

# — EL AVISO —

July 2008

## **Wound Care and Dermatology Specialist at LCDN**

Have you, or someone you know, been suffering with an open skin sore for some time?

Chronic wounds, no matter the cause, can be very challenging to the patient, family and caregivers. These wounds may impact the person's ability to get around, cause isolation and financial burden. Many of these wounds can be successfully closed by using the correct wound treatments. Las Clinicas del Norte is happy to announce we now offer wound care provided by our staff who are trained in this specialty. Wound care specialists undergo additional education about wound types and treatment options.



**Jeanne Alvarez, RN, MSN, FN-P, CWS, FCCWS, DNC**, first received her Master's in Nursing, followed by an FN-P in 1997 from the Simmons College in Boston, Massachusetts.

Jeanne Alvarez is a certified wound specialist, working with the Association for the Advancement of Wound Care (AAWC) to provide adequate, multi-disciplinary, and evidence-based wound care.

The Association for the Advancement of Wound Care (AAWC) gives its members the opportunity, through numerous Association benefits and activities, to build a collaborative community to facilitate optimal care for those who suffer with wounds. This community encourages an equal partnership among all individuals who are involved in the care of patients. AAWC was conceived in 1995 to spread awareness by promoting excellence in education, clinical practice, public policy and research. AAWC is a non-profit, multi-disciplinary Association.

Jeanne is also certified through the Dermatology Nurses' Association (DNA) and able to provide care in dermatology. The Dermatology Nurses' Association (DNA) is a professional nursing organization comprised of a diverse group of individuals committed to quality care by sharing knowledge and expertise. The core purpose of the DNA is to promote excellence in dermatological care by working with health care professionals to provide enhancement of their knowledge and skills, reaching members at the international, national, and local levels.

Jeanne Alvarez has 12 years experience treating patients of all ages. Please call for a consultation at the El Rito clinic, 505-581-4728.

**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**

**Welcome** - Monica D. Archuleta from Ojo Caliente was hired as a Dental Assistant.

**John Rich** and **Dana Darrow**, both from Abiquiu, will join Las Clinicas Counseling Department in July.

LCDN has summer medical interns again. Over the years several students have come from Pacific University in Hillsboro, OR (near Portland). **Philip McKay**, who will graduate in 2009 from the School of Physician Assistant Studies, is now here. Philip has a work history as an EMT and Park Ranger at Mt. Rainier, and volunteered with the Peace Corps in the Federated States of Micronesia and Yap Island.

**Olivia Herrera** and **Julian Gallegos** are also interns with LCDN this summer. **Welcome to all!**

### **July is National Blueberry Month**

Did you know that eating blueberries could also be one of the keys to living to a ripe old age? Well, if you take a look at the research, foods that are rich in antioxidants are supposed to help reduce your chance of getting cancer and heart disease, and blueberries are loaded with them. Out of 40 different fruits, juices and vegetables, the blueberry comes in with the highest antioxidant level, according to the North American Blueberry Council. Just three and a half ounces of blueberries are equivalent to over 1700 International Units of Vitamin E.

### **PREVENTING DISEASE AND DISABILITY**

Many people think of a medical clinic as a place to go mostly for injuries or when they were sick. Of course the clinic staff help with these problems. But things are changing, and most people have illnesses and injuries that can be prevented completely or at least delayed. Many of them can be made worse or better by things we do for our physical and mental health. It's never too late to stop smoking, improve your diet, start exercising, learn new ways to deal with painful emotions or reduce stress that tires you out. Getting regular checkups and seeing other health professionals such as dentists and eye specialists helps promote good health. The clinic also has counselors and case managers who can help in difficult emotional or financial times.

## **⊗ 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 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 - 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, 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 - 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.

### **NNMC - Northern News-El Rito Campus**

**June 30-July 27** Horno Design and Construction via Web-CT with Kurt Gardella

**July 7-11** Contemporary Tapestry Class Begins with Conni Gardella

**July 7-11** Spanish Colonial Furniture Class with Rik Gonzales

**July 7-11** Retablo Class

**July 11** A six week Upward Bound Program will depart campus

**July 8** Northern's NYSP Program on campus

**July 14-16** Film Technician Program will have a three day class on campus

**July 15-18** CDL preparation class to be held; Info contact Cecilia

**July 20-26** Elderhostel group will be on campus

**July 21-25** Intro to Weaving Class with Karen Martinez

**July 23** Las Clinicas del Norte will be at our campus park

**July 24** Latin Jazz Concert at 6:30 pm Cutting Hall

**July 25-27** Patricia Maijo Painting Class will be conducted at Jaramillo Hall

We wish everyone a happy and safe Fourth of July Holiday. We also want to thank the **Upward Bound Program** for a wonderful job they done with hosting and assisting 25 northern New Mexico youth develop academic skills required to graduate from high school. Good Job Hilario, Walter, Ana, Janice and Steve.

