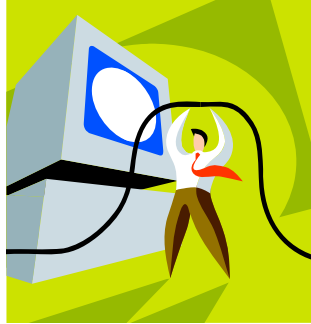


EL AVISO

April 2007

**As You Know:
A NEW
Electronic
Medical Records
System
is now in place at
Las Clinical del Norte**



We have been successful in transferring data into the new system. Our personnel is still working through problems that surface when a new software program is implemented. So you may in the next month experience delays in

- Appointments,
- Lab results and Medication refills,
- Billing statements.

Thank you for your patience during this transition. This new technology is making us more efficient and will improve patient care.

If you have any concerns, please call Susan Dunn, Chief Medical Officer or Katie Meara, Director of Medical Programs, in El Rito at 581-4728.

Following our February article on Heart Attack Warning Signs, now we are addressing the effects and Stroke Warning Signs.

What is Stroke?

Stroke is a type of cardiovascular disease. It affects the arteries leading to and within the brain. A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is blocked. When that happens, part of the brain cannot get the blood (and oxygen) it needs, so it starts to die.

The brain is an extremely complex organ that controls various body functions. If a stroke occurs and blood flow can't reach the region that controls a particular body function, that part of the body will not work as it should.

Types of Stroke?

Stroke can be caused either by a clot obstructing the flow of blood to the brain (ischemic) or by a blood vessel rupturing and preventing blood flow to the brain (hemorrhagic).

When someone has shown symptoms of a stroke or a TIA (transient ischemic attack, a pre-stroke symptom or event) a doctor may use many different tests to gather information and make a diagnosis. Treatments are different for the types of stroke.

Both coronary heart disease and stroke disease share many of the same risk factors such as cholesterol disorders, high blood pressure, smoking, diabetes, physical inactivity and being overweight or obese.

The American Stroke Association Stroke Warning Signs

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden, severe headache with no known cause.

It is very important to take immediate action. A clot-busting drug can reduce long-term disability for the most common type of stroke if given within three hours of the start of symptoms. Also check the time so you'll know when the first symptoms appeared.

Stroke is the No. 3 cause of death in the United States, and causes great disabilities and difficulties for both patients and families.

One study found that hemorrhagic stroke occurs more commonly in Hispanics than any other subgroup. And this year, more than 100,000 US women under 65 will have a stroke.

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

CASA Volunteers Help Abused Children

More than 2,400 New Mexican children live in foster care and the number is growing. 100 of those children are currently from the Espanola Valley and surrounding neighborhoods. These youths have suffered physically and emotionally from abuse, neglect, or abandonment at the hands of family members. They are thrust into unfamiliar, frightening situations through no fault of their own, often placed in the homes of strangers, and asked to deal with dozen of new adults including police, foster parents, therapists, social workers, judges, lawyers, new school teachers, and more. Without intervention and a positive adult role model, their future is grim: higher levels of unemployment, incarceration, homelessness, substance abuse, unwanted pregnancy, limited education, and inadequate health care.

The CASA (Court Appointed Special Advocates) program meets a critical need by providing trained community volunteers to ensure that abused and neglected children don't get "lost in the system." The CASA volunteer is the voice of each child in the courtroom and helps to ensure that the child's health and education needs are being met, and that their long-term placement is the best available under the circumstances.

Advocates for abused children from our valley are desperately needed. Volunteer training for Rio Arriba, Santa Fe and Los Alamos residents begins April 14th. No special background or experience is needed – just heart, common sense, and a few hours a month. Application and background check are required.

Call CASA at 820-1500, or go to www.casafirst.org for more information.

Announcements and News

Welcome Las Clinicas' latest new employees.

Roy Scott, LPCC (Licensed Professional Clinical Counselor) is now the senior counselor for the CCS (Counseling and Community Services).

