

— EL AVISO —

April 2014

Alcohol Awareness Month

April is National Alcohol Awareness Month and this is a good time to review some of the basic alcohol effects and how individuals can control it.

The Basics

If you choose to drink,
have only a moderate (limited) amount.
This means:

- No more than 1 drink a day for women
- No more than 2 drinks a day for men

One drink is a:

- Bottle of beer (12 ounces)
- Glass of wine (5 ounces)
- Shot of liquor (1.5 ounces)

For most adults, moderate drinking doesn't cause any serious health problems.

How will drinking less or quitting help me?

Drinking in moderation or not drinking at all can help you:

- Lower your blood pressure
- Lower your risk of injury, heart disease, stroke, some types of cancer, and liver problems
- Lose weight
- Save money
- Get along better with your family

How can I tell if I'm at risk for a drinking problem?

If you are drinking too much, you can improve your health by cutting down or quitting.

- If you have a problem, it's important to see a doctor or health care provider right away.

Who needs to avoid drinking completely?

Don't drink at all if you:

- Are pregnant or trying to get pregnant
- Are under age 21

- Plan to drive a car or use machines
- Take certain over the counter or prescription medicines (check the label)
- Are recovering from alcoholism
- Have a health condition that can be made worse by drinking (like liver disease).

Take Action!

Here are some strategies to help you cut back or stop drinking.

- Remember, try to limit your drinking to:
 - No more than 1 drink a day for women
 - No more than 2 drinks a day for men
- Keep track of your drinking.

First, set a drinking limit. For example, you may decide to have no more than 3 drinks per week.

Step 1: Write down your drinking limit on a piece of paper.

Step 2: Keep track of your drinking.

Write down every time you have a drink for 1 week.

- Take a day off from drinking.
Choose a day each week (for example, Tuesday) when you will not drink.
- Don't drink when you are upset.
If you have a bad day or are feeling angry, don't reach for a drink. Try taking a walk, calling a friend, or seeing a movie.

Find healthy ways to manage stress.

- Avoid places where people drink a lot.
- Stay away from bars and other places that make you want to drink.
- Learn new skills to help you change your drinking habits.
- Plan ahead of time how to say "no" if someone offers you a drink.

Practice these strategies to handle an urge to drink. Planning ahead can help you manage situations when you might be tempted to drink too much. ⇨

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, Vallecitos, Youngsville

Cont'd ⇒ Alcohol Awareness

- Limit the amount of alcohol you keep at home. This way you won't be tempted to go over the drinking limit you set for yourself.
- Make a list of reasons to drink less or quit.
- Keep this list in your wallet, bag, or on your fridge. Refer to it when you have an urge to drink.
- Get your blood pressure checked. Heavy drinking can raise your blood pressure.

If you have high blood pressure, cutting back on your drinking can help you stay healthy.

- Ask for help if you need it. Ask your friends and family to support you.
 - Talk to a doctor or nurse if you are having a hard time cutting down on drinking.
- Don't give up!**

Talk to health care providers at Las Clinicas del Norte for information or call 1-800-662-HELP (1-800-662-4357) for information about treatment.

Worried about a loved one's drinking?

Use the tips listed above to talk with someone about cutting down or quitting drinking.

And come to the

Al-Anon Meeting at EL RITO CLINIC

1st meeting Wednesday,

April 23rd at 6 pm

Meeting Group Name will be OVERCOMERS

DEPRESSION

Do you have symptoms of depression? Sure, most of us feel sad, lonely, or depressed at times. And feeling depressed is a normal reaction to loss, life's struggles, or an injured self-esteem. But when these feelings become overwhelming and last for long periods of time, they can keep you from leading a normal, active life. That is when it is time to seek medical help.

Las Clinicas del Norte (LCDN) is now screening all adult patients for depression, the screening tool we use consists of two questions: Are you experiencing little interest or pleasure doing things? Are you feeling down, depressed or hopeless? Although these symptoms can be common, there are additional symptoms one could experience that can compound these feelings and ultimately lead to depression.

If left untreated, symptoms of depression can worsen and last for years. They can cause untold suffering and

possibly lead to suicide. Recognizing the symptoms of depression is often the biggest hurdle to the diagnosis and treatment. Unfortunately, approximately half the people who experience symptoms never do get diagnosed or treated for their illness.

