

EL AVISO

September 2015

Gluten Free Diet or Not

With the phenomenon onset over the last few years of gluten free products, to understand the proper role of gluten-free diets requires untangling three separate and unrelated medical problems blamed on gluten: celiac disease, wheat allergy, and gluten intolerance. The first problem is almost certainly *under-diagnosed*, but the latter two are likely to be *over-diagnosed*. We will tackle the first issue here:

Celiac Disease

Celiac disease is a hereditary immune disorder that attacks the body's healthy cells and tissues. People with Celiac disease are unable to eat any form of the gluten protein. Celiac disease may often cause long-lasting digestive problems, by preventing the body from absorbing all the nutrition it needs. When a person eats food containing gluten their immune system attacks the lining of the small intestine. Over time, Celiac disease may cause anemia, infertility, weak and brittle bones, and itchy skin rashes.*

Gluten is found in the following foods: Wheat, rye, and barley. Additionally, the gluten protein may also be ingredient in the following products: Vitamins, lip balm, and some medicines. The only treatment for Celiac disease is eating a gluten free diet.

Researchers are investigating the reasons Celiac disease affects people differently. The length of time a person was breastfed, the age a person started eating gluten-containing foods, and the amount of gluten-containing foods one eats are three factors thought to play a role in when and how Celiac disease appears.

Celiac disease affects people in all parts of the world. In the U.S. it is estimated that more than 2 million people have the disease, or 1 in 133 people. People who have a parent, brother, sister or children diagnosed with Celiac's disease have a 1 in 22 chance of also being diagnosed with the disease

People with Celiac's disease often have other diseases in which the immune system attacks the body's healthy cells and tissues. The connection between Celiac disease and the following diseases may be genetic:

Type 1 Diabetes	Autoimmune thyroid disease
Autoimmune liver disease	Addison's disease
Rheumatoid arthritis	Sjögren's disease

The symptoms of Celiac's vary and some patients may not even feel sick. However, most people with Celiac disease have one or more of the following symptoms, (*having one or more of these symptoms does not mean you have the disease*):

Stomach pain	Gas	Diarrhea
Extreme tiredness	Change in mood	
Weight loss	Slowed growth	
Very itchy skin rash with blisters		

Symptoms vary depending upon a person's age and the degree of damage to the small intestine. Adults may have the disease for a decade or more before being diagnosed. The longer a person goes undiagnosed and treated, the greater the chance of developing long-term complications

Celiac disease is diagnosed initially by a blood test. If the blood test is positive, a biopsy of the small intestine is done to confirm the diagnosis.

If you are experiencing any of the above symptoms please make an appointment to see your primary care provider today. The medical staff at LCDN is here to help and advise you.

For more information:

NIDDK Celiac Disease Topic

<http://www.niddk.nih.gov/health-information/health-topics/digestive-diseases/celiac-disease/Pages/fact.aspx>

MedlinePlus

<http://www.nlm.nih.gov/medlineplus/celiacdisease.html>

Celiac Disease Foundation

www.celiac.org

*NIH Medline Plus Volume 6 Spring 2015

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

The first nationwide look at the impact of the Affordable Care Act (ACA) in the nation's most medically underserved urban and rural communities.

This reports on an analysis of newly-released data from the Uniform Data System (UDS) and offers the first nationwide look at the impact of the Affordable Care Act (ACA) in the nation's most medically underserved urban and rural communities.

Examining data collected from the nearly 1,300 federally funded health centers operating in over 9,000 locations, the report shows that overall the number of patients served at community health centers has almost tripled since 1996, to nearly 23 million patients served in 2014.

Between 2013 and 2014, the total number of patients served by health centers increased by over 1.1 million patients, or 5%, and the number of health center patients with health insurance increased 2.3 million or nearly 17 percent.

Meanwhile, the number of uninsured patients declined steeply by 1.2 million or 16 percent. These findings point to the importance of the ACA in the nation's poorest communities, while also emphasizing the vital role played by Medicaid. The UDS data also underscore the major expansion trajectory for community health centers as a result of insurance expansions and direct Congressional investment in continued health center growth.

