

EL AVISO

June 2008

Community-Associated MRSA Infections

Author: *Jeanne Alvarez*, FNP, CWS, DNC

What are **MRSA** (Methicillin-Resistant Staphylococcus Aureus) infections and why should you care? MRSA is commonly referred to as one of the super bugs or bacteria which are harder to treat. There has been a significant increase in the amount of MRSA infections in the community in the last couple of decades, these infections are closer to home than you realize and can be lethal if not treated appropriately. Approximately 30% of the population is colonized (when bacteria are present on their skin or in their nose, but not causing an infection). These people can spread the bacteria even though they are not sick. MRSA infections in the community most often affect the very young and the old alike, but it is not uncommon to see it in people with diabetes also. The development of these antibiotic resistant bacteria stems from the overuse of antibiotics in humans, animals and by germ mutations.

Usually CA-MRSA presents as skin or soft tissue infections. People present with "spider bites", abscesses or boils. The site is red, swollen, and painful, with or without drainage or pus. Here are some examples of the types of lesions you might see with MRSA infections of the skin.



MRSA Furuncle (boil)



Spider Bite

MRSA infections are often misdiagnosed as spider bites.



Impetigo (red pustular eruptions that form yellow crust)



Cellulitis (spreading inflammation of tissue)



Folliculitis (an infection of hair follicles)



Carbuncle (abscess larger, more serious than boil and usually draining)

However, **MRSA can cause more serious infections**, such as pneumonia, urinary tract, bone/joint or blood infections, these infections can result in death. Symptoms that the infection is getting worse would be fever, chills, and shortness of breath.

MRSA in the community is generally spread by direct contact with the bacteria or objects or devices that have the bacteria on their surfaces. Skin to skin contact, living in crowded conditions, poor hygiene, and contact with sports equipment that has not been cleaned properly can all result in getting the bacteria. If you have a break in your skin or even dry skin the bacteria can find a way into the skin and start an infection.

MRSA infections can be successfully treated by opening and draining abscesses and boils, treating wounds appropriately and with certain antibiotics. It is important to treat these wounds early to prevent worsening conditions and spreading cellulites, which would require hospital admission and intravenous antibiotics.

Hand washing is the most important prevention for the spread of MRSA. You can prevent community associated MRSA by good hygiene and nutrition (avoiding obesity) and avoiding insect bites. Keeping skin abrasions clean and draining wounds covered and the dressings changed frequently to avoid soaking through with the drainage. Not sharing personal items like towels and razors with others. Showering after physical or sports activities and cleaning the equipment used carefully can prevent the spread of MRSA.

If you have a painful, red, warm lesion or abscess please come to the clinic for an evaluation. A culture will be taken of any suspicious lesions and appropriate treatment will be started to prevent this from worsening or spreading.
(See back of this newsletter for all three clinics information)

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, Vallecitos, Youngsville

ANNOUNCEMENTS

Good Bye to Niccole Toral, Counselor, who resigned May 5th. Good Luck, Niccole.

Positions Open: LCDN is searching to hire a Dental Assistant and a Counselor.

LCDN in Abiquiu ***HEALTH FAIR***

When: June 12, 2008

From: 12 -5pm

Hwy 84 Bldg 21192

Booths, Food, and Lots of Fun!!!

YDI - Presbyterian Health

Corps of Engineers - Abiquiu Lake

State Police - Boys & Girls Club

Hands Across Culture

Car Seat -

Health & Human Services

MedBank - Diabetes Education

Cholesterol Screening

Medicaid applications

and MUCH, MUCH MORE!

Lots of things to do and learn.

SEE YOU THERE!!!

Raffles and incentives also given

away - Don't Miss Out!!!!

***Sponsored By: Tin Moon,
Abiquiu Inn, Las Parras, Coca
Cola, L. Lostetter, Luciente***

For more information: (505) 685-4479.

⊗ 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, Fri, 11 am – 6 pm, Sat, 11 am – 5 pm

El Rito Library Board Mtgs. - every 2nd Wednesday, 5 pm at Library

AA Meetings El Rito - 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 Lewandski of North Central Solid Waste 747-8459.

Abiquiu

Abiquiu Fire Dept. Mtg. - every 2nd Thursday, 7:30 pm, Fire Dept.

AA Meeting - Saturday, 10am, 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, 12:00 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 Lewandski of North Central Solid Waste 747-8459.

Ojo Caliente

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

Fourth Annual Vallecitos Sustained Yield Unit Conference

Saturday, June 7th between 9 AM and 4 PM in Cutting Hall on the El Rito Campus of NNMC.

Help decide the future of the Unit. Conference participants will be using the VFSYU Geographical Information System to study the Unit from the ground up in order to choose which areas will be thinned by the VFSYU Collaborative Forest Restoration Project.

