

— EL AVISO —

November 2015

November is Diabetes Awareness Month

Las Clinicas del Norte offers Diabetic Promotora Services at the three main clinic sites. The services include education, support and meal planning. Ask your provider to recommend the services.

Diabetes Symptoms:* The following symptoms of diabetes are typical. However, some people with type 2 diabetes have symptoms so mild that they go unnoticed. Common symptoms of diabetes:

- Urinating often
- Feeling very thirsty
- Feeling very hungry - even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- (type 1) Weight loss - even though you are eating more
- (type 2) Tingling, pain, or numbness in the hands/feet

Type 1 Diabetes:

In most cases of type 1 diabetes, people need to inherit risk factors from both parents. We think these factors must be more common in whites because whites have the highest rate of type 1 diabetes.

Because most people who are at risk do not get diabetes, researchers want to find out what the environmental triggers are.

- One trigger might be related to cold weather. Type 1 diabetes develops more often in winter than summer and is more common in places with cold climates.
- Another trigger might be viruses. Perhaps a virus that has only mild effects on most people triggers type 1 diabetes in others.
- Early diet may also play a role. Type 1 diabetes is less common in people who were breastfed and in those who first ate solid foods at later ages.

Type 1 Diabetes: Your Child's Risk

- In general, if you are a man with type 1 diabetes, the odds of your child developing diabetes are 1 in 17.
- If you are a woman with type 1 diabetes and your child was born before you were 25, your child's risk is 1 in 25; if your child was born after you turned 25, your child's risk is 1 in 100.
- Your child's risk is doubled if you developed diabetes before age 11. If both you and your partner have type 1 diabetes, the risk is between 1 in 10 and 1 in 4.

Type 2 Diabetes:

Type 2 diabetes has a stronger link to family history and lineage than type 1, although it too depends on environmental factors. **Cont'd** ⇨

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 ⇒ **Diabetes, Type 2**

Studies of twins have shown that genetics play a very strong role in the development of type 2 diabetes.

Lifestyle also influences the development of type 2 diabetes. Obesity, a condition in which a greater than normal amount of fat is in the body (more severe than overweight), and having a body mass index of 30 or more, tends to run in families as families generally have similar eating and exercise habits.

If you have a family history of type 2 diabetes, it may be difficult to figure out whether your diabetes is due to lifestyle factors or genetic susceptibility. Most likely it is due to both.

However, don't lose heart. Studies show that it is possible to delay or prevent type 2 diabetes by exercising and losing weight.

Type 2 Diabetes: Your Child's Risk

Type 2 diabetes runs in families. In part, this tendency is due to children learning bad habits — eating a poor diet, not exercising — from their parents. But there is also a genetic basis.

In general, if you have type 2 diabetes, the risk of your child getting diabetes is 1 in 7 if you were diagnosed before age 50 and 1 in 13 if you were diagnosed after age 50.

Some scientists believe that a child's risk is greater when the parent with type 2 diabetes is the mother. If both you and your partner have type 2 diabetes, your child's risk is about 1 in 2.

Complications

Diabetes remains the 7th leading cause of death in the United States in 2010, with 69,071 death certificates listing it as the underlying cause of death, and a total of 234,051 death certificates listing diabetes as an underlying or contributing cause of death.

Source: www.Diabetes.org ; ** National Diabetes Statistics Report, 2014 (released June 10, 2014)

Announcements

New Hire: Josephine Salazar,
Cashier/Receptionist for the Mesa Vista School based Clinic. Welcome Josephine.

⊗ **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, 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.

SAVE THIS DATE - **SATURDAY, NOVEMBER 14th**

Join Teens, Family, Friends and neighbors for the

Northern Youth Projects HARVEST DINNER

**An Annual Benefit Supporting the
Dreams of Northern New Mexico Youth**

Featuring KDCE DJ Tomas-No-Mas

**Join us for a delicious four-course meal prepared and served by local youth with produce from our Heritage Garden and local farms.
Supervising Chef: Marcela Casaus**

Silent Auction of work by local artists! Raffle!

Tickets: \$10 / \$5 for kids 12 and under.