Finally, the findings reveal that as patients have gained coverage, they have remained with their health centers, even as health centers continue to grow and reach more community residents.

This report was issued as a new brief by the Geiger Gibson/RCHN Community Health Foundation Research Collaborative at Milken Institute School of Public Health at the George Washington University.

Welcome to

Rosie Lucero, new Cashier Receptionist for the Ojo Caliente Clinic.

Monique Garcia, LISW, who will be a Counselor at both the Abiquiu and Ojo Caliente Clinics.

Kimberly Adler, FNP, who will work at Mesa Vista Schools and the Ojo Caliente Clinic.

⊗ **Community Events** ⊗

Contact: Joan Tollefson 1-505-323-1519/ 553-5820 or email: joan@icdn.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, Sat, 9am - 2pm, Wed, Thurs, Fri, 2 -7 pm
Library Board Mtgs. - every 2nd Thursday, 5:30 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.

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.

Northern Youth Project continues to make a difference in the community through connection and service. Recent fieldtrips to Sol Feliz and Red Willow Farms in Taos, instilled great inspirations for the power of youth, and the honor and reward of cultivation and preservation of land, water, and seed.

NYP teens also traveled to Shiprock in support of the Northern Diné Youth Committee, whose own youth farm has been divested by the San Juan River contamination caused by recent mining activity. NYP donated drip tape and took a crew of volunteers to help with recue and restoration.

NYP Community Cooking Workshops were a big hit this summer. Teens and their families enjoyed making healthy choices, with quesadillas, omelets, and stir-fries using ingredients fresh from the garden. NYP culinary workshops continue as our teen interns take a turn as teachers, and host healthy farm-to-table snack workshops in our area elementary schools throughout the 2015-2016 school year.

SAVE THE DATE: Celebrate and TASTE all the hard work of our local youth this year, at our **GARDEN OPEN HOUSE**, **September 12th from 4-6** at the NYP Youth Garden, located behind the Rising Moon Gallery. Live music, food, 50/50 Raffle and lots of fun for everyone. Please come show your support!

Thank you to all our donors during our most recent pledge drive! We couldn't do any of this without you! For questions or more information, please visit us online at northernyouthproject.org, like us on Facebook at [facebook.com/nypnm](https://www.facebook.com/nypnm), email northernyouthproject@gmail.com, or call (505) 685-9474.

EL RITO PUBLIC LIBRARY

New Hours — Tues/Sat - 9 am to 2 pm
 Wed/Thurs/Fri - 2 pm to 7 pm
575-581-4608

Three new staff began to work at the library in August. **Lynett Gillette**, our new director, has returned to Northern New Mexico after a few years with the San Diego Zoo's Staff Research Library and the San Diego Natural History Museum. **Felice Lucero-Church** of Abiquiu is our new librarian, sharing duties with long-time librarian Thomas Fortson. Felice has previously served at the Mesa Public Library in Los Alamos and the Espanola Public Library. **Amy Jewell**, our new bookkeeper, recently managed budgets and books for the National Park Service at Mammoth Cave, Kentucky. Welcome to all!

Thanks to all who helped with the Aug.1st Flea Market. The library made \$127.25. There were some real treasures to be found on those tables. A big thank you to all who braved the threatening clouds that morning. Read about it and other library happenings in our Friends of the El Rito Library Facebook Page - <https://www.facebook.com/pages/Friends-of-the-El-Rito-Library/476930615200>.

All New Mexico public libraries now have FREE Family Passes good for visiting 15 museums and historic sites across the state. These passes can be checked out by any library card holder in good standing—for one week. Take your family (up to six people) to see some of the cultural and natural treasures of this state and enjoy free admission, courtesy of the Office of Cultural Affairs.

Calling all Helping Hands! The library needs some hardy volunteers for end-of-summer yard work on Saturday morning Aug. 29th, 8:30 - noon. Bring garden tools, wheelbarrows, gloves. Meet friends, make new friends, and enjoy breakfast snacks and coffee. Call 575-581-4608 with questions.

