

- EL AVISO -

November 2004

Shortage of Flu Vaccine

In October 2004 it was announced that half the nation's flu shots will not be delivered due to contaminated vaccine from one company, Chiron. Las Clinicas at this time does not know if we will receive any flu vaccine this year.

Because of this shortage, the New Mexico Department of Health has set new guidelines for delivery. The Secretary of Health has issued a public health order restricting the use of available influenza vaccine to high risk groups. By law, healthy people between the ages of 2 to 64 years *should not* get their annual flu shot, in order to conserve the available vaccine.

Only people who are at greatest risk from serious complications from influenza disease will receive the limited vaccine available. The supply of vaccine for high-risk children should not be affected. Those at high risk are:

- People 65 years and older.
- Residents of nursing homes and other chronic-care facilities (NM Dept. of Health is working on a plan to get this group covered)
- Person, aged 2-64, with heart disease, asthma, and other chronic disorders of the pulmonary or cardiovascular systems.
- Person, aged 2-64, who required regular medical follow-up or hospitalization during preceding year for diabetes, kidney diseases, blood disorders, other metabolic disorders, immunosuppression, including HIV/AIDS and other chronic diseases.
- Pregnant women.
- Household contacts and out-of-home caregivers of children under age of 6 months. (Children under 6 months can not be vaccinated.)
- Healthcare workers who provide direct care to patients.

- All children 6-23 months of age.
- Children aged 6 months to 18 years on chronic aspirin therapy.

The first of the re-allocated vaccine will go to hospitals, long-term care facilities and Departments of Health which received no vaccine due to having ordered from the company Chiron. With this necessary assessment of need and re-allocation, it is expected it will be approximately 6 to 8 weeks before any vaccine can be distributed elsewhere, such as our community clinics.

Note: It is illegal to sell vaccine at an inflated price. If you know of anyone who is trying to do so, please report this information to the Attorney General and the Department of Health.

What can you do to protect yourself from the flu?

You can protect yourself and others with some simple health practices.

- **Cover your nose and mouth with a tissue when you cough or sneeze – and dispose of the tissue afterward.**
- **If you don't have a tissue, cover your mouth and nose with your hands.**
- **Clean your hands after you cough or sneeze, even if you use a tissue. Use soap and water or an alcohol-based hand cleaner.**
- **If you get the flu, avoid exposing others. Stay home from work, school, stores and other public places.**
- **Wash your hands and your children's hands frequently, especially after contact with other people.**
- **Maintain healthy behaviors.**
- **Get plenty of sleep.**
- **Eat a well-balanced diet.**
- **Reduce stress levels.**

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

► **Cont'd - Protect yourself from the flu**

A limited supply of FluMist, the intranasal flu vaccine, is available and a viable option for healthy people ages 5 to 49 years who are in contact of infants under 6 months of age or are health care workers who provide direct patient care. (Not recommended for health care workers caring for people with severely weak immune systems).

Another vaccination that can help protect people over 65 is the pneumonia vaccine Pneumovax, a vaccine that can prevent certain types of pneumonia, and which can protect from some of the severe complications of the flu. If you have already received this vaccine in the past few years, check with your provider to see if you need a booster.

Please call your LCDN provider in a few weeks for further information.

Las Clinicas Del Norte Wireless Network

Interested Internet users can sign up for wireless connectivity

High-speed connections to the Internet, approaching ten times the connection speed available through dial up modems, are becoming available wirelessly in many of the towns served by Las Clinicas del Norte.

Through a tele-medicine grant from the USDA, LCDN has been experimenting with using 802.11b wireless networks technology for providing Internet links in our villages. A pair of access point radios were mounted on the water tower on the Northern New Mexico Community College at El Rito campus, one pointed up the canyon, and the other towards Placitas. These access points distribute the Internet access that Kit Carson Internet is providing the clinic to users who are positioned and equipped to connect with them.

Unlike the wireless antennas used for cellular phones, these radios use antennas that are very small, approximately the size of a soda can. Since the signals need line of sight to make a good connection, there are limitations on where one can connect. We have been able to get radios with long distance directional antennas to link up from one end of El Rito to the other.

Right now work is underway to put wireless networks in place in Abiquiu, Medanales and Ojo Caliente, and wirelessly shared satellite links to the Internet are coming soon for Carson, La Madera and Vallecitos also.

Location Information Needed Now

What is very important now is for interested patients to let the clinic know where they are, so plans can be made to include their locations. We recently got in a large batch of USB 802.11b radios for client use and would like to put them into service. Internet connection charges will be approximately \$40 per month, and will include an e-mail account and a 20 Megabytes of Web pages. Sliding fee arrangements can also be made according to the same guidelines as the clinic does for medical services.