Two new Medical Assistants are **Paula Lark** of El Rito (full-time) and **Michelle Gallegos** of Rio Chama (part-time). Both will work in all clinics. **Terry Martin**, Medical Assistant, has left Las Clinicas.

Las Clinicas will be closed Good Friday, April 6.

⊗ 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

April

- 2- USFS Mtg on Road Closures at 6 PM Old Gym
- 2- Wildland Fire Science Academy classes begin
- 5- Last Day to Withdraw (Full Term)
- 13- First Responder class begins
- 16- Summer/Fall Pre-Registration to begin
- 16- Spanish I class begins
- 18- Staff and Faculty Appreciation Day!
- 23- Four Harness Weaving Class begins
- 22-27- Elderhostel Group on Campus (22 guests)
- 23-27- Retablo Making Class with Juanito Jimenez
- 24- Music Presentation at Cutting Hall at 6:30 PM Welcome all!
- 25-30- Film Tech Program around campus and the community
- 30- Adobe Arches, Domes, Vaults class begins
- 30- Intro to Weaving class begins
- 26- **Students, Staff, Faculty Spring Cookout! (12 noon)**
Sponsored by Student Senate led by Cristina Manzanares

Come visit our new Film Tech Program.

Plan for the upcoming Adobe Conference in May - 17, 18, 19

Student Activities Coordinator NNMC El Rito Campus

PO Box 160

Phone (505) 581-4120

El Rito, NM 87530

Fax (505) 581-4130

EL RITO LIBRARY

Library Annual Community Board of Director's Meeting

We welcome all community members to attend our Annual Community Board of Director's meeting scheduled for

Wednesday, April 11, 2007
starting at 7:00 p.m. at the Library.

We are happy with the progress we are making at the Library. Especially satisfying is all we have done here at the Library with the completion in renovations of several rooms. We have much more to do, however, with the community's support we look forward to the challenge.

Spring's Flea Market

Start cleaning your closets, basements, sheds, garages and yes, even under your beds, to sell those un-needed items at the Library's Spring Flea Market scheduled for **Saturday, April 28, 2007**. First come - first serve. Just show up at the Library grounds and take a space and make some money. Please remember to bring your own tables. Another reminder is that you pack it in - you pack it out. Fliers will be put up closer to the event.

Sixth Annual Community Cleanup

Get ready to participate in the Library's sixth annual community cleanup. The Cleanup will be on **May 5, 2007 starting at 9:00 a.m.** at the Library. Lunch will be provided for participants at the Library. We will be posting fliers which will have more information closer to the event, so keep a lookout for them.

Note: We are open until 6 pm Tues, Wed. Thurs.

El Rito Library Hours

581-4608

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

Abiquiu Public Library

Read-A-Thon

The Escalante/Dominguez Journals Read-A-Thon was a huge success and very well attended.

Thank You to all sponsors, readers, artists and listeners. Luciente sponsored 33 and SG Plumbing 22 amongst many other supporters who will be matched per dollar by the Santa Fe Community Foundation for library support in upcoming programs.

We are currently offering reading and comprehension assistance. If you or your child would like to be matched with someone on a one to one basis, call us and we can have you meet our mentors to discuss and set follow-up sessions.

NEW -The recently published book by Jimmy Carter is ready to be checked out. It's titled: "Palestine-Peace Not Apartheid"

RAIL (Rio Arriba Independent Libraries)

Extremely good news was received from the recent legislature in bill support by Senator Richard Martinez for RAIL (Rio Arriba Independent Libraries), making assistance possible in operating expenses from State appropriations. This will certainly make it easier to run special projects for the next fiscal year.

Panels in the next month should include US Corps of Engineers overview of Abiquiu Dam for community information. If you have any questions, write them down and send them in to us prior to the meeting so that we can help arrange for answers. Also, in May, we are inviting local job information to juniors and seniors. Please participate however possible. Keep an eye out for flyers indicating dates and times for panels!

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

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



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