We will also be discussing this summer's youth project for environmental monitoring and projects using local forest resources, and the planned revival of the sawmill in Vallecitos.

Lunch will be served and all members of the community are welcome! Hope you can come!

E-mail John@lcdn.org for more information, 581-4550 or 927-1471. On behalf of the Board and members of Las Comunidades.
John Ussery

EL RITO LIBRARY

New Assistant Librarian

The El Rito Public Library would like to welcome our new Assistant Librarian, **Tom Fortson**. Tom has lived in El Rito for 14 years and is married to Judith Shotwell. Tom's regular working days are Wednesdays, Thursdays and Fridays.

New Library Hours

We are very excited to announce that the Library will **now be open on Fridays**. Here are our new summer hours: Tuesdays, Wednesdays, Thursdays and Fridays are from 11:00 a.m. to 6:00 p.m. Saturday hours will stay the same which are 11:00 a.m. to 5:00 p.m. We hope that opening on Fridays will give you more time to use your Library.

Summer Reading Program The Summer Reading Program will start on **Tuesday, June 10th at 1:00 p.m** at the Library. Participants will be registered that day and will have a chart to record the books they have read. There will be several activities during the program that will include catching butterflies with your own net. After the program ends on **July 26, 2008, at 3:00 p.m.** there will be a special performance by the *Traveling Lantern Theatre Company*. They will do a show entitled: **"Caterpillar Hunter"**. The theme this year is **"Catch the Reading Bug!"**. Fliers have been posted all over town and the surrounding communities to get this information out. We also had two board members, **Susan Guevara and David Genth** go to the elementary schools in El Rito and Ojo Caliente and gave each student a flier. Parents, please get your children involved. The program is free and lots of fun!

"Story Hour" Back at the Library "Story Hour" will be back on Saturday mornings! **Colleen Grenier** will start the first Saturday reading. After that, we will be contacting community members to come help read for one hour on a Saturday. We do not have a definite date so far, but will be posting fliers as soon as we put this together.

Summer Art Workshops We will again be offering **FREE** summer art workshops for our children this summer. We are currently contacting various artists to teach the children; figuring out a schedule; and purchasing supplies. Snacks and drinks will be available for each workshop. A permission slip to attend a class will be required and will need to be signed by a parent or guardian in order to attend.

New Arrivals

Thanks for all the hard work by board members, **Barbara Turner and Janice Snellman**, the library has many, many new books and DVDs for you to come check out. Here is a brief listing: DVDs: *The Golden Compass, Twister, To Die For, Malice, Birthday Girl, My Left Foot, The Middle of the World, The Secret, 3:10 to Yuma, Juno, Into the Wild, Enchanted, Alvin and the Chipmunks, The Orphanage*. Books (including audios): *The Audacity of Hope, The Plague of Doves, The Appeal, Mountain Wildflower of the Southern Rockies, The Water Library, and Weaving Women's Lives*. For a complete listing of all our new arrivals, check out our website: **www.elritolibrary.org**.

PUEBLO DE ABIQUIU LIBRARY AND CULTURAL CENTER 505 685 4884

Come see the Marriage of Figaro! The Santa Fe Opera has donated tickets to the library! The Opera is sending out a bus that will shuttle interested participants and will be here at 7PM for pick-up. **The show starts at 9 PM on June 24th!** We will need 1 chaperon (adult) per 5 children. Tickets will be given on a first-come, first-serve basis.

We will be starting the **Catch the Reading Bug** program for kids and teens on June 17-August 14. And will be handing out registration forms and permission slips as well as book-reading contracts the first week of June, so come on by and pick those up! There will be prizes and awards given to those children who reach their reading goals! We need volunteers, parents are especially encouraged to participate!

Some of the **upcoming summer programs** coming to the library are:

The **Van of Enchantment** in August (A museum on wheels, the Van of Enchantment is a converted RV that tours New Mexico carrying artifacts and materials from the state museums and monuments). **Treasure Trunk** (Treasure Trunks include hands-on and interactive learning featuring authentic artifacts, cultural information, and extension project suggestions). Scheduling for the Treasure Trunk is still in process.

Special note of thanks to sponsors for the Padre Martinez Event:

Hilda Joy	Madeleine Hurd
Susan Martin	Martha and Keith Hjortshoj
Malcolm Ebright	B.P. and K.T. Atterbury
Lorraine Parmer	O'Keeffe Museum
Alex Sera	Seledon and Alice Garcia
Evelyn Gutierrez	Wanda Roach
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Pueblo de Abiquiu Library and Cultural Center
P.O. Box 838
Abiquiu, N.M. 87510
Contact: 505 685 4884 or 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

MEDICAL:

TUES 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

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Las Clinicas del Norte, Inc.

D/B/A Las Clinicas del Norte

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