

# — EL AVISO —

August 2016

## August is National Immunization Awareness Month

As in past years the providers and staff at Las Clinicas del Norte would like to remind our patients of the importance of immunizations. The month of August has been designated as National Immunization Awareness Month. As a parent, there are many important decisions you will make for your child during his/her lifetime. Please review the following frequently asked questions from the Centers for Disease Control and Prevention (CDC). The providers at Las Clinicas are available to answer your questions and to help you make an informed decision. Call today to schedule an appointment to have your child immunized.

Once again the following clinics will be participating in the New Mexico Department of Health Shots for Tots Program:

**Abiquiu Clinic** August 1<sup>st</sup> through 5<sup>th</sup>,  
8 am to 6:30 pm (505)-685-4479

**Pojoaque Valley School Based Clinic**  
August 1<sup>st</sup> through 4<sup>th</sup> and August 8<sup>th</sup> - 11<sup>th</sup>  
7:30 am to 6 pm (505)-455-4026

**Question:** Are vaccines safe?

**Answer:** Yes, the United States vaccine safety system ensures that vaccines are as safe as possible. Currently, the United States has the safest, most effective vaccine supply in its history. Millions of children are safely vaccinated each year.

**Question:** What are the side effects of the vaccines?  
How do I treat them?

**Answer:** Vaccines, like any medication, may cause some side effects. Most of these side effects are very minor, like soreness where the shot was given, fussiness, or a low-grade fever. These side effects typically last a couple of days and are treatable.

**Question:** What are the risk and benefits of vaccines?

**Answer:** Vaccines can prevent infectious disease that once killed or harmed many infants, children, and adults. Without vaccines, your child is at risk for getting seriously ill and suffering pain, disability, and even death from diseases like measles and whooping cough.

The main risks associated with getting vaccines are side effects, which are almost always mild (see above) and will go away within a few days. Serious side effects following vaccination, such as severe allergic reaction, are very rare and doctors and clinic staff are trained to deal with them. The disease prevention benefits of getting vaccines are much greater than the possible side effects for almost all children.

**Question:** Is there a link between vaccines and autism?

**Answer:** No. Scientific studies and reviews continue to show no relationship between vaccines and autism. Some people have suggested that thimerosal (a compound that contains mercury) in vaccines given to infants and young children might be a cause of autism, and others have suggested that the MMR (measles-mumps-rubella) vaccine may be linked to autism. However, numerous scientists and researchers have studied and continue to study the MMR vaccine and thimerosal, and reach the same conclusion; that there is no link between them and autism.

**Question:** What are the ingredients in vaccines and what do they do?

**Answer:** Vaccines contain ingredients that cause the body to develop immunity. Vaccines also contain very small amounts of other ingredients all of which play necessary roles either in making the vaccine, or in ensuring that the final product is safe and effective.

**Question:** Don't infants have natural immunity? Isn't natural immunity better than the kind from vaccines?

**Answer:** Babies may get some temporary immunity (protection) from mom during the last few weeks of pregnancy but only for the diseases to which mom is immune. Breastfeeding may also protect your baby temporarily from minor infections, like colds. These antibodies do not last long, leaving your baby vulnerable to disease.

**Question:** Can vaccines overload my baby's immune system?

**Answer:** Vaccines do not overload the immune system. Every day, a healthy baby's immune system successfully fights off millions of germs. Vaccines provide your child with the antibodies they need to fight off the serious illnesses from which they have been vaccinated.

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—Immunization**

**Question:** Why are so many doses needed for each vaccine?

**Answer:** Getting every recommended dose of each vaccine provides your child with the best protection possible. Depending on the vaccine, more than one dose is needed to build high enough immunity to prevent disease, and boost immunity that fades over time. Every dose of a vaccine is important because they all protect against infectious diseases that are threats today.

**Question:** Why do vaccines start so early?

**Answer:** The recommended schedule is designed to protect infants and children by providing immunity early in life, before they are exposed to life-threatening diseases. Children are immunized early because they are susceptible to diseases at a young age, and the consequences of these diseases can be very serious, and even life-threatening, for infants and young children.

**Question:** Haven't we gotten rid of most of these diseases in this country?

**Answer:** Some vaccine preventable diseases, like pertussis (whooping cough) and chickenpox, remain common in the US. On the other hand, other diseases prevented by vaccines are no longer common in this country because of vaccines, however some of these diseases continue to be common in other parts of the world. Even if your family does not travel internationally, you could come in to contact with international travelers' anywhere in your community. Children that are not fully vaccinated are exposed to a disease can become seriously sick and spread it though a community.

**Question:** What are combination vaccines? Why are they used?

**Answer:** Combination vaccines protect your child against more than one disease with a single shot. They reduce the number of shots and office visits your child would need, which not only saves you time and money, but it is easier on your child.

**Question:** Can't I just wait until my child goes to school to catch up on immunizations?

**Answer:** Before entering school, young children can be exposed to vaccine preventable diseases from parents, other adults, brothers and sisters, on a plane, at child care, or even at the grocery store. Children under age 5 are especially susceptible to diseases because their immune systems have not built up the necessary defenses to fight infection.

