

— EL AVISO —

February 2007

February is Heart Month

Health of the heart is very important. February is National Heart Month, and it seems like a good time to ask, What comes to mind when you hear the phrase "heart attack?"

People of a certain age may think of Redd Foxx's portrayal of Fred Sanford on "Sanford and Son." In the 1970s, Foxx could be seen regularly on TV clutching his chest as he faked a heart attack and shouted to his deceased wife, "This is the big one! Hang on, Elizabeth, I'm coming to join you!"

This may have made for funny television, but that type of scene plays right into society's misperception that only elderly men suffer from heart disease or stroke.

Here's a statistic for you: While heart disease and stroke kill one in every 3.7 men, one in 2.4 women lose their lives to heart disease and stroke. They are the No. 1 and No. 3 killers of women. By way of comparison, breast cancer kills one in 29 women.

Perhaps even more staggering is the fact that a majority of women don't know how deadly heart disease and strokes are. "Knowledge is power, but how many women take the time to find out what we need to know?" said Anne Saile, president and CEO of Bellevue Woman's Hospital.

America's No. 1 killer heart disease. Stroke is No. 3 and a leading cause of serious disability. That's why it's so important to reduce your risk factors, know the warning signs, and know how to respond quickly and properly if warning signs occur.

Dial 911 Fast

Heart attack and stroke are life-and-death emergencies -- every second counts. If you see or have any of the listed symptoms, immediately call 9-1-1.

Heart Attack Warning Signs

Here are signs that can mean a heart attack is happening:

- **Chest discomfort:** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body:** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath:** May occur with or without chest discomfort.
- **Other signs:** These may include breaking out in a cold sweat, nausea or lightheadedness.

Some heart attacks are sudden and intense — the "movie heart attack," where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help.

Not all these signs occur in every heart attack or stroke. Sometimes they go away and return. If some occur, get help fast! Today heart attack and stroke victims can benefit from new medications and treatments unavailable to patients in years past. For example, clot-busting drugs can stop some heart attacks and strokes in progress, reducing disability and saving lives. But to be effective, these drugs must be given relatively quickly after heart attack or stroke symptoms first appear. *So again, don't delay -- get help right away!*

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain. ▶

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

► Cardiac Arrest

Cardiac arrest strikes immediately and without warning. Here are the signs:

- **Sudden loss of responsiveness** (no response to tapping on shoulders).
- **No normal breathing** (the victim does not take a normal breath when you tilt the head up and check for at least five seconds).

If these signs of cardiac arrest are present, tell someone to call 9-1-1 and get an AED (if one is available) and begin CPR immediately.

If you or someone with you has one or more of these signs, don't delay! Immediately call 9-1-1 or the emergency medical services (EMS) number so an ambulance (ideally with advanced life support) can be sent.

Calling 9-1-1 is almost always the fastest way to get lifesaving treatment. Emergency medical services staff can begin treatment when they arrive -- up to an hour sooner than if someone gets to the hospital by car. The staff are also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital.

If you can't access the emergency medical services (EMS), have someone drive you to the hospital right away. If you're the one having symptoms, don't drive yourself, unless you have absolutely no other option.

Next month we will talk about the effects of stroke and the stroke warning signs.

Diabetic Classes in February

February is Heart Month
We will have a cardio-vascular discussion

10:00 am—12:30

February 13 — Abiquiu, 685-4479

February 14 — Ojo Caliente, 583-2191

February 15 — El Rito, 58-4728

Promotoras

Abiquiu—Elaine Valdez, 685-4479

Ojo Caliente—Aggie Olsen, 5813-2191

El Rito—Lucille Chacon, 581-4728

Valentine's Day

Send a little
 extra love our
 children's way -

Keep them drug free.



Prescription Drug Abuse by Teens

Prescription drugs are among the substances most commonly abused by young people in the United States. Most common in this group are prescription-type pain relievers, tranquilizers, stimulants, and sedatives. Prescription drugs, which are widely available and easy to obtain, provide young people with an easily accessible, inexpensive means of altering their mental and physical state. Abusers may experience a heightened sense of pleasure, euphoria, drowsiness, increased energy, or various other effects depending upon the drugs they abuse.

