

EL AVISO

November 2003

Time for your **FLU VACCINE**

Why get vaccinated?

Influenza (flu) is a serious disease. It is caused by a virus that spreads from infected persons to the nose or throat of others. Influenza can cause:

- * fever
- * sore throat
- * chills
- * cough
- * headache
- * muscle aches.

Anyone can get influenza. Most people are ill for only a few days, but some people get much sicker and may need to be hospitalized. Influenza causes an average of 36,000 deaths each year in the US, mostly among the elderly and immune repressed individuals.

Influenza vaccine can prevent influenza.

The flu vaccine is an inactivated (killed) influenza vaccine that has been used in the US for many years. Influenza vaccine is updated every year because viruses change often.

Some people who get flu vaccine may still get the flu, but they will usually have a milder case than those who did not get the shot. Protection develops about 2 weeks after getting the shot and may last up to a year.

The best time to get a flu shot is now, in October or November. This protects you for the full season. However, the flu season usually peaks between January and March, so getting the shot even later is still beneficial in most cases.

Most people need only one flu shot each year to prevent influenza. Children under 9 years old, getting flu vaccine for the first time, should get two shots, one month apart.

If you have a fever or are severely ill at the time the vaccine is scheduled, you should probably wait until you recover before getting the shot.

Who should get the flu vaccine?

People over 6 months of age who are at risk for getting a serious case of influenza or flu complications, and people in close contact with them (include all household members).

An annual flu shot is recommended for:

- people 50 years of age or older
- people with long-term health problems
- people with weakened immune systems
- women who are pregnant.

An annual flu shot is also encouraged for:

- healthy children from 6-23 months of age
- household contacts and out-of-home caretakers
- people who provide essential community services
- people at high risk who travel
- people living in crowded conditions
- anyone who wants to reduce his or her chance of catching influenza.

A vaccine, like any medicine, is capable of causing serious problems. Mild problems are soreness, redness, or swelling where the shot was given, fever and ache, and may last 1-2 days. If severe problems occur, such as high fever or behavior changes, or severe allergic reactions, such as difficulty breathing, hoarse-ness or wheezing, hives, paleness, weakness, a fast heartbeat or dizziness, call your doctor immediately. These symptoms will occur within a few minutes to a few hours after the shot.

FLU SHOTS AVAILABLE –

\$10 for anyone, no appointment required.

Walk-ins are welcome at all three clinics.

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**Available at Ojo Caliente Mineral Springs
on Nov. 15th from 11am – 2pm.**

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

QUITTING SMOKING FOR LIFE

Anytime is a good time to quit smoking – for your health and the health of any children or family members who also breathe your smoke. (Children are far more likely to have bronchitis and asthma attacks when a parent smokes.)

But winter is coming on and is an *especially* good time, because houses and cars are usually sealed up to keep warm. While we try to keep the heat in, we also hold in more smoke and the bacteria and viruses that cause illnesses. Smoke causes the lungs and airways to not work as well to clear out the junk from colds and the flu. Before you know it, family members are even sicker, more often, and for longer periods.

Reasons to Quit

Cigarettes have many drugs and poisons in them that affect your heart, arteries, lungs, brain, and other organs. The nicotine hooks us, but we also get ammonia, cyanide, DDT, formaldehyde, carbon monoxide, and many other things from smoking that harm us.

If you quit, good changes take place pretty fast:

- ❖ *In 20 minutes*, blood pressure and heart rate drop; blood flow to hands and feet increases
- ❖ *In 3 days*, your airways relax, letting you breathe easier. Sense of smell and taste improve
- ❖ *Within 1-9 months*, coughing and congestion decrease. Heart and lungs work better, and energy levels increase.

Your chances of a heart attack start dropping after only 1 day of quitting, and by 10 years lung cancer rates are the same as for those who have never smoked.

Reasons to Not Quit

No one eats simply because they have to eat to stay alive. We eat because we're happy, sad, bored, celebrating, and sometimes even because we're hungry.

No one smokes because they love the feel of smoke filling their lungs, or hacking and coughing. Some common reasons people do smoke are:

Habit – it's hard to not do something we have done many times a day for years

Mood changing – nicotine goes to the brain twice as fast as heroin, and can relax, stimulate, reduce tension, and change our mind in many ways

Distraction – smoking is something to do for a break at work, or when we're nervous

Others do it – we fit in with other smokers. That's a main reason many smokers start when they are teens, when "fitting in" is particularly important

Hard to stop – for all of the above reasons, and more, it is very hard to quit. So what works?

The Three Steps to Stop

- ❑ **Get medical support.** Talk to your health care provider about what you can do to quit. Discuss nicotine replacements and the prescription medicines that may help. Find out when the next quit smoking group is.
- ❑ **Get personal support.** Check out which friends and family will quit with you, or at least not smoke around you. Find out whom you can take a walk with, or talk to, or do other things with rather than taking a puff.
- ❑ **Give support to yourself.** Through talking with medical staff, friends, quit-smoking groups, and others, plan out what you can do instead of smoking. Remind yourself of all the things you like to do that don't include smoking; learn new ways to relax and feel good.

