

# - EL AVISO -

MAY 2005

## National High Blood Pressure Education Month

It's National High Blood Pressure Education Month - time to take action to find out what your blood pressure numbers are, what they mean, and what you need to do to prevent or control this all too common condition. The theme this year is: "Prevent and Control High Blood Pressure: Mission Possible."

High blood pressure is a dangerous condition. You usually don't have any symptoms, so you may not even know you have it. And it can lead to heart disease, stroke, and kidney disease, the first, third, and ninth leading causes of death in the U.S.

The good news, though, is that it is possible to prevent - and control -- high blood pressure. How? By making some fairly simple lifestyle changes:

- Losing weight, if necessary, and maintaining a healthy weight
- Being physically active
- Following a healthy eating plan
- Eating less salt and sodium, and
- Limiting your alcohol consumption.

### Mission: Know Your Numbers

Knowing to call 911 in an emergency can save your life. So can knowing your blood pressure numbers. Hopefully, they are less than 120/80 mmHg, which is normal.

If not, join the Mission to "Prevent and Control High Blood Pressure:" ask your doctor what your blood pressure numbers are, what they mean, and what you can do about them. Then do it.

Blood pressure is the force of blood against the walls of arteries and other blood vessels. It rises and falls during the day. When it stays high over

time, it becomes high blood pressure (also called hypertension).


High blood pressure is dangerous. It increases your chances of developing heart disease and stroke, the first and third leading causes of death for Americans. It can also lead to other life-threatening conditions, such as heart failure, kidney disease, and blindness.

More than 1 out of every 3 American adults currently has high blood pressure. This includes about 2 out of every 3 Americans over age 65. Once you reach age 55, your chances of developing high blood pressure are 9 out of 10. Fortunately, it is possible to prevent and control high blood pressure. Often simple lifestyle changes can do the trick. These include:

- Losing weight, if necessary, and maintaining a healthy weight;
- Being physically active;
- Eating less salt and sodium;
- Following an eating plan rich in fruits and vegetables and low fat dairy foods, moderate in total fat and cholesterol, low in saturated fat;
- If you drink alcoholic beverages, doing so in moderation.

If these lifestyle changes aren't enough to reduce your blood pressure, your doctor may prescribe medication. Work closely with your doctor to find the best dose, and then take your medication as your doctor prescribes.

So join the Mission. Find out what your blood pressure numbers are and what they mean; then make gradual lifestyle changes and, if necessary, take your medications. *It can save your life.*

For other tips and more information about controlling your high blood pressure, 

**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

► visit "Your Guide to Controlling High Blood Pressure" at <http://www.nhlbi.nih.gov/hbp/index.html>.

### **Mission: Eat High Blood Pressure Away**

One step that you can get started on right away is to gradually start eating more healthfully. Research has shown that a healthy eating plan called DASH (Dietary Approaches to Stop Hypertension) can reduce your chances of developing high blood pressure *AND* lower your blood pressure if it's already high.

The DASH eating plan emphasizes fresh fruits and vegetables and low fat dairy products. It is moderate in total fat and low in saturated fat and cholesterol. It also includes whole grains, poultry, fish, and nuts. Plus, if you also reduce your salt and sodium intake, it works even better. Starting on the DASH eating plan is fairly easy. It requires no special foods and has no hard-to-follow recipes. Here are some tips to help you get started:

- Make gradual changes like adding a serving of fruit or vegetables at lunch and dinner.
- Gradually increase your use of fat free and low fat dairy products to 3 servings a day.
- Gradually cut in half the amount of butter, margarine, or salad dressing you eat.
- If you now eat large portions of meat, cut them back by a half or third at each meal.
- Try 2 or more vegetarian-style (meatless) meals each week.
- Try casseroles and pasta and stir-fry dishes, which have less meat and more vegetables, grains, and dry beans.
- Try fresh or dried fruits, raw vegetables, or low fat and fat free yogurt for snacks.

For more information about the DASH eating plan, tips for getting started, sample meal plans, and even recipes, visit the NHLBI's "Your Guide to Controlling High Blood Pressure" online at <http://www.nhlbi.nih.gov/hbp/index.html> and click on Prevention.

### **Mission: Stick to It**

High blood pressure can cause damage without showing any signs or symptoms. That's why it's called "The Silent Killer." While you may feel fine, high blood pressure is taking its toll on your heart, your blood vessels, and your kidneys. In fact, high blood pressure is one of the most important factors leading to heart attacks, strokes, congestive heart failure, and kidney disease. High blood pressure also increases your chances of dementia.

But the appropriate medications, along with some lifestyle changes like healthy eating, physical activity, and weight control, can reduce and control your blood pressure.