Young people who abuse prescription drugs put themselves at risk of experiencing dangerous side effects. Prescription drugs--when taken as prescribed by a physician--successfully treat a variety of mental or physical conditions. However, when abused, these drugs can alter the brain's activity and lead to debilitating or life-threatening health problems and result in physical or psychological dependence.

Often these young people are unaware of the serious health risks involved in abusing prescription drugs. Increasingly younger adolescents obtain prescription drugs from classmates, friends, and family members, or they steal the drugs from people for whom the drug had been legitimately prescribed.

- **Keep your drugs locked up and talk to your children about the effects those drugs can have on their brain and body.**

Commonly Abused Prescription Drugs

The prescription drugs that are most commonly abused by young people fall into three categories: opioids/pain relievers, depressants, and stimulants.

Opioids/Pain Relievers. The abuse of opioids/pain relievers by young people is a particular concern. According to studies, 8.4 percent of 12- to 17-year-olds reported having abused pain relievers at least once in their lifetime. Data also indicate that 12- to 17-year-olds represented approximately one-half of the 1.4 million individuals who abused opioids/pain relievers for the first time in 1999. The number of new abusers aged 12 to 17 who reported non-medical use of opioids/pain relievers increased nearly ten times, from 78,000 in 1985 to 722,000 in 1999. ►

► Data from the Monitoring the Future (MTF) Study indicate that in 2001, 9.9 percent of twelfth graders surveyed in the United States reported having abused other narcotics—a category that includes opioids and pain relievers and excludes heroin—at least once in their lifetime.

OxyContin is a brand name for oxycodone, a Schedule II drug. Oxycodone also is sold under the trade names Percocet, Percodan, and Tylox. It is an opium-based pain reliever that is prescribed for relief of moderate to severe pain. Law enforcement reporting indicates that OxyContin, which has heroin-like effects that last up to 12 hours, is the fastest growing threat among oxycodone products.

In December 2001 a 17-year-old Georgia resident was indicted on manslaughter and reckless conduct charges for supplying OxyContin to a 15-year-old who died from an overdose of the drug.

Other drugs commonly abused include Depressants and Stimulants. Parents—talk to your children and lock up those meds. Keep them safe!

Source: US Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, TEDS.

Announcements and News

Hello to **Georgette Lopez**, hired as Medical Eligibility Outreach worker as of the 1st of February.

We are all missing Nurse **Susie Lopez** at work in El Rito and will be glad when we have her back. Susie, all the best in your recovery from surgery.

Notice — 24 hour notice for medication refills

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. It is better to always plan ahead for medication refills.

Remember -
LCDN runs the School-based Health Clinic at
Mesa Vista School
Every Tuesday and Thursday
Now open and Newly Remodeled
Walk-in or call Ojo Caliente clinic, 583-2191
Also open to family members and staff of
Mesa Vista. Call to schedule an appointment.



Las Clinicas del Norte is implementing Electronic Medical Records

As a patient of LCDN you will be hearing the term EMR quite a bit over the coming year. We made a commitment to convert from our paper records to Electronic Medical Records (EMR). Many of you have read about “EMR” in the newspapers and there is no doubt that this will offer **many** clinical advantages for the doctor and the patient.

At present, all of your medical information is stored in a paper file. Many of our patients have medical charts that are multiple volumes and are several inches thick. You can only imagine the inefficiency in trying to retrieve and communicate this information on paper. Handwritten documents, a complex filing system, and thousands of paper records contribute to this inefficiency.

The federal government and insurance companies are pushing all providers to change to an electronic format. In the upcoming decade, it is expected that almost all records will be electronic.

EMR improves the safety and quality of your care.

An electronic medical record will make your chart easier to read, easier to access, and easier to share with other care providers. Integrating and coordinating care across specialists and different healthcare sites leads to better and safer medical care. For example, immediate access to your medication list, allergies, and medical problems will help providers evaluate and treat you with increased safety.

EMR allows us to respond better to your needs.

