

# EL AVISO

December 2015



## Happy Holiday Tips

for you and your family to keep healthy, safe and stress free

The holiday season is here and for some of us it represents the stress and anxiety of battling the last-minute crowds at the stores, cleaning for visiting family, finding that must have toy, and preparing the perfect traditional meal. The following steps outline how you can enjoy the holiday season and keep yourself and your family healthy.

- The holidays are a time for sharing memories, and traditions not germs. Your family will be exposed to individuals who are caring germs here's a few simple steps to lessen your risk:

Wash your hands regularly, especially when they are dirty, before eating, and after using the bathroom.

Do not cough into your hands,

Do not sneeze into your hands, rather raise your arm and "sneeze into your sleeve",

Do not put your fingers into your eyes, nose or mouth (The T Zone),

**And Remember**—Don't hesitate to **vaccinate** if you not already done so.

**The Consumer Product Safety Commission (CPSC)** publishes recommendations for **safe toys for children by age brackets**. Each year the CPSC also publishes a list of unsafe or dangerous toys.



- Begin to familiarize yourself now with these recommendations. Don't give in to the "must have" toy of the year. Toy manufacturers are required to meet safety standards and to label certain toys that could be a hazard for younger children. The labels also contain age recommendations, be sure to follow these.



- **Safe food handling**, cooking and storage are another way to lessen the chance of illness. The United States Department of Agriculture recommends the following four steps to keep food safe:

**Clean**- Wash hands and surfaces often

**Separate**- Don't cross-contaminate

**Cook**- Cook to the right temperature

**Chill**- Refrigerate promptly

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

⇒⇒ **Holiday Tips**

- **Take time and enjoy**, remember what the holidays truly represent. Take stock of your financial situation; do not go overboard on gifts to the point of financial harm to yourself.

Family: Enjoy them, forgive and forget, if you are unable to do so, minimize the time spent with them.

Friends: Remind yourself of the true value of a friendship; take the time to thank them.

Co-Workers: Thank your co-workers for the support and friendship you have shared during the year.

Safety: Whether it is a family member, friend or co-worker keep their safety and those around them in mind. Be a responsible adult and be a designated driver. Take the keys away if they have had too much to drink, offer to drive them home or to sleep it off at your house. The same applies to you, if someone is telling you not to drive, listen to them.

Admit when you need help and ask for it.

There is no shame in admitting you need help with shopping, food preparation or decorations. If you are exhausted or stressed there is no way for you to enjoy the holidays.

Remember those who are less fortunate than you.

The staff at Las Clinicas del Norte wishes you and your family a safe, healthy and stress free holiday season. Thank you for your continued support of the clinic.

References: USDA: Basics for Handling Food Safely, USCPS: Guidelines for Toy Safety, Srini Pillay, MD: 5 Practical Tips to Deal with Holiday Stress: The RELAX Paradigm Psychology Today Dec-18, 2010

## Peace On Earth

### and a Merry Merry Holiday Season



## Announcements

**Farewell:** **Jeremy Martinez**, our Medical Director has accepted a position at the Los Alamos Labs where he will be working in the Occupational Therapy Department. He leaves us on 12/31. He is grateful for the opportunity to work at Las Clinicas and has enjoyed being a part of the community. Las Clinicas wishes him well in his new adventure.

**New Hires:** Medical Assistants **Nicole Jacquez** and **Cordy Sandoval** are on board and **Kristen Martinez**, Cashier/Receptionist for the Dental Department as well.  
**Welcome to all.**

## ⊗ 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 2<sup>nd</sup> Thursday, 5:30 pm

**El Rito Fire Dept. Mtgs.** - every 2<sup>nd</sup> 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.

## 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](mailto:elritolibrary@yahoo.com)/Website [www.elritolibrary.org](http://www.elritolibrary.org)

**Fall/Winter Hours:** *Listed above*

Sunday and Monday: Closed

### **Annual Art Live and Silent Auction**

Plan to attend our lively annual fundraising event at the El Rito Library on Sunday, December 6th from 1-4 PM. Refreshments will be served. We still need donations of auction items of quality art, but if you wanted to donate a vintage car or a working electronic organ we wouldn't turn it down. Gift certificates and cash donations are also accepted. Please bring your items for the Auction right away so we can better organize our event. Donald Martinez will again provide his spirited auctioneering. It's a good cause and a fun afternoon!

