

EL AVISO

December 2006

Those Holiday Blues

The holidays are supposed to be a joyful time full of good cheer and optimistic hopes. Yet, it is not unusual for many of us to feel sad or lonely during the holiday period -- a condition that has come to be called holiday blues or holiday depression.

Holiday depression may occur during any holiday or vacation time, but most commonly happens during the December holidays when, it may seem, just about everyone in the world is celebrating in some way.

There are many [causes](#) for holiday blues: more stress, fatigue, unrealistic expectations, inability to be with family, memories of past holidays, commercialization, change in diet (i.e. sugar).

The [symptoms](#) may mimic clinical depression, such as: headaches, inability to sleep or to sleep too much, weight gain or loss, agitation and anxiety, excessive feelings of guilt, inability to think clearly or concentrate, and decreased interest in activities that usually bring pleasure.

While they may be intense and unsettling, holiday blues are usually short-lived, lasting for a few days to a few weeks prior to or just after the holiday. The good news is, holiday blues usually subside after the holiday season is over and daily routines are resumed.

There is a long list of recommended [Do's and Don'ts for managing your holiday blues](#). The most important things to remember are: it's a normal response to a stress-filled time of the year, and you don't have to suffer unnecessarily. Find someone to talk with who can help you through this difficult time -- a family member, friend, member of the clergy, or a physician or professional counselor.

- Do** follow the three basics for good health:
 - ...eat right.
 - ...get plenty of rest.
 - ...exercise regularly.
 - Do** set realistic goals:
 - ...organize your time.
 - ...make lists.
 - ...prioritize.
 - ...make a budget and follow it.
 - Do** let go of the past and create new or different ways to celebrate.
 - Do** allow yourself to feel sad, lonely or melancholy -- these are normal feelings, particularly at holiday times.
 - Do** something for someone else.
 - Do** enjoy activities that are free.
 - Do** spend time with people who care about you.
 - Do** spend time with new people or a different set of friends or family.
 - Do** contact someone with whom you have lost touch.
 - Do** give yourself a break -- plan to prepare (or buy) one special meal, purchase one special gift, and take in one special event. The rest can be ordinary, but will seem special because of the time of year and the people you're with.
 - Do** treat yourself as a special holiday guest.
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- Don't** drink too much alcohol.
 - Don't** overindulge in holiday foods, especially those that are high in sugar and fat.
 - Don't** have unrealistic expectations of yourself or others.
 - Don't** dwell on the past.
 - Don't** focus on what you don't have.
 - Don't** spend money you don't have.



Univ. of Maryland Medical Ctr.

Have a Happy Holiday

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

Tobacco-related illnesses will take high toll

Tobacco-related diseases, including cancers and heart disease will kill 6.4 million people a year by 2015, fifty percent more than AIDS will. This study by World Health Organization (WHO) researchers projects global figures for mortality and the burden of 10 major disease groups in both 2015 and 2030.

"According to our baseline projection, smoking will kill 50 percent more people in 2015 than HIV/AIDS and will be responsible for 10 percent of all deaths globally," said their study in the Public Library of Science Medicine (PLoS Medicine).

By 2030, more people will survive childhood diseases and live longer, but the proportion dying from chronic diseases like cancer, cardiovascular disease and diabetes will rise to 70 percent, according to the study.

Tobacco, currently blamed for some 5.4 million deaths a year, is set to kill 6.5 million in 2015 and 8.3 million in 2030, with the biggest rise in low-and middle-income countries. Deaths attributable to tobacco are projected to double to 6.8 million in low-and middle-income countries in 2030.

The number of adult smokers in the United States did not change from 2004 to 2005, suggesting that the decline in smoking over the past seven years has stalled, a new federal report found. *MedlinePlus*

In 2005, 45.1 million adults, or 20.9 percent, were cigarette smokers -- 23.9 percent of men and 18.1 percent of women. In addition, 2.2 percent of U.S. adults were cigar smokers and 2.3 percent used smokeless tobacco, according to the report.

"After years of progress, what we are seeing is no change in adult prevalence of smoking between 2004 and 2005," said report author Terry Pechacek, the associate director for science at the U.S. Centers for Disease Control and Prevention's Office on Smoking and Health. "There appears to be a stalling that is similar to what we saw for high school students," he added.

The CDC's Youth Risk Behavior Survey released in June found that 23 percent of high school students smoked in 2005, up from 21.9 percent in 2003. Pechacek believes several factors are associated with the leveling off of smoking rates, including a cut-back in spending on smoking-cessation programs. Spending on these programs peaked in 2002 and has declined by about 25 % ever since, he said.