Are you taking your medications as your doctor prescribed? Here are some tips to help you stick to your treatment plan:

- Take your medications at the same time every day. For example, if your doctor told you to take your pills with food, try taking them at meal time every day. Or, take your medications at the same time as you do some other regular activity - like brushing your teeth.
- Keep your pills near the kitchen table or your toothbrush as another reminder to take your medication at the same time as you eat or brush your teeth.
- Try using a special pillbox that helps keep your pills organized. You can buy these containers at most drugstores or pharmacies.
- Write yourself reminder notes. Put them on the refrigerator, by the phone, on the medicine cabinet, or even on the bathroom mirror.
- Ask for help. Family or friends can be a great support system. Put together a team. If you have friends who also take medication, help remind each other.
- Put a favorite picture of a loved one on the refrigerator with a note that says, "Remember to Take Your High Blood Pressure Medicine and Stick Around for Them."

So join the Mission and stick to your treatment plan. *It can save your life.*

### **Mission: Physical activity**

The good news, though, is that it is possible to prevent high blood pressure and to control it. Often simple lifestyle changes can do the trick.

Physical activity is one of the most important things you can do to prevent or control high blood pressure. Just 30 minutes of moderate physical activity most days of the week will help. You can even divide the 30 minutes into shorter periods of at least 15 minutes each. Plus, you don't have to go to a gym to get those 30 minutes. You can work them into your everyday activities. For example: take stairs instead of an elevator or escalator when it's practical. Park your car a little farther from where you're going than usual. If you take public transportation, get off a stop early and walk the rest of the way.

Here are some activities that will provide you with moderate exercise:

- Brisk walking (at 3-4 miles an hour) ►

► **Cont'd – Physical activity**

- Cleaning house
- Mowing the lawn or raking leaves
- Bicycling (at a moderate speed of 10 miles per hour or less)
- Dancing

Most people don't need to see a doctor before they start a moderate-level activity, but you should check it out with your doctor first if you:

- Have heart trouble or have had a heart attack
- Are older and not used to doing a moderate-level activity
- Have a family history of heart disease at an early age.
- Have any other serious health problem.

So join the Mission. Find out what your blood pressure numbers are and what they mean; gradually start eating more healthfully; work more physical activity into your life and stick to it. *It can save your life.*

### **ANNOUNCEMENTS & NEWS BRIEFS**

*Welcome* to new employees in El Rito,

**Elizabeth Varela** and **Susie Lopez**, Certified Medical Assistants and in the dental department, **Lisa Lopez** and **Dora Casades**, Certified Dental Assistants. And welcome back to **Roxanne Collins, DDS**, who has returned to our dental department.

Regretfully, we will be saying good-bye to **Joan McClelland, CNP** in May. Initially Joan is going to take some needed time off and then will be working part-time in OB-Gyn in Santa Fe. Good Luck to you, Joan.

### **⊗ 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, 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 2<sup>nd</sup> 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 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 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

**Alcoholics Anonymous Meetings Abiquiu** – Saturday, 12 Noon, Abiquiu Public Library

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

**World Peace Meditation** – Sunday, May 8, and June 5, 10-11am, at River Spirit Yoga Center. For location, call 685-4549

**Ojo Caliente**

**Ojo Caliente Fire Dept. Mtg.** – every 1<sup>st</sup> Wednesday, 7 pm, Ojo Caliente Fire Dept.

### **Northern New Mexico Community College – El Rito**

#### **May 2005 Schedule**

1-6 - Passport in Times Group (USFS)  
Studying Sapewi

4 - Taos Youth Build Group to tour our campus

13 - End of Classes

16-27 - Summer Fun Art and Cultural Classes (Art, History, Music, Spanish, Weaving)

19 - Board of Regents Meeting

20-22 - Adobe Conference - Bring a friend!

For the fun and cultural classes, please feel free to contact Dr. Dorothy Duran at 581-4115.

#### **3<sup>rd</sup> Annual Adobe Conference May 20-21-22 -**

Contact persons:

Jim Harford 505-685-4633 / info@adobeasw.com or

Quentin Wilson 505-581-4156 / qwilson@mail.nnmcc.edu

#### **NOTICE: Water Users Fees must be paid**

El Rito's three community water systems (El Canyon, La Plaza, Las Placitas) will be coming under the El Rito Regional Water and Waste Water Association's jurisdiction. Construction on system improvements and new lines has begun in April 2005.

Community members desiring to continue receiving water services and community members expecting to receive new water service **must be fully paid up** on water use and/or membership fees. A single membership is required of each domicile housing a single family. Multi family dwellings require multiple memberships (one for each family unit). Each domicile housing a single family will require a single connection. Multi family dwellings will require multiple connections (one for each family unit). All water lines will be metered. Contact the president of your present water system for direction.

