

# EL AVISO

June 2004

## Talking with your Health Care Provider:

### *A guide for older people*

How well you and your health care provider talk to each other is one of the most important parts of getting good health care. Unfortunately, this isn't always easy. It takes time and effort on your part as well as your provider.

In the past, the doctor typically took the lead and the patient followed. Today, a good patient-provider relationship is more of a partnership. You and your provider can work as a team to solve your medical problems and keep you healthy.

This means asking questions if the provider's explanations or instructions are unclear, bringing up problems even if you have not been asked to do so, and letting the provider know when a treatment isn't working. Taking an active role in your health care puts the responsibility for good communication on both you and your health care provider.

## Getting Ready for your Appointment

A basic plan can help you communicate better with your health care provider, so you can get the most out of your appointment.

Hang this list on the wall by the phone or on the kitchen door to help you prepare for the appointed visit.

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### **TIPS FOR GOOD COMMUNICATION WITH YOUR HEALTH CARE PROVIDER**

- **Be prepared before going to the clinic, make a list of your concerns.**

Are you having a new symptom you want to tell the doctor about, like changes in your appetite, weight, sleep, or energy level? Let the doctor know about any major changes or stresses in your life, such as a divorce or the death of a loved one.

Did you want to get a flu shot? If you have more than a few items to discuss, put them in order so you are sure to ask about the most important ones first.

If you have been treated in the emergency room, or been in the hospital, tell the doctor right away. ➡

*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

- **Bring all medicines that you take in a bag.**
- **Bring health and insurance Information.**  
Include proof of income if you will be asking for a discount based on your income.

- **Remember to take your eyeglasses and/or hearing aid.**  
If you have a hearing aid, make sure that it is working well, and wear it. Let the staff know if you have a hard time seeing or hearing.

- **Consider bringing a family member or friend.**  
Let your family member or friend know in advance what you want from your visit. That person can remind you of what you want from your visit. The person can also remind you of what you planned to discuss with the doctor if you forget, or can help you remember what the doctor said after the visit.

### **SHARING INFORMATION WITH YOUR HEALTH CARE PROVIDER**

- **Be honest.**  
The provider needs to really know what is going on to help you.
- **Stick to the point.**  
You have a limited amount of time.
- **Ask questions.**  
If you don't understand – ask.
- **Share your point of view.**  
If you are worried, uncomfortable or concerned over something, or feeling rushed - say how you feel.
- **Take Notes**  
Make notes or ask your provider to write information for you to take home.

**PROVIDER PHONE #:**

## *Announcements & News Briefs*

### **FAREWELL**

to **Lilly Archuleta**, who has left the El Rito clinic after serving 17 years with LCDN. We will miss you, Lilly. Enjoy your new endeavors. **Darlene Lovato**, has also left the Ojo Caliente's billing department. Good luck to you both.

### **CONGRATULATIONS**

to **Crystal Martinez, RN**, after working in Ojo Caliente, has now become the Head Nurse for the Las Clinicas' organization as of June 7<sup>th</sup>.

### **WELCOME**

to **Kathleen S. Garcia, RN**, who is to become Las Clinicas' new Health Educator as of the end of June. Kathleen lives in Espanola and most recently worked for John Hopkins University and the Los Alamos National Lab out of Espanola Hospital.

### *Join the Las Clinicas del Norte Wireless Healthcare Network*

Hey Kids - Want to earn a computer of your own while helping the community? Want to learn how to work on computers?

We need the help of young people who aren't afraid to learn something new and who are willing to spend some of their own time in a "Work to Own" plan with computers.

Las Clinicas del Norte is making Internet high-speed connections available to its patients. The proposed youth project incorporates a plan to provide low cost computers and wireless Internet connections to homes and families throughout the community. Used computers donated to the project are available in exchange for community service.

This idea will reward youth with hours spent working on community service projects, such as participation in the LCDN Healthcare Network, helping out at the El Rito or Abiquiu Public Libraries, the Save the Children Center or other community groups, by earning 'ComputerBucks' that can be used to pay for computer equipment, software and connectivity.