In addition, while cigarette taxes have been rising, per-pack retail prices have been only going up very slowly, Pechacek said. "One of the factors that is related to that is the [tobacco] industry is spending about \$15 billion a year and about 70 percent of that is in different forms of price rebates and rebates to wholesalers," he said. "There appears to be a much more active process in blunting the effect of tax increases."

Darryl Jayson, a spokesman for the Tobacco Merchants Association, said, "Tobacco manufacturers in the U.S. do have wholesaler programs that do grant discounts." However, these programs only reduce the wholesale price by 15 to 25 cents, which doesn't really affect the retail price, he said.

"This discounting doesn't play much into excise tax strategies," Jayson said. "However, tobacco companies have not raised prices since 2002," he added. So while taxes have been going up, the base price of a pack of cigarettes has remained the same. Pechacek thinks the trend toward lower smoking rates can be jump-started if states start spending again on smoking-cessation programs. - "We hope we will continue to see interventions and counter-marketing,"

CDC's Morbidity and Mortality Weekly Report

"Quit Smoking" Addition to Promotora Program

The Promotora program of Las Clinicas del Norte is now able to help you with information on how to quit smoking. Please make an appointment with the Promotora in your clinic if you would like to discuss your issues and get information on quitting smoking.

**Abiquiu—Elaine Valdez, 685-4479
Ojo Caliente—Aggie Olsen, 5813-2191
El Rito—Lucille Chacon, 581-4728**

Why Quit?

Quitting smoking makes a difference right away -

- + You can taste and smell food better.
- + Your breath smells better.
- + Your cough goes away.

This happens for men and women of all ages, even those who are older. It happens for healthy people as well as those who already have a disease or condition caused by smoking.

- + Quitting smoking cuts the risk of lung cancer, many other cancers, heart disease, stroke, other lung diseases, and other respiratory illnesses.
- + Ex-smokers have better health than current smokers.
- + Ex-smokers have fewer days of illness, fewer health complaints, and less bronchitis and pneumonia than current smokers.

24 hour notice for meds refill

Please remember to allow at least 24 hours for medication refills. This applies for both our drug rooms and when we call your prescriptions into another pharmacy.

Plan Ahead — Do not wait until your medications are gone. Call when you have a week's supply or so left. This is especially true during the busy holiday season but it is better to always plan ahead for medication refills.

Community Needs Assessment Results

The LCDN Community Needs Assessment was conducted in August 2006. A graduate student for New York University assisted with this survey. Many of you participated either by filling out our survey, being interviewed and/or attending the community forum. Thank you for your participation. We will use the information for prioritizing our program planning.

Surveys

In August, 2006, 216 surveys were collected in our three clinic community areas in northern New Mexico region. Of those submitted, 211 were in English and 5 in Spanish. The demographics represented a diverse population when comparing gender, marital status, community, employment, and education level.

Those surveyed who utilize the LCDN services have private insurance, Medicare, Medicaid, and those who self pay and/or use the sliding fee services offered by the clinic.

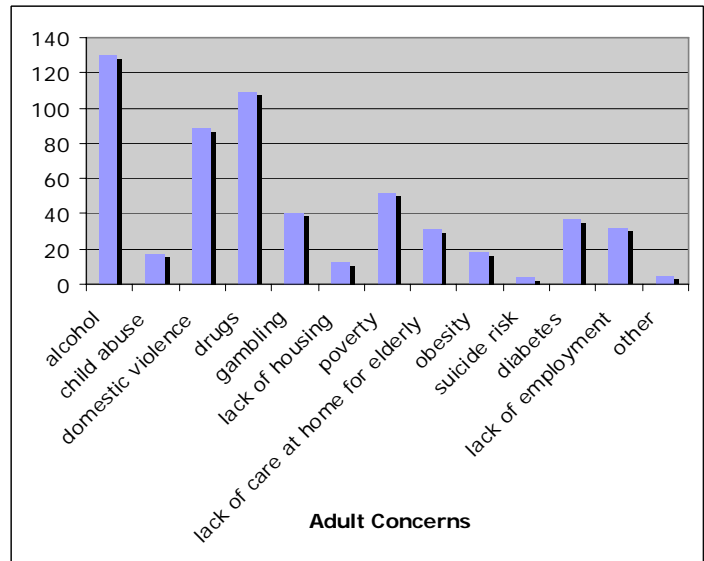
Regarding personal health issues facing individuals and the community, the sample population surveyed showed a greater percentage to have a higher amount of good to poor physical (65%) and dental (70%) health. The condition of the mental health stated by the sample population participants claim to have less than great mental health (approximately 49%). This large proportion may be a concern to address within the community.