**PLEASE NOTE:** The Centers for Disease Control and Prevention has issued the following statement for the 2016-2017 Flu Season: **The nasal spray flu vaccine should not be used during the 2016-2017 flu season.** The CDC said the live attenuated influenza vaccine

(LAIV) should not be used because of data showing its' poor or relatively lower effectiveness from 2013 through 2016. The CDC continues to recommend that all individuals age six (6) months or older receive either the inactivated influenza vaccine (IIV) or the recombinant influenza vaccine (RIV).

**Welcome to Las Clinicas new Medical Director  
Gina Perez-Baron, MD**

(At El Rito Monday and Tuesdays begins August 16, 2016)

**Getting ready for school**

**BACK TO SCHOOL TIP—Getting Enough ZZZ's**

- **Sleep Facts:** School-aged children and teens need at least nine hours of sleep a night. **Sleep Tips:** Set a sleep schedule, going to bed and waking up the same times each day. Keep room temperature on the cool side. A TV or computer in the bedroom can be a distraction.

⊗ **Community Events** ⊗

Contact: Joan Tollefson 1-505-323-1519 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 2<sup>nd</sup> Thurs, 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.** - **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.

**Recycling Station** - Tues-Sat, 9am-5pm, Bldg #35631 Hwy 285/84.

**Every First Saturday of the Month –  
El Rito Studio Tours**  
**El Rito Artists are opening their studios the  
first Saturday of every month 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](mailto:elritopubliclibrary@yahoo.com) Website: [www.elritolibrary.org](http://www.elritolibrary.org)**Summer Reading 2016**

We've had a good year for our young readers and pre-readers. Approximately 22 youth ages 3-10 years are participating in *Plant A Seed. Grow a World* with instructors Lauren Krumwiede and Barbara Berger. They've planted a straw bale garden (plants grow directly on the bales) and a more traditional plot on the ground for comparison. As the season progressed a hard lesson was learned - grasshoppers! Methods of non-pesticide dealing with undesired critters became part of one lesson. Other topics have included compost making, garden poetry, water is life, our changing climate, and how to be an eco-tracker. Classes on Tue. and Wed. mornings continue until August 3rd.

**Apricots for Picking**

The library's two apricot trees are heavy with fruit this year. We began picking and giving away apricots July 20 and will continue probably into early August. Call ahead to check, but please help us make sure none go to waste.

**New Library Catalog is On-Line**

Our new library catalog is accessible from off-site. Check the "catalog" button on our website [www.elritolibrary.org](http://www.elritolibrary.org). You should be able to view all our titles and see book jackets displayed from our latest book and DVD acquisitions.

**Library Family Passes Good Through August**

Don't forget to ask for a Family Pass at the library if you want to visit museums and historic sites in the region. Many are included in the Family Pass system that lets you waive the entrance fee for you and family or guests. Get out of the house and have some fun for free.

**After School Program Being Planned**

Stay tuned for more details next month for a new class for elementary school age youth after school sometime in the coming fall. We're going to create a Curiosity Cabinet full of natural treasures from our region - out of an old library card catalog.

**STEM (Science Technology Engineering and Math)****Pre-Literacy classes**

Classes resume in September with Mary Shoemaker continuing as our very capable instructor. Plan to bring your 3-5 year olds and see them get excited about reading and basic science concepts.

Enjoy August days! It's that time of year to kick back a little, do things with family and friends, enjoy local harvests, and sometimes do nothing.

**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 through Thursday

**BACA) Berkeley-Abiquiu Collaborative****Archaeology**

BACA just completed another successful field school here in Abiquiu Pueblo with the support of our library. Thanks for Alexandra McCleary and her team for the updates during the dig –in-progress. . We look forward to seeing a full report and analysis later this winter and to an eventual display in the library of the artifacts unearthed and the history these artifacts reveal.

**Santa Rosa de Lima Fiesta Library Book Sale**

Come visit the library on Saturday August 20<sup>th</sup> during the Fiesta. We will be hosting our annual BOOK SALE starting at 11am until mid-afternoon. You will be able to find great books and also support our library programming.

**Santa Rosa de Lima Fiesta Memory of Migration Presentation Honoring Seledon Garcia**

Stop by the library or check out our Facebook page for an update on timing for the *Memory of Migration* presentation on Saturday August 20<sup>th</sup> and Sunday August 21<sup>st</sup>. We will be honoring the memory of Seledon Garcia and invite the community to share stories and photos of Seledon for preservation in our digital archive. The library is housed in the Garcia family building that Seledon and his wife, Alice, donated to the church for use by the community. We all feel his absence and want to celebrate his memory.

**2016 Summer Reading Program**

We had a total of 42 children that participated on 2016 Summer Reading Program. Congratulations to the Reading Log winners for summer 2016 which are first place to **Anya Manzanares**, second place to **Aiden Manzanares** and third place to **Isaiah Trujillo**. Thank you to Abiquiu Boys and Girls club for joining us. Thank you to the Santa Fe Opera for youth night tickets. Thank you to Christy Walls from Wildlife Center and Nichole from the Espanola Animal Shelter for visiting us and for their great presentations. Thank you to Georgia O'Keeffe Museum and Sarah Zurich for organizing and giving us a field trip to Santa Fe and the Georgia O'Keeffe Museum. Thank you to Linda Grace, Willie Picaro, and Kyle Montoya for your great help this summer.

# 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;

**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 BASE 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**

**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**

\$ 250 - Century Bank (6/16)

\$ 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  
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