Let's face it, as our office has grown, it can be difficult to respond to even simple requests. For example, your prescription refill requests, referral requests, record transfers, or test results, can all take a while. Not all, but many of the problems are caused by the paper chart. Frequently, just locating the record in a timely manner can be challenging. EMR does not guarantee efficiency but it is a very important tool in helping us “do better.”

EMR is not without some concerns.

One of the biggest concerns we have heard from patients is about patient confidentiality. Confidentiality is an absolute cornerstone of the doctor-patient relationship. We feel very strongly that nothing should interfere with this. eClinicalWorks, our EMR system, has excellent security controls. Only providers with a “need-to know” have access to your medical information. This, in combination with very strict policies and staff education, may make the EMR more secure than the present paper record. Privacy is a full-time job and continues to be a high priority of Las Clinicas del Norte.

⊗ **Community Events** ⊗

Contact: Joan Tollefson 1-505-323-1519/ 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. - 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**

February

2- Last day to withdraw a grade or obtain a refund.

2-March 7th- Adobe Floor Design & Construction with Quentin Wilson- 8:30-3:30 PM

9- Community Forum with campus director Alejandro Lopez 6-8 PM Cafeteria (Second Mtg)

9 Last day to submit a petition to graduate for spring 07

13 College career fair at Espanola campus

19-23 Retablo Making class with Juanito Jimenez 9-5 PM

22-24 Four Harness Weaving II with Liesel Orend 8-5 PM

24-25 Aztec Healing class with Carlos Zazueta- A great weekend class!

27 Campus staff and faculty Mtg at 1:00 PM cafeteria

Please plan to attend our second community forum with Alejandro Lopez. Bring your ideas and hear what the latest plans for our beautiful campus are. For more information feel free to call Alejandro at 581-4115.

For information on some fun and exciting classes call 581-4100 or 581-4120.

Donald E. Martinez, Student Activities Coordinator-El Rito Campus

Notice from El Rito Regional 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

THE ABIQUIU VOLUNTEER FIRE DEPARTMENT

needs a 2,000-gallon tanker and a ladder truck to effectively fight major fires in its sprawling service area and a new Fire Station to house them and the emergency medical truck that now sits out of doors. State Fire Marshall John C. Standefer has approved a site on the Rio Arriba County (RAC) Rural Events Center for the new Fire Station.. The RAC Commissioners passed a resolution in May delegating RAC Staff to work with Chief Phillip Trujillo to obtain money for these capital purchases. We thank especially our Commissioner Felipe Martinez for his support.

WE HAVE REQUESTED FUNDING FROM THE LEGISLATURE in its 2007 session through Senator Richard Martinez, Representative Debbie Rodella, Representative Nick Salazar, Governor Bill Richardson and others. We will continue to lobby legislators during the session. If you know any of your representatives, please contact them to support our effort.

BUT AS WE ALL KNOW, such pursuits are lengthy, time consuming and may have limited success. So, we need private funding to continue the battle for public funds and simultaneously help our Volunteers with training and gear. The Board of AAESP has pledged over \$11,000 per year for the next 5 years and we are grateful for over \$16,000 given by from 36 residents and others from the October Barbeque.

WE STILL NEED DONATIONS AND PERSONAL SUPPORT from a large portion of our 2,700 residents and property owners to achieve our goal of \$50,000 per year in private donations. They are our Firefighting and Emergency Medical Service Volunteers. As a Community Team, we must help them improve our Department so they can help us in our times of needs. They deserve the best training, personal equipment and vehicles to fight our fires and save our victims!

YOUR DONATION IS THE BEST INSURANCE you can buy to protect your health and welfare in emergencies. Please send a heart-felt donation to: AAESP, Inc, PO Box 728, Abiquiu, NM 87510. For information, please call Sam Jewell, 685-4028. Thank you.

EL RITO LIBRARY

NEW CHILDREN'S ROOM

We are happy to announce that we have just completed our new Children's library room. We painted the children's table and bookshelves red, yellow and blue. All the children's books and videos have been shelved and ready to be taken out. We have little chairs for our little patrons to come in and sit and read/view books or they can lie down on the colorful ABC floor mat. We are still working on Grandma Rena's corner, but she continues to read every Saturday morning from 11:00 a.m. to noon. Parents, please bring you children to see this new area and get them involved in wanting to read. We have a great selection of children's books and we continue to get new ones every month. This library is all about you. Take advantage of the free service we offer our little patrons.