A Reminder: Beginning Wednesday, Sept. 2 the library will again hold the **STEM to Read Program** for children 2 to 5 years old. Helping your child be ready to read and learn in school is our goal with this program that continues every Wednesday until the month of May. Thank you to United Way of Northern New Mexico and the NM Children's Foundation for funding this program.

Thanks to Liz Lucero! Liz has retired from the Board of Directors. During her time of service she was instrumental in putting together The El Rito Obituaries notebook, a history of folks who have lived and died in El Rito, available for viewing at the Library.

Congratulations to Florida Martinez. Florida won the exquisite Library quilt donated to the library by our quilters for raffle at the Fiesta. A special thank you to the quilters for their generous donation and to Liz Lucero for managing the sales of raffle tickets and Cecelia Lopez for her help at the Fiesta. The library cleared \$250 from the raffle.

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

'New Mexico Family Pass' Offers Free Access to State Museums/Historic Sites Through Your Local Public Library

Visit Pueblo de Abiquiu Library & Cultural Center to check out a pass good for free admission to 15 state museums and historic sites. Governor Susana Martinez unveiled the new program benefitting New Mexico families on Monday at a news conference in Albuquerque. Created by the Department of Cultural Affairs and New Mexico State Library, the New Mexico Family Pass admits up to six people to some of the state's best attractions.

Starting this week, three Family Passes are available for check out by library card holders in good standing at Pueblo de Abiquiu Library & Cultural Center. The pilot program will run from now until August 31, 2016. Borrowers must be over the age of 18 or have a parent or guardian with them to sign the borrower agreement when checking out a Family Pass. The pass can be checked out for one week.

The Family Pass offers access to a diverse selection of cultural experiences. The Department of Cultural Affairs runs four museums in Santa Fe (Museum of Indian Arts and Culture, Museum of International Folk Art, New Mexico History Museum/Palace of the Governors, and New Mexico Museum of Art), two museums in Albuquerque (National Hispanic Cultural Center and the Museum of Natural History and Science), as well as the New Mexico Space History Museum in Alamosa and the New Mexico Farm and Ranch Heritage Museum in Las Cruces. Seven designated Historic Sites around the state include Coronado, El Camino Real Trail, Fort Selden, Fort Stanton, Fort Sumner/Bosque Redondo Memorial, Jemez, and Lincoln. For locations and museum and historic site information, please visit the DCA website, www.newmexicoculture.org/visit. Contact - Pueblo de Abiquiu Library & Cultural Center email abiquiupl@gmail.com Phone # 505-685-4884.

Winners of the 2015 Summer Reading Program

Reading Log winners for this summer are: First Place Mia Scherer, Second place Marcus Scherer, Third place Andrea Dominguez and Fourth place Isabella Haws. This summer we had 55 participates as part of our Summer Reading Program. Thank You to all the Children that participated and the parents and the teachers of the Boys and Girls Club that made an effort to join us.

Legal Aid Pamphlets

We now have information on legal aid available at the library. We have the following pamphlets: Divorce, Child Custody, Payday Loans, Filing for Unemployment Insurance Benefits, Fixing Bad Credit. Unpaid Bills, Property and Debt in Divorce, and Tenant's Rights.

Las Clinicas del Norte

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

OJO CALIENTE CLINIC
PO Box 307, Ojo Caliente 87549
Phone: (505) 583-2191
1-866-665-6832

ABIQUIU CLINIC
PO Box 757, Abiquiu 87510
Phone: (505) 685-4479
1-866-578-1662

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)
NEW MEXICO NURSE ADVICE—24 Hour Toll Free Nuber—1-877-725-2552

LCDN BOARD OF DIRECTORS — *President* - Tony Chacon, *Vice-President* - Pauline Varoz, *Treasurer* - Erma Crim,
Secretary - Barbara Lovato; *Members*: Gary Salazar, Sophie Garcia, Bruce Smith, Jasmine Serrano and Frank Chacon.
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)

\$ 100.00 Tony Chacon (6-15)

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

\$ 1,000 - Terence P. & Susan C. Boyle (1-15)

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

Las Clinicas del Norte, Inc.

D/B/A Las Clinicas del Norte
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