

EL AVISO

March 2015

State Vaccination Requirements

In the U.S., the Food and Drug Administration (FDA) regulates and licenses all vaccines to ensure safety and effectiveness. No federal vaccination laws exist, but all 50 states require certain vaccinations for children entering public schools.

The New Mexico Mesa Vista Consolidated School District has not changed their policy as of this date and all school levels have the same basic policy.

New Mexico Childcare/Pre-school and School Entry Immunization Requirements 2014-15 school year

- Diphtheria/Pertussis/Tetanus
- Polio
- Measles/Mumps/Rubella
- Haemophilus Influenza Type B
- Hepatitis B
- Pneumococcal
- Varicella

New Mexico Exemptions from School and Day-care Requirements

The two exemptions allowed in New Mexico are religious and medical. To request an exemption, complete the Certificate of Exemption from Immunization Form, found under its name in www.nmhealth.org. School & Daycare Immunization Requirements.

Each requires signed forms or a statement from the appropriate organization.

+ For religious reasons, a letter from an officer of the church with a statement of the religious reasons for requiring the exemptions and/or completing of the Certificate of Exemption Form.

+ For medical reasons, a signed medical exemption must be obtained from a duly-licensed physician attesting that the immunizations would endanger the life of the child.

The law does not grant immunization exemptions for philosophical or personal reasons.

Resources: NM Immunization Protocol; NM School Health Manual

Although the recent highly public measles cases in the United States have concentrated on school-age children issues with vaccinations, in fact, the majority of those measles cases were adults.

There Are Vaccines You Need as an Adult

ALL ADULTS NEED:

Influenza (flu) vaccine every year

Td or Tdap vaccine: Every adult should get the Tdap vaccine once if they did not receive it as an adolescent to protect against pertussis (whooping cough), and then a Td (tetanus, diphtheria) booster shot every 10 years.

In addition, women should get the Tdap vaccine each time they are pregnant, preferably at 27 through 36 weeks.

Other vaccines you may need as an adult are determined by factors such as:

- Age
- lifestyle
- health conditions
- job
- international travel
- any previous vaccines you have received

Learn more about what other vaccines may be recommended for you and talk to your healthcare professional about which vaccines are right for you.

TOO FEW ADULTS VACCINATED

According to data from the 2012 National Interview Health Survey (NHIS), too few adults are getting their recommended vaccines. Why does this matter?

Every year thousands of adults in the U.S. still suffer serious health problems, are hospitalized, and even die due to diseases for which vaccines are available.

Did you know that certain vaccines are recommended for adults and adolescents?

Take the quick quiz on the next page to find out which vaccines YOU may need. →→

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

⇒⇒ Quiz: Adult Vaccinations needs

This quiz provides information for people age 11 years and older.

Answer the questions below. Get a list of vaccines you may need based on your answers (this list may include vaccines you have already had).

Discuss the vaccines on the list with your doctor or health-care professional.

Part One, About You

Are you Female Male

For women only (Some vaccines can affect pregnancy.)

- I could become pregnant I am pregnant now
 I am not planning to become pregnant
 I could not become pregnant

What year were you born? (Some vaccines are age-related)

Part Two, About Your Life

You may need certain vaccines because of where you live, the kind of work you do, or other lifestyle factors.

Will you be traveling outside the U.S. in the near future?

- Yes No

Do you have a weakened immune system due to illness, medications or HIV with CD4 count less than 200?

- Yes No

Are you a first-year college student who lives in a dormitory at college or a new military recruit? Yes No

Are you a resident in a nursing home or chronic-care facility? Yes No

Do you work with patients in a nursing home, doctor's office, hospital, or other healthcare setting?

- Yes No

Some of the conditions and behaviors listed below can put you at higher risk of certain infections. Do you have any of these diseases or medical conditions?

Check all that apply to you. Heart disease Diabetes type 1 or 2 (also called sugar diabetes) Chronic lung disease Kidney failure, end-stage renal disease, or on dialysis Chronic liver disease Spleen has been damaged or removed Cancer or cancer treatments HIV with C4 count greater than or equal to 200 Has had a bone marrow transplant

Have you had chickenpox disease in the past or been vaccinated against chickenpox? Yes No Not Sure

You may review more information at the CDC site www.CDC.gov/NCIRD: adolescent & adult vaccine needs.

Please contact LCDN and your health care provider for further information on your vaccination needs.

March is National Nutrition Month

Good nutrition is essential for your family's heart health. The American Heart Association has developed healthy tips, recipes and guides to make it easier to save money while eating healthier when preparing meals at home.

For more nutrition tips, healthy recipes and resources to help your family get healthier, please visit www.heart.org/healthyhome.