### **Holiday Concert and Book Signing by Cipriano Vigil**

December 13 at 3 PM the El Rito Library will host Cipriano Vigil for a program by *La Familia Vigil's* much loved traditional *Norteño* folk music. Cipriano has been awarded many honors for his performances including the New Mexico Governor's Award in 1994. He'll be accompanied by his son Cipriano, Jr. and his daughter Felicita. Following the performance Cipriano will sign his book, *New Mexican Folk Music: Treasures of a People/Cancionero del Folklor Nuevomexicano: El Tesoro del Pueblo*. This program will be made possible by a grant from the American Library Association, the National Endowment for the Humanities and our library's many supporters.

### **Thanks for Help with the 100 Donors Campaign**

To all our friends in the community and afar who have contributed so generously to our drive for operating expenses monies, we offer a hearty and sincere "Thank You" for helping us stay in business as a non-profit public library.

### **End of Year Good Tidings**

As 2015 draws to a close, holidays are upon us and snow is coming to our mountains. It's time to reflect on those things we are grateful for. Our library couldn't stay open without the faithful, dedicated work by our two librarians Thomas Forsten and Felice Lucero-Church, the help of our acquisitions and education person Lallie Scott, our bookkeeper Amy Jewell, and Cecilia Lopez, our caretaker. It's a great team, one that works constantly to better serve our community. Thanks to our Board of Directors for their guidance and all you patrons out there who keep us afloat.

**HAPPY HOLIDAYS TO ALL!**

## ***PUEBLO DE ABIQUIU LIBRARY***

***And Cultural Center***

505-685-4884

POB 838, Abiquiu, NM 87510

[abiquiupl@gmail.com](mailto:abiquiupl@gmail.com)

[www.abiquiulibrary.wordpress.com](http://www.abiquiulibrary.wordpress.com)

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

### **Holiday Party December 19, 2016**

Join us to celebrate all of this year's work accomplished by staff, volunteers and partners at our annual Holiday Party for 2016. It is on **Saturday, December 19th from 4 to 7 pm in the Parish Hall.**

Mr. Randy Silva, native of Santa Clara Pueblo, has donated his original painting of our Genizaro women dancers which was displayed at the Santo Tomas Feast Day. Prints will be available for purchase at our party as well as unique Abiquiu Library bookmarks. We will dine on authentic New Mexican food prepared by our library supporters while listening to music by Dr. David Garcia. Tickets for our Holiday Party are \$15 per adult, \$25 per couple and \$5 per child. These may be purchased in advance at the library or at the door.

### **New video's on Pueblo De Abiquiu Library Website**

Visit our website [abiquiupl.org](http://abiquiupl.org) to see our digital story video uploads of last summer's archaeology excavations of the Plazuela footprint where we hope to add a museum extension.

### **New Books from The Quest Book Gift Institute**

**We recently received 30 books from The Quest Book Gift Institute. Here is a list of some of the books:**

*Native Healer - Initiation Into An Ancient Art* by  
Medicine Grizzlybear Lake

*War and Soul - Healing Our Nation's Veterans from Post-Traumatic Stress Disorder* by Edward  
Tick, PhD.

*Healing Without Medicine* by Albert Amao, PhD.

*Manual for the Peace Maker* by Jean Houston

*The Trauma Tool Kit* by Susan Pease Banitt, LCSW

*The Chakras* by C.W. Leadbeater

*The Power of The New Spirituality* by William  
Bloom

# 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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