If you are experiencing any of the following symptoms, please talk to your LCDN provider:

- ⇒ difficulty concentrating, remembering details, and making decisions
- ⇒ fatigue and decreased energy
- ⇒ feelings of guilt, worthlessness, and/or helplessness
- ⇒ feelings of hopelessness and/or pessimism
- ⇒ insomnia, early-morning wakefulness, or excessive sleeping
- ⇒ irritability, restlessness
- ⇒ loss of interest in activities or hobbies once pleasurable
- ⇒ overeating or appetite loss
- ⇒ persistent aches or pains, headaches, cramps, or digestive problems that do not ease even with treatment
- ⇒ persistent sad, anxious, or "empty" feelings
- ⇒ thoughts of suicide, suicide attempts

Anybody who expresses suicidal thoughts or intentions should be taken very, very seriously. Call 1-800-SUICIDE (1-800-784-2433) or 1-800-273-TALK (1-800-273-8255) -- or the deaf hotline at 1-800-799-4TTY (1-800-799-4889), go to the emergency room or talk to a mental health professional, if you have suicidal thoughts or know someone who does.

Warning signs of suicide include:

- ⇒ a sudden switch from being very sad to being very calm or appearing to be happy
- ⇒ always talking or thinking about death
- ⇒ depression (deep sadness, loss of interest, trouble sleeping and eating) that gets worse
- ⇒ having a "death wish," tempting fate by taking risks that could lead to death
- ⇒ losing interest in things one used to care about
- ⇒ making comments about being hopeless, helpless, or worthless
- ⇒ putting affairs in order, tying up loose ends, changing a will
- ⇒ saying things like "It would be better if I wasn't here" or "I want out"
- ⇒ talking about suicide
- ⇒ visiting or calling people one cares about

Please call your primary care provider or anyone of LCDN clinic's including our SBHC's to make an appointment, if you have any questions, or need more information on this topic.

El Aviso Newsletter would like to extend condolences to the Lopez Family for the loss of **Cora V. Lopez**, mother, grandmother, community leader. A great loss to the family and friends. She was one of the first fundraisers for Las Clinicas in the early years (1970s). She was a great lady.

⊗ **Community Events** ⊗

Contact: Joan Tollefson 1-505-323-1519/ 553-5820 or email: joan@lcdn.org

For Health Advise when clinics are closed, call Nurse Advise New Mexico (NANM) 877-725-2552 open 24 hrs.

El Rito

Las Clinicas del Norte Board Meeting - every 4th Monday, 6 pm, El Rito clinic Community Room.

El Rito Library- Tues, Wed, Thurs, Fri, Sat, 12 am – 5 pm

Library Board Mtgs. - every 2nd Wednesday, 6:00 pm

El Rito Fire Dept. Mtgs. - every 2nd Wednesday, 7 pm, at the El Rito Fire Station, open to the public.

El Prado Convenience Station at Rural Events Ctr. Open 5 days Tue-Sat 8am-4pm. Info: North Central Solid Waste 747-8459

Abiquiu

Abiquiu Library - Sun, Mon, Tues, Wed, Thurs, 1 pm – 6 pm, located on the Plaza.

Abiquiu Fire Dept. - **DAY CHANGED** to 2nd **Sunday - 6 pm.** at the Abiquiu Fire Dept. Station at the REC on Hwy 554.

Abiquiu Area Emergency Services Project Mtg. - second Wed. at 6:00 pm at the Rural Events Center.

Abiquiu AA Meetings - Wednesday, 5:30-6:30 pm, Abiquiu clinic, & Saturday, 10:00 am, Abiquiu Library. **New Contact:** Alex at 505-901-7701.

Abiquiu Al-Alon - will return in late-spring.

Recycling - 5 days a wk. Tue-Sat 8am-4pm. Recycle at the El Prado Convenience Station at the Rural Events Ctr. For information call North Central Solid Waste, 747-8459.

Ojo Caliente

Ojo Caliente Fire Dept. Mtg. - every 1st Wednesday, 7:00 pm Ojo Caliente Fire Dept.

Northern NM College

In April the El Rito Campus is conducting the following classes, trainings and workshops.