NEW NON-FICTION ROOM

We are also happy to announce that we have completely renovated the old Senior Citizen's Room and have moved some bookshelves and books to our non-fiction room. Over 90% of the books have been shelved, but we need more bookshelves to finish. You will also find newspapers that we subscribe to, including the daily *New Mexican*, weekly newspapers are the *Rio Grande Sun* and *The Taos News*. We also have many magazines that you can read that include: *Time*, *New Mexico Magazine*, *The Economist*, *Consumer Reports*, *National Geographic*, *Readers Digest*, and many, many more. As mentioned earlier, this library is all about you and what might interest you. Take advantage of the free service we offer to all ages.

NEW PUBLIC ACCESS COMPUTERS

We currently have six public access computers with two more new ones on the way. We hope to have a total of eight public access computers so that our patrons don't have to wait to use the computers. The newer computers have educational software for our young users from Kindergarten to sixth grade. At present, we have two diehard elementary sisters who come into the library daily to learn the new games and adventures with this educational software. One has learned what are odd and even numbers, what compound words are, and what an antonym is. So kids, come have fun and learn at the same time!

2007 LEGISLATIVE SESSION

We are very grateful to have Senator Richard Martinez support the Rio Arriba Independent Libraries (RAIL) that includes El Rito, Embudo Valley, Abiquiu, and Truchas. Senator Martinez has introduced a senate bill that will help fund these four libraries with much needed general operating money. If you happen to know other Senators in the Legislature, you can call the main switchboard number (505) 986-4300 and ask for the Senator's number, or if you want to contact Senator Martinez, his number is (505) 986-4389. We urge you to call them and let them know you want them to support this bill. Every contact is critical and much appreciated.

El Rito Winter Library Hours

581-4608

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

Abiquiu Public Library

Pueblo de Abiquiu Library and Cultural Center invites you to attend an all-day

Read-a-thon and Draw-a-thon

from 10 am until 6 pm on Sunday,
March 18th

celebrating the
1776 Dominguez-Escalante Expedition
that passed through our region.

Shake off the last days of Winter and drop by the library anytime to hear or participate in an all-day reading of the Dominguez-Escalante Journal documenting that arduous journey.

We are inviting 32 readers to read for fifteen minutes each and are asking for sponsors to help fund each reader @ \$50 per participant.

Do you want to read? Please call the library to sign up and get a copy of your 15 minutes of text. Do you want to help sponsor a reader? Any amount of donation for this project is welcome. Do you want to draw during the reading? Sabra Moore is preparing a table-sized 32 page folded book with a meandering map of the journey and plenty of room for the artists' interpretations on each page. Four different artists will work at the big library table during each hour of the continuous reading, drawing or making a collage on four pages of the folding book. The Journey Book will become part of the library's permanent collection and the reading will be recorded. The artists also need sponsors @ \$50 each.

Celebrate the 1776 Expedition! Provide a month's support for the library with your sponsorships! Come in from the Winter cold to enjoy a day of tasty refreshments, the company of friends and neighbors and the pleasure of reading and drawing as a way to experience our local history.

For information: call 685-4884 or Sabra @ 685-4842.

Abiquiu Public Library

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

COUNSELING: 581-4728, # 232

Call to schedule, Monday thru Friday
Spanish speaking on Friday

DENTAL SERVICES: Same Hrs.

MEDICAL:

MON thru FRI 8 am- 6 pm
Confidential Family Planning Title X Services available

COUNSELING: 583-2191

Call to schedule, Monday thru Thursday
Spanish speaking on Tuesday thru Thursday

NO DENTAL SERVICES

MEDICAL:

MON thru FRI 8 am- 6 pm
Confidential Family Planning Title X Services available

COUNSELING: 685-4479

Call to schedule, Wednesday & Friday

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.

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BOXHOLDER



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