

# EL AVISO

October 2007

## Flu Season — again

Flu season is once again upon us. **Flu shots will be available at all Las Clinicas del Norte sites later this month.** Now, in the early fall, is the best time to get vaccinated with what is commonly called the 'flu shot'.

The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and, at times, can lead to death. It is caused by the influenza virus, which spreads from infected person to the nose or throat of other people. Other illnesses can have the same symptoms and are often mistaken for influenza. But only an illness caused by the influenza virus is really influenza.

Anyone can get the flu. For most people, it lasts only a few days. It can cause: Fever, Sore throat, Chills, Fatigue, Cough, Headache, and Muscle aches.

Some people get much sicker. Influenza can lead to pneumonia and can be dangerous for people with heart or breathing conditions. It can cause high fever and seizures in children. Influenza kills about 36,000 people each year in the U.S. mostly among the elderly.

**Remember — the influenza vaccine (flu shot) can prevent influenza.**

Winter is the time for flu. In the U.S the flu season can last from November through March. This illness usually starts with the sudden onset of a high fever (102-104), a dry cough and terrible body aches. Symptoms can include headache, runny nose, nausea, sore throat and profound fatigue. However, symptoms like a low grade fever (100-101), a runny nose and cough with phlegm are more likely from a cold than the flu.

Flu virus is spread by respiratory droplets caused by coughing and sneezing. They usually spread from person to person, though sometimes people become infected by touching something with flu viruses on it and then touching their mouth or nose. Most healthy adults may be able to infect others **1 day before symptoms develop in them and up to 5 days after** becoming sick.

To avoid catching the flu or passing it on to others, people should frequently wash their hands, cover their mouth when sneezing or coughing and stay home when sick.

### Who should get vaccinated?

Influenza vaccine can be given to people 6 months of age and older. It is highly recommended for people who are at risk of serious influenza or its complications, and for people who can spread flu to those at high risk, including all household members.

### At High Risk:

- ◆ All children 6 months to 5 years of age.
- ◆ People 65 years of age and older, and residents of long-term care facilities.
- ◆ People who have long-term health problems, such as heart, kidney, lung diseases and people with metabolic disease like diabetes, asthma, anemia and other blood disorders.
- ◆ People with a weakened immune system due to: HIV/AIDS, long-term treatment with drugs such as steroids, cancer treatment with x-rays or drugs.
- ◆ People 6 months to 18 years of age on long-term aspirin treatment, women who will be pregnant during flu season.
- ◆ Flu vaccine is also recommended for adults 50-64 years of age and anyone else who wants to reduce their chance of catching influenza.

**Check In with your LCDN clinic for a flu shot.**



**October  
Studio  
Tour  
Month**

**Abiquiu Studio Tour**

**October 6 — 7**



**El Rito Studio Tour**

**October 20 - 21**

**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

**Las Clinicas del Norte School-Based Health** centers at Mesa Vista and Pojoaque schools have been awarded a grant from the New Mexico Community Foundation, with funding from the Legacy Foundation and Coca Cola, for our efforts at Tobacco Prevention and Cessation in the two SBHC's that we operate.

The focus of our efforts will include prevention activities of elementary students, forming a Peer education group in the middle schools, and on-going screening and referral of high school students. We will also be implementing prevention activities at community events.

If you have any questions or want more information about this program, please call Andrea Sandoval, SBHC coordinator, at 583-2191.

**Keep our youth tobacco free!**

## Announcements

### Farewell

Las Clinicas is saying good-bye to **Donna Maestas**, cashier-receptionist in El Rito for the past nine years. Donna is going on to a job as Administrative Secretary for the Mesa Vista School System. She won't be far away.

Donna would like to thank everyone for the opportunity to work here all these years, saying "I'll miss my co-workers and the patients". Thank you, Donna, for your good work running the front office. We wish her all the best.

**Roxanne Rodriguez**, who worked in Abiquiu and has been out on maternity leave having a baby girl, will take over El Rito's cashier/receptionist position when she returns.

Also leaving is **Leslie Leyba**, Accounts Payable Department, in El Rito. Good Luck.

