

— EL AVISO —

May 2016

May is Skin Cancer Awareness Month ~

Free Skin Cancer Checks for New Patients at the El Rito Clinic May 20th and 21st 2016

Please join with Las Clinicas del Norte and the National Council on Skin Cancer Prevention in celebrating *National Don't Fry Day*, (May 27, 2016) which promotes and encourages sun safety awareness and reminds everyone to protect their skin while enjoying the outdoors.

Las Clinicas del Norte (El Rito clinic only) will be offering free skin cancer checks for new patients on **Friday May 20th from 8 am to 6:00 pm and Saturday May 21st from 7:30 to 3:30 pm.** The skin checks will be conducted by Ms. Jeanne Alvarez, FNP, CWS, DNC. Ms Alvarez has achieved a certification in Dermatology Nursing and is a Fellow in Wound Care from the American Board of Wound Management.

According to the Centers for Disease Control and Prevention, (CDC) skin cancer is the most common cancer in the United States. Every hour a patient dies from skin cancer. Unprotected skin can be damaged by the sun's ultraviolet rays in as little as 15 minutes of exposure, yet it can take as long as 12 hours for the skin to show the full effect of the exposure.

Several risk factors in developing skin cancer are:

- Family history of skin cancer
- A lighter natural skin color
- A personal history of skin cancer
- Exposure to the sun through work and/or play
- A history of sunburn, especially early in life
- Indoor tanning
- Skin that burns, freckles, reddens easily or becomes painful in the sun
- Blue or green eyes

- Blond or red hair
- Certain types and/or a large number of moles

There are several types of skin cancer, each require diagnosis, monitoring and treatment by a medical provider.

- **Basal Cell Carcinoma**, (BCC): The most frequently occurring type of skin cancer. BCC rarely spreads beyond the original tumor site; only in rare cases will the cancer spread and become life threatening.
- **Squamous Cell Carcinoma**, (SCC): Squamous Cell Carcinoma may become deadly if allowed to grow. The incidence of SCC has increased 20% in the past 3 decades. SCC may occur on all areas of the body including mucous membranes and the genital area; however the most common sites are the areas frequently exposed to the sun, (ears, scalp, face, neck, hands, arms and legs).
- **Melanoma: The most dangerous form of skin cancer.** Melanoma kills on an annual basis an estimated 10,130 people in the United States. In young adults' ages 15-29 years of age, Melanoma is the second most common form of cancer. Melanoma is mainly caused by intense occasional UV exposure which frequently leads to sun burn. A simple way to remember the signs of Melanoma is to remember the A-B-C-D-E's.
 - A = Asymmetrical**, does the mole or spot have an irregular shape with two parts that look very different?
 - B = Boarder**, is the boarder irregular, jagged?
 - C = Color**, is it uneven?
 - D = Diameter**, is the mole or spot larger than the size of a pea?
 - E = Evolving**, has the mole or spot changed during the past few weeks or months?

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— Skin Cancer Awareness

Precancerous or Actinic Keratosis is a skin condition characterized by dry scaly patches or spots on the skin, most commonly on the areas exposed to sun. If left unmonitored, Actinic Keratosis may progress to a **Squamous Cell Carcinoma**.

Don't delay make an appointment today to have a skin check today!

With summer just around the corner there are steps you can take to protect yourself, family and friends. Remember even on cool and cloudy days you need to protect your skin, it's not the temperature but the ultra-violet rays, known as UV rays, that cause the damage.

- Seek shade especially during the middle part of the day
- Cover up with clothing to protect exposed skin
- Wear a hat with a wide brim to shade your face, head, ears and neck
- Wear sunglasses that wrap around your head
- Apply and reapply sunscreen at least every 2 hours and after swimming, sweating or exercising

*Remember—Tanned skin is damaged skin
&*

Don't forget these dates

Free Skin Cancer Checks for New Patients at the El Rito Clinic May 20th and 21st 2016

*References: Center for Disease Control and Prevention
The Skin Cancer Prevention Organization
National Counsel on Skin Cancer Prevention
American Academy of Dermatology
American Cancer Association*

JOIN IN: Northern Youth Project Programs in Full Swing

Sunday, May 15, 10 AM–2 PM

COMMUNITY SEED EXCHANGE AND PLANT SALE: Share seeds and stories with Seed Broadcast (www.seadbroadcast.org). Plant and Frito Pie sale to benefit at the Northern Youth Project Garden located behind the Rising Moon Gallery.

FREE SUMMER TEEN PROGRAM BEGINS from June 6–July 29. Monday 4–7 PM; Tues–Thurs 8 AM–1 PM. For ages 12–20.

Mon & Wed teens tend, harvest, preserve, and cook from the garden. **Tuesdays** are art-centered including drawing, pottery, photography, found object sculpture, and print making. **Thursdays** we take field trips, like local hikes, swimming at the lake, or going to farms, gardens, and galleries, including destinations in Taos, Santa Fe, and around Rio Arriba County. *Transportation provided for all fieldtrips. Email or call for your registration packet*

ART AND GARDEN TEEN INTERNSHIPS:

Youth aged 14–20 are eligible for internships with an \$8.50 hourly stipend, 3–6 hours per week.

