

EL AVISO

March 2016

Children's Dental Health

The American Dental Association (ADA) held the first national observance of Children's Dental Health Day in 1949. The single day observance became a week-long event in 1955, then in 1981, the program was extended to a month-long observance known as National Children's Dental Health Month. This year the campaign features the USS SugarSwatter Space Ship battling Sugar Wars.

Good oral health begins in infancy. Baby teeth are present at birth and appear in the first 3 years of your child's life. Baby teeth are important for chewing, speaking and appearance; in addition the teeth hold space in the jaw for upcoming adult teeth.

The American Dental Association recommends taking your child to see a dentist no later than their 1st birthday. Dentists are able to detect small problems before they become bigger, more painful problems. As soon as teeth appear in your baby's mouth, it's possible for your baby to develop cavities. Tooth decay in infants and toddlers usually occurs in the upper front teeth, but it can also occur in other teeth. Tooth decay begins when cavity-causing bacteria are passed to your baby. For example, if you put your baby's spoon or pacifier in your mouth and then put it in theirs cavity-causing bacteria is passed to the baby.

Another cause of tooth decay is frequent or long exposure to liquids that contain sugar, such as fruit juices, soda pop or other sweetened liquids. Do not put your baby to bed with his or her bottle. The sugary liquids from a bottle pool around the teeth while you baby sleeps. Bacteria in the mouth use these sugars as food to produce acids that attack the teeth. Each time your child drinks these liquids, acids attack for 20 minutes or longer.

If you must give your baby a bottle at bedtime, place only formula, milk, breast milk or water in the bottle. Begin cleaning your baby's mouth during the first few days after birth. After every feeding wipe your baby's gums with a clean gauze pad. By doing so this removes plaque and food, and your baby will become used to having his or her gums and teeth cleaned.

During teething your baby may become fussy, sleepless and irritable, he or she may also lose their appetite or drool more than usual. Diarrhea, rashes and a fever are not normal for a teething baby; if your baby has a fever

or diarrhea while teething or continues to be cranky and uncomfortable, call your primary care provider. Try rubbing your baby's gums with a clean finger, a small, cool spoon or a wet gauze pad to sooth the gum. A clean teething ring may also help.

As soon as your child's teeth start to come into their mouth, brush using a children's toothbrush and fluoride toothpaste, (no larger than the size of a grain of rice). Floss everyday as soon as 2 teeth touch each other (the ADA recommends you start flossing after age 1). Flossing helps remove plaque and food where a brush can't reach. Encourage your child to drink from a cup by their first birthday and don't let them sip all day from training or sippy cups with sweetened beverages. Whenever possible drinking water should be fluoridated, research has shown fluoridated water helps prevent cavities in children and adults. If a baby tooth is lost too early, the permanent tooth beside it may drift into the empty space. When it's time for the other permanent teeth to come in, there may not be enough room. This can make the teeth crooked or crowded.

Between the ages of 3 and 6 years of age all 20 baby teeth should have come in. To protect your child's teeth brush 2 times a day for 2 minutes. Teach your child to spit out the toothpaste and not to swallow it. At this age the toothpaste should be about the size of a pea. The Partnership of Healthy Mouths, Healthy Lives recommends that you help or watch over your child's brushing until they are at least 8 years old. Help your kids place the toothbrush at an angle against their gums. Make sure they move the brush back and forth, gently in short strokes. Help your child brush the front, back and top of their teeth.

Remember to teach them to brush their tongue to remove germs and to freshen their breath. The right toothbrush is also important, your child should use a soft children's toothbrush that allows your child to reach all areas of their mouth. A toothbrush should be replaced every 3 to 4 months, sooner if the bristles are worn out or if your child has been sick.

References: American Dental Association Website: www.ADA.org

More information will appear next month featuring children's adult teeth, which come in between the ages of 6 and 12 years of age.