Hazmat OSHA Course - April 21-25, 2014

Spanish Colonial Woodworking - April 21 – April 25, 2014

Strategic Planning Training - April 23-24, 2014

Weaving Lab - Open on Wednesdays for registered Weaving students

For more information please contact:

Cecilia Romero - 575-581-4117 or 505-747-5477

Spanish Language Institute- April 27-May 3, 2014

For more information please contact:

Dr. Maria Dolores - 505-238-2466/575-581-4145

El Rito Campus Site Coordinator

PUEBLO DE ABIQUIU LIBRARY **And Cultural Center**

505-685-4884

POB 838, Abiquiu, NM 87510

abiquiupl@gmail.com

www.abiquiulibrary.wordpress.com

Library Hours: 1 pm to 6 pm, Sunday - Thursday

Read-a-thon/Draw-a-thon:

Thank you to the twenty readers and twenty sponsors who helped made our March 16th **Read-a-thon** a success. We have posted the names of donors and supporters on the door near the librarian's desk.

We read over half of Frances Leon Quintana's *Los Pobladores*, with pauses for discussion and comments about this history that directly relates to Abiquiu Pueblo, land use, and land appropriation.

All afternoon a full table of adult and children artists added their images to our annual **Draw-a-thon** book. Stop by the library and browse through the hand-sewn **Draw-a-thon** books from previous **Read-a-thons**. Special thanks to Isabel Lopez for her skillful recruiting of readers.

Abiquiu Walking Tours:

It's that time again. Tours start annually after the Spring Equinox and are normally scheduled on Saturdays or Sundays through Thanksgiving. Call the Library to arrange for a tour with a group of your friends conducted by trained Abiqueno docents and learn about the longer history of the village. Tours are \$30 per person and help fund the library programming.

Teenage History Explorers:

Find out how to participate in a June archaeological dig exploring what lies beneath the old well in the library's *plazuela*. Call @ 685-4884 or visit the library to learn more.

2014 Summer Reading Program:

In the beginning of June we will be having the summer reading program for children and teens. **FIZZ BOOM READ** is the theme for the children and the theme for the teens is **SPARK A REACTION**. The library will be sign up for both programs in May.

And Now Miguel:

The library has finally obtained a copy of the historic movie filmed partially in Abiquiu Pueblo and will be announcing a screening shortly. If you want to be on our regular library email list, please stop by and sign up for updates of our events

Magazines in the Library:

We will be changing our Magazines soon and would like everyone's input in what they would like to see in the library. Please come in or call to add your choice when we order.

Las Clinicas del Norte

EL RITO CLINIC
PO Box 237, El Rito 87530
Phone: (575) 581-4728
1-800-869-7624

MEDICAL:

MON thru FRI 8:00 am– 5:00 pm
1st and 3rd SAT of month 8:00 am 4:00 pm
Confidential Family Planning Title X Services available

COUNSELING: 581-4728, # 232

Mondays and Wednesdays only.
Please call for an appointment.

DENTAL SERVICES: 581-0028

MON thru FRI 8:00 am– 6:00 pm;
SAT 8:00 am-4:00 pm

REMEMBER TO BRING YOUR CHILD'S IMMUNIZATION RECORD for all clinic visits

MENTAL HEALTH CRISIS NM HOTLINE - 1-855-NMCRISIS (1-855-662-7474)

LCDN BOARD OF DIRECTORS — *President* - Gary Salazar, *Vice-President* - Pauline Varoz, *Treasurer* - Erma Crim, *Secretary* - Barbara Lovato; *Members*: Tony Chacon, Sophie Garcia, Rex Davidson, Terry Boyle, Jasmine Serrano.
Honorary Member: Mary F. Lovato.

Donations - listed for one year - Las Clinicas would like to thank the following donors

\$ 100 - Annabelle X. Gutierrez Sisneros (4-13)
\$ 175 Each—Dr. Anthony Garcia, Dr. Aine Malone,
Dr. Ed Trujillo (each) (02-14)
\$ 500 - Pamela Harris (12-13)

\$ 1,000 - Sam R. & Isabel E. Jewell (12-13)
\$ 1,000 - Kathleen E. Maley (12-13),
\$ 1,000—Terence P. & Susan C. Boyle
\$ 1,500 - Andy R. Lopez (01-14)

Las Clinicas del Norte, Inc.

D/B/A Las Clinicas del Norte
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El Rito, NM 87530

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