A community meeting will be scheduled in early May to provide direction and answers regarding the regional water system connections, management, fees, etc. Please look for public announcements in the community.



# Hey Kids! Ready for Summer?

Thanks to a grant from the **New Mexico Children's Foundation** we will again be having a Summer Arts Program this summer at the **EL RITO LIBRARY**

It will start the first week in June and we want suggestions as to what kind of art workshop(s) you would like to attend this summer. So fill out the bottom portion of this flier and drop off your request at the Library. Show the top part to your parents and encourage them to bring you to the Library.

I would like to attend a workshop on:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Return this to the Library.** Thanks kids and we hope to see all of you at the Library this summer!



## Artists & Teenagers WANTED

We are looking for local artists as instructors and teenagers to assist the instructors from the El Rito and the surrounding areas. If you like working with kids and are interested in teaching/assisting our kids this summer, please fill out the bottom portion of this flier and send it to the El Rito Library by May 10, 2005.

I would like to teach a workshop on:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



My phone number is \_\_\_\_\_ where you can reach me.

## ABIQUIU PUBLIC LIBRARY

685-4884

**Honoring Living Legends** turned out to be the grandest event we've thought of yet. It was amazing to be amongst legendary lifetimes. The evening was wonderful dancing to the music of Cuarenta y Cinco, who only gave us one break! We've made so many new friends that made this Spring Fling such a success. Thank You to All!

**Abiquiu Public Library Endowment** has been initiated with the Santa Fe Community Foundation and is currently in place to accept estate bequests, stocks, bonds, etc., for perpetual long-range funds.

**Computer Lab Internet** is now on wireless network, instantly delivering, because **John Ussery** along with **Digital Artisans-Clay Davis** and **Morgan Mitchell** have spent countless voluntary hours for the benefit of the entire community. They surely make your computer work out for you. The dedication to their projects is clearly visible and we recommend them anywhere. They were not afraid to go that extra mile (even overnight) for the public needs we offer. As a business, they work on a case-by-case basis with flexible rates for customizing solutions. Phone number is 685-9428 or email [www.digitalartisans.net](http://www.digitalartisans.net)

**Excel** is about to get started. We need to know if there are enough of you out there that really want this class to form through NNMCC in our library evenings. The number is still very minimal and needs more members. Give a call in!

**Automation** made possible through GO Bonds has begun in our library. We will certainly need all the help we can get bar coding every book for this cataloging system. Want to help? Come by !

**The NM Coalition for Literacy** has awarded a materials grant and along with VOZ will present National Value Learner Strengthening Core Leadership Training for 2-days in Rio Rancho in an all expense paid weekend for our coordinator Renee Lofflin and two of her ESL students Maria Antillion and Gloria Rameriz. This program is growing fast and volunteers/students are continuously welcomed.

This is a Blast Grant by Will Grant, developed and tested with Verizon investing over \$200,000 over three years, to create training for ABE and ESL for sustaining action project template goals.

**Un Reflection** is the title to the film that was edited by Ventura Trujillo, Julian Vaughn, Joseph Breau, Delilah Trujillo, Nichole and Francisco Lopez with their instructor Dennis Chavez, who gave many volunteer hours to get them started. They will continue what they've learned with a next project resulting from the living legends reception.

Ask them about it or stop by and see the 5 minute film. We will plan to show these films during waiting time for those who stop by for a history tour.

### **New Books**

Hopi Traditional Literature

Foreigners in their Native Land-Mexican Roots

Roadside New Mexico

The Story of Corn

Understanding Stone Tools/Archaeological Sites

Federal Indian Policy Anasazi Pottery

The Zuni Man Woman

Concha Ortiz y Pino de Kleven biography of a fantastic lady and her family customs of community. Is a heart warming insight to real NM traditions.

### **Youth ages 14 to 16 interested in giving history tours**

this summer. Make yourself known by attending a free class to be held all the month of May on Friday evenings 7 PM in the Library with Virgil Trujillo and others. Completing this class will make you eligible for employment during the summer months of June through late August. There will be supportive measures taken to assure that you will find all the answers needed for your guests.

If there is anyone wishing to assist with this effort, it is most definitely available for discussion at this time. A dependable coordinator will be needed 2 hrs/day. This is being made possible with funding from the McCune Foundation, LANL and Rio Arriba County Lodger's Tax, in conjunction with junior internship opportunities with local artists willing to share their talents for either a stipend or cost share planning. We can provide the facilities and supplies in most instances, along with captivating audiences.

**We now have a shredder** capable of running up to 25 pages at a time and will destroy credit cards too. Safe guard your identity and ask about this new service.

**Summer Reading Program** will begin soon. We would like to see parents, grandparents and care givers make regular visits to benefit these children. Music is always on request. Think about it.