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

There's only one YOU

But sometimes your name or some of your personal information is so similar to someone else's that doctors' offices or hospitals can have a hard time identifying you correctly. If you are mixed up with another patient in a medical record or all your medical records are not kept together, your doctor may not be able to share accurate information with other healthcare providers. This can be dangerous and costly when incorrect information leads to missed diagnoses, inappropriate treatments, or unnecessary tests. Or worse loss of limbs.

More than 80 percent of doctors and 75 percent of hospitals now use electronic health records (EHRs) to improve the quality and effectiveness of healthcare. EHRs also make the exchange of medical information safer, more accurate, and more efficient. But as the use of these systems grows more common, so does a problem that affects the ability of EHRs to live up to their potential: There is no national patient identifier. Incorrect identification is a patient safety issue that too often results in increased risks and high costs and creates barriers to the movement of health information across the healthcare system.

According to a report from the Office of the National Coordinator for Health IT (ONC), patient matching can be as high as 90 percent when used internally by organizations with sophisticated matching strategies. But accuracy plummets to 50-60 percent when data is exchanged with other organizations. The challenge of accurate patient identification is illustrated by a study conducted by the Harris County Hospital District in Houston, which found that, among 3.5 million patients, there were nearly 70,000 instances where two or more patients shared the same last name, first name and date of birth. Among these were 2,488 different patients named Maria Garcia and 231 of those shared the same birth date.

That's why health information management (HIM) professionals at Las Clinicas del Norte are supporting a petition that asks the Obama administration to join with the private sector to discuss a voluntary Patient Safety Identifier.

We Need Your Signature

The American Health Information Management Association (AHIMA) has started the online petition [<http://www.ahima.org/myhealthID>] asking the administration to allow conversations at the federal level about a voluntary, patient-controlled safety identifier.

The petition [<http://www.ahima.org/myhealthID>] will be online from March 20 – April 19 - 100,000 signatures are needed to ensure a written response from the administration.

Patients who choose a unique safety identifier would more quickly and accurately be matched with their health records, and doctors and hospitals would be better able to safely and efficiently exchange patient information. Currently, the Department of Health and Human Services (HHS) is prohibited by law from using its federal funds to discuss or pursue any efforts supporting patient identifiers.

AHIMA's proposed strategy to address the problem includes:

- **A voluntary system** in which individual patients could choose if they wish to participate.
- **A system where consumers select their own identifier**, much as they do when they select usernames, passwords or e-mail addresses.
- **A unique identifier for each individual that can be used when provided by the patient** to access medical records.

Why We Need a Public/Private Partnership

"EHRs have become more prevalent and have reached a stage where the lack of a patient identification strategy has become a daunting challenge that threatens patient privacy and safety. AHIMA is confident the technology exists to solve this problem while ensuring that patient privacy is protected. But it will require public-private collaboration and open discussion," said Lynne Thomas Gordon, MBA, RHIA, CAE, FACHE, FAHIMA, CEO of AHIMA.

"We encourage patients, healthcare professionals and the public to sign our online petition [<http://www.ahima.org/myhealthID>] to ask our leaders to take a look at the critical issue of patient matching. We want to make healthcare safer, more efficient and more effective for all patients. AHIMA believes a voluntary identifier -- created and controlled by patients -- will do just that.

⊗ **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/Fri - 12 n to 5 pm. Thurs - 12 n to 7 pm, Sat - 9am to 2 pm **Library Board Mtgs.** - every 2nd Thurs, 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. 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: 575-581-4608 Sat - 9am to 2 pm
 Sunday and Monday: Closed
 Email: elritopubliclibrary@yahoo.com Website: www.elritolibrary.org

On Saturday, March 5 from 1-5 pm

the El Rito Library will host the third in its series of programs centered on **Latino/American History** - a Historical Exhibition created by the Spanish American Normal School's Alumni Association.