The current batch of radios work at ranges up to a mile where there is clean line of sight. Greater distances can be covered through the use of directional antennas or through strategic placing of repeaters. TuboWave, Inc. was supposed to have provided a hundred directional units, but there have been problems in getting them. In order to cover El Rito, past the curve in the road up the canyon, a repeater point was placed where it could get the signal from the water tower and send it up towards the entrance to the National Forest. High points of private land that have electrical power and which can be seen from a number of houses make prime repeater points. More repeater locations will be needed to expand the network to cover everyone.

Please contact John Ussery at the El Rito clinic, 581-4728 Ext. 226, if you are interested in participating in the Las Clinicas del Norte Wireless Healthcare Network.

ComputerBucks Program Continuing

The ComputerBucks program that began this summer as a Con Alma Health Foundation project has been continuing this fall as part of the MESA (Math Engineering and Science Achievement) program at the Mesa Vista schools. Participating students are paid for their time in "ComputerBucks" that they can redeem for refurbished and digital equipment. So far a dozen students have used ComputerBucks to buy small digital cameras, and six have earned the \$300 ComputerBucks needed to get a personal computer. ►

► Students are “paid by grade” for their time, with their hourly base rate being equivalent to their grade level. As a grading period ends, they each receive a raise according to their grade point average. For example a tenth grader with a 3.2 GPA will be earning \$10.32 ComputerBucks/hr for their community service time.

ComputerBucks can be earned for any community service or health related project that has an adult supervisor to keep track of the work that is done. If you have a project going on and would like the participants to be earning ComputerBucks, please send e-mail to wireless@lcdn.org or contact Kelly or John at the El Rito clinic (581-4728).

The program is also gladly receiving donated computers and is especially looking for working PC monitors. These donations are tax deductible, and contributions to the program are welcome.

Announcements & News Briefs

Welcome to Dr. Kathalyn Malone, DDS,

who has joined us this month. Dr. Malone graduated from Baylor College of Dentistry in 1998 and for the last 5-1/2 years has been practicing general dentistry in Portland, OR. We are glad to have her as a new full-time dentist with Las Clinicas.

Also welcome to **Claudia Duran, RN**, now working full-time in El Rito. Claudia worked for many years in the Espanola Hospital Emergency room and has lived for five years in El Prado Estates between El Rito and Abiquiu.

All three clinic sites now have Promotoras, with new lay health advisors **Aggie Olsen** in Ojo Caliente and **Lucille Chacon** in El Rito. Elaine Valdez remains at the Abiquiu clinic.

LCDN is sad to report that **Ray Munholland**, our provider in Ojo Caliente, has decided to leave and will be gone by the middle of November. Also leaving this month is **Vallee Rose**, who worked as a Wellness Consultant in the SBIRT program through a Federal grant. Good luck to both of you.

NOTE:

LCDN Medical Department is accepting new Medicaid and Medicare patients at Abiquiu, El Rito and Ojo Caliente.

⊗ **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, 6 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 2nd Wed, 6:30 pm at Library

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

New-AA mtg. – Sun, 5pm, El Rito Library

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 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 Department.

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

World Peace Meditation – 1st Sunday each month, Nov.7 & Dec.5, 10-11am, at River Spirit Yoga Center. For location, call 685-4549

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 News

November 2004

7-13 Spanish I (Spanish Immersion Class with Senor Alejandro Lopez).

11 No Classes

17 Mora High School/El Rito Campus Tour

15 Pre-Registration for Spring 2005 Begins

25-26 Thanksgiving Break

■ Grant Gym will now be open from 6-9 PM Monday, Wednesday and Friday. James Culin will be the gym supervisor for this semester and next. All players are required to sign a waiver liability form.

■ Our computer lab is open from 6-9 PM, Patrick Lopez is the supervisor.

■ Our Spanish Immersion classes have gone well, and for information on these classes feel free to contact Dorothy Duran at 581-4115.

We also would like to congratulate our El Rito campus students who were selected for our Endowment Scholarships and these students are: Dorothy Jensen, Alana Naranjo, Adrian DeHerrera, Patrick Lopez, Anugraha Norstegaard. ►

► Cont'd Northern's Student Senate has been formed and students representing the El Rito campus are Max Niles, Victor Herrera, James Culin. Great job guys! We hope they bring some neat activities to our campus.

For more information on activities at the El Rito Campus, please feel free to contact Donald Martinez at 581-4120.