Approximately 88% of survey participants highlighted that Las Clinicas del Norte meet the needs of the people; this percentage of personal and communal satisfaction being of importance to LCDN in ascertaining the effectiveness of their programming.

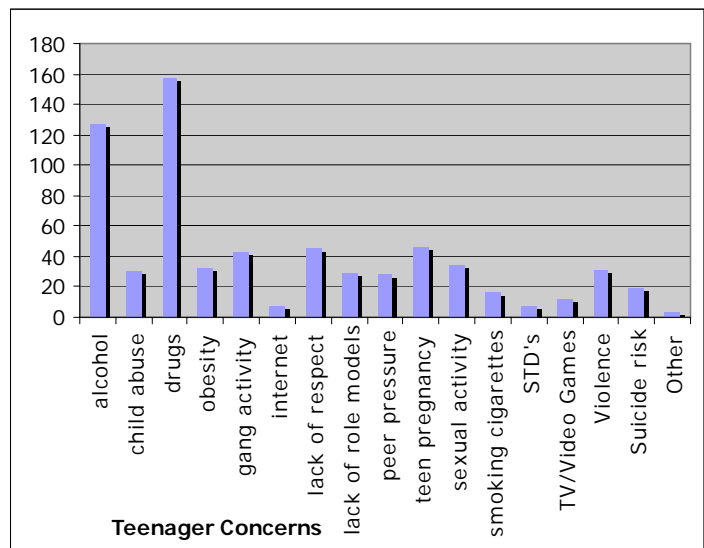
Major concerns that the community feels need to be addressed in all areas surveyed show that a great portion of the population thinks that alcohol and drug abuse are problems within the community for both adults and youth. However, when asked if alcohol or drugs presented personal problems, 97% and 98% respectively stated they do not have such an issue.

The graphs below lists major concerns of the adult population and the major concerns of teenagers.

Adult Concerns



Teenage Concerns



Both the Adults and Teenagers identified similar concerns, particularly in the Drug and Substance Abuse areas.

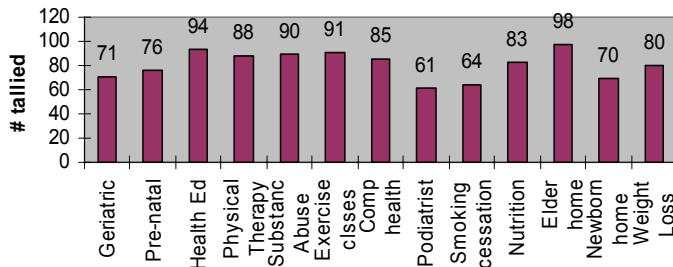
Key Informants

Results of personal interviews through key informants provided valuable information and insights into needs of the community.

Cont'd ►

Assessment cont'd ►

As for services that the population felt needed to be added, the highest ranked was elder home visits (98) followed closely by health education (94). All additional services requested are ranked in graph below.

Additional Services**Forum Discussion**

This group met in late August 2006 and ranged in ethnicities, gender, age, and occupation and discussed the issues within the community that affect adversely the population's health. The following lists are issues identified.

- Drugs
 - Access is readily available
 - Mainly prescription drugs is a problem
- Alcohol
- Violence
- Stealing
- No healthy outlets
- No trails to walk or bike
- No general places to exercise
- Speeding in residential neighborhood
- No warning signs to advise high pedestrian area
- Lack of sidewalks
- Lack of recreational facilities and activities for kids to partake in within neighborhood
- Too far to commute to closest facilities or pools
- Lack of activities for adults to partake in
- Lack of knowledge or education of healthy eating
- Lack of employment for youth and adults
- Lack of child care services. (Parents have to leave kids home unsupervised because have to commute to work which is distances away.)

In addition to listing the above as community concerns, the small group discussion also suggested possible solutions that LCDN can provide for them.

- Help with the organization of healthy outlets
- Drugs and alcohol education for youth and adults
- Help/Aide with the elderly
- Teaching of environmental care
- Self-defense classes for safety purposes

LCDN thanks all who participated in this community needs assessment.

Peds Patients Welcome

Come see our new El Rito Children's Exam Room
Well Child Exam -Vision, Hearing, Speech, Growth
EPSDT recommended every year
Call for appointment—Same Day appointments available
All insurances, Medicaid, sliding scale accepted

⊗ **Community Events** ⊗

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 4th 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: 1st & 2nd Wednesday of the
month only, 5:30-6:30 pm, Archive Rm. next to NNMC
Library in the Cafeteria Bldg, contact # 581-4430

AA Meetings El Rito - new time: Tues & Thurs, 6:30-7:30 pm,
Sun, 5:00-6:00 pm, both 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 behind Martin's Store, Pick-
up trunk very irregular, info from North Central Solid Waste Joseph
Lewandski 747-8459. Recycling at Esp. Wal Mart daily.