Each computer system will be assigned a 'ComputerBucks' price based upon its speed, memory, size of monitor and other unique features. Kids of all ages will be trained to test, refurbish and program these used computers as part of the program.



⇒ "ComputerBucks" will be paid at rates determined by grade level and GPA. The base rate would equate to grade level. For example, a fifth grader would have a base wage of \$5.00 per hour. Additional points would be determined by GPA scores, etc.

Projects will include using geographical positioning systems to map your neighborhood, using the internet to learn about healthcare and how to prevent diseases, building web pages for a community resource directory, building and repairing computers for use by local families, helping to connect the community with wireless internet, experimenting with video conferencing, collecting oral histories of the area, communicating with other youth projects through the internet and creating a web based radio station.

To sign up or ask questions, call 581-4728, Ext. 444 or e-mail [wireless@lcdn.org](mailto:wireless@lcdn.org).

## ⊗ 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 3<sup>rd</sup> 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 1<sup>st</sup> Wed, 6 pm at Library

**AA Meetings El Rito** – Tues, & Thurs, 7:30pm – 8:30pm, at  
Catholic Parish Hall, open discussion. Contact Ed S. 581-4559

**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, call for info. 581-4516

**Recycling El Rito** – every 4<sup>th</sup> Saturday, 9 am – 2 pm, behind the  
Martins Store Gas Station

### Abiquiu

**Recycling Abiquiu** – 4<sup>th</sup> Sunday every month, 9 am-2 pm,  
Abiquiu Las Clinicas clinic parking lot

**Abiquiu Fire Dept. Mtg.** – every 2<sup>nd</sup> Thursday, 7 pm at Fire Dept.

**Al-Anon Meetings Abiquiu** – Monday, 5:30-6:30 pm, Abiquiu  
clinic, 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 1<sup>st</sup> Wednesday, 7 pm, Ojo  
Caliente Fire Dept.

### Medanales

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

## El Rito Studio Tour Meeting

- DEADLINE FOR ENTRY -

Wednesday, June 16<sup>th</sup>, 7:00 pm

Community Room at the El Rito Library

Applications for participation will be available and will  
be accepted at that time. Call 581-4430 or 581-4780

## EL RITO LIBRARY

Ph. 581-4608

### SUMMER READING PROGRAM "READiscover NEW MEXICO"

Attention Kids of All Ages -- The Summer Reading Program has started!! We are having a *Summer Story Hour* every **Saturday** from 10:00 a.m. to 11:00 a.m. at the El Rito Library. This Summer Story Hour started on May 15 and will go through July 31, 2004. Stories, snacks and special projects are included in this hour. Several local community members have volunteered to read on Saturday. We still need a few more readers and volunteers. If you are interested, please call the library at 581-4608.

The Summer Reading Program also includes "Read A Book A Week". A program for 3rd through 6th grade elementary school children and will run for 12 weeks, featuring books on New Mexico and the Southwest, plus books from the El Rito Library's children's collection. There will be a party on Saturday, July 31, 2004, at the end of the 12 weeks with a prize for the readers who read the most books and a gift for all children who read at least 12 books. So Kids, come register at the El Rito Library and then pick up your 1st book and lets all **READiscover** New Mexico!

### LOCAL ARTISTS WANTED!

The 2004 Summer Arts Program for Children is being funded by The New Mexico Children's Foundation and the El Rito Studio Tour. The El Rito Library is **hiring** a variety of local artists to teach children this summer. Are you an artist? A musician? A crafts enthusiast? Do you have a passion in the arts and crafts you would like to share with children 5-8 and 9-12 years of age? Classes are scheduled to start on June 7 through August 13. Artists will be paid an hourly wage. If you are interested, please call the library or simply come by for more information. The possibilities are endless!

