

EL AVISO

May 2015

May is Asthma and Allergy Awareness Month

Allergies are the 6th leading cause of chronic illness in the U.S. with an annual cost in excess of \$18 billion. More than 50 million Americans suffer from allergies each year. Anyone may have or develop an allergy - from a baby born with an allergy to cow's milk, to a child who gets poison ivy, to a senior citizen who develops hives after taking a new medication.

Allergies are an overreaction of the immune system to substances that generally do not affect other individuals. Allergic reactions range from merely bothersome to life-threatening. Some allergies are seasonal, like hay fever. Allergies have also been associated with chronic conditions like sinusitis and asthma.

In the United States approximately 25 million people have Asthma. Asthma is lung disease that narrows or blocks the airways. Asthma attacks may be triggered by viral infections, cold air exercise, anxiety, allergens and other factors.

The number of children affected by Asthma is 6.2 million. Asthma related illnesses accounts for one third of all pediatric emergency room visits. Asthma is also the fourth most common reason for pediatric physician office visits and is one of the leading causes of school absenteeism. Almost 80 percent of people with asthma have allergies. The month of May is typically the peak season for Asthma and allergy sufferers.

Signs and Symptoms

Allergies: Congestion, skin rash, itchy watery eyes, difficulty in breathing.

Testing for Allergies

Allergy Skin test, Serum-Specific IgE antibody testing

Treatment for Allergies

Antihistamines, Nasal Steroids, Cromolyn Sodium, Decongestants, Immunotherapy

Asthma: Coughing, wheezing, shortness of breath and tightness in the chest. Severe Asthma symptoms may begin with itching of the eyes and face, progressing to swelling, causing breathing difficulties,

cramps, diarrhea and vomiting. Confusion and dizziness are further symptoms of Asthma.

Tests for Asthma

Spirometry, Challenge test, Lung tests in children, Exhaled nitric oxide test.

Treatment for Asthma

Inhaled steroids, Asthma Control Tests™, Short-Acting Beta₂-Agonists (SABA), Long-Acting Control Meds.

IS IT A COLD OR AN ALLERGY? *

Symptoms	Cold	Airborne Allergy
Cough	Common	Sometimes
General Aches, pains	Slight	Never
Fatigue/Weakness	Sometimes	Sometimes
Itchy eyes	Rare or never	Common
Sneezing	Usual	Usual
Sore throat	Common	Sometimes
Stuffy nose	Common	Common
Fever	Rare	Never
Duration	3 to 14 days	Weeks
Treatment	Decongestants, over the counter Non-steroidal anti-inflammatory medicines	Antihistamines, Nasal Steroids, Decongestants, Cromolyn, Immunotherapy
Prevention	Wash your hands often with soap and water. Avoid close contact with anyone with a cold	Avoid those things that you are allergic to.
Complications	Sinus infection, Middle ear infection, Asthma exacerbation	Sinus infection, Asthma exacerbation

Triggers for both Allergies and Asthma: ⇨ ⇨ ⇨

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

⇒ ⇒ Triggers for both Allergies and Asthma

- **Pollen:** Keep windows closed during pollen season, use air conditioning if possible and an air filter. Pollen counts are the highest in the morning especially on warm, dry days, limit outdoor activities during these days.
- **Irritants in the air:** Avoid using aerosol sprays, paint and cleaning agents with heavy odors. Wear a mask or handkerchief over your mouth when cleaning, dusting, vacuuming, sweep in or working the in the yard. Make sure your house is properly ventilated. Do not use or limit the use of perfumes, scented lotions, or other highly scented products that may irritate your lungs. Avoid wood smoke
- **Avoid Exposure to second hand smoke.**

Las Clinicas del Norte offers treatment to those individuals who suffer from Asthma and or allergies. Please call one of our three clinics., Abiquiu, El Rito or Ojo Caliente listed on back of this newsletter. In addition resources are available for those who are considering quitting smoking.

**The chart is for informational use only and should not be considered medical advice. If in doubt call your medical provider.*

WebMD Medical Reference Roy Benaroch, MD February 14, 2014; Asthma and Allergy Foundation of America (AAFA) Centers for Disease Control and Prevention NIH Medline Plus Spring 2015; asthma.com

Public Service Announcement

New Mexico Legal Aid, Inc. is a non-profit that provides free civil legal services to low-income New Mexicans. We can help you with legal is-sues including domestic violence, public benefits, Unemployment in-surance, housing and collections.

New Mexico Legal Aid, Inc. serves Santa Fe, Rio Arriba and Los Alamos counties. We are now providing face-to-face interviews in Espanola every third Tuesday of the month from 8:30-11:30am. We prefer meetings set by appointment but will accept walk-ins. To schedule an appointment please call 1-866-416-1934 or 505-982-9886.

BE WISE—IMMUNIZE

⊗ **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.

