

EL AVISO

September - October 2008

Quality Health Care Close to Home

Spending too much Money on your Health Care?

With gas prices reaching over \$4.00 a gallon and the general national economy in disarray, we all must find ways to save money in our lives. Why drive 30 to 60 miles away for health care services, be it to see a doctor, a dentist, counseling, or other services, when you have a highly rated Health Care system close to home?

Las Clinicas del Norte has three full-time clinics El Rito, Abiquiu and Ojo Caliente.

Each clinic offers a wide range of primary medical, mental health and other services, with dental services located in El Rito. Services include Man and Woman Exams, Medical outreach, Preventive Care, Prenatal and Postnatal care, Well Child Exam, Sports and Work Physical Exams, Depression Screening, Individual or Family Counseling, Group Counseling services, Marriage Counseling, PTSD Counseling, Urgent Care and Specialist care. The outreach Promotora program includes Cardiovascular and Hypertension care as well as providing Diabetes care. (See hours listed on back page).

All patients are welcome into LCDN clinics.

Yes, even if you have private insurance! Through out the years of association with the clinic it has been noted that some public perceptions are that Las Clinicas is "the Poor People's Clinic". LCDN services have always been offered to everyone - which includes, but are not limited to, Medicaid, Medicare, Private Insurance, Self Pay and Sliding Fee Scale patients of our service area and beyond.

LCDN's mission: *Las Clinicas del Norte exists to promote healthy communities with a proactive approach to individual and community health. Our focus shall be to provide comprehensive preventative and primary health care services that are accessible, afford-able, culturally sensitive and compassionate".*

Las Clinicas has offered support for people in medical and dental care, counseling and prenatal and postnatal care since 1973. We are currently celebrating our 35th year of providing quality services to our communities. Over the course of these many years, million of dollars have been expended to create new modern facilities and to have state-of-the-art equipment utilized at all practice sites, much of it coming from federal and state grants/contracts. Each of the clinic buildings at El Rito, Ojo Caliente and Abiquiu are new facilities with the latest computer systems including electronic medical and oral health records. In fact Las Clinicas was the first clinic system in New Mexico to have electronic dental records and the 2nd to offer electronic health records.

Las Clinicas del Norte is a member of the National Association of Community Health Centers, Inc. (CHC), a national not-for-profit health-care organization with more than 950 clinic systems established in the US and a member of the New Mexico Primary Care Association, an advocacy agency of all New Mexico clinic systems. In 2001 Las Clinicas achieved a very high national accreditation among health care organizations, (scoring 94%, at that time the second highest score in the nation) in an independent survey done by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO) who evaluates and accredits almost 12,000 hospitals and home care agencies, and more than 7,000 other health care organizations with the goal of achieving the highest quality level of performance possible; reducing patient risk for undesirable outcomes; and creating an environment for continuous quality improvement.

So - Given that gas prices are out-of-sight and there is a highly rated community health care system close to home, LCDN is a bargain. We are so confident that you will be satisfied with our quality services and our professional staff that we are offering new patients a free office visit including an adjustment for your co-pays. Please come check us out even if you have private health insurance.

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

FLU VACCINE

NOW AVAILABLE AT LCDN

Flu season is once again upon us. The best way to prevent this illness is by getting a flu vaccination soon, which is **now available at Las Clinicas**.

Winter is the time for flu. In the United States, the flu season can range from November through March, and even past March in some years. Every year 5 to 20% the United States population get the flu. The flu is a contagious respiratory illness caused by *influenza viruses*. It can cause mild to severe illness, and at times can lead to death.

Differences between the flu and common cold

The flu usually starts with the sudden onset of a **high fever** (103-104), a **dry cough**, and terrible **body aches**. Other symptoms can include headache, runny nose, nausea, sore throat, and profound fatigue.

Cold symptoms come on gradually and tend to worsen more slowly. A **low-grade fever** (100-101), runny nose, and juicy cough is more likely a cold than the flu.

Flu viruses spread in respiratory droplets caused by coughing and sneezing. They usually spread from person to person, though sometimes people become infected by touching something with flu viruses on it and then touching their mouth or nose. Most healthy adults may be able to infect others beginning 1 day **before** symptoms develop and up to 5 days **after** becoming sick.

That means that you can pass on the flu to someone else before you know you are sick, as well as while you are sick.

To avoid catching the flu or passing it on to others, people should frequently wash their hands, cover their mouth when sneezing or coughing and stay home when sick. And, first of all, **come into any one of the three LCDN clinics and get that flu vaccine.**

El Rito - 581-4728 Abiquiu - 685-4479
Ojo Caliente - 583-2191

Remember

Abiquiu Studio Tour - October 11 - 12

El Rito Studio Tour - October 18 - 19

⊗ **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, 6:30 pm at Library

AA Meetings El Rito - Sun, 5 -6 pm, 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 - NEW LOCATION: Tues, Thurs, Sat. 8am -4pm

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 - 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.

NNMC - Northern News-El Rito Campus

October 2008

1 YDI on campus

1 Jewelry Making Class begins at Jaramillo Hall

6 Aikido Class begins

13-17 Retablo Making Class begins

13-17 Mid-term begins

16 Board of Regents Meeting

18-19 El Rito Studio Tour - Campus will be open with many displays and offering delicious food.

