

— EL AVISO —

November 2007

Tips

on how to get the most from your Medical Appointment

Some tips on how to explain your health concerns and get the most from your visit...

Before you go to the clinic:

- **Be prepared: Make a list of concerns.**
- **Bring medicines and health and insurance information.**
- **Bring a family member or friend.**

When talking with your health care provider:

- **Be honest**
- **Stick to the point**
- **Ask questions**
- **Share your point of view**
- **Plan to update the doctor**

Take notes. It can be difficult to remember what your health care provider says, so take along a note pad and pencil and write down the main points, or ask the provider to write them down for you. If you can't write while they are talking to you, make notes in the waiting room after the visit. Or, bring a friend or relative to help with the recording.

Talking About Your Health. Talking about your health means sharing information about how you feel both physically and emotionally. Knowing how to describe your symptoms, to discuss treatments, and to talk with specialists will help you become a partner in your health care. Here are some issues that may be important to you when you talk with your health care provider.

If a certain disease or health condition runs in your family, ask your doctor if there are steps you can take to help prevent it. If you have a chronic (ongoing) condition, ask how you can manage it and if there are things you can do to prevent it from getting worse. If you want to discuss health and disease prevention with your health care provider, say so when you make your next appointment.

SHARING ANY SYMPTOMS

It is very important for you to be clear and concise when describing your symptoms. Your description helps the health care provider identify the problem.

A physical exam and medical tests provide valuable information, but it is your symptoms that point the provider in the right direction.

Questions to Ask Yourself about your Symptoms

- * **What exactly are my symptoms?**
- * **Are the symptoms constant? If not, when do I experience them?**
- * **Do the symptoms affect my daily activities? Which ones? How?**

Examples of symptoms include pain, fever, unexplained weight loss or gain, or difficulty sleeping. Tell the health care provider when your symptoms started, what time of day they happen, how long they last (seconds? days?), or how often they occur, if they seem to be getting worse or better. Take the time to make some notes. Concern about your symptoms is not a sign of weakness. Being honest about what you are experiencing doesn't mean that you are complaining.

In summary:

- **Take notes**
- **Give complete information on the history of your family's health**
- **Think and ask questions about preventing disease and illness**
- **Give detail on your symptoms – when, where, how does it affect you**

If you aren't used to doing the things mentioned in this article, it might take some time to make them a habit. But it is worth the effort to do so. You and your health care provider will both have more information. The plan you both come up with to improve your health will have a better chance of working. If you have any questions about the content of this article, ask your health care providers at any of the three LCDN clinics (Ojo Caliente 583-2191 - El Rito 581-4728 - Abiquiu 685-4479).

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

November is Diabetes Awareness Month

Be Aware and Be Careful

Temptation is high during these months of holidays, starting with Halloween through Thanksgiving, Christmas and the New Year. We all are in a holiday feasting mood.

*Eat in moderation (one cookie, not one of each)
Exercise more
Check your blood sugars more often
Take your medications as directed
Relax*

MEDICARE PLAN D ENROLLMENT

Attention - Medicare Beneficiaries

Are you already enrolled in a Medicare Prescription Drug Plan?
Are you satisfied with your provider?
Or do you need to enroll for the first time?

Remember you can switch enrollment for Medicare Plan D beginning on November 15 through December 31, 2007. Las Clinicas del Norte and the State agency of Aging and Long Term Services will be conducting Medicare Part-D Enrollment with Mary Chavez and Georgette Serrano.

Please call for an appointment with Mary or Georgette through the EL Rito clinic 581-4728.

We will be at the clinics as follows:

El Rito ----- Nov. 27 --- 8:00 a.m. to 1:30 p.m.
Abiquiu ----- Nov. 28 --- 1:00 p.m. to 4:00 p.m.
Ojo Caliente -- Dec. 20 --- 9:00 a.m. to 6:00 p.m.

Invitation to Open House

The newly renovated School-based Health Clinic on Mesa Vista Campus
November 7 - Wednesday - 5 to 8 pm
Snacks, Health Education, Flu shots, Tours
Meet the Health Clinic Staff

Announcements and News

Welcome to new employees

Dr. Suzanne Norman is coming from Cuba, NM to work in LCDN clinics 3 days a week.

Maxine Montoya, from Abiquiu, is our new Accounts Payable Assistant and will be working with Jessica in El Rito. **Hannah Aldaz**, from El Rito, is a new Dental Assistant and **Laura V. Reyes**, of Abiquiu, is a Medical Assistant at the Pojoaque school-based clinic.

⊗ **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, 10 am – 6 pm, Sat, 11 am – 5 pm

El Rito Library Board Mtgs. - every 2nd 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 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 - CLOSED: monthly recycling 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 2nd Thursday, 7:30 pm, Fire Dept.

AA Meeting - Saturday, 12 Noon, Abiquiu Library

Al-Anon Mtg. - Every Mon. 5:30-6:30, Abiquiu Clinic rear bldg. For info 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 - CLOSED: monthly recycling at Abiquiu clinic.