An introductory talk "Spirit of the Normal: 1909-1969" at 1:30 pm will be followed by self-paced viewing of over two dozen posters with newspaper articles, journal entries, magazine stories, and video interview with former students. It's a not-to-be-missed slice of life from the days when the El Rito campus was thriving.

On Saturday, April 2 at 2 pm, a forth event

in this **Latino/American History** series will occur showcasing folklorist **Nasario Garcia** who will speak and read from his many books inspired by growing up in rural New Mexico.

Call 575-581-4608 for more information about these programs. Support from the American Library Association makes this series possible.

The El Rito Library will continue its **Movie Nights**

on Friday March 11 at 6:30 pm with the showing of the family-friendly **Valentine**, the tale of an endearing, earnest 8 year-old who desperately wants a normal family life in urban Buenos Aires, Argentina. It's in Spanish, with English subtitles. Rated PG-13.

We're seriously seeking the helping hands of **volunteers for the library**. If you'd like to be a Friend of the Library, do call and make yourself known to us. 575-581-4608. Adult volunteers and youth are needed.

A fond good-bye to our STEM program coordinator and Board Member **Lallie Scott**, who is moving to Farmington this month. We will surely miss her after her many years of enthusiastic and talented support for this library.

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

Read -a- thon & Draw-a-thon on March 20th

Join us for an all-day **Read-a-thon & Draw-a-thon** on Sunday, March 20th from 1-6pm. Twenty readers will read *Big Falling Snow* by Albert Yava for fifteen minutes each. Sponsor a reader @\$50 per reader or help sponsor a reader by donating any amount. The annual READ-A-THON is a reading race that helps fund our library programming. *Big Falling Snow* is a fascinating oral history of a Tewa Hopi man who recounts both the historic journey of Tewa people from the nearby Rio Grande Valley to the Hopi mesas in the seventeenth century and his own life moving from the cultural dislocation of attending Indian School in Oklahoma and back to Hopi to work at various occupations, including farming and translating for visiting anthropologists.

Alzheimer's class for April.

Cuidando con Respecto-sponsored by Alzheimer's Association will hold a class in the Abiquiu Library on April 6th and 13th from 11 am to 3 pm which is Free to Caregivers. It is Bilingual and will provide a basic understanding of the necessary skills and attitude to manage the needs and challenges of this disease. It will be held by the NE Regional Manager Tina de la Luz.

National Hispanic Cultural Center, - Old Spanish Trail

Moving forward, looking back is going to be displayed at the National Hispanic Cultural center in Albuquerque from the 1st of April until September. This was a series of local interviews along the Old Spanish Trail, done by a representative from Spain, which many from Abiquiu participated and a book can be seen in our Library about the result.

The opening reception will be on the 1st of April at 6pm at the National Hispanic Cultural Center, HLA Research Library, 1701 4th St SW, Albuquerque, NM 87102
<http://www.spainculture.us/city/albuquerque/moving-forward-looking-back-journeys-across-the-old-spanish-trail/>

Thank You

A huge thank you to Mr. Enrique Lamadrid, the late Esteban Arellano and also Tony Mares for their special collection of books donated to our Library containing pertinent information on the SW and New Mexico. Titles such as: Tradiciones Nuevomexicanas - Hispano Arts and Culture of New Mexico

Hispanic Folk Music of New Mexico and the southwest
 Indo-Hispano Rituals of Captivity and Redemption
 Amadito and the Hero Children
 Juan the Bear and Water of Life

Holiday's

We will be Closed on Sunday March 27, 2016 for Easter. We will open again on Monday.

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. (Frank Chacon, Bruce Smith, Erma Crim And Barbara Lovato were retained for another two year term on February 06, 2016 during the Annual Meeting).

DONATIONS - (listed for one year) - Las Clinicas would like to thank the following donors

\$ 100 -Tony Chacon (6-15)
\$ 800 - Katharine & Boudinot (Bill) Atterbury - James Talcott Fund (1-16)
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Las Clinicas del Norte, Inc.

D/B/A Las Clinicas del Norte
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