

— EL AVISO —

January 2009

Helping Your Child or Teen Manage Stress

People feel stress when their resources (their ability to cope with things) do not match the demands of a specific situation. This is true for kids as teens as well as adults. Typical situations where people feel stressed include the following:

- Having to cope with too many distractions
- Being expected to meet unclear, confusing, or unrealistic goals
- Having to do work that is overly complicated
- Being expected to do tasks without the required skills, training, or background
- Having to spend time with abusive, negative, or unreliable people (other kids or authority figures)
- Fearing for one's safety
- Being ill or just not feeling well
- Not getting enough exercise
- Not eating properly
- Not getting enough sleep
- Not having enough time to relax
- Abusing drugs or alcohol

How Can I Help My Child Manage Stress?

The following tips may assist you in helping your child or teen identify the sources of stress in his or her life and to manage them better. Work with your child to figure out what is causing him or her to feel stressed out. Use the preceding list to help identify the stressors. Suggest that younger children draw pictures that illustrate their bad feelings. Older children and adolescents can write about their feelings in a private journal. Teens might make a list of people who cause them stress, and explore what the issues are.

Help your child decide what to do about each of the sources of stress. Look for areas where you can help him or her. For example: If the child is stressed because another child is

bullying him in class, suggest that you talk to the teacher together. If your teen is anxious because he or she is falling behind in class, discuss the options for helping him/her. Let him/her choose the best one.

If relating to others is one of the problems, help your child or teen build stronger people skills. These may include the areas of communication, assertiveness, problem solving, and/or managing conflict. People skills are learned; no one is born knowing how to get along well with others. Teach your child to steer clear of toxic people and situations. Explain that there will always be individuals who seem to have a negative effect on others. Discuss with your child how to limit the amount of time spent with these people. He or she might consider declining their invitations to play or ask the teacher to be moved to a different part of the classroom. *Explain to your children that they don't have to feel guilty about avoiding anyone who makes them feel bad about themselves. Help your child look for ways to seek out positive people and situations. Talk to your child about spending more time in situations that make him or her feel good.*

Check your child's diet. Some foods actually amplify the stress response: Caffeine stimulates the release of stress hormones. This increases blood pressure, heart rate, and the flow of oxygen to the heart. Ongoing exposure to caffeine can also harm the heart tissues. Refined sugar and processed flour are stripped of important vitamins. In times of stress, some of these vitamins are needed to help the body maintain the nervous and endocrine systems. Complex carbohydrates (fruits, vegetables, whole breads, cereals and beans) are better for the body and help it resist the effects of stress. ►►

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

Cont'd ►►

Encourage your child to exercise. This is one of the simplest and most effective ways to respond positively to stress. Physical activity provides a natural release for the body during its fight-or-flight state of arousal. When the body returns to its normal state of equilibrium after exercising, one feels relaxed and refreshed. Help your child look for ways to let go of tension and anxiety. Meditation and progressive relaxation are two valuable ways to regenerate and refresh oneself. Even children can benefit. You can purchase meditation and relaxation audiotapes (there are some titles created especially for kids) or record your own. This is especially important because health and long life depend on minimizing stress and achieving a sense of balance and well-being.

Make sure that your teen has someone to talk with. Adolescence can be a highly emotional time. Your teen is encountering new things every day and is not always ready to meet the demands of unfamiliar social situations. When he or she starts to feel stressed, it probably means that pent-up feelings need to be let out. Besides being available yourself, encourage your teen to look for help from Las Clinicas del Norte School-Based Health Clinic – Therapists or people like these:

- Your minister or rabbi
- The family doctor
- A mental health professional with experience working with adolescents
- Teachers
- The school psychologist
- Guidance counselors

If you feel that your family can benefit from receiving counseling services, please feel free to contact us at Las Clinicas del Norte-Community Counseling Services:

El Rito Clinic 581-4728

Contact-Jesse Martinez, LISW

School Based Health Clinic 583-2401

*Contact-Leann Martinez, LMSW or
Veronica Sanchez, LMSW*

Announcements

Welcome to the newest members of the LCDN counseling community, **Dana Darrow**, a counselor at the Abiquiu clinic and **Devi Khalsa**, a counselor at the Ojo Caliente clinic.

Also welcome to **Theresa Ocana**, who was hired as a Medical Assistant Float and **Braen Alire-Terrazas**, hired as an Accounts Payables Assistant.

⊗ **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 - Tues, Thurs, Sat. 8 am - 4 pm Recycling Station at the old El Rito Dump. Call for information, Joseph Lewanski of NCSW 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 - Sun, Mon, Tues, Wed, Thurs, 1 pm – 6 pm, located on the Plaza

Recycling - Tues.- Sat. 8 am to 4 pm. Recycling at the El Prado Convenience Station at the Rural Events Center. 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.

The Abiquiu Volunteer Fire Department broke ground for a new Fire Station on the Rio Arriba County Rural Events Center on New Mexico Highway 554 in Abiquiu on November 24, 2008.

