

# EL AVISO

January 2008

## **FOR BETTER HEALTH Start Taking Small Steps Today!**

There are many ways that you can take small steps toward better health, and you can do it - today! The National Department of Health and Human Services (DHHS) provides over 100 tips to take small steps to a healthier lifestyle for you and your family, some of which we have listed below.

These 'Steps' are simple and free! Choose from any one of these small steps, or create your own. Get your friends and family involved in coming up with fun ways to take small steps each and every day.

Remember, for adults, getting physically active at least five times a week, for thirty minutes or more, will help lead you toward a happier and healthier lifestyle. For kids, being active an hour a day is a small step towards good health!

So look at your eating habits and activity habits - consider changes for the better and integrate small steps into your life - and soon you will see the positive effects taking place - one day at a time.

Here are just some of the steps the national HHS suggests under their Smallstep program ([www.smallstep.gov](http://www.smallstep.gov)).

### **Ways to increase your physical activity by doing things slightly different**

You can break up your physical activity into 10-15 minute sessions throughout the day—it's the daily total that matters. Aim for at least 30 minutes for adults, 60 minutes for children. Vary your activities, for interest and to broaden the range of benefits.

Walk instead of driving whenever you can.  
Walk during lunch hour.

Walk to your place of worship instead of driving.  
Walk kids to school.  
Walk instead of sitting around.  
Go for a half-hour walk instead of watching TV.  
Make a Saturday morning walk a group habit.  
Do sit-ups in front of the TV.  
Ask a friend to exercise with you.  
Exercise with a video if the weather is bad.  
If you find it difficult to be active after work, try it before work.  
Stretch before bed to give you more energy when you wake.  
Explore new physical activities.  
Stay active in winter.  
Buy a set of hand weights and play a round of 'Simon Says' with your kids - you do it with the weights, they do without the weights.  
Park farther from destination and walk.  
Take your dog on longer walks.  
Don't have a dog? Get a dog.  
When walking, go up the hills instead of around them.  
Take small trips on foot to get your body moving.  
Walk to a co-worker's desk instead of emailing or calling them.  
Take a walk or do desk exercises instead of a cigarette or coffee break.  
Keep a pair of comfortable walking or running shoes in your car and office.  
Play with your kids 30 minutes a day.

### **Ways to better healthy eating. Confused about how to lose weight or just eating healthy? - It can be done by eating healthy portions.**

Eat half your dessert.  
Eat off smaller plates.  
More carrots, less cake.  
Share an entree with a friend.  
Snack on fruits and vegetables.  
Every time you eat a meal, sit down, chew slowly, and pay attention to flavors and textures.  
Before going back for seconds, wait 10 or 15 minutes. You might not want seconds after all. ►

**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

**Better Health Tips - cont'd****Food tips**

Go lean with protein. Eat lean or low fat meat, chicken, turkey, and fish.

Try dry beans and peas as your lean protein. Enjoy pinto or kidney beans on a salad or a hearty split pea or lentil soup for extra protein and fiber.

Get a whole grain head start with oatmeal or whole grain cereal in the morning.

Try apples or bananas on your cereal.

Focus on fruits. Bag some fruit for your morning commute. Toss in an apple to munch with lunch and some raisins to satisfy you at snack time.

Don't sugarcoat it. Choose foods and beverages that do not have sugar and caloric sweeteners as one of the first ingredients.

Eat before grocery shopping.

When eating out, choose a small or medium portion.

If main dishes are too big, choose an appetizer or a side dish.

Ask for salad dressing "on the side".

Pizza - Ask for more vegetable toppings (like mushrooms, peppers, and onions) and less cheese.

Keep a bowl of cut-up vegetables in the refrigerator for snacks. Carrot and celery sticks are traditional, but consider broccoli, cucumbers, or pepper strips.

Toss salad with salad olive oil and flavored vinegar.

Look for vegetables without added salt, butter, or cream sauces and fruit without added sugar or syrups.

Try eating at least 2 vegetables with dinner.

Try brown rice or whole-wheat pasta.

Try a green salad instead of fries.

Try a new fruit or vegetable (ever had bok choy?)

Try thin slices of avocado on a sandwich or sprinkle some nuts on a salad.

Try a main dish salad for lunch. Try light dressing.

**Remember - you can go directly to the source of these tips and review all of the HHS information on the internet under [www.smallstep.org](http://www.smallstep.org).**

**ANNOUNCEMENTS**

**New staff: Jeanne Alvarez**, FNP, begin January 7th and is based in El Rito. **Melissa Ceballes**, Dental Assistant, started Dec 5, 2007 and **Anna Madrid**, Housekeeper at Ojo Caliente Clinic, started October 29, 2007. Welcome to all.

