

— EL AVISO —

January 2016

January is Cervical Cancer Awareness Month

Cervical cancer is one of the most common cancers in women worldwide; however in the United States the cancer is not as common due to regularly scheduled PAP Tests. The PAP Test is able to detect changes in cervical cells before they turn into cancer. Cervical cancer occurs when abnormal cells on the cervix grow out of control. All women are at risk for cervical cancer. It occurs most often in women over the age of 30.

Each year approximately 12,000 women in the United States are diagnosed with cervical cancer. If diagnosed early, it can often be treated successfully. The majority of cervical cancer is caused by a virus called Human Papillomavirus (HPV). Men and Women can get HPV by having sexual contact with someone who has it. There are many types of the HPV virus. Not all types of HPV cause cervical cancer, some of them cause genital warts, but other types may not cause any symptoms. At least half of sexually active people will have HPV at some point in their lives.

RISK FACTORS: Having one or more of these risk factors may make it more likely that you will get cervical cancer, but it doesn't mean that you will definitely get it. And many women who get cervical cancer don't necessarily have any of these risk factors.

Smoking cigarettes or breathing in secondhand smoke

Having an ongoing infection with a high-risk type of HPV.

Having sex at an early age

Risk Factors Cont'd

High-risk sexual behaviors, having safer sex can reduce your risk
Having an impaired immune system

Symptoms:

Bleeding from the vagina that is not normal, such as bleeding between menstrual periods, after sex or after menopause

Pain in the lower belly or pelvis

Pain during sex

Vaginal discharge that isn't normal

PREVENTION: As with any disease or illness prevention is the key.

Have regular PAP Tests: The guidelines for scheduling your PAP Tests coincide with your age and risk factors. The providers at Las Clinicas are knowledgeable about the guidelines and will review the schedule with you. If you are unable to afford regular screening, the State of New Mexico Department of Human Services pays for these service from the Breast and Cervical Cancer Program. LCDN offers this program to our patients who qualify for sliding fee discount.

Quit smoking: Women who smoke cigarettes or who breathe in secondhand smoke have a higher risk for cervical cell changes that can lead to cervical cancer. If you need help quitting smoking, LCDN can help you.

Get the HPV Vaccine: If you are a woman age 26 or younger or a man age 21 and younger the HPV vaccine is available. Ask your LCDN provider for more information about vaccinating yourself or your children.

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⇒ Cervical Cancer Awareness

Reduce your risk of sexually transmitted infections (STI): The HPV infection usually does not cause symptoms, so you or your partner may not know that you are infected. Be responsible, talk with your partner about STIs.

Use a condom in addition to another form of protection, the fewer sexual partners you have in your lifetime, the better it is for your health. Not having sexual contact is the only certain way to prevent exposure to STIs. Sexually transmitted infections such as HPV can be spread to or from the genitals, anus, mouth, or throat during sexual activities.

Finding out that you have cancer can change your life. You may feel like your world has turned upside down and you have lost all control. Talking with family, friends or a counselor may help.

Las Clinicas offers counseling services or call the American Cancer Society (1-800-227-2345) or visit the website www.cancer.org

References: Centers for Disease Control (CDC) Inside Knowledge Get the facts about Gynecologic Cancer
New Mexico Department of Human Services, Breast and Cervical Cancer Program
WebMD ~ Cervical Cancer, Symptoms, Causes, and Treatment.

ANNOUNCEMENTS

New Employee:

Welcome to **Tisha Sanchez**, a new Cashier/ Receptionist at the Ojo Caliente Clinic.

Congratulations to Agnes Olsen, and Elaine Valdez, Diabetes Promotoras at the Ojo Caliente and Abiquiu Clinics respectively, who have received their CCHW Certification from the New Mexico Department of Health. Aggie is the 5th and Elaine is the 8th Promotora in the state to get this certification and is specialist in diabetes care. Aggie can be reached at 505-583-2191 in Ojo Caliente, and Elaine at 505-685-4479 in Abiquiu.

