

EL AVISO

January 2006

The holidays certainly turned into a much needed snowy new year. Let's have a

Happy New Year

Las Clinicas is committed to reviewing options in health care services for our communities.

This month we will discuss:

Choosing a Nursing Home

Choosing a nursing home is an important decision. Only you can decide if a home is the right choice for you. There are steps you and for family or caregiver can take to find the nursing home that is best for you. It is important to plan ahead. Planning ahead will help you make a choice that will meet your needs and gives you quality care that you expect.

Caregivers- please remember, if you are helping to make health care decisions for another person, it is important to include the person who needs nursing home care in the decision making process.

Steps to choosing a nursing home are:

1. Find out which nursing homes are in your area.
2. Find out how the homes compare in quality.
3. Visit the nursing homes you are interested in, or have someone visit for you.
4. Choose the nursing home that best meets your needs.

There are five similar facilities all within 50 miles of Las Clinicas, one in Espanola, one in Taos, 1 in Los Alamos and 2 in Santa Fe.

Is a nursing home your only choice?

A nursing home provides care to people who can't be cared for at home or in the community. For people who can't take care of themselves due to physical, emotional or mental problems, nursing homes can provide a wide range of personal care (like help with feeding or dressing)

and health services. For many people, this care generally is custodial, or non-skilled. Nursing homes usually provide 24-hours medical care as well as room, meals, activities, and some personal care. You may have to pay extra for other services or care for special medical needs. Care in a nursing home can be very expensive. It is important to get a list of fees in advance and discuss these costs and how you will pay for them.

A nursing home may not be the only choice for your personal care and health needs. Depending on your needs and resources, there are other kinds of living and care choices available for long-term care. You can get long-term care at home, in senior centers, at community centers, at adult day care centers, or in special retirement or assisted living facilities. You may wish to talk to your family, doctor, or a social worker to help decide what long-term care you need.

Here are some of the most common kinds of long-term care services, the choices may be called by other names in different states.

Community Services

These include Adult day care, Meal programs (like Meals on Wheels), Senior centers, Friendly Visitor programs, help with shopping and transportation and help with legal questions, bill paying or other financial matters.

For information on your local Area Agency on Aging, look at www.aoa.gov on the web or call 1-202-619-0724 for a list of long-term care choices in your area. In Santa Fe the State Aging and Long-term Resource Center, 1-800-432-2080, provides some resources and information.

Home Care

Depending on your need you may be able to get help with your personal home needs (for example, help with laundry, shopping, cooking and cleaning) from family members, friends or volunteer groups.

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

► There are also home health care agencies that give custodial and or skilled nursing care in your home. Medicare only pays for home care if you meet certain conditions. You can get a free copy of the Medicare booklet by calling 1-800-MEDICARE.

Assisted Living Facilities

These facilities provide help with activities of daily living like bathing, dressing and using the bathroom. They may also help with care most people do themselves, like taking medicine or using eye-drops and additional services, like getting to appointments or preparing meals. Residents often live in their own room or apartment within a building or group of buildings and some or all of their meals are together. Social and recreational activities are usually provided. Some have health services on site. You usually pay a monthly rent, and additional fees for other services. Not all assisted living facilities provide the same services, so it is important that you contact the facility and make sure they can provide you the assistance that meet your needs.

Continuing Care Retirement Communities

These retirement communities have more than one kind of housing and different levels of care. There may be residents living on their own, or an assisted living facility if you need help with daily care and a nursing home for higher levels of care. Where you live in that community depends on the level of care you need, and residents move from one level to another based on their changing needs.

Hospice Care

Hospice is a special way of caring for terminally ill people and for the families with a terminally ill member. This care includes medical care and counseling. The goal of hospice is to care for you and your family, not to cure your illness. We discussed Hospice Care in detail in the September-October 2006 issue of El Aviso.

Medicare

Under certain conditions Medicare Part A does cover skilled nursing care for the first 20 days completely, followed by coinsurance charges for next 80 days.

Institutional Medicaid

New Mexico Human Services Department administers a Medicaid program for individuals in a medical institution for at least 30 days when nursing

home care is determined to be medically necessary. Medical institution means a state-licensed, Medicaid-qualified nursing home; an acute care hospital; an in-state, inpatient rehabilitation center; an Intermediate Care Facility for the Mentally Retarded; or a long term care bed in a rural hospital.