Garden Interns assist Garden Director care-taking the garden, processing produce, going to Farmer's Market, and planning garden events. **Art Interns** assist Art Director with photo printing, graphic design, art activity mentorship, preparing art for exhibition and event production. **Applications packets available:** call (505) 685-9474 or northernyouthproject@gmail.com

June 4th 8:00 AM–Noon, Abiquiu Lake

MILLION SMILE MILE: Teen Fundraiser for Summer Program. Enjoy the outdoors, friends, food, and making a difference for a great cause: **our kids!** Walk, Run, or Jog our 1.5-mile course. Come together for a community **picnic** and **family fun** including horseshoes, volleyball, and swimming. To Pledge: Send to Northern Youth Project, PO Box 1332, Abiquiu NM 87510 or **donate online** www.northernyouthproject.org

⊗ **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. - 2nd Sunday - 6 pm, 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.

EL RITO PUBLIC LIBRARY

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

Summer Reading Program Planned

No excuses for being bored this summer! Beginning June 7th the El Rito Library will be starting youth classes for Summer Reading. Our theme this year is **Plant a Seed. Grow a World**. With the help of local growers the youngsters will experiment with straw bale gardening, a water-wise technique well suited to our climate. We'll have two age groups in separate classes - one for our pre-literacy toddlers and one for elementary school age children. Both classes will meet twice a week. The facilitators could use some adult and high school volunteers to help with activities. Details to follow soon. Please call Lynett Gillette for more information at 575-581-4608.

Open House Birthday Party June 5th

Mark your calendar and bring family and friends Sunday afternoon June 5th from 1-5 pm to help us celebrate 30 years as your community library. We'll have refreshments, a birthday cake, a bake sale, a book sale, a presentation by our pre-literacy science class toddlers, a show by Christina Masoliver's *Puppet Theatre los Titiriteros* and more. Check the Abiquiu News <http://www.abiquiunews.com/index.html> for more information or our website: elritolibrary.org.

Need a Bookkeeper

We're heartily sorry to be saying good-bye to our bookkeeper Amy Jewell. Amy and her husband will be moving in May to California to take advantage of a new job opportunity. Which leaves us needing someone immediately to fill that position at the library. If you are familiar with Quick Books, NM and Federal tax reporting, are able to create and maintain Excel spread sheets then please contact us. Other skill a plus: website development. This position is for 10 hours a week at \$13/hour. Deadline May 6. Contact: Lynett Gillette at 575-581-4608.

Still Need Good Clean Fill Dirt

The library is working on improving our front grounds. We could use fill dirt for landscaping and planting trees and native bushes.

Interested in Joining a Book Club?

The library would like to help start a couple of book clubs - one for adults and one for teens. Some of the possibilities for themes to follow might be Hot Topics, Mysteries, Novel Ideas, Northern New Mexico, and just about anything the group might suggest. Let us know your preferences, we'll help with the organization, strategies for getting books and the meeting space.

To learn more about how book clubs can be organized - check out the successful offerings from the Farmington Libraries <http://farmingtonlibraries.org/book-groups/#bookcircle> (they're in Connecticut, not New Mexico).

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 through Thursday

2016 Summer Reading Program - On Your Mark, Get Set, Read

The Summer Reading program will be starting on **June 7 through July 28, 2016** on Tuesday and Thursday, time to be determined. The theme this year is "**On Your Mark, Get Set, Read**". The program is for children ages 5 to 12 and includes reading, art, gardening and special events. Encourage your children to read this summer and they can receive prizes for the number of books they read based on their reading time log. Reading and coming to the program are good ways to keep children busy for the summer. We are planning to make a bug house and learn about bugs, make a game called Snake & Ladder, and make jump ropes out of recycled materials. Children will also help us plant and maintain a pizza and salad garden at the library. On June 30th, the Georgia O'Keefe Museum has invited students with the summer program to visit the museum in Santa Fe, do an art project and have a tour of the exhibits; they will provide a free bus ride to Santa Fe and back to Abiquiu. The Wildlife Center will be coming to the library on July 19 to show some of their animals and help students learn about the habits and importance of these animals. We will also go to one of special kids nights at the Santa Fe Opera towards the end of June. Ask the librarian for the date and name of the opera. You can start signing up your children during library hours.

Pete Domenici

The library now has two DVD's available to check out about Pete Domenici and his time as a Senator for New Mexico. Come to the library to check them out.

Green Fire Times

We will be receiving Green Fire Times once a month. Come and view it at the Library.

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

\$ 100 -Tony Chacon (6-15)

\$ 800 - Katharine & Boudinot (Bill) Atterbury-James Talcott Fund (1-16)

\$ 1000 - Kathleen E. Maley (1-16)

\$ 1000 - Sam R. & Isabel Jewell (2-16)

\$ 2000 - Andy R. Lopez (1-16)

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

MEDICAL:

TUES thru FRI 8:00 am- 6:30 pm

Confidential Family Planning Title X Services available

COUNSELING: 583-2191

Tuesday and Friday
Call to schedule

NO DENTAL SERVICES

SCHOOL BASED HEALTH SITES: Mon thru Fri - Pojoaque: 505-455-4026

Mesa Vista: 505-583-2401

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

MEDICAL:

MON thru FRI 8:00 am- 6:30 pm

Confidential Family Planning Title X Services available

COUNSELING: 685-4479

Monday through Friday
Call to schedule

NO DENTAL SERVICES

Las Clinicas del Norte, Inc.

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

NONPROFIT ORG
US Postage Paid
El Rito, NM 87530
Permit No .1

BOXHOLDER



Community Partner

Funded in part by the
NEW MEXICO DEPT. OF HEALTH
PUBLIC HEALTH DIVISION