Farewell to a Twenty-year Employee

Thelma Chavez , Human Resources in the El Rito Clinic, will be retiring from Las Clinicas del Norte on January 14th. Thelma would like to thank everyone at Las Clinicas del Norte for making her 20 years with the organization a success. Her presence was greatly appreciated in the big move from the old library building in El Rito to our present location, where she really helped organize a new office. Thelma will miss everyone but feels it's time to move on. Good Luck to you Thelma in your retirement and thank you for your service to our communities.

⊗ **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.

EL RITO PUBLIC LIBRARY

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
 Sunday and Monday: Closed
 email: elritolibrary@yahoo.com/Website www.elritolibrary.org

The STEM to Read Program will resume on Wednesday, January 6. We will still meet at 10 a.m., but the program will end at 11:30 a.m. Coming up are units on animal tracks, water properties, wind essentials, light, and sound.

The water properties and sound units will incorporate lessons compiled by educators at Explora, New Mexico's premier hands-on interactive museum in Albuquerque. Explora works with New Mexico State Library staff to create trunks containing books, supplies for experiments, and interactive projects to teach children basic science principles.

The trunks are exchanged between libraries with STEM to Read Programs. Please bring your toddlers (2-5 years) to the El Rito Library on Wednesdays at 10:00 a.m. to take advantage of this free learning program. We'll also sing, exercise, play, read and snack.

Auction Report. Wonderful donations and a good turnout for our 10th Annual Live and Silent Auction on December 6th brought around \$6,500 to our library during a lively afternoon led by auctioneers Donald Martinez and Anthony Chavez. Check out our website at www.elritolibrary.org for a list of supporting artists, community members and local business that made this annual event possible. Thanks to all for a gratifying show of support for our library.

Family Passes Still Available. Not many people have taken advantage of our **free** passes for many museums and historic sites in New Mexico. It's a great way to take in an exhibit in Santa Fe, such as the current Turquoise Exhibition at the Museum of Indian Arts and Culture, or the Flamenco Exhibition at the Museum of International Folk Art. Up to six individuals gain entrance with each pass - it's free to any library patron!

Upcoming Program to bring Hispanic Scholar for Feb. 6th Lecture and Discussion

See our website at www.elritolibrary.org for details about the second in our series of events honoring and exploring Latino history. Dr. Garcia y Griego from the University of New Mexico will lecture at the library the afternoon of Feb. 6th. Mark your calendar! These events are possible with funding from the American Library Association and the National Endowment for the Humanities.

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

Save the Dates for Upcoming Library Events:

February 21, 2016: Joins us for a screening of "And Now Miguel" filmed here in Abiquiu in the nineteen fifties.

March 20th, 2016: All afternoon Read-a-thon & Draw-a-thon. We are in the process of selecting this year's book that explores an aspect of local history and welcome the ideas and suggestions of our library friends.

Special Sale Items Support the Library:

- A set of two DVD's from the landmark *Genizaro Conference* held this past March are now on sale for \$40 per set.

- Library patrons can order prints of Randy Silva's *Genizaro Dancers*, documenting the dancers for Santa Tomas Fiesta during the nineteen fifties. Prints are available in 11 x 17 inch format or 24 x 30 inches. Stop by the library to place your order.

Thank you for supporting the annual Holiday Party:

We enjoyed a wonderful evening with musicians David Garcia and Jeremiah Martinez at our Annual Holiday Party fundraiser. Thanks to the Board members, staff, and friends who volunteered to both cook and set up the party, including Iren Schio, Isabel Lopez, Mimi Hurd, Sabra Moore, Linda Grace, David Fant, Tara Valdez, and Isabel Trujillo. Thank you to Dexter Trujillo and Maurice Archuleta for spending the afternoon cooking *sopapillas* and *bizcochitos* and to all our library friends and supporters who attended.

Memories of Migration

Pueblo de Abiquiu Library is honored to partner with New Mexico Department of Cultural Affairs and Highlands University in a *Memories of Migration* project that shares some of our library's digital oral history collections with other institutions and provides training for two local young adults in oral history collection. We will be arranging a public presentation about this project early in 2016.

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

\$ 1000 - Kathleen E. Maley (01-16)

\$ 800 - Katharine & Boudinot (Bill) Atterbury - James Talcott Fund (01-16)

\$ 100.00 Tony Chacon (6-15)

\$ 2,000 - Andy R. Lopez (1-16)

Las Clinicas del Norte, Inc.

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

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