

EL AVISO

January 2004

It's the New Year!

Let's start fresh and begin the year by reviewing ways of getting information from your doctor and other health professionals.

TALKING ABOUT YOUR HEALTH

What Should I Say? Talking about your health means sharing information about how you feel both physically and emotionally. Knowing how to describe your symptoms, to discuss treatments, and to talk with specialists will help you become a partner in your health care. In advance, write down your questions and your concerns, make sure to bring them with you. If you like, bring a family member with you. Here are some issues that may be important to you when you talk with your doctor.

Take notes. It can be difficult to remember what the doctor says, so take along a note pad and pencil and write down the main points, or ask the doctor to write them down for you. If you can't write while the doctor is talking to you, make notes in the waiting room after the visit. Or, bring a tape recorder along, and (with the doctor's permission) record what is said. Recording is especially helpful if you want to share the details of the visit with others.

PREVENTING DISEASE AND DISABILITY

Until recently, preventing disease in older people received little attention. But things are changing. It's never too late to stop smoking, improve your diet, or start exercising. Getting regular checkups and seeing other health professionals such as dentists and eye specialists help promote good health. Even people who have chronic diseases, like arthritis or diabetes, can prevent further disability and, in

some cases, control the progress of the disease. If a certain disease or health condition runs in your family, ask your doctor if there are steps you can take to help prevent it. If you have a chronic condition, ask how you can manage it and if there are things you can do to prevent it from getting worse. If you want to discuss health and disease prevention with your doctor, say so when you make your next appointment. This lets the doctor plan to spend more time with you as well as to prepare for the discussion.

SHARING ANY SYMPTOMS

It is very important for you to be clear and concise when describing your symptoms. Your description helps the doctor identify the problem. A physical exam and medical tests provide valuable information, but it is your symptoms that point the doctor in the right direction.

Questions to Ask Yourself about your Symptoms

- **What exactly are my symptoms?**
- **Are the symptoms constant? If not, when do I experience them?**
- **Do the symptoms affect my daily activities? Which ones? How?**

Examples of symptoms include pain, fever, unexplained weight loss or gain, or difficulty sleeping. Tell the doctor when your symptoms started, what time of day they happen, how long they last (seconds? days?), or how often they occur, if they seem to be getting worse or better. Take the time to make some notes. Concern about your symptoms is not a sign of weakness. Being honest about what you are experiencing doesn't mean that you are complaining. The doctor needs to know how you feel.

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

Announcements & News Briefs

Congratulations to Jessica Vigil, who gave birth to a baby girl on December 12, 2003. Jessica named her Natalia.

Notice: All Clinics will be closed from 12-6 PM on January 8th, 2004

Hours are Changing in January at El Rito and Ojo Caliente clinics.
Ojo Caliente will now be open on Fridays.
El Rito Dental is now closed on Fridays.
See back of newsletter for listing of hours.

⊗ 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 infro. 581-4516

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

NA (Narcotics Anonymous) - Sunday at 7:30 pm at the El Rito
Library on Route 215 in El Rito.

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.

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

January 2004

Jan 10-Spring Registration 9:00AM-5:00PM
(both campuses)

Jan 12-Faculty/Staff Convocation-
El Rito Campus 8:00AM-3:00PM

Jan 14/15-Spring registration 10:00AM-7:00PM

Jan 19-Dorm check in from 3:00-5:00PM

Jan 20-Classes begin

Jan 30-Deadline Switch from

Credit/Audit or Audit/Credit

Happy New Year Everyone!

For more information on registering for a class at NNMCC call Donald Martinez, Student Activities Coordinator, at 581-4120. Stop by and visit our campus and find a class that fits you.

EL RITO LIBRARY

Ph. 581-4608

Tuesday - Wednesday - Thursday, 11am – 6pm,
and Saturday, 11am – 3pm.

HAPPY NEW YEAR TO EVERYONE!!!