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

National Park Week begins April 18 and runs through April 26, giving you the chance to visit your favorite national park — or discover a new favorite — **for free.**

Go opening weekend. If you want to get in for free, plan to visit April 18 and 19, when parks that normally charge an entrance fee will waive it. (Note: You will still have to pay for tours, camping, and concessions unless stated otherwise.)

Don't forget the national monument. National Park Week doesn't just apply to the nation's park; it applies to all public lands administered by the National Park Service (NPS). This includes national monuments such as White Sands National Monument in New Mexico.

EL RITO PUBLIC LIBRARY

575-581-4608

Hours: Tuesday thru Saturday 12-5pm

Did you know...

...Students in homes with access to books stay in school up to three years longer. (Celano & Neuman)

Honor Andy R. Lopez

**Co-Founder of El Rito Library,
as well as Las Clinicas del Norte, by having
a library room named after him!**

We're honoring Andy not for his business acumen that has created well paying multiple jobs, stellar health care, or immense economic impact for our local areas for the past 30+ years -

but because Andy Lopez, along with professional librarian Betsy McIntosh,

**established the El Rito Public Library
on May 5, 1986 — 29 years ago!**

Come to the Library on Sunday

May 3, 2015 for lunch from 11-2

Menu: enchiladas, beans, posole, salad, desserts.

**Come share your stories about Andy
and how LCDN and the El Rito Library
have impacted your lives.**

He'll be there to accept your appreciation.

**We are honoring Andy's contributions
for improving the quality of life in our community
with a challenge grant from an anonymous donor
in Andy's honor.**

This fund can help raise \$10,000 for much needed operating expenses (as we're this jewel of a library that is not state-funded; it is a rural nonprofit that is sustained by gifts from kind people — like you.)

**When we meet our goal,
a room in the library will be named after him!**

Honoring Gifts are also being taken anytime from now until the challenge is met, at the library or by mail. We accept credit cards, checks and cash.

Mailing address: PO Box 5, El Rito, NM 87530
Questions? Call (575) 581-4608.

PUEBLO DE ABIQUIU LIBRARY*And Cultural Center*

505-685-4884

abiquiupl@gmail.com

POB 838, Abiquiu, NM 87510

www.abiquiulibrary.wordpress.com

**ABIQUIU Honoring the History &
Experience of a Genízaro Pueblo**

Saturday May 16th, 2015. An all-day conference From 10 am to 6pm sponsored by Pueblo de Abiquiu Library & Cultural Center at Joe Ferran Gym near Abiquiu Plaza.

LEARN ABOUT: What was unearthed in the archaeological dig next to the library last summer, Why children from Abiquiu Pueblo were able to attend Santa Fe Indian School in the early twentieth century, What it means for the Abiquiu area to be considered a world culture migration site, Details of the 2007 Senate Memorial 59, and How Abiquiu Pueblo is viewed in the Tewa world.

ENJOY: Genízaro dancing by elders and youth, Home cooked lunch and dinner provided by Pueblo de Abiquiu Library, Meeting with scholars, local Genizaros and neighbors in shared discussions.

SPEAKERS INCLUDE: Dr. Jun Sunseri, Archaeologist, University of California at Berkeley; Dr. James Brooks, Anthropologist, University of California at Santa Barbara; Tessie Naranjo, Santa Clara Pueblo; David Lopez, Abiquiu Pueblo Historian; Dr. Charlie Carrillo, Santero, Genízaro; Anthropologist Gregorio Gonzales, Genízaro, Ph.D. Candidate, The University of Texas at Austin; Malcolm Ebright, Writer, Center for Land Grant Studies; Moises Gonzales, University of New Mexico; Genízaro Grandmothers and Granddaughters dancing; Dexter Trujillo, Abiquiu Ceremonial Leader and others. ****Advance Registration is needed.**** Email @ abiquiupl@gmail.com or call Pueblo de Abiquiu Library @ (505) 685-4884 or stop by to sign up. Let us know if you plan to join us for lunch & dinner. The Conference is free but we welcome donations.

EVERY HERO HAS A STORY:**2015 Summer Reading Program**

Sign up for the Summer Reading Program; the program will run from **June 9th to July 30, 2015** on **Tuesdays and Thursdays from 11:00 to 1:00**. This year, we will be including free lunches for children. Children can earn prizes for reading and enjoy workshops with a variety of mentors and also go on special trips.

FREE SUMMER LUNCHES: Served at the Library

Our library will be a volunteer site for free lunches for children this summer on Mondays through Thursdays at noon and adults are welcome to join for \$1.50, sponsored by Rio Arriba County.

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)

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

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

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

\$ 800 - Katharine & Boudinot (Bill) Atterbury - James Talcott Fund (12-14)

\$ 1,000 - Sam R. & Isabel E. Jewell (12-14)

\$ 1,000 - Terence P. & Susan C. Boyle

\$ 1,500 - Andy R. Lopez (01-15)

Las Clinicas del Norte, Inc.

D/B/A Las Clinicas del Norte
PO Box 237
El Rito, NM 87530

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