

EL AVISO

June 2016

June is Men's Health Month

Please join with the providers at Las Clinicas del Norte and The Men's Health Network in celebrating Men's Health Month. Then Congressman and former Governor Bill Richardson introduced a bill into Congress calling attention to the importance of keeping our sons, fathers, nephews and husbands healthy.

The Men's Health Network is a nonprofit organization that promotes and encourages men to take responsibility for their own health. Their slogan is: *Building Healthy Families One Man At A Time*. Dr. David Gremilion of the Men's Health Network is quoted as saying: "There is a silent health crisis in America...it's a fact on average, American men live sicker and die younger than American women".

Health Facts:

Men die at a higher rate than women from the top 10 causes of death and are victims of over 92% of workplace deaths

Women are 100% more likely to visit the doctor for an annual examination and preventive services than men*

Men suffer hearing loss at 2x the rate of women

Testosterone is linked to elevations of LDL, the bad cholesterol, and declines in the HDL, the good cholesterol

By the age of 100, women outnumber men eight to one**

More males than females are born (105 vs. 100), but from age 35 on, women outnumber men

Of the over 9 million older persons living alone, 80% are women

Men are at greater risk of death in every age group, risk taking and suicide account for much of the disparity in the age group from 15-24 years of age. In 1920 the life expectancy gender gap was only 1 year. By 2010, men were dying approximately 5 years sooner than women. In 2010 the Life Expectancy at Birth for males and females was 78.7 years. For Hispanic women the Life Expectancy is 83.8 years as compared to Hispanic males 78.5 years.

Why Men are at High Risk:

A higher percentage of men have no healthcare coverage

Men make 1/2 as many physician visits for prevention

Men are employed in the most dangerous occupations, such as mining, fire fighting, construction and fishing. Society continues to discourage healthy behaviors in men and boys

Research on male-specific diseases is under funded. The chance of being a homicide victim places African-American men at an unusually high risk

Men have fewer infection-fighting T-cells and are thought to have weaker immune systems than women

Heart Disease: In 2010* almost twice as many men as women die of ischemic heart disease

Cancer: 2010*, significantly more men than women die of most cancers.

Depression in men is undiagnosed, contributing to the fact that men are 4x as likely to commit suicide.

Men have a higher death rate for most of the leading causes of death:

Cause of Death	Men	Women
Heart Disease	225.1	143.3
Cancer (all types)	209.9	146.7
Injuries (unintentional)	51.5	25.6
Chronic lower respiratory disease	48.7	38.0
Stroke	39.3	38.3
Diabetes	24.9	17.6
Alzheimer's	21.0	27.3
Pneumonia/flu	18.2	13.1
Suicide	19.8	5.0
Homicide	8.4	2.3
HIV Infection	3.8	1.4

The medical, dental and behavioral health providers at Las Clinicas del Norte are dedicated to providing preventive care to all. Let's encourage the men in our families to take charge of their health. Our providers are all accepting new patients and will be happy to work with you to achieve a healthy lifestyle.

Reference:

*Men's Health Network www.menshealthnetwork.org

** Centers for Disease Control and Prevention (CDC), National Center for Health Statistics, Health, United States, 2012 With a Special Feature on Emergency Care, Table 20 pages 80-83, 114-115

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

ANNOUNCEMENTS

Future Medical Director

Dr. Gina Perez-Baron who I have hired to be our next Medical Director. She is a graduate of Stanford and is currently the Medical Director at the Questa, NM clinic, which is part of the PMS clinic system. She will join us on the 16th of August. She wanted to be able to give sufficient notice to PMS and more importantly to spend time with her patients to transition them to other providers.

We are extremely fortunate to be able to get her to come work for us. She had heard a lot about our fine organization and did her homework in researching what kind of CEO was heading Las Clinicas.

In addition to our new Medical Director we have hired two additional **Family Nurse Practitioners**.

Jennifer Martinez is a new graduate from the UNM FNP nursing program and is from Alcalde, NM. She did a clinical rotation this winter with Annie Smith our FNP at Abiquiu and Annie raved about how mature and keen medical sense Jennifer has. She will be assigned to the Abiquiu clinic once she is fully licensed and credentialed, probably at the beginning of August.

The third hire is **Leah Atkinson, FNP**, who will be our Mesa Vista School Based provider. She has a long history of nursing in the schools especially and for the past month has been covering every other week at Mesa Vista through the UNM Locum Tenens program. She will work only during the school year and will take 10 weeks off during the summer. (Andy R. Lopez, CEO)

NORTHERN YOUTH PROJECT

June 18th—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 Sunday at Abiquiu Lake
June 18—8am to noon at Abiquiu Lake
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, for information call (505) 685-9474.