### ANNUAL BOARD OF DIRECTORS PANCAKE BENEFIT BREAKFAST

The Library Board of Directors will be cooking up mouthwatering pancakes on **June 26, 2004**. The benefit breakfast will start at **9:00 a.m.** at the El Rito Library grounds. Come to join us, have a great breakfast, and help in keep your library open at the same time.

## ABIQUIU PUBLIC LIBRARY

Ph: 685-4884

### Summer is coming!

Especially for the children getting out of school very soon. Our after school-tutoring program has ended with quite a success. We are now looking into activities during those long hot boring days. It has crossed our minds to feature interested teens under the age of 16 who are looking for hourly employment in neighborly ways. Stop by our Library and see photos and short summaries if you are looking for immediate help or if you would like to sponsor a local teenager for youth leadership projects run by ILEAP and Parish Membership.

We also would like to schedule you for a day or so in our Arts program with a limited number of children. You make the rules! We can coordinate and assist with materials. Our parish hall is available for more space and bigger projects. Remember if you are a Spanish Market participant, you will get reimbursed and a stipend.

Our biggest wish yet is to involve the children this summer with learning **Music** of all kinds. If you have an interest in sharing your talent by teaching one child (or more) at your convenience, we wish to help set you up with that special interested person. If you play any instrument, you know for certain the joy that it can bring to a child for their whole lifetime! Many local children are not as privileged to know such happiness. **Please be considerate with your time and talents this summer for the sake of all our surroundings.**

NM Coalition for Literacy allows for adult learning projects like English and/or Spanish as a second language. This grant will aid with operating expenses where not very many others do. Therefore, if you have any interest, whatsoever, to learn Spanish or to teach English to those needing assistance in communications, please call our Library and volunteer for this project. We will work with your schedule to make it as easy as possible for you. The next training to be offered by Literacy Volunteers of Santa Fe will be June 10, 11 & 12 or you can call 428-1353 directly. **With your valued knowledge, life can be made so much easier for so many others!**

*Our communities are in dire need of more open communication in the daily renewal of our neighborhoods. Children symbolize new beginnings and hope for our future every day!*

In appreciation to those of you who have sent donation dollars "in memory of" extra-ordinary individuals like George Baker and Mac Markman, a **Memorial Album** will be inducted into our Special Collection for historic safe keeping and viewing.

If you find your days with too much space, think of becoming a **Grand**-Parent. Remember the Summer Reading Program begins on June 23<sup>rd</sup>!

We have some new interesting books as follows:

*The History of Estaca*  
*A Will Is Not Enough In New Mexico*  
*Beyond Grief to Acceptance and Peace*  
*Polbadores*  
*El Primer Siglo*  
*Native Medicine*  
*Dictionary of NM and Colorado Spanish*  
*Short Stories of Frey Angelico Chavez*  
*Acequia Culture*  
*Da Vinci Code*  
*Visions of Sugar Plums*  
*Caramelo*  
*The Chili Queen*  
*The Encyclopedia of Jewelry Making*  
*Sue Grafton "Q" is for Quarry*  
 And So Many Others . . . . .

We were pleased to have a special visit from the New Mexico Children's' Foundation board members in April. They were able to visit the various centers of northern NM, which they help to fund and hear what their program dollars are doing for our small communities. It was with gratitude that we shared volunteer efforts and cooperation to make a difference in school homework assignments and learning projects. They have granted funds for next year's After School Tutoring Program of 2005.

If you are one of very few community activists with a vision for our youth but lack funding, talk to us at the Library and we will try to help you search and write for grants to support your ideas. A BIG THANKS to **Sharon Burkard** for taking on the challenge and already making several grant connections entirely on her own! With the help of everyone, even in small ways, we can accomplish big results with positive measures that can help to guide all our children. Don't forget to do your part in aiding with summer activities. **One day out of the whole summer can affect someone's lifetime!**

**OPEN: Sunday – 9:00 am – Noon**

**Monday thru Thursday 12:30 pm – 6:00 pm**