Healthy, Easy and Kid-Friendly Recipe for National Nutrition Month

Provided by our Nutrition Services partner, Healthy Kids Challenge

This Apple Almond Salad recipe is easy to use when teaching kids about healthy habits, and easy for them to learn some basic kitchen skills, too! At a school or community program (or even at home) use this activity to challenge kids to learn about what they taste. It works with many fruit & veggie-based recipes, but our favorite is this apple-almond salad!

Apple Almond Salad

Prep Time: 10 minutes Serves: 8 servings or 32 (½ cup serving) tasting samples

- 1 cup non-fat, bottled raspberry vinaigrette
- 8 small apples, diced
- 1 cup Craisins® or other dried fruit bits
- 1 cup chopped almonds
- 8 cups bagged, pre-cut mixed greens

Directions

1. In advance, rinse and drain the apples and mixed greens.
2. In a large salad bowl, add the ingredients and toss gently.
3. Serve ½ cup tasting samples on small plates with a fork.
4. Clean work area and utensils with warm soapy water. Rinse with clean water.

Per full-size serving (1 ¾ cups): 221 Calories, 5.2g Pro, 5.9g Fat, 24% Calories from Fat

Recipe Source: (Modified) Education.com-Centers for Disease Control and Prevention. Accessed 6/11.

⊗ **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 in-
formation call North Central Solid Waste, 747-8459.

Ojo Caliente

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

Recycling Station - Tues-Sat, 9am-5pm, Bldg #35631 Hwy 285/84.
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EL RITO PUBLIC LIBRARY

575-581-4608

Hours: Tuesday thru Saturday 12-5pm

As many of you know Christine is leaving the El Rito
Library. We **honor Christine Trujillo** for her amaz-
ing service to the El Rito Library with our gratitude.

In her honor, we have named the children's room:
Christine Trujillo Children's Room because of
her tireless efforts to make this room a reality.

Christine says she wanted to make sure children
were starting a **life-long love affair with books**
at an early age. Being exposed to books and
information truly can change a child's life!

In the next few months there will be **other ways to**
honor Christine and her service. Details will be
forthcoming.

We want your input about the library. Send your
comments, suggestions, ideas to the Board or to
the new director, **Krysta Kavanaugh.**

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

March 15th Read-a-thon and Draw-a- thon:

Join us for an all-day reading from **Four Square Leagues: Pueblo Indian Land in New Mexico by Malcolm Ebright.** Twenty readers will read for fifteen minutes each and artists will draw during the reading. Drawings will be collected in our **Annual Read-a-thon Artists' Book.** The library will supply colored pencils and paper. Sponsor a reader or an artist @ \$50 per person. We welcome full or partial sponsorship. Come by the library to sign up to read or draw or to sign up as a sponsor and come on Sunday March 15th 1-6pm and enjoy the all day reading. We will be serving refreshments. This is a reading race to support our library programming. Join us!

Stem to Read Early Literacy Stem to Read is a free program for parents / caregivers and their children ages 2 - 5 years old. Our second session started on Tuesday February 17th and it will continue on to May. It takes a place at the Pueblo De Abiquiu Library from 10:00 am to 11:30 am every other Tuesday. Stem to Read is a program set into a story time format that helps children develop language and critical thinking skills in Science, Technology, Math and Reading. Children and their parents are encouraged to participate in our planned activities. We model and articulate to parents how they can modify or reproduce other activities to expand or practice learned skills after story time is over. Hope you and your child will take this opportunity to join us at our Early Literacy Stem Story time.

Upcoming Conference Saturday May 16th

Save the date for our upcoming all-day conference on Saturday May 16th at the Jose Ferran Gym in Abiquiu. We will be welcoming scholars Dr. Jun Sunseri and Dr. James Brook with updates on the findings from the archeological dig last summer at the Library and more new research on the Genizaro experience. The Conference theme is *Abiquiu: Honoring the History and Experience of a GENIZARO Pueblo.* All events are free but you will need to register in advance.

Moving Forward, Looking Back-Across the Old Spanish Trail

Our Library and Cultural Center assisted Ms. Janire Najera with this project in gathering local interviews for the exhibit which will be introduced on April 30th at the former residence of the Ambassadors of Spain in Washington, DC. Antonio Armijo's footsteps were followed from 1829/30 linking the outposts of New Mexico and California. This exhibit gives an understanding of how the traditions of the first settlers have merged with domestic cultures influencing in the creation and identity of today's pueblos and cities while revealing some traces of the intangible heritage that remains across these states. Every one is welcomed to attend, especially those who were interviewed, Augustin Garcia, Sofie Garcia, Vicky Garcia, Floyd Trujillo and others in Gallina also. If you need additional information regarding this, please contact the Library.

Las Clinicas del Norte

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

MEDICAL:

MON and TUESDAY 8:00 am– 6:30 pm
WEDNESDAY THRU SATURDAY 7:30
am 5:00 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;

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

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

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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 (02-14)

\$ 500 - Kathleen E. Maley (12-14)

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Las Clinicas del Norte, Inc.

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

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