

# EL AVISO

June 2007

## Nursing Homes

A nursing home is a residence that provides a room, meals, help with daily living, and recreational activities. Generally, nursing home residents have health problems which keep them from living on their own and may require daily medical attention.

Choosing a nursing home is an important decision. To make the best decision possible, you may want to consider some important facts:

**Reputation** - Some nursing homes do a better job at providing care than others. If you are interested in a specific nursing home, you may want to talk with the Long-Term Care Ombudsman for the State where the nursing home is located. The Ombudsman can't recommend which nursing home to choose, but can give you tips on what to look for when you visit a nursing home.

**Location** - Location is very important. If you choose a nursing home that is close to your friends and family, they may be able to visit you more often, and you may feel less lonely. Also, they can act as your advocate (supporter), if you need one.

Another important thing you can do is visit the nursing home you are interested in and talk with current or former residents and their family members to see if they are happy with the care they received from the nursing home.

**Staffing** - It is important that the people who work in a nursing home are capable of performing their duties. This helps ensure that the residents are cared for and enjoy a good quality of life. During a visit to a nursing home, see if people on the staff:

- Treat the residents and family members with warmth and respect.
- Answer resident requests for assistance quickly.

**Availability** - Nursing homes have a limited number of beds. A certain number of those beds may be for persons with a specific type of insurance (like Medicare or Medicaid). When you find a nursing home you like, you should find out if there will be a bed available for you, or if you can add your name to a waiting list.

**Payment** - Nursing home care is expensive and many people are concerned about paying for this type of care. Most care is not fully paid for by health insurance. For instance:

- **Medicare** - Medicare only pays for some nursing home costs, generally only when you need skilled nursing services. These are full time nursing services that can only be performed by a licensed nurse.
- **Medicaid** - Medicare only pays for some nursing home costs, generally only when you need skilled nursing services. These are full time nursing services that can only be performed by a licensed nurse.

Publication No. CMS-10121, Revised July 2002

You will find nursing homes in northern New Mexico in Espanola, Santa Fe, Los Alamos and Taos.

Check the Internet at [www.medicare.gov](http://www.medicare.gov). A new database called "**Nursing Home Compare**" contains information and survey findings on every Medicare and Medicaid certified nursing home in the country. You can also see the *Guide to Choosing a Nursing Home*. If you don't have a computer, contact your local library or senior center for help.

### 3rd Annual Sustainable Yield Unit Conference

Saturday — June 9th

NNMC-El Rito, Cutting Hall — 9am to 4 pm.

To be discussed:

- **Environmental monitoring by youth**
- **Community geographic information system**
- **Business plan for the revival of the sawmill**

*Everyone Welcome*

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

## Announcements and News

Welcome to **Leslie Leyba** in our El Rito Accounts Payable Department. And welcome to **Christine Escobedo-Romero**, our new School Based Health Clinic Assistant in the Pojoaque schools.

### ⊗ **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 2<sup>nd</sup> 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 2<sup>nd</sup> 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 2<sup>nd</sup> 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 1<sup>st</sup> Wednesday, 7 pm, Ojo Caliente Fire Dept.

### Northern New Mexico College—El Rito Campus

**June**

- 1- Summer registration over
- 4 - Classes Begin
- 5-7/24 Intro to MS Access
- 5-6 Late registration
- 6-28 Basic Spanish Colonial Furniture Making with Rik Gonzales
- 6-7/25 Intro to MS Excel
- 6-7/25 Power Point
- 8- Deadline switch from credit/audit
- 8-10 Painting into Mystic Place with Pat Maijo
- 11-15 Spanish II Class begins
- 15-16 Painting into Mystic Place with Pat Maijo
- 18-22 Retablo Making Class with J. Jimenez
- 18-22 Elderhostel group on campus
- 18-22 Basic Spanish Colonial Furniture Making

June 19 Next Generation Dance Group at Cutting Hall 6:00 PM

For the month of June we are booked. No dorm rooms are available.

We also would like to thank Alejandro Lopez for his efforts as campus director. He will be leaving us May 25th and we wish him the best of luck.

Also we would like to thank all volunteers and everyone that made our Adobe Conference a huge success! Good Job!

Check our web-site [www.nnmc.edu](http://www.nnmc.edu) for new updates. Student Activities Coordinator, NNMC El Rito Campus  
PO Box 160 Phone (505) 581-4120  
El Rito, NM 87530 Fax (505) 581-4130

### This summer there will be a **Free Summer Meals Program for Children**

Free meals available for all children 18 and younger. No application or registration required.

This Program will be available at the following sites:

#### EL RITO ELEMENTARY

June 11<sup>th</sup> thru July 27 - 11:30 a.m. to 1:00 p.m.

