

EL AVISO

December 2007



Happy
Holidays

HOLIDAY FEASTING

Be Aware and Be Careful

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

Eat in moderation (one cookie, not one of each)
Diabetics-check your blood sugars more often
Exercise more
Take your medications as directed
Relax and enjoy

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. Cont'd ▶

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

► Cont'd - TIPS

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).

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. In December we will be at Ojo Caliente -- Dec. 20 --- 9:00 a.m. to 6:00 p.m.

Announcements and News

Welcome to new employees

Suzanne Norman, MD, is coming in from Cuba, NM to work in LCDN clinics 3 days a week. **Lauren Titchner, MD**, will be at the Ojo Caliente clinic two days a week. **Raj-Inder Khalsa, FNP**, is a new Family Nurse Practitioner working at the School Based Clinics in Pojoaque and Mesa Vista, and on Fridays in Ojo Caliente. **Laura V. Reyes**, of Abiquiu, is a Medical Assistant at the Pojoaque school-based clinic. **Hannah Aldaz**, of El Rito, is a new Dental Assistant in El Rito.

Remember - Get your Flu Shot

⊗ 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

December

12- Students, Staff and Faculty Pot-Luck Lunch and Gift Exchange

14- Last Day of Fall Classes

We will be open on January 3, 2008. Please check our web-site for new classes this spring! For any questions feel free to contact us at 585-4100.

And also feel free to stop by and visit our new campus director, Mr. Carlos Martinez, or give him a call at 581-4115.

Thanks to all who helped at our Open House at the Studio Tour!



Greetings from everyone at Northern El Rito Campus

Happy Holidays and Be Safe

🕯 **Have a Happy Christmas!**



Donald Martinez, Student Activities Coordinator,
NNMC El Rito Campus

PO Box 160

El Rito, NM 87530 Fax

Phone (575) 581-4120

(575) 581-9156

EL RITO LIBRARY

Library's Board President Dies

It is with much sadness and heartache to report that our Board President, Terry Moffitt, passed away in November. Terry was an honest, sincere, and modest man. He was always willing to help everyone in the community who needed help and never saying no to anyone. The community has lost a great friend and the Library will forever be grateful for all he did to upkeep our building and grounds. Terry, Thank You and you will be sorely missed!

"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, the many hours she spent to put it all together and to also set up. We are very grateful for such a giving community and for all the donations we received. Again, a BIG THANK YOU to everyone.

2nd Annual Live and Silent Auction

I need to repeat what I just said - we had another successful fundraiser! The crowd was excited as our own Board Member, Donald Martinez, Jr. did his magic as a professional auctioneer and made the auction fun and exciting. A BIG thanks to **Donald and Aileen Martinez, Jose and Albinita Romero, and Bob Padilla. Local Artists and Community Members** who donated for this auction, THANK YOU. Without all of you this would not have been possible.

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

(PAL) PUEBLO DE ABIQUIU LIBRARY NEWS & EVENTS

Posadas y Postres

Join us in Celebrating a Fruitful Year & the Blessings of the Holiday Season

Sunday, December 16th at 5-7 PM, Abiquiu Parish Hall

Suggested donation: \$10/Person

Desserts and Other Special Surprises!

Enjoy Traditional Violin/Guitar Music with Polkas, etc
New Books, Good Friends, and Special Guests.

Stay for Las Posadas in the Pueblo Parish beginning at 7 PM

Local History at PAL

Historical research and local history came together for our *Bless Me, Ultima* and *King's Lizard* literary events. Special thanks to Lydia Jordan and Chriselda Dominguez for leading a lively discussion about *Curanderas* and local lore about plants and their curative powers. And for those who love mysteries, check out Pamela Christie's *The King's Lizard*, an adventure set in 17th century New Mexico told through the eyes of Nando, a *Genizaro* teenager from the village of Abiquiu! The book just won the Zia Book Award from the New Mexico Press Women.

PAL Participates in Eco Tourism Conference

2007 National Association for Interpretation, in Wichita, Kansas With a generous donation from friends of the Library, Lorraine Parmer and her son Rick, PAL Director Isabel Trujillo and Advisory Board Member Alice Garcia were able to join a large group of cultural organizations for a conference on the effort to add cultural interpretation to tourism marketing and create stronger partnerships world wide. We invite you to the Library to view the materials from the conference first-hand. Ask for the Wichita bag that contains all the materials and CD's gathered at the conference which was sponsored by the National Park Service. Many Pueblos are involved in sharing their story, indicating that preservation is a primary focus. Contacts were made with other groups nearby which will be used to follow up in long-range planning. Isabel also recently participated in a Marketing course by WESTT Corps at NNMC and a binder outlining that material is available at the library for viewing.

Congratulations to Isabel Trujillo for passing the State Library Director's Certification Exam!

New Books

- *Interpretation of Cultural and Natural Resources*
by Douglas M. Knudson
- *The King's Lizard* by Pamela Christie
- *Six Nuevomexicano Folk Dramas for Advent Season*
by Larry Torres
- *La Gente (Hispano History & Life in Colorado)*
Edited by Vincent C. De Baca
- *Leap* by Jane Breskin Zalben
Ansel Adams' *Photographs of the Southwest* (with an essay on the land by Lawrence Clark Powell)

Special Holiday Hours and Days:

Closed: Sun - Thurs, Dec. 23-27th - Open: Dec. 30th and 31st
Closed: Tues, Jan. 1st - Reopen Jan. 2nd and 3rd

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

COUNSELING: 581-4728, # 232

Call to schedule, Monday thru Friday
Spanish speaking on Friday

DENTAL SERVICES: Same Hrs.

MEDICAL:

MON thru FRI 8 am- 6:30 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- 6:30 pm
Confidential Family Planning Title X Services available

COUNSELING: 685-4479

Call to schedule, Wednesday & Friday

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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