Do you have a New Year's Resolutions List? How about making a new year's resolution of visiting your local Library once and week and reading a new book? If you haven't come into our Library for some time, you will be amazed on seeing how many new books, videos and book on tapes we have. We also have a subscription to the Albuquerque Journal, New Mexico Magazine, National Geographic, and many, many more!! For those of you have small children, we have so many awesome books and videos for them to check out. Have your kids travel through the adventures and let their imaginations go wild by reading a book. We have books and videos for all ages: kids, young adults, teenagers, adults, seniors, etc. There is something in the Library for everyone. We look forward to seeing you here.

The El Rito Library is pleased to announce that we will have a Notary Public available. Charles Bayly will be a notary public and will be happy to sign your documents. There is no fee for this service, but a small donation is always appreciated.

THANKS, THANKS AND THANKS

A special thanks goes to our outgoing Library Board members. First, special thanks to outgoing Board President, **Mr. Robert P. Snow**, or Bob as we all know him. Bob has done a →

→ fantastic job presiding over the El Rito Library Board of Directors. He has been involved in many projects for the library and we thank him for the endless hours he has spent on behalf of the library. Thank you, Bob, for your dedication and commitment. The great news is that Bob will continue to be an active member of the Board and will be our new Secretary.

Our second outgoing board member is **Mr. Bill Page**. Bill, you have done so many great things for our library that you will be sorely missed. Thank you for your commitment, dedication and love for our library. We wish you the best of luck.

THANK YOU BOB AND BILL FOR THE GREAT JOB YOU BOTH HAVE DONE IN MAKING THE EL RITO LIBRARY SUCH A SPECIAL PLACE.

Don't forget that you can make a donation to the El Rito Library. Your donation is 100% tax deductible. Help us keep the library doors open. Every donation is greatly appreciated.

ABIQUIU PUBLIC LIBRARY

SPECIAL MESSAGE ON OCCASION GIFTS: *Growing up in Los Angeles, my mother inspired the family and all her friends by giving a small donation in our names to our local branch library on our birthdays and other special occasions. In her honor, I follow this tradition and urge others to do the same. Even the smallest donations add up and we all know how important the library is to our community.*
Susan Martin

The Abiquiu Public Library experienced, first hand, the effectiveness of 911 services in the immediate village when a patron requested attention. Local volunteers **Sally and Ben Jaramillo, Lynn Rivera, Brenda Martinez, Phillip Trujillo and Gene Rodgers** worked very well together and it was obvious that they all knew what they were doing. Sally is a great dispatcher and Lynn is very calm and caring with precise awareness to the entire situation. It sure is good to know they are our neighbors!

Our gratitude also belongs to **Monica Herrera** who has been volunteering as treasurer to the Library whereby she is accurate and alert in her accounting methods. Thank You for your help.

Our annual Christmas letters have gone out to exceptional friends of our Library recently and we ask that you consider 2004 an extraordinary crisis year in view of the fact that grant reductions have taken place and have become more difficult to achieve. It is our goal to continue to keep the Library open as many hours as we possibly can and still continue with our special programs. We need to count on your help more than ever!

Rabia van Hattum has been contracted to coordinate our after-school tutoring program in a more direct way in order to accomplish more one-to-one assistance. She is looking for referrals from teachers and parents and will keep a waiting list since space is limited because of low budget restraints. She will be needing adult volunteer tutors once or twice a week for approximately 2 hours. Please find it in your heart to help us help others!

Anastasia Ferran has been an assistant circulation desk clerk for a good while now and we want her and everyone else to know how efficient and helpful she has been for us. She does not complain and is very prompt when we need her. She is a Mesa Vista high school student with promising potentials. The joy is completely ours in working with her!

There will be an **Abiquiu Mutual Domestic open Water Meeting** at the Library on January 8th @ 7 PM. Water is a matter of living that we should not hesitate to participate in however we possibly can. If you attend, you will know how much you have to offer.

Thank the **Rio Arriba County Lodger's Tax Board** for their support to **Luciente's** approach in managing tourism for the benefit of everyone working towards positive programs in upcoming years.

And a big Appreciation to all of you who make the Library a part of your lives and who give us renewed hope with your presence.

We want to wish all of our service area patrons a

**Very Merry Christmas and a
Happy, Healthy New Year in 2004!!!**