Above all, be patient. Cigarettes are very, very addictive. But once you quit, you will feel, look, and smell so much better (and so will the children and others around) and you will be glad you made the effort.

**Stop Smoking
Support Groups
are available at
Las Clinicas del Norte**

Please contact Bill Atkinson or Janet Lucero in Ojo Caliente at 583-2191, or Joan Tollefson in El Rito, 581-4728.

Announcements & News Briefs

Greetings to **Scott Cheever, DDS**, our new dentist, hired temporarily until next year. Hope he enjoys his stay. And **Tillie Chavez-Sandoval, RN**, is the new Director of Nursing/Health Educator in the Las Clinicas' system. Also recently hired are **Natalia Lopez**, Housekeeper in El Rito and **Berlinda Valdez**, Cashier/Receptionist at the Ojo Caliente clinic. **Idalba Perlaza** transferred from Housekeeping to Dental Sterilization Technician in El Rito and **Carol Ocana** has returned from a Leave of Absence. Welcome to all.

POSITIONS OPEN

Case manager to do Medicaid enrollment at all three clinic sites.

Accountant experienced in non-profit health care and understanding of all aspects of accounting.

Contact **Thelma Chavez** at **581-4728, ext. 253**.

⊗ Community Events ⊗

Contact Person, **Joan Tollefson, Editor, 581-9103 or 581-4728**

Las Clinicas 24-hour Emergency Number – 1-888-678-6160
El Rito

Las Clinicas del Norte Board Meeting – every 3rd Monday,
7 pm, El Rito clinic Community Room

El Rito Library – Tues, Wed, Thurs, 11 am – 6 pm, and
Sat, 11 am – 3 pm.

El Rito Library Board Mtgs. – every 1st Wed, 6 pm at Library

AA Meetings El Rito – Tues, & Thurs, 7m – 8pm, at Catholic
Church Parish Hall, open discussion. Contact Ed F. 581-4559

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, call for info. 581-4516

Recycling El Rito – every 4th Saturday, 9 am – 2 pm, behind the
Martins Store Gas Station
Abiquiu

Recycling Abiquiu – 4th Sunday every month, 9 am-2 pm,
Abiquiu Las Clinicas clinic parking lot

Abiquiu Fire Dept. Mtg. – every 2nd Thursday, 7 pm at Fire Dept.

Al-Anon Meetings Abiquiu – Monday, 5 pm, call for location,
contact numbers, 581-4471 or 685-4503

Abiquiu Library – Mon, Tues, Wed, Thurs, 12:30 pm – 6 pm
and Sunday, 9 am – 12 noon, located on the Plaza

Ojo Caliente

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

→ Calendar Cont'd

Medanales

Medanales, Rio Chama, Tierra Azul Community Mtg. – every
1st Mon, 7 pm, Medanales Comm. Ctr., ph.#, 685-9416

Northern New Mexico Community College El Rito Campus

November Northern News

3-9 - Introduction to Forestry class begins at
8:00 am to 5:00 PM (Jaramillo Hall)

10 - Pre-registration begins for Spring 2004

11 - No classes (Veterans day)

18 - New Student Orientation (Española Campus)

20 - Board of Regents Meeting

26 - Last day to withdraw from a full term course
(Fall 2003)

27-28 - Thanksgiving Break

We would like to encourage everyone interested in fire fighting to enroll in our Wildland Fire Science classes. Our first class begins Nov. 3, for more information contact Dorothy Duran at 581-4115.

We would like to thank all our students and faculty who participated in our local studio tour for representing Northern-El Rito campus and our beautiful community. Good Job!!!

Come by and visit our campus. You might be surprised what we can offer you.

For more information on registering or any other questions call 581-4120 or 581-4115.

Rural Bookmobile Schedule

Ojo Caliente

November 4 and December 2

4:05 to 5:00 pm
in front of Ojo Caliente Post Office

EL RITO WATER PLANNING COMMITTEE

Regular scheduled meetings of the El Rito Regional Water Committee are being held at the Las Clinicas del Norte Conference every Wednesday evening at 6:30 pm. Everyone in the community is welcome to come and help resolve issues concerning the development of the new regional water system plan for El Rito.

EL RITO LIBRARY

Ph. 581-4608

Our Hours are:

**Tuesday - Wednesday - Thursday, 11-6,
and Saturday, 11-3.**

**The Traveling Lantern
Theatre Company**

will be coming to El Rito to perform
"Robin Hood"

November 15, 2003 at 2:00 p.m.

This event will be at the Old Gym at NNMCC campus. Kids of all ages up to 120 years old are welcome. Come spend Saturday afternoon with us and enjoy "Robin Hood"!! This is being brought to you by the PNM Foundation.