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

Ojo Caliente

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

Northern New Mexico College El Rito Campus

November

- 2-30 Every Friday! Contemporary Tapestry Weaving with Connie Gardella 8:30-3:30 PM (1 credit hour)
- 9 Last day for withdrawal from Full Term Course
- 10 Northern Endowment Banquet - Okay Casino Conference Center 6:00 PM
- 12 Veterans Day- Closed Campus
- 15-18 Spanish I (One week 3 credit hours)
- 15 Board of Regents Meeting-Espanola Campus
- 16-18 Color Combinations Class with Liesel Orend (1 credit hour)
- 22-23 No Classes Thanksgiving Break
- 26-30 Retablos with Juanito Jimenez
- 26-Dec 7 Adobe Passive Solar Heating Class
- 29-Dec 2 Spanish II (One week class 3 credit hours)

Thanks everyone who helped at our Open House during the Studio Tour! Have a Happy Thanksgiving and be safe.

Donald Martinez

Student Activities Coordinator, NNMC El Rito Campus

PO Box 160

Phone (575) 581-4120

El Rito, NM 87530 Fax

(575) 581-9156

Remember Get your Flu Shot 

EL RITO LIBRARY

We are gearing up for our next fundraiser!

2nd Annual

Live and Silent Auction

Saturday, December 1, 2007

1:30 to 3:30 p.m.

Old gym at Northern New Mexico College campus

Professional auctioneer Donald Martinez, Jr., also a Library Board member, has agreed to help out again. Last year we had our first Live and Silent Auction which was a lot of fun and the most successful fundraiser we have had, so we just have to do this again.

Soooo - **Local Artists**, and **Community Members**, we need your help again this year. Could you please donate **artwork** and/or **items**, such as services, gift certificates, antiques or items from local businesses, that you think would be of good quality 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.

"Death by Chocolate"

We had another successful year with this fundraiser. We would like to thank everyone who brought in the desserts and those who helped with the event. A special thanks to **Janice Snellman** who put the event together, called individuals to donate, to the many hours she spent putting it all together and setting it up. We are very grateful for such a giving community and for all the donations we received. Again, a BIG THANK YOU to everyone.

Legislative Money

Thanks to a bill introduced by **Senator Richard C. Martinez and signed by Governor Richardson** in the last legislative session, the RAIL libraries finally got their checks. The Abiquiu, Embudo, Truchas and El Rito Libraries all received an equal amount of the bill total. While this money will be used for general operating expenses, it needs to be spent by June 30, 2008. We will continue to have fundraising events throughout the year and keep the money in reserve until we absolutely need it. Please thank Senator Martinez and let him know how grateful we all are for his support of rural libraries.

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 (PAL) presents
**"SECOND SUNDAYS: ENCOUNTERS WITH
 AUTHORS & BOOKS"**

SUNDAY, NOVEMBER 11, 2007, 2-4 PM, FREE

Pueblo de Abiquiu Library Book of the Month:

**THE KING'S LIZARD: A TALE OF MURDER AND
 DECEPTION IN OLD SANTA FE**

BY PAMELA CHRISTIE

It's 1782. In the Kingdom of New Mexico gangs of slavers scout the land. Priests deal in captives and guns. Gathering tribes threaten Santa Fe. And there's a traitor deep within.

A finely crafted tale, rich with historical detail, Ms. Christie takes us on a rolling journey of adventure and intrigue through 18th century New Mexico. A mystery set in olden days.

Books are available at the Library. Join us in reading this great book and meet the author!

For information about Second Sundays contact the Library at 505 685.4884 or email Susan Martin at martin-susan@cybermesa.com.

In other news, the library has acquired a whole new computer lab,—including 6 new computers with a grant from the Bill and Melinda Gates Foundation.

New books at the Library:

- Tombstone's Treasure
- New Mexico, the Battle of Glorieta Pass
- The Place Names of New Mexico
- New Mexico in 1876-1877, a Newspaper Man's View
- The Mountains of New Mexico
- In Company
- Maria Chabot - Georgia O'Keeffe, Frommer's - Santa Fe, Taos, & Albuquerque
- Rider of the Pale Horse
- Los Alamos - the Ranch School Years
- Mayor Domo
- Governing New Mexico
- New Buffalo, the Ways of My Grandmothers

New magazines available at the Library: People, Readers Digest, Brio & Beyond, and Catholic Digest.

AND DON'T FORGET THE LIBRARY HAS **XEROX** AND **COLOR COPYING** AVAILABLE AT A VERY REASONABLE PRICES. You can send and receive **FAXES** and we also offer **NOTARY** services.

Abiquiu Public Library Hours
Monday through Thursday and Sunday -
1 pm—6 pm phone 685-4884

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- 6:30pm

Confidential Family Planning Title X Services available

MEDICAL:

MON thru FRI 8 am- 6:30 pm

Confidential Family Planning Title X Services available

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MON thru FRI 8 am- 6:30 pm

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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, Gary Salazar; Vice-President, Marcos Garcia; Treasurer, J. Curt Hoffman; Secretary, Pauline Varoz. Members, Tony Chacon, Erma Crim, Trudy Drake, George Flores, Gilbert Ferran, Lillian Gallegos, Peter Hansen. 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. Now we will continue with the 2007 contributions.

Las Clinicas del Norte, Inc.

D/B/A Las Clinicas del Norte

PO Box 237

El Rito, NM 87530

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