For upcoming classes feel free to contact Donald or Cecilia. For questions on the Heritage Retreat Center please feel free to contact Carlos Martinez at 581-4115.

*Student Activities Coordinator NNMC El Rito Campus*

*PO Box 160, El Rito, NM 87530*

*Phone (575) 581-4120 / Fax (575) 581-9156*

## **EL RITO LIBRARY**

### **Library Hours**

We are open on Fridays. Here are our new summer hours: Tuesday, Wednesday, Thursday and Friday from 11:00 am to 6:00 pm. Saturday hours will stay the same, 11:00 am to 5:00 pm.

### **Performance by the Traveling Lantern**

On Saturday, July 26, at 3:00 pm there will be a performance by the Traveling Lantern Theatre Company. They will do a show entitled: "Caterpillar Hunter", which is in conjunction with this year's Summer Reading Program theme - Catch the Reading Bug!. This event is free to the public and we encourage all parents and grandparents to bring their children.

### **Movie Night at the Library**

A special thanks to board member Jim Harford for starting movie night here at the Library. The Library has acquired a huge screen and a home theatre surround system. Movie night is currently scheduled every Friday night with two showings - 6:00 pm and 8:00 pm. For current showings, look for flyers and check our website, [www.elritolibrary.org](http://www.elritolibrary.org).

### **Summer Art Workshops**

Workshops have already started. You can register your child in any of the current workshops available. Snacks and drinks are offered for each workshop. In order to attend a class, a permission slip will be required and needs to be signed by a parent or guardian.

### **New Arrivals**

We have many new DVDs and books at the Library. Come by and check them out. We also have updated our reference section. Some new books include Fiske Guide to Colleges; World Book Encyclopedia; Oxford Atlas of the World; Video Hound's Golden movie Retriever; Earth-song by Bernhard Edmaier and many more.

## **EL RITO LIBRARY**

581-4608

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

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

The Old Spanish Trail Association ended their yearly annual conference with a field trip out to the Pueblo of Abiquiu Library and Cultural Center. This was a nice experience and many new, valuable contacts and friends were made. The library has worked with Chimayo Conservation Corp on a portion of the trail to Abiquiu. The books each member donated are graciously appreciated. It allowed for an educational experience for local residents and the library was able to participate in the creation of yet another special collection.

### **Painting exhibition on the Old Spanish Trail**

Don't miss the exhibit at the library of more than a dozen paintings on boards and wooden cabinet doors by Primitive-Contemporary artist **Lloyd Rivera**. With a passion for Southwest History and Folk Art, the paintings on view by Rivera illustrate vignettes and the lore of the Old Spanish Trail. An astute local historian, Taos resident, and a volunteer for the Camino Real/Old Spanish Trail the past nine years, Rivera's artistry revives our common past and re-defines spiritual links across border cultures. The exhibit which continues through August 31st.

### **Bring the Kids to Explore the Treasure Trunks!**

Come see the two **Treasure Trunks** provided by New Mexico Museums. Traditional New Mexico Toys and Games and an international array of Recycled/Reseen toys from around the world The trunks will be opened once a day from July 9<sup>th</sup>-July 29 for one hour and children of all ages are invited to play with and explore their delights! Call the library 685 4884 for times.

### **Summer Youth Activities**

The library welcomes talents of every type into our Summer youth activities. Come into the Library and speak with us if there is anything you'd like to share for knowledge and entertainment of youth. It takes an entire village to bring up every child!

### **New books: History**

5 volumes by Charles L. Convis: *Scouts, Native American Women, Warriors & Chiefs of the Old West, Mountain Men, Visitors View the Old West Spain and the Independence of the United States, An Intrinsic Gift* by Thomas E. Chavez  
*The Backbone of the World* by Franck Clifford  
*Ordeal by Hunger* by George R. Stewart  
*The Oatman Massacre, A Tale of Desert Captivity and Survival* by Brian McGinty

**Library Hours are Sunday-Thursday, 1-7 PM.**  
**For further information, call 505 685 4884 or**  
**email Abiquiu Public Library**  
**<[abiquiupl@gmail.com](mailto: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

### MEDICAL:

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),

\$ 200 - Wimett Revocable Trust Thomas or Genevieve Wimett (2/08)

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

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\$ 500 - Helen Hunt (2/08)

\$ 500 - Ann Norton (12/07)

\$ 1,000 - Sam R. & Isabel E. Jewell, Abiquiu (11/07)

\$ 1,200 - Dr. Anthony David Garcia (4/08)

\$ 3,293 - Dr. 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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**BOXHOLDER**



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