20-21 Fall Break

27-28 Princeton University Art Professors staying on campus

29 YDI on campus

For more information contact:

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

Fall Flea Market

Get ready for the Fall Flea Market scheduled for **Saturday, October 11, 2008**. Clean out your closets, garages, storage sheds, etc. and come sell them here at the Library grounds. It starts at **9:00 am to 3:00 pm**. Everyone is welcome to come and sell. A 10% donation for the Library is suggested. Bring your own tables and chairs. Pack it in - Pack it out!

Death by Chocolate Fundraiser

Once again, we will be participating in this year's El Rito Studio Tour. We will be selling chocolate desserts by our most famous bakers - *our community members*. Save these dates - **October 18th and 19th!** If you would like to donate a dessert for this Library's fundraiser, please call Lynn Nequin at 581-4646 for more information. Thank you all for making this fundraiser a success for the past three years.

School Liaison

We are pleased to announce that **Linda Hammons** has been hired to be the Library's School Liaison. Linda has met with representatives from the Mesa Vista Consolidated School District and has their approval to begin working with teachers at El Rito Elementary. Plans are being made to see how the Library can help students with tutoring, reading and a lot of fun library activities.

Pumpkin Carving & Costume Party

We are going to carve pumpkins! When: **Saturday, October 25th, at 3:00 pm here at the Library**. Then we will paint and decorate faces on our jack-o-lanterns. We will have bales of hay to display our collection. And, oh please, don't forget to wear your costumes. We will have story time with Kolleen, LaLa, and Shangoo the puppet. They will have a lot of great Halloween stories and books. Ms. Linda, the Librarian, will serve hot apple cider and little pumpkin pies.

Overdue Items

We want to thank our patrons who had overdue items at the Library for bringing back their items. About half of you responded to our friendly reminders. Thank you - now other patrons can enjoy the books, DVD's and/or Videos. If you still have overdue items, please return them to the Library - no questions asked. Thank you.

EL RITO LIBRARY 581-4608

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

PUEBLO DE ABIQUIU LIBRARY AND CULTURAL CENTER

COMMUNITY RESOURCES AT THE LIBRARY:

We now have free access to thousands of magazines, through Gale Online in our computer lab! Service is provided through the State Library in Santa Fe.

Also for your convenience, you can access USA.gov, a website that provides Government info including voting and elections; Family, Home and Community (housing, human services, community development); Environment, Energy, and Agriculture; and contact info for Elected Officials.

CONGRATULATIONS: SCHOLARSHIP WINNERS **Angie Maestas** and **Delilah Trujillo** were awarded \$350 each for college text books! Congrats also to our young readers who participated in the *Catch the Reading Bug* program and succeeded in their reading goals! **Kyle Montoya** - 88 books; **Chavela Trujillo** - 49 books; **Zibeon Winn** - 5 Chapter books. For novel-length books, **Kayla Apodaca** - over 20 chapters; **Jeremy Salazar** - over 30 chapters.

CONVERSATIONAL SPANISH WITH VIRGIL TRUJILLO:

Classes start Friday, October 23rd from 6 to 8 PM at the Library. \$50 per person through December 5th, with no class on Halloween. Sign up now at the Library or call Sandi at 505 685 4884 / abiquiupl@gmail.com.

HALLOWEEN HAUNTED HOUSE AT PARISH HALL

Be Afraid. Be Very Afraid! For you scary pleasure, the Library will open its Haunted House for one night only at the Parish Hall in Abiquiú Plaza. Creepy crawlies, ghosts, and other nightly creatures come alive for children of all ages. **Halloween Night** - Friday, October 31st, 5-9 PM, \$1.00.

NEW BOOKS: *Cane River* by Lalita Tademy; *Snow* by Orhan Pamuk; *Suffer the Little Children* by Donna Leon; *Savage Beauty* by Nancy Milford; *Sylvia Beach and the Lost Generation, a History of Literary Paris in the Twenties & Thirties* by Noel Riley Fitch; *Frida, a Biography of Frida Kahlo* by Hayden Herrera

PUBLIC SERVICES REMINDER: We offer fax and notary services! Call the library for more info! If anyone is interested in setting up tutoring space in the library, please call us at 685.4884 and we can help make arrangements.

THE LIBRARY NEEDS YOUR HELP: The RAIL libraries (Rio Arriba Independent Libraries), including Abiquiú, El Rito, Embudo, and Truchas have been hit hard with deep cuts in funding from the State Legislature. This year's appropriation was reduced by more than 75% (!!!!) leaving each library to scramble for funds. **Any donation—no matter how small—can make a difference!** More and more people are using the library. Please help us to continue to offer the important services and educational programs that *Abiquenos* depend on. *Gracias!*

NEW WINTER HOURS start on October 1st, from 1-6 PM Sunday thru Thursday.

For information: 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

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 - Willie Picaro 9/07)

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

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

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

\$ 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)

\$ 25,000 - An Anonymous Donor (7/08)

Las Clinicas del Norte, Inc.

D/B/A Las Clinicas del Norte

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El Rito, NM 87530

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