The El Rito Studio Tour was a great event. Many visitors came by the Library to taste our mouthwatering green chili stew and to see the new artists in our community. **Marbella Martinez** from the Placitas area displayed her "Inspirations on Wood" retablos and she was joined by her nephew, **Jonathan Trujillo**, who had a couple of retablos for sale. Thank you Marbella and Jonathan for being part of our studio tour here at the Library. We look forward to next year!

We would like to remind our community members and surrounding areas about our **"Family Resource Center"**. Maxine Fine worked very hard in getting a family resource center started here at the Library. There are many, many books on topics dealing with family situations, medical problems, drugs and alcohol abuse, teenage peer pressure, and pregnancy. This Family Resource Center was put

together in collaboration with Las Clinicas del Norte.

Spanish books and videos

The El Rito Library is interested in having a section of Spanish books and videos. We need your help! If you know of any good Spanish books or videos that your family or other members of the community might enjoy, please drop off your suggestions at the Library or give us a call at 581-4608.

Saturday Reading Story Hour

The El Rito Library is also interested in starting a Saturday Reading Story Hour for our children in the community and surrounding areas. We are focusing on 3 to 8 year olds to participate in this project. If your children are interested, please sign them up at our front desk. Remember, teaching our kids to read at a young age will encourage them to continue reading into their teens and adult years. *Reading breeds Success!*

KIDS, KIDS, KIDS!!!!

We will need our community kids to come help us decorate our Library's Christmas tree in early December. We do not have any Christmas tree decorations so we would like to solicit the children to make an ornament to hang on our tree. Be original, have fun and bring it to the Library when we put up our tree!

Donations and fundraisers are what keep your Library doors open. If you would like to make a **tax deductible donation**, please drop off your donation at the library or mail it to: El Rito Library, P.O. Box 5, El Rito, NM 87530.

Friends of the Library

Don't forget, if you want to get involved in helping your library with fundraising events, volunteering and publicizing the library, join the **"Friends of the Library"**. Contact Joan Tollefson at 581-9103 for more information.

ABIQUIU PUBLIC LIBRARY

Fall is in the air, the temperature is down and it is looking like time to stay inside. It also looks like time to look for a good book!!! We have a new collection of books to choose from just so you can relax and enjoy. We have been working hard and adding these newly donated books to our variety of selections. Come and get first pick at great books like:

Against the Wind;

J. F. Freedman

The Hunt for Red October;

Tom Clancy

A Personal Devil:

Roberta Gellis

Before I say Goodbye;

Mary Higgins Clark

"O" is for Outlaw;

Sue Grafton

Dr. Atkins NEW Diet Revolution;

Dr Atkins

Make the Connection;

Bob Greene and Oprah Winfrey

We have many more great books on their way. We are working on ordering a new collection of "Large Print" books from a grant donated to us from the **New Mexico State Library**. If you have any requests of something you would like to see in our library let us know as soon as possible.

The Abiquiu Studio Tour came this way!

We had a great turn out with this year's tour; Dexter cooked up some of the best local favorites along with his famous "biscochitos". He had help with the cooking and serving from Maurice, Lydia and Chriselda. We thank you all for all your hard, but GREAT work!

We also had a book sale with the help of Isabel, Mimi and Ruth. It was a great success. And let's not forget the help we got from Sophia and Ambrosia, Thank you all for all your dedication in helping us with the library.

Tony and Loretta worked on more "Memory Cement Stepping Stones" for our future reading patio. Everyone had fun like "Champ"

the poodle, who's owner put his paw prints in cement, and the "Dominovich Boys", who with help from Ida and Virginia will forever have a part in the Abiquiu Public Library's, "Walk of Fame". We may be setting up another time for making more stepping-stones. If you want to make some for your family or your self, call us and we can set up a time before it gets too cold. Don't miss out on putting your hands into this great project again. Come in and see all the wonderful designs made so far.

Things are starting to come in for the completion of our reading patio fence. We had a load of slat wood donated for our fence from Dennis and Karen Duran of **New Mexico Vigos & Timbers** of Santa Cruz.

A SPECIAL THANK YOU GOES OUT TO DENNIS AND KAREN DURAN FOR HELPING US. The next step is getting a crew together for the building of the fence and the setting of the memory stones, let us know if you can come in and help. **Everyone's help is always greatly appreciated.**

We are also giving a "**GREAT BIG THANK YOU**" to the **Santa Fe Community Foundation** for the donation given to our library toward Special Programs. Thank you, Isabel for all the hard work!!!

READ to learn!

READ for the fun!

"JUST READ!"

@THE ABIQUIU PUBLIC LIBRARY

Abiquiu Library Hours

Ph: 685-4884

Sunday – 9:00 am – Noon

**Monday, Tuesday, Wednesday &
Thursday**

12:30 pm – 6:00 pm

Closed Friday, Saturday and Holidays