The Volunteers thank Governor Bill Richardson and his staff, Lt. Governor Diane Denish and her staff, Senator Richard Martinez, Representative Debbie Rodella, Speaker of the House Ben Lujan, Senator Carlos Cisneros, Representative Nick Salazar, other Legislators and the Legislative staffs and RAC Commissioners Phillip D. Martinez, Elias Coriz and Alfredo Montoya (Chairman) for funding the Fire Station and Fire Trucks. The Volunteers also thank Mrs. Annadelle Sanchez, Vice Chair of the Democratic Party of New Mexico, NM State Fire Marshal John Standefer and his staff, RAC Manager Lorenzo Valdez and his staff, RAC Medical Director Laura Kay and her staff, RAC Fire Marshal Jerome Sanchez and his staff, RAC EMS/Wildland Coordinator Mateo DeVargas and our many private Donors for their continuing support of the Department during this exciting period of growth to serve the citizens of our Service Area to the best of our ability as trained Fire Fighters and Emergency Medical Service Volunteers.

Sam Jewell, Abiquiu

EL RITO LIBRARY

Auction Fundraiser - Another Success!

We want to thank **EVERYONE** who donated items for the Live/Silent Auction fundraiser on December 6, 2008. A special thank you to Auctioneer **Donald Martinez, Jr.** and his wife, **Aileen Prada-Martinez;** **Jose Romero** and his wife **Albinita Romero**. These fine people did an awesome job of running the auction with such professionalism. Thank you to the individuals who came to the auction and bought the items. **THANK YOU ALL FOR SUPPORTING YOUR LIBRARY.**

New Board President

We are pleased to announce **Jim Harford** as the new President for the Library's Board of Directors. A very special thank you goes out to our previous Board President, **Janice Snellman**, for a job well done. Janice, you worked very hard with so many hours volunteered to make things happen here at the Library. You will be missed!

Children's Christmas Party

We had such a great turnout on December 13, 2008. Kids made some awesome Christmas decorations for our two beautiful trees donated by the El Rito Forest Service. Santa Claus visited the children and brought them stockings filled with goodies. A special thanks to **Kolleen Grenier** and **Linda Hammons** for planning and putting this event together.

Individual Donations

The El Rito Library is very grateful for the many individual monetary donations. Without you, we could not keep our doors open. We appreciate any donation especially during this difficult time that we call "recession". Many non-profit organizations are feeling the pinch, but we know that many appreciate that we are here - not only for El Rito, but also for all the surrounding communities.

MAY YOU ALL HAVE A VERY HAPPY AND PROSPEROUS NEW YEAR!

EL RITO LIBRARY

581-4608

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

PUEBLO DE ABIQUIU LIBRARY AND CULTURAL CENTER

VOLUNTEERS NEEDED FOR ONE-ON-ONE TUTORING

Help With Homework, Read Together, Help A Child Get Ahead! Winter/Spring tutoring opportunities at the library: sign up with the librarian and we'll match you with Abiquiu Elementary school children who need your help. Two hours per session on week days after school. We are **flexible** with your **schedule!**

ADVISORY BOARD HELPS MAP LIBRARY'S FUTURE

Advisory Board members and Friends of the Abiquiu Library and Cultural Center shared the Santo Tomas Fiesta with the village on the Saturday after Thanksgiving, followed by a luncheon to plan for future support. Much is happening in Abiquiu and the library is central in the village's efforts to continue to educate the public about our rich cultural heritage. Be a part of the master planning. Join us at the Library! Become a friend and help us to realize our long-range mission.

NEW BOOKS

Land Grants & Lawsuits in Northern New Mexico by **Malcolm Ebricht** has been re-published with very nice cover art by **Glen Stock**. Look for upcoming book signing soon. Malcolm is on the library's Advisory Board and has been researching local history for more than 30 years. He has also donated his writings for the Center of Land Grant Studies, an extremely interesting collection of Land Grant/Pueblo Histories that can be read at the Library as part of our research archive.

You're Not Indian - You're Mexican, by **Vivian Delgado** Ph.D. and her husband, photographer **Tom Cain**, can be purchased for \$15 upon request. This book traces the ancient DNA lineage through Mayan and Aztec people brought here from Mexico by the Spaniards.

NEW BOARD MEMBERS AND STAFF

We're happy to announce that **Barbara Manzanares** has joined the Library Board. The library welcomes **Crystal Martinez** who is learning new skills and helping the library through the NM Works program. Crystal will learn archiving and cataloguing on the Library's Past Perfect Museum software.

And **welcome** to our new librarian **Linda Hammons** who has an MLS and years of library experience, and comes to us after completing a major cataloguing project for our sister RAIL library in El Rito.

GRACIAS / THANK YOU TO EVERYONE WHO HELPED MAKE THE LIBRARY HOLIDAY PARTY A SUCCESS! From those that bought tickets and made food to the generous contributions of artists, community, and friends, the Library gratefully acknowledges your support!

-Pueblo de Abiquiu Library Board

Abiquiu Library: Sunday through Thursday 1 — 6 pm
505 685 4884 / Isabel Trujillo, director: iwt777@yahoo.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: 581-0028

MON thru FRI 8 am- 6:00pm

NO DENTAL SERVICES

NO DENTAL SERVICES

LCDN BOARD OF DIRECTORS

President, Gary Salazar; Vice-President, Marcos Garcia; Treasurer, (open); 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

For Abiquiu Health Fair in August 08 - \$100 and Under - Abiquiu Studio Tour; El Valle Insurance Agency, Inc (6/08); Elipio's Blue Spruce Bar; Cerro Perdenal Heritage Assoc.; \$ 500 - Wal-Mart, Espanola

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

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

Andy R. Lopez (1/08); Helen Hunt (2/08); Dr. Kathleen Maley (12/08)

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

The Family of Stephen Patrick (12/08)

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

\$ 2,000 - Ruby P. Maley (12/08)

\$ 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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