⊗ 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.

Every First Saturday

of the Month -

El Rito Studio Yours

**El Rito Artists are opening their studios
the first Saturday of every month from
10 am to 5 pm.**

Follow the signs through town.

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

Sign Up Now for Summer Reading beginning June 21 - August 3rd.

Here's your chance to keep your kids learning and having active fun this summer. The El Rito Library plans to hold FREE Summer Reading classes June 21 until the first week in August. Two age groups will meet, both focusing on our theme this summer of *Plant a Seed: Grow a World*. We have books to give away each week to all children who attend.

If you have children 3-5 years old, they'd join the *Library Ladybugs* for gardening experience, outdoor activities related to animals, plants, and our environment, plus reading time, snacks, and more. Older youth 6-10 years could join our *BumbleBees* class that also will tend our straw bale garden and learn about our natural world through books and activities.

Both groups will meet in the mornings **9:30 -11:30**, most likely on Tuesday and Wednesdays (the days are subject to change - please call the library for more details or check our website which should have current information: www.elritolibrary.org). To register, please call the library at 575-581-4608 or come by to talk with us.

Open House and Birthday Celebration Sunday June 5th 1-5 pm.

Come celebrate the library's 30 birthday with us. It's a bake sale, book sale (with lots of books for children), and in the middle of it all, a puppet show at 3 pm by Christina Masoliver from Taos with her *Los Titiriteros* featuring *Doña Adelina* in a bilingual performance.

Bring the family and enjoy birthday cake and refreshments, learn what the library has been up to lately and what we hope to do in the future.

Marionette show is sponsored in part by the American Library Association and the National Endowment for the Humanities.

Fundraising campaign nearly at 50%

In our spring fundraising effort to raise money for general operating funds, as of May 24 the library is close to half-way to our goal of \$10,000.

You can donate on-line at our website www.elritolibrary.org or by check in the mail (El Rito Library, P.O. Box 5, El Rito, NM 87530), or in person at the library.

We need volunteer and financial support to continue serving our region with free internet, free programs for youth and adults, books and movies to enjoy at home, movie nights, space for community meetings and much much more. Andrew Carnegie, who started public libraries across the U.S. once said that "A library outranks any other thing a community can do to benefit its people. It is a never failing spring in a desert". Consider helping us keep that spring flowing!

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

June 7 - July 28

Tuesday's and Thursdays

10:00 AM - 11:30 AM

On June 30, 2016, SRP children and library staff will be taking a trip to Santa Fe to Georgia O'Keeffe museum & OPCIT book store. All day event. Georgia O'Keeffe Museum is providing a transportation and lunch. We will be buying a book for each child at OPCIT book store that attend the field trip.

Seledon Garcia

We are very sad to note that one of our original founders has passed away and we miss him dearly already. Seledon Garcia grew up in Abiquiu and then joined the Air Force. He was married to Alice Garcia; they were high school sweethearts. They allowed a former home of Seledon's family to be purchased by the Parish of Santo Tomas so that, in turn, a library could be formed in the building on the plaza across from the church. Together, they assisted in the development of Pueblo de Abiquiu Library and Cultural Center. Their continued involvement has brought advancements a long way in the respect and genuine authenticity of the local history. Seledon was a very sharp-minded person who was very giving of his time and knowledge. He also helped the library in its day to day operations by maintaining the boilers for heat at all hours of the day and night. We are thankful for knowing him and his talents.

Opera tickets for Youth provided by The Santa Fe Opera

On June 28, 2016, Pueblo de Abiquiu Library has tickets for Youth Night at the Opera in Santa Fe for the showing of Don Giovanni. Free for children and teenagers, free dinner at 6:00. The Bus will be picking up at the library at 5:00. Call or come the library to sign up your children and teens to attend.

The Witches of Abiquiu - Rick Hendricks

Rick Hendricks has come to visit the library several times recently and has donated two of his books, [The witches of Abiquiu](#) to the library and the [Northern New Mexico's 2016 cultural guide to Land Water People Time](#).

Librarian

Librarian for Pueblo de Abiquiu Library & Cultural Center **Tara Valdez** has completed her Associate in Library Science with Dona Community College branch of NMSU. Congratulations Tara!

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;

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 BASE HEALTH SITES: Mon thru Fri - Pojoaque: 505-455-4026
Mesa Vista: 505-583-2401

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

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)

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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