Abiquiu

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

AA Meeting - Saturday, 12 Noon, Abiquiu Library

Al-Anon Mtg. - New, 3rd & 4th Mon. of mo. 5:30-6:30, Abiquiu Clinic

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 Abiquiu clinic. Pick-
up trunk very irregular, info from North Central Solid Waste Joseph
Lewandski 747-8459. Recycling at Wal Mart daily.

Ojo Caliente

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

— Northern New Mexico College —

December El Rito Campus

10-12 Spring Registration

11-15 Finals Week

15- **Christmas at El Rito Campus**

beginning at 4:40 with a open

house, then Suzanne Snow's dance group, Mesa Vista Mariachi and the final event will be the Pastores Play. We will have Santa on campus, our light parade float, farolitos around the campus. Plenty of **free food!** Come meet our new campus director, Mr. Alejandro Lopez. Lots and Lots of fun! Come all!

Happy Holidays to everyone, be safe and don't forget to register early for classes. Spring semester 2007 begins January 16, 2007.



EL RITO LIBRARY

We are Celebrating our 20th Year!

A big Thank You to Auctioneer Donald Martinez, for showing us how entertaining, humorous and just plain fun an auction could be. If you talk to anyone who was there they will tell you what an enjoyable community event the Library Auction on Saturday Dec. 2 became for all, whether you were buying items or not.

There were more than 70 items donated by many different people and businesses and they varied greatly, from art objects and gift certificates to elk sausage, fishing poles and Christmas trees to name a few. We will give more information next month on donations and report on the good results of the auction. We are already planning next year's auction!

Children's Program—"It's Your Library"

This program, "It's Your Library", is to help children understand the library's many resources as theirs to use and enjoy and to establish a relationship with the library that lasts long after their school years are over. Thank you to Susan Guevara and her helpers, Janice Snellman and Lorena Wigginton (Grandma Rena) who have set up special events and creating strong contacts with the El Rito and Ojo Caliente schools, who bus children to the library from school for special events, such as Dia de los Muertos in October.

In November the program had a local santero maker Nick Herrera present his story through his paintings and sculptures.

The "It's Your Library" children's program hopes to align their events with current school projects, allowing students to research their projects in their town library.

We plan to present programs on or by: A local musician; A children's book author; A visit with Mr. Pen (creative writing); Film events; African American Heritage month; Dia de los Ninos; Dia de los Libros and Dia de las Maestras.

Come join Grandma Rena

Saturday mornings for Story Hour

starting at 11:00 a.m. until 12:00 noon

Grandma Rena will have several books selected to read or you can pick out a book at the library or bring your favorite book.

El Rito Winter Library Hours

581-4608

Tuesday, Wednesday, Thursday
10 am - 5 pm, Saturday 11 am - 5 pm



Abiquiu Public Library

Festive Dinner Benefit - Please make every effort to buy a \$25 ticket for a very festive dinner with mariachi music and great deserts to benefit the Abiquiu Library.

**Dinner begins at 5:30 PM
and will be very casually followed by the nativity
portrayal by local youth at 8:00 PM,
in the Joe Ferran Gym.**

Meet with our new honorable advisory board that includes our State Historian Estevan Rael-Galvez. This ticket also makes you eligible to win an elk hunting permit in unit C-6, donated by the Abiquiu Land Grant. You can join us in the first night of Posadas at Santo Tomas Parish too!

This is a great way for us to celebrate with you another successful year together and for you to show support to the Library. Tickets can be purchased at the library or you are also welcome to come by that evening with your friends and buy tickets at the door. We are certain that you will have lots of fun in a very neighborly way, meeting new faces and enjoying our community.

State Legislative Session — We are attempting to approach the legislative session in 2007 with the support of our County Commissioners. We will need to show community strength behind us when asking for operating expenses that will help us to keep our doors open and allow us to supplement more reading in all our local elementary schools. It is up to the entire village to help raise a new and better generation. We welcome any type of assistance, talents, skills, etc.

Thank you to Alex Trujillo, Windstream Representative and caring neighbor, for donating time to help us save money. Also a very grateful appreciation to **Ann Raymo** for her continued dedication to this library since its inception.

We need more of these people on Earth!

Abiquiu Library Hours

685-4884

**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

Call to schedule, Monday thru Friday

Spanish speaking on Friday

COUNSELING: 583-2191

Call to schedule, Monday thru Thursday

Spanish speaking on Tuesday thru Thursday

COUNSELING: 685-4479

Call to schedule, available only on Friday

DENTAL SERVICES: Same Hrs.

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



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