### Congratulations

**Ida Baldonado and Bernadette Serrano**, Dental Assistants, who have just become Certified in Radiology.

**Caroline Velasquez**, Dental Assistant, who joined the Dental Department two months ago.

**Note:** There is an Dental Assistant position available, certification not required.

## ⊗ Community Events ⊗

Contact: [Joan Tollefson 1-505-323-1519/ 581-4728 x255/ email: joan@lcdn.org](mailto: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, 10 am – 6 pm, Sat, 11 am – 5 pm

**El Rito Library Board Mtgs.** - every 2<sup>nd</sup> Wednesday, 6:30 pm at Library

**AA Meetings El Rito** - Tues & Thurs, 6:30-7:30 pm, and 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** - CLOSED behind Martin's Store. NEW LOCATION: Daily Recycling Station at the old El Rito Dump. Look for flyer or call for information, Joseph Lewanski of North Central Solid Waste, 747-8459.

### Abiquiu

**Abiquiu Fire Dept. Mtg.** - every 2<sup>nd</sup> Thursday, 7:30 pm, Fire Dept.

**AA Meeting** - Saturday, 10 am, Abiquiu Library

**Al-Anon Mtg.** - Every Mon. 5:30-6:30, Abiquiu Clinic rear bldg. For info call Jean 685-4490

**Abiquiu Library** - Sun. through Thurs, 1 pm - 6 pm, on the Plaza

**Recycling** - CLOSED at Abiquiu clinic. NEW LOCATION: Tues-Sat, 8 am to 4pm. Garbage & recycling at new El Prado Convenience Station at the Rural Events Center. Look for flyer or call Joseph Lewanski of North Central Solid Waste 747-8459.

### 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 October

5-6 Aztec Mexican Healing Class

9-11 Wildland Fire Science Class- Ignition Operations

10-14 Spanish I class with Patricia Webb

15-16 Fall Break No Classes!

18 Board of Regents Meeting-9:00 AM

18-21 Spanish II with Patricia Webb

20-21 Open House during Studio Tour (**We will have fresh Tamales, Frito Pies and Breakfast Burritos for sale.**) Our labs will be open and students will have many of their projects for display.

20-22 Vegetable Dye class with Liesel Orend

21 Georgia O'Keefe "Big Read Event" @ Cutting Hall- 3:30 PM

22-26 Retablo Class with Juanito Jimenez

31 Happy Halloween—**Be safe everyone!**

28 November 3- We will have an Elderhostel Program on campus.

- We will also be having Movie Nights every Friday at 6:15 PM at Cutting Hall. Everyone is welcome.

Please welcome Mr. Carlos Martinez as our new campus director. If you have any questions or concerns feel free to contact him at 581-4115.

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

## "Death by Chocolate"

Mark your calendars! October 20 and 21, 2007 is the El Rito Studio Tour. We are participating in the tour by having our "Death by Chocolate" again this year. This has been a very good fundraiser for the Library so we will be selling those mouthwatering chocolate delights. If you are interested in helping out the Library by donating a home-baked chocolate dessert, please contact our Library Board Secretary, Janice Snellman, at 581-0062. We will need desserts for both days (Saturday and Sunday), so just let Janice know what day you plan to bring in your dessert. We would be very grateful for your donation. The children in Marbella Martinez's Retablo Class will also be selling some of their retablos -- so come support our youth.

## 2nd Annual Live and Silent Auction

We had such a great time and successful fundraiser last year, that we just have to do this again this year. We are planning to have a Live and silent Auction on December 1, 2007. Our own Board Member, Donald Martinez, Jr. is also a professional auctioneer and has agreed to help out the Library again. So o o o - **Local Artists**, and **Community Members**, we need your help again this year. Could you please donate any items or artwork that you think would be good for this great cause. If you are interested in making a donation, please contact the Library at 581-4608. We appreciate any type of donation.

## Cataloging Project

The library has been busy for the past two months cataloging our collection. We have hired five community members (three high school seniors) to catalog our entire collection. We anticipate the project to last at least one year. Once the cataloging has been completed, we will be issuing out new patron cards that will have barcodes. No more guessing if we have a certain book or physically looking for items. The new way of doing business will be completely automated. We would like to thank United Way of Northern New Mexico for a grant for this project.