Doors open at 5:30 pm / Dinner at 6 pm

**At Rio Arriba Rural Events Center -Main Room,
Highway 554, Abiquiu. For information: 685-9474 or
northernyouthproject@gmail.com**

EL RITO PUBLIC LIBRARY

New Fall Hours — Tues/Wed/Fri - 12 n to 5 pm

Open late Thurs - 12 n to 7 pm

PHONE: 575-581-4508

Sat - 9am to 2 pm

email: elritolibrary@yahoo.com/Website www.elritolibrary.org

Fall/Winter Hours: *Listed above*

Sunday and Monday: Closed

Looking ahead to the coming holidays, the El Rito Library would like to remind our community that we'll be hosting our exciting annual **Art and Silent Auction December 5, 1-4 pm**. HORIZONS is the theme for the art auction this year. Engage your imagination! We're looking for quality items to put up for bidding. Bring your treasures to the library during our regular hours and please include a note with your name and the value of the item(s).

The Library's STEM to Read continues with the 2 to 5 year old avid learners from our community every Wednesday 10 AM until Noon. Don't miss our special wildlife program on Wed. Nov. 18th. At the regular STEM session at 10 AM Ann Sherman from the New Mexico Wildlife Center will introduce young people to some of her favorite critters. Indoor activities, outdoor investigations, good healthy snacks are all provided FREE. Join us next time - there's still room in the class for more children. United Way of Northern New Mexico and the NM Children's Foundation provide the money to run our STEM classes.

November continues the Library's annual fall fundraiser, "One Hundred Donors, One Hundred Dollars". Reaching this goal will provide \$10,000 in general operating money to sustain this non-profit library for two months. Expect to hear from us and if you don't, there's the option of giving through our website's Donate Button or a check can be mailed to: El Rito Public Library, P.O. Box 5, El Rito, NM 87530.

Do you have unused talents? Want to be more involved in your community? Become a regular El Rito Library Volunteer! At the moment we need adults who can help read to young children during our new Story Hour on Saturday mornings from 10-11 am. We also are recruiting adults willing to take training to be literacy tutors. Contact Beverly Post at raalp2@gmail.com or 505-747-6162. The training is free.

Family Passes are still available to library patrons, thanks to the New Mexico Office of Cultural Affairs. These free passes allow a family (up to six persons) access to museums in Santa Fe, Albuquerque, Alamogordo, and Las Cruces. Seven Historic Sites around the state can also be visited with these passes.

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

Fiesta de Santa Tomas:

Join us for Santo Tomas Fiesta on Saturday after Thanksgiving **November 28th at 10 am** in front of Santo Tomas Parish. It will continue with ceremonial song and dances throughout the day. Our Cultural Center will have an original painting donated by Mr. Randy Silva of Santa Clara in order for prints to be made available as a fund-raiser. It is a general idea of our Genizaro feast day and is the first of its kind. Be sure to see it and place your order!

Archaeology dig: Keep an eye out for our website additions that will give a digital story of the archaeology dig with local youth on the footprint of the plazuela where our Library exists showing the community well information and more. You can already see initial video, but more will be uploaded in the coming months!

Free FamilyPass to New Mexico Museums and Historic Sites

New Mexico Department of Cultural Affairs is offering the opportunity for our library card holders to check out one of three membership card that will allow up to 6 people in free to 15 Exceptional Museums and Historic Sites in New Mexico.

The Sites are:

7 New Mexico Historic Sites, State-wide

New Mexico History Museum/Palace of the Governors, Santa Fe

New Mexico Museum of Art, Santa Fe

Museum of International Folk Art, Santa Fe

Museum of Indian Arts and Culture, Santa Fe

New Mexico Museum of Space History, Alamogordo

New Mexico Museum of Natural History and Science, Albuquerque

New Mexico Farm & Ranch Heritage Museum, Las Cruces
National Hispanic Cultural Center, Albuquerque.

Book Award

Those of you who joined us to read from Four Square Leagues: Pueblo Land in New Mexico during our Read-a-thon last March will be happy to learn about this award. Writer Malcolm Ebright and his collaborators was honored as the winner of Fray Francisco Dominguez Award for historical survey and research. We are in the process of deciding on the book for our next Read-a-thon. Patrons are welcome to nominate their favorite book about local history for this event.

Date:

Library Holiday Party on Saturday December 19th.

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)

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
PO Box 237
El Rito, NM 87530

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Community Partner

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