EL RITO LIBRARY

Ph. 581-4608

**Your Local Resource for Books-Videos-Computers-
Books on Tape- Literacy for all ages**

**Our hours are: Tuesday 11-6, Wednesday 11-6,
Thursday 11-6 and Saturday 11-3**

18th Annual El Rito Studio Tour

Our participation in this year's El Rito Studio Tour was a great success! Marbella Martinez, who taught Retablo Classes during the summer, and her students displayed all the retablos made during the Retablo Classes. It was amazing to see the artistic talent of our young kids who did a great job! Thank you to the many community members who bought the retablos from our kids, this only encouraged our kids more to want to continue painting at home.

A Huge Thanks to all our wonderful bakers for the "Death by Chocolate" desserts. (Names to be mentioned on next month's El Aviso.) The event was a huge success and we hope to do it again next year.

Sally McDaniel, thank you for getting up early (really early) Sunday morning to start baking more goodies and for calling our other bakers to make more desserts because we were sold out by Saturday afternoon.

Thank you **Joan Tollefson** for setting up and cleaning up both days during this event. We couldn't have done it without you!

2005 Calendars

Everyone needs a calendar, right? So come by to the El Rito Library and buy our first-ever "El Rito Library 2005 Calendar". This calendar features a different picture for each month of our local kids during the Summer Arts Program. There are pictures of the kids at all the different workshops they attended all summer. The cost is \$15.00 and the proceeds benefit your local library. Special thanks to the "El Rito Studio Tour" for sponsoring this calendar.

Silent Auction for Quilt

The El Rito Quilters Guild has donated another beautiful quilt to the El Rito Library. We are selling the quilt by silent auction. You can see this marvelous quilt at the Library and submit your bid if you are interested. We started the silent auction during the Studio Tour and the deadline is November 10, 2004. Thank you QUILTERS for the amazing job you did on this quilt.

Adult Literacy Program

We continue to ask anyone interested in volunteering to tutor adults in English (reading, writing, etc.) to please contact the Library at 581-4608. PLEASE VOLUNTEER and help someone learn to read or write. All it takes is one hour a week. Thank you.

Also, if you or someone you know needs help with literacy, please contact the library and leave a name and number where you can be reached. We need adults who need assistance with reading and writing English to step forward. All tutoring will be done at the community room at the Library.

New Arrivals

Books: No Challenge-No Change: Growing Up Black in New Mexico/Becknell, C.; Romance of a Little Village Girl/Cleofas M. Jaramillo; Against Forgetting/Carolyn Forceh'; and A Beautiful, Cruel Country/Eva Antonia Wilbur-Cruce

Videos: Snow Falling on Cedars; The Little Rascals & Our Gang; The Red Skelton TV Show; The Three Stooges; The Blob 1988; Whale Rider; Goosebumps: Werewolf Skin; Goosebumps: Stay Out of the Basement; Adaptation; Star Trek Nemesis; Lost in Translation; Disclosure; No Way Out; My Family/Jimmy Smits, Edward J. Olmos; and Willy Wonka & the Chocolate Factory.

Overdue Books, Videos and Audios

This month we are again mentioning to PLEASE return your overdue books, videos and/or audios. We continue to have a high amount of items not being returned to the library. Again, as a reminder, we do not charge for overdues, just return them and no questions asked. **THANK YOU.**

Our last THANK YOU for this month goes to **Ernest Carlen**. Ernest, you have done a remarkable job sorting all the books that have been donated to the Library. I know that you have often been cold in the back room, and your determination and attitude, no matter how cold, had been great! *Great Job Ernest* and again thank you.

ABIQUIU PUBLIC LIBRARY

Ph: 685-4884

Good News! The Los Alamos National Laboratory Foundation has awarded the Abiquiu Public Library financial support for the position of a Special Projects Community Coordinator. In the time-frame of one year we are hoping to get a lot accomplished. Our emphasis is on teen projects, (leadership development) and young children with grandparents. Already, a junior board has evolved with Anastasia Ferran, Julian Vaughn, Delilah Trujillo, Pancho Lopez, Chance Trujillo and Angie Maestas. Most of them attended elementary together and then scattered throughout the various high schools. This is a way of bringing them back together for a say in what is needed or should happen in our library that will benefit younger generations. Some ideas were chess matches, helpful software, game and/or movie nights. They will be planning a Halloween dance as their first fundraiser in order to purchase materials. Because of an additional small grant toward tutoring, we are also offering assistance with junior and mid-high Algebra and English assignments on Mondays and Wednesdays from 5:00 to 6:00 PM. Call us and find out more information or volunteer to share your knowledge in order to help struggled understanding become easier. New teens are invited always.

During Teen Week, we dedicated the entire facing wall in our entry room for inclusion of teen reading right along side adult selections (out of the children's room). Do you have any teen ideas?

We've also just received word that the Santa Fe Community Foundation will support our Library once again in 2004-05. This is a big part of why our doors remain open for public services.