### El Rito Library Hours

581-4608

Tuesday, Wednesday, Thursday

10 am - 6 pm,

Saturday 11 am - 5 pm

## Abiquiu Public Library

THE PUEBLO DE ABIQUIU LIBRARY & CULTURAL CENTER &  
THE GEORGIA O'KEEFFE MUSEUM PRESENT

"THE BIG READ":

### **Pueblo de Abiquiu Library October Book of the Month: *Bless Me, Ultima* by Rudolfo Anaya**

The **BIG READ** is an initiative of the National Endowment for the Arts. A 2004 report by the NEA found that reading in America is declining rapidly—especially among the young. The Georgia O'Keeffe Museum and Pueblo de Abiquiu Library will present a series of events around Rudolfo Anaya's novel *Bless Me, Ultima*. Known for his exquisite prose and wondrous storytelling, Anaya captures a rural Hispanic family at the close off WWII through the eyes of six-year-old Antonio Marez. Culture, myth, and magic make this book an endearing tale that looks deeply into a way of life and traditions unique to this region.

**ALL EVENTS ARE FREE. Reader's Guides & copies of the book in English and Spanish are available at the Library.**

**PLEASE JOIN US: For program information contact the Pueblo de Abiquiu Library 505 685.4884.**

Sunday, October 21, 4 PM

**COMMUNITY KICK-OFF EVENT**

**A Big Read Celebration of Rudolfo Anaya's *Bless Me, Ultima* Cutting Hall, Northern New Mexico College- El Rito**

*Bless Me, Ultima* comes to life with a theatrical reading from the novel by **Teatro del Alma**, actors from northern New Mexico, directed by Rosalia Triana. Includes the film *From Curandera to Chupacabra: The Stories of Rudolfo Anaya* and a performance of *canciones tradicionales* by living treasure **Cipriano Vigil**.

Tuesday, October 23, 3:30--4:30 PM

**The Golden Carp and Other Magical Stories by Rudolfo Anaya - Pueblo de Abiquiu Library**

After School Program: Enjoy storyteller **Paulette Atencio's** presentation of stories from Anaya's books. Sponsored by the New Mexico Humanities Council.

Tuesday, October 23 6:30-8 PM

**For Ultima Even the Plants Had Spirits**

**A Conversation with Lydia and Chriselda Dominguez - Pueblo de Abiquiu Library**

The healing traditions of curanderas are an important part of New Mexican history. Learn about the beliefs that healers like Ultima practiced presented by Lydia and Chriselda Dominguez, curanderas from Abiquiu pueblo.

Thursday, October 25, 3:30 PM

**Illustrate A Story! - Abiquiu Public Library**

After School Program - Join **Leland Chapin**, a skilled artist and illustrator to draw stories taken from literature.

Thursday, October 25, 6:30 PM

**Book Discussion - Pueblo de Abiquiu Library**

The public is invited to join in a lively discussion of *Bless Me, Ultima*.

**Abiquiu Public Library — phone 685-4884  
Sunday thru Thursday — 1 to 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 - 6:30 pm

Confidential Family Planning Title X Services available

### MEDICAL:

MON thru FRI 8 am - 6:30 pm

Confidential Family Planning Title X Services available

### MEDICAL:

MON thru FRI 8 am - 6:30 pm

Confidential Family Planning Title X Services available

### COUNSELING: 581-4728, # 232

MON thru FRI - Call to schedule

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: 581-0028

MON thru FRI 7:30 am - 6 pm

### NO DENTAL SERVICES

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## 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 2007 contributors

\$ 100 and under - John Picaro (9/07)

\$ 400 - The New York Community Trust, James Talcott Fund (1/07)

\$1000 - Sam R. & Isabel E. Jewell, Abiquiu (1/07)

Listing for 2006 ran through July of 2007. We will continue with the 2007 contributions.

## Las Clinicas del Norte, Inc.

D/B/A Las Clinicas del Norte

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El Rito, NM 87530

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## BOXHOLDER



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