#### MEDANALES COMMUNITY CENTER

June 4<sup>th</sup> thru August 3<sup>rd</sup> - 11:30 a.m. to 1:00 p.m.

#### ABIQUIU ELEMENTARY

June 18<sup>th</sup> thru July 27— 11:30 a.m. to 1:00 p.m.

Tuesday, Wednesday and Thursday only

#### ABIQUIU FERRAN GYMNASIUM

June 4<sup>th</sup> thru August 3 — 11:30 a.m. to 1:00 p.m.

IF YOU HAVE ANY QUESTIONS YOU MAY CALL:  
1-800-328-2665 (1-800-EAT-COOL)

### **Managing the Rio Ojo Caliente River**

Are you experiencing flooding along your river front property in Ojo Caliente? Some residents along the Rio Ojo Caliente have experienced flooding on their properties during the last few years. If you are one of our neighbors needing help - It's available! The National Resources Conservation Services and other are ready to assist residents. The Rio Ojo Caliente River is a critical element in our communities future and we must take actions now to preserve our river and indeed our very way of life.

Somos vecinos, nosotros debemos tomar el cuidado de nuestra comunidad. Community Meeting to be announced.

Sign up today on the Rio Ojo Caliente River Community Blog! The blog's intention is to inform, educate and motivate land owners to take an active role in protecting and managing the Rio Ojo Caliente with regards to the river itself, wildlife habitat and the rivers future. We must protect our river, lands and culture. Our children and grandchildren are counting on us to act now.

Lynn Noel

For more information go to <http://montedeluznm.blogspot.com/> or email [hulinm@valornet.com](mailto:hulinm@valornet.com) or call 505-747-0670.

# EL RITO LIBRARY

## Get Well Wishes

The Board of Directors, the Staff, and many library patrons would like to wish our Board President, **John Caster** and his wife, Board Member, **Lynn Nequin**, a speedy recovery. We all miss you and hope you both get well soon!

## Board of Directors' Pancake Breakfast

On Saturday, June 16, 2007 starting at 8:00 a.m. until 12:00 noon, our Board of Directors will be cooking up a "**Pancake Breakfast**" to benefit the Library. We need to raise enough money to carry us through the months of June and July until the legislative money comes in. We have applied for a \$1,000.00 Wal-Mart matching grant. So mark your calendar and come treat yourself to a great breakfast and help your library. Don't forget your checkbook!

## Summer Arts Program

We are still working out all the details on the workshops, the artists, and the calendar, but we will be providing the "Summer Arts Program" for our children again this summer. Classes will start on June 4th or 11th, 2007. We will be posting fliers all over town and the surrounding communities. Please contact Julie Wagner at 581-4780 for more information.

## New Hours

We have extended our hours of operation to three more hours a week. We are now open on Tuesdays, Wednesdays, and Thursdays from 10:00 a.m. to 6:00 p.m. and on Saturdays from 11:00 a.m. to 5:00 p.m.

## New El Rito Library Hours

581-4608

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

# Abiquiu Public Library

The Abiquiu Public Library invites 15 children and 10 adults to a *free* night of culture and excitement at the Santa Fe Opera's production of **La Boheme** dress rehearsal. Usually a pricy ticket for free!

It will be a lottery sign-up, leave your name and number with the librarian and we will let you know if you are chosen. Come by the Abiquiu Public Library to sign up if you would like your child/children to experience this wonderful event.

Monday, June 25, 2007  
Santa Fe, New Mexico  
Santa Fe Opera  
Transportation Provided

Also-History Tours with Dexter Trujillo, local ceremonial leader, can be arranged through the library for special groups at \$20 each for a 1 hour-long guided walk.

Job Fair and local incentives for staying in school or for motivating entrepreneurs is the topic of the panel discussion on 2<sup>nd</sup> Sunday in June. What you have to offer is welcomed and appreciated. Bring in all those you feel would benefit for the time given by leaders for positive knowledge.

We are looking for volunteers that will aid us in providing supplemental education to the local schools with a focus on reading and comprehension that will follow later with writing skills. If you'd like to help someone learn to read understandably, call us soon to join our efforts. Only unity will help lift school standards and status for better futures for all.

Brett Dillingham who performs and teaches storytelling in Ireland, England, Hungary, Russia, Africa, Canada, Alaska and the Lower 48 states will be here on JUNE 24<sup>th</sup> 2 to 5 PM. He teaches reading, writing, and performance literacy and is Author of the children's book Raven Day and past president of the Alaska Reading Council. Please join us.

## 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

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MON thru FRI 8 am- 6 pm

Confidential Family Planning Title X Services available

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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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PUBLIC HEALTH DIVISION