The after-school tutoring program is in need of **MORE** students! We do not want to **LOSE** this grant again! Therefore, Parents-get your children registered for help in their homework. We also need to see more high school tutors.

We're sending out a big **Thank You** to our new Friends of the Library: Edward and Dolores Mose, who come in and get lots of children to sit and play Dominos which becomes very educational and fun; Renee Lofflin and Jerry Frank for assisting in after school sessions for both elementary and high school students; John (Chuck) and Judy Hodell, who came to our last board meeting to see how they could help and worked the Studio Tour book sale. These people stand out as really caring community members. Welcome on board, if you are new to town!

Wayne Brewster has agreed to come into our after school program on November 17th (Wednesday) from 3:00 to 5:00 PM to work with boys and girls who want to make a drum before the Santo Tomas Fiesta, so that they can get involved in the traditional song and beat with their own drums. Everyone is invited. Thanks to the Studio Tour for providing the material.

Is anyone out there available to do general basic training for Gymnastics? Let us know, so we can talk some more.

We were recently selected by our State's Attorney General to receive music CDs as part of the national antitrust settlement against CD manufacturers and retailers. They will be available for checkout with a minimal deposit on special collections as follows:

The Ultimate of Charlie Parker
 50 Years of Swing Box w/Tito Puente
 J.S. Bach: Complete Organ Works
 Sam Cooke, Greatest Hits II
 New Millennium Blues Party
 Gene Autry: Anthology, Sing Cowboy, Sing
 Billboard Top Hits: 1975 - 1979 (5 CD Set)
 Doo Wop Box II, 101 More Vocal Gems
 Very Best of John Lee Hooker
 Respect: A Century of Women in Music
 Shostakovich String Quartets
 The Supremes: Limited Edition Set
 Carmen - A Hip/Hop Era
 Enrique Iglesias . . . And others still . . .

We've also been donated quite a selection of audio books on tape which will be ready soon. Stop and review 150 titles!

Our books have been weeded and new ones are being put up almost every day. We've worked really hard on moving things around, so come back in and see all the new changes. We're sure that your eyes will catch new and exciting titles!

Coalition for Literacy is allowing for additional incorporation of adult programs to our Library. We currently have a posting for a coordinator to develop this program. This would mean recruiting volunteers who are willing to become certified tutors after just two Saturday training sessions. A commitment of about one afternoon per week would follow. Anyone interested in receiving help with the English language, reading, writing or assistance with completing forms should let us know. Cost for this class is free!

Reminder - Sign up soon for computer classes in Excel, Microsoft Word, Window Utilities and/or basic internet prior. Our next class is in early November. NNMCC sends their instructor to our Library twice a week and the Victory Noll sponsors tuition for low-income participants on a sliding scale.

If you are looking for another way to help us out at the Library, will you consider cataloging? This would take about ½ day every other week just in order to keep us up with all the donations we receive. It would also give you experienced training and our support staff is always present.

LCDN is working on our computer lab for speedier access to the internet, so real soon now, the lab will be twice as fast and in better working order than ever.

FYI: There will be a Land Grant meeting on Tuesday, November 9th; Library Board of Directors on Wednesday, the 10th and a Luciente meeting on the Thursday, the 11th.

Las Clinicas del Norte

EL RITO CLINIC

PO Box 237, El Rito 87530
Phone: 581-4728

MEDICAL:

MON- TUES-THUR-FRI, 8 am- 6 pm
WED, 10 am – 6 pm

COUNSELING:

DAILY – call for times

DENTAL: Phone: 581-0028

MON, TUES-WED-THUR-FRI,
8 am – 6 pm

OJO CALIENTE CLINIC

PO Box 307, Ojo Caliente 87549
Phone: 583-2191

MEDICAL:

MON-WED-THUR-FRI, 8:30 am – 4:30 pm
TUES, 10 am - 6 pm

COUNSELING:

Call for times

THUR, School-Based, 8 am – 3 pm
Clinic, 3 pm – 5 pm

NO DENTAL SERVICES

ABIQUIU CLINIC

PO Box 757, Abiquiu 87510
Phone: 685-4479

MEDICAL:

MON-TUES-THUR-FRI, 8 am – 6 pm
WED, 9 am - 7 pm

COUNSELING:

Call for times

NO DENTAL SERVICES

DONATIONS

Las Clinicas would like to thank the following 2004 contributors

\$100 – Georgeann Savage

\$100 – Rick L. Larkin of Patterson Dental Supplies

\$500 and above – Donald and Colleen Reidenbaugh

In memory of Judy and Joan – B. & K. Atterbury

Las Clinicas del Norte, Inc.

D/B/A Las Clinicas del Norte

PO Box 237

El Rito, NM 87530

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