**Congratulations** to Ojo Caliente Promotora **Aggie Olsen**. She won 'Promotora of the Year' at the annual conference of the New Mexico Community Health Workers Association in 2007.

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

**Northern New Mexico College  
El Rito Campus****January**

5 Saturday - Open Registration - 8-5 pm

For questions that day call Lorraine Garcia @ 581-4147

9-10 Open Registration continues

14 Classes Begin

17 Board of Regents Mtg. - El Rito Campus 9:00 am.

18 Last day to change class schedule

21 No Classes - Holiday: Martin Luther King Birthday

25 Last day to drop a full term class without a refund

Please check our web site for the renewable energy classes being offered this spring semester. Also, Web CT Adobe classes will be offered by Kurt Gardella and Fiber Arts classes with Conni Gardella (Wow!) Take these classes from the luxury of your living room or office.

**Happy New Year!** And Welcome back everyone!  
We anticipate a wonderful and exciting spring semester.

**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**

The Library would like to thank all the wonderful people who have been supportive of us over the last year.

We are starting the new year with a new Board President and Vice-President. Congratulations and thank you to all who serve on our Library Board. Lets make this a great year!

President - Janice Snellman  
Vice-president - Barbara Berger  
Secretary - Joyce Barrett  
Treasurer - Mickey Simmons

## **Wishing everyone a Happy New Year.**

### **EL RITO LIBRARY HOURS**

581-4608

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

## **PUEBLO DE ABIQUIU LIBRARY AND CULTURAL CENTER**

### **Feliz Año Nuevo!**

### **The Abiquiu Library Welcomes New Librarian Sandi Martinez**

With Jackie Herrera on maternity leave, the Library welcomes **Sandi Martinez**. Sandi is a native New Mexican from Medanales. After having lived in Glorieta for a year and a half, she found herself back in the area about six months ago. With five and a half year's experience in customer service, she worked for a woman-owned business in Santa Fe. She has a certificate for writing short stories and writes poetry, as well. Sandi enjoys reading, hiking, great movies, walking, camping, and anything adventurous! "I like working with the public and am grateful for the opportunity to be surrounded

by books and to work in the community of Abiquiu," she says. "I look forward to contributing to the Library's growth and am honored to have met so many of the locals who have been friendly and outgoing. The children are wonderful and I enjoy helping them with their homework and other projects. I am also looking forward to the purchase of new books, including great reference materials for kids in early 2008." Please drop by and introduce yourself to Sandi.

### **Expanded Library Hours**

With the support of a grant, the Library is considering expanding its hours. Our current hours and days are: Sun-Thursday, 1 PM-6 PM. We are considering two options:

- Opening an hour earlier—at 12 Noon or
  - Opening for a half day on Saturday afternoons
- Let us know if you have a preference. Call us at 685 4884 or come by.**

### **New Books in the Library**

***Bird Songs***, featuring Audio from the Cornell Lab of Ornithology, 250 North American Birds, by Les Beletsky;

***New Mexico, Then and Now***, by: William Stone; ***Guinness World Records 2008***, with Glow-in-the-Dark features.

### **ELS, Spanish Classes**

Anyone interested in ELS or Spanish-language classes to come by the Library and sign up.

### **Computer Classes**

Please sign up at the library for Marie War's computer classes which will begin after the first of year. Let Sandi know of your interest and we will notify you of the start date.

### **Posadas y Postres a Traditional Feast for Friends and Family**

*Gracias a todos que participaron con el Duo Chimayo at our holiday gathering!* Special thanks to **Alice Garcia** for her continued support and to Duo Chimayo for their waltzes and polkas. And to everyone who made the delicious *postres*: Yummmmm!

**PLEASE SIGN UP @ THE LIBRARY TO BE  
PUT ON OUR EMAIL LIST FOR  
ANNOUNCEMENTS AND UPDATES—OR  
EMAIL SANDI AT THE LIBRARY:**

**<abiquiupl@gmail.com>**

# 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

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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

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, 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 and 2008 contributors**

\$ 100 and under— John Picaro (9/07)

\$ 500 - The New York Community Trust James Talcott Fund (1/08)

\$ 500 - Andy R. Lopez (1/08)

\$1000 - Sam R. & Isabel E. Jewell, Abiquiu (11/07)

\$3293 - El Trujillo (1/08)

## Las Clinicas del Norte, Inc.

D/B/A Las Clinicas del Norte

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El Rito, NM 87530

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