle of flowers, birds and mailboxes.

Next Project:

Origami Dinosaurs will be the next project. So let your children come to the library after school. They will discover new facts in their participation.

Tutoring: If there are special needs for tutoring, don't forget to make a request for our matchmaking program.

685-4884

Library Hours

Monday through Thursday
and Sunday — 1 pm—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 am- 6 pm

Confidential Family Planning Title X Services available

MEDICAL:

MON thru FRI 8 am- 6 pm

Confidential Family Planning Title X Services available

MEDICAL:

MON thru FRI 8 am- 6 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 - same

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 Hansen, 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

\$ 100 and under—In memory of Steven Patrick: Richard and Beth Patrick of Livermore, CA; William and Sally Sutcliffe; Bettie and Harold Ryan; Josephine V. Stout

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

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

\$1000 - Sam R. & Isabel E. Jewell, Abiquiu (1/06)

\$5000 - Dr. Edmund Trujillo, DDS, Santa Fe (6/06)

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



Funded in part by the
NEW MEXICO DEPT. OF HEALTH
PUBLIC HEALTH DIVISION