Contacts:

- Santa Fe the State Aging and Long-term Resource Center, 1-800-432-2080
- Agency on Aging, look at www.aoa.gov on the web or call 1-202-619-0724
- Senior Citizens Law Office at www.sclo.net or phone (505) 265-2300 where they can help direct you on detailed information on health care issues.
- Look on the web for Medicare and Medicaid information as well.

Las Clinicas del Norte Ojo Caliente

INDIVIDUALS AGAINST ADDICTION

**'Not just about chemicals'
Includes gambling, smoking, sexual,
substance and alcohol abuse**

**Thursdays in Ojo Caliente —
Noon to 1:30 pm**

Bring your Lunch

Co-facilitated by Kathy Albrecht, LISW and
Julian Garcia, Community member

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
All insurances, Medicaid,
sliding scale accepted***

Announcements and News

Hello to Terry Martin, who has been hired at a Medical Assistant who will move between our three clinics as needed. With us through March is student, **Michelle Freeman**, a Physician Assistant in training from Pacific University in Portland, Or. Welcome to Terry and Michelle.

Good-bye to **Bernadette Dias**, a medical assistant, who left in December and to **Joyce Jacques**, Medicaid Eligibility Outreach worker, who will leave at end of January. Good luck to both of you.

Remember - LCDN runs the School-based Health Clinic at Mesa Vista School

every Tuesday Thursday — walk-in or call Ojo Caliente clinic, 583-2191, for appointment .

Notice - 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

Diabetic Classes in February

10:00 am—12:30

February 13 — Abiquiu, 685-4479

February 14 — Ojo Caliente, 583-2191

February 15 — El Rito, 58-4728

February is Heart Month

We will have a cardio-vascular discussion

Promotoras

Abiquiu—Elaine Valdez, 685-4479

Ojo Caliente—Aggie Olsen, 5813-2191

“Quit Smoking”

Addition to Promotora Program

The Promotora program of Las Clinicas del Norte also can 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.

NEW!

Friday Night Happy Hour

Drum & Stress Management Group

.... gonna have a funky good time!

Where: Las Clinicas del Norte, Abiquiu
(next to Bode's)

When: Every Friday 5:45 pm—7:15 pm

How: Register with Sandra at the
Abiquiu Clinic, 685-4479

Cost: Sliding Scale

This group is good for people seeking stress release and management and/or in recovery,.....

Facilitator: Stephen Powell, MA.

Stephen is a licensed counselor, cultural anthropologist and a teacher/student of global wisdom and percussion traditions.

Drums are provided if you don't have one. No previous musical experience is necessary.

For more information contact 927-3747.

⊗ **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 Joseph Lewandski of North Central Solid Waste 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 For info on unscheduled meetings in Abq. & E.R., call Jean # 685-4490

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 Joseph Lewandski of North Central Solid Waste 747-8459. Recycling at Esp. Wal Mart daily.

Ojo Caliente

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

Northern New Mexico College — El Rito Campus

January

10,11 Spring Registration

15 Martin Luther King Jr. Birthday- Holiday

16 Classes Begin

16-19 Late Registration

18 Board of Regents Mtg 9:00 AM El Rito Campus at Trujillo Schafer Board Room

26 Last day to obtain a refund

26 Deadline to switch from credit/audit or audit/credit

Please stop on by and check our schedule for some fun upcoming classes — **Bulto and Santo Carving, Retablo Making, Aztec Mexican Healing, Creative Writing and More!**

If anyone is interesting in **film production, stage setting and all aspects for film production** we got the class for you. This new film production class will be here in El Rito beginning January 20th. For more information feel free to contact Mr. Alejandro Lopez at 581-4115.

For general information feel free to contact Cecilia Romero at 581-4100. For Student Activities, Donald E. Martinez, Student Activities Coordinator-El Rito Campus, 581-4120.

Notice from El Rito domestic water system

CONSUMERS — take note

- Your account(s) must be current. You will no longer be provided free water.
 - Water meters will be installed this Spring 2007.
 - A new water rate will take effect by February 2007
 - ATTEND the community information meeting
- Look for meeting notice in public places

El Rito Ditch Association

The commission and the parciantes of the El Rito Ditch Association have undertaken the process of updating the Association's By-Laws and bringing them into compliance with the laws of New Mexico. The management and operation of the Ditch Association is a political subdivision of the State and is therefore required to comply with the Annotated Statutes of New Mexico.

We very fortunate to have the assistance of some very important resource people for the New Mexico Acequia Association, specifically Ms. Paula Garcia, and Ms. Janice Varela, who shared with us their ideas and formatted and typed the working rough draft and the final draft of this important governance document. We also had the help of Ms. Mary Humphrey and Mr. Wilfred Rael in getting the legal language in place in the final draft, which will become our official By-laws document upon ratification by the membership at a meeting on January 15, in the Conference Room of Las Clinicas del Norte. We hope all members in good standing attended this meeting. If you did not attend, contact me for minutes of actions taken.

*Lucas O. Trujillo, Sr.
Commission Chair*

Agora Crisis Center

You don't need to wait for a crisis to call us.

THROUGHOUT NEW MEXICO

1-866-HELP-1-NM

(1-866-435-7166)

Call us about anything - you'll feel better.

Abiquiu Public Library

Abiquiu Library Hours

685-4884

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

EL RITO LIBRARY

REFLECTIONS OF THIS PAST YEAR

January, 2006 -- Our second room (the Old Senior Citizen's Center) is currently being renovated and will house our non-fiction collection.

April 2006 -- Our first Celebration of Dia de Los Niños, Dia de Los Libros.

May 20, 2006 -- Our fifth Annual Community Clean-Up Day.

June 3, 2006 -- We celebrated our 20th Birthday of being the Oldest Independent Library in Rio Arriba.

June to December, 2006 -- Classes began for the Summer Arts Workshops for Kids.

July 15, 2006 -- Billy Goat Ballad, from A Puppet Theater entertained our youth.

July 27, 2006 -- Little River Poetics presented Poetry readings by Renee Gregorio, John Brandi and Miriam Sagan.

September, 2006 -- Grandma Rena started her "Story Hour" every Saturday morning from 11:00 a.m. to 12:00 noon.

September 14, 2006 -- David Barsamian, producer of Alternative Radio spoke about the "Current Crisis in the Middle East".

October 14 and 15, 2006 -- El Rito Studio Tour featuring our famous "Death by Chocolate" Fundraiser.

October 25, 2006 -- Our "It's YOUR Library" program, focusing on our elementary kids, brought children from both the El Rito and Ojo Caliente Elementary schools to celebrate "Dia de los Muertos at the Library.

November 11, 2006 -- Local community members came to paint bookshelves for the new Children's Area at the Library.

November 15, 2006 -- "It's YOUR Library" had internationally known Artist, Nicholas Herrera, who brought his 1946 re-built truck, his book written about him, and an art piece he was currently working on.

November 30, 2006 -- Our annual fundraising letter went out to everyone in our mailing list.

December 2, 2006 -- Our first Live/Silent Auction was a HUGE success. Over 70 local and non-local artists donated items for the Auction and our very own Donald Martinez Jr. was the Auctioneer.

LIVE/SILENT AUCTION ON DECEMBER 2, 2006

We would like to thank our Board Member, Donald Martinez Jr. for spearheading this fundraiser. Our thanks also go to Donald's team who helped with the auction and they are: Donald's wife, Aileen Prada-Martinez; Jose Romero and his wife Albinita Romero from Espanola; and Bob Padilla from Santa Fe. Board Members, Janice Snellman, Lorena Wiggington who spent countless hours getting donations, and Joan Tollefson for mailing out requests for donations and all who helped set up the event. Of course, a big thanks to all our artists and friends who donated the items to be auctioned, and last but not least, the many community members who went to the auction and bought the items knowing all the proceeds were for the Library.

DONORS AND VOLUNTEERS

We just finished a great year, especially our 20th Anniversary Celebration of being a public library. This great accomplishment would not be possible without the generous support of many people who truly love and care that we continue to be a place where children, teenagers, and adults can come for many of our free programs and services. Volunteers are also what makes this Library thrive. Without our volunteers, many projects would not materialize. Thank you Volunteers!

LAS CLINICAS DEL NORTE

We would like to thank library founder Andy R. Lopez, for Las Clinicas del Norte's in-kind contribution to the Library. We have had (for about three years) free internet service via satellite. This would not have been possible without Las Clinicas del Norte's help. A big thanks to Desi Lopez who has been our IT Technician who takes care of our technology problems, issues, and his expertise on what type of equipment the Library needs. Thank you Andy and Desi for the great contributions you have given this Library and the many dollars you have saved us.

El Rito Winter Library Hours

581-4608

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

\$ 400 - The New York Community Trust, James Talcott Fund

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

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

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