

— EL AVISO —

September 2016



**NEW LAS CLINICAS
MEDICAL
DIRECTOR**

*Dr. Gina
Perez-Baron*

Please join with the staff at Las Clinicas del Norte in welcoming our new Medical Director, Gina Perez-Baron, MD. Dr. Perez joined Las Clinicas as of August 16th. In her new capacity she will oversee the medical providers and quality improvement activities. In addition Dr. Perez will see patients at the El Rito location on Monday's and Tuesday's. Thursdays, she will rotate her clinic day between the Abiquiu, El Rito and Ojo Caliente Clinics.

Dr. Perez is thrilled to be practicing rural medicine in New Mexico. Her Mother is originally from the Albuquerque area. While she grew up in the New York and Los Angeles area Dr. Perez has always felt a draw to New Mexico, especially to the people and culture of the North. She attended the Air Force Academy in Colorado Springs from 1983-1985. For 10 years she worked as a secretary and backpacked extensively around the world. In her thirties she decided to attend medical school. Most recently Dr. Perez was the Medical Director at the Questa Clinic. At the clinic she witnessed firsthand the devastation of drug and alcohol addiction. With other team members they created a successful Suboxone program that utilizes group therapy as one of the treatment modalities. Dr. Perez is a founding member of the Vide del Norte, a community coalition in Northern New Mexico where the primary focus is to reduce local drug use and addiction.

Dr. Perez is a graduate of The Stanford University School of Medicine and completed her Family Practice Residency at Contra Costa Regional Medical Center. Upon completion of her Residency she fulfilled her desire to live and work in New Mexico. Initially she worked in Grants and moved to El Prado in 2011. Her undergraduate degree is in Cell and Molecular Biology from San Francisco State University. She is a Clinical Assistant Professor for The University of New Mexico Department of Family and Community Medicine.

Dr. Perez was awarded the Contra Costa Regional Medical Center Resident of the Year for Community Outreach in 2009. In 2006 she received the Richard Juarez' Commitment to the Community Award' sponsored by the Latino Medical Student Association. She has also awarded a Jeanne Spurlock Research Fellowship in 2002 by the American Academy of Child and Adolescent Psychiatry. The Fellowship is awarded to minority students or students whose studies focus on substance abuse and addiction.

Dr. Perez enjoys camping, fly fishing, beading, bicycling, reading and traveling. She will continue to have her primary residence in El Prado, but will live in El Rito during the week. And most of all she loves the big skies and kind people she has met in New Mexico.

Dr. Perez is hoping to bring her successful Suboxone Treatment Program to El Rito. In a recent article published in the Taos News she is quoted as saying "I don't care that you stumbled. I care what you did immediately after that. Some folks stumble and they disappear and we never see them again. But the ones that come back, typically with that big pile of shame, those are the ones. That's where recovery happens".

Call Las Clinicas del Norte to make an appointment today.

Works cited: Taos News August 4-10 2016.

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

Another Reason for controlling your Diabetes.

Did you know that by controlling your diabetes, not only are you doing something healthy, but also contributing to your smile? Often patients overlook the importance of dental health. Routinely seeing a dental provider improves your overall health.

Patients who are diabetic are at a higher risk for dry mouth, gum disease, tooth loss, and fungal infections like thrush. Any infection may increase your blood sugar, so it is important to keep your mouth healthy and control your blood sugars.

If you have loose fitting or poorly maintained dentures this can lead to gum irritation, sores and infections. Speak to your dental provider about any changes in the fit of your dentures. Poorly maintained dentures can contribute to thrush and sores that are more difficult to treat due to your diabetes.

Another important factor in keeping your blood sugar in control and maintaining overall dental health is by avoiding drinks that are high in sugar. Here's a recipe that will provide the sweetness of a regular soda without adding the sugar or calories. Servings: Yields 2 8-ounce servings

Ingredients:

- * 1 ½ cup sparkling water
- * ½ cup freshly squeezed lemon juice
- * ¼ cup or 6 packets of artificial sweeteners (like Equal or Stevia)
- * 12 fresh blackberries or substitute with other berries you like
- * Ice as needed
- * Optional: Fresh Mint sprigs and/or lemon slices
- * Stir sparkling water, lemon juice and artificial sweeteners together
- * Place the ice in two tall glasses along with the berries.
- * Divide the mixture between the glasses, garnish with Mint and lemon slices, Enjoy!!

The Dental providers at Las Clinicas are here to keep you healthy and keep your smile bright. Call today for an appointment.

References: American Diabetic Association / WebMd Medical Reference

Dear valued patients,

We are experiencing telephone difficulty at the Ojo Caliente Clinic. We are working closely with the telephone company to identify and correct the issue. In the meantime if you are unable to reach the clinic please call either the 1-800-869-7624 or the El Rito Clinic where a prompt will transfer you to the Ojo Caliente Clinic. Again we apologize for the inconvenience and appreciate your understanding.

FRIENDLY REMINDER/RECURERDO

PLEASE CALL THE CLINIC FOR YOUR MEDICATION REFILL REQUESTS ONE WEEK BEFORE YOU RUN OUT TO ALLOW OUR PROVIDERS TIME TO APPROVE YOUR REQUEST. THANK YOU

POR FAVOR DE LLAMAR A LA CLINICA UNA SEMANA ANTES DE TERMINAR SU MEDICAMENTO PARA DAR TIEMPO A LA APROBACION DE SU MEDICINA. GRACIAS

NORTHERN YOUTH PROJECT'S Garden Open House & Teen Salsa Contest

**Saturday, September 17th
10 AM-2 PM**

Featuring 3rd Annual Teen Salsa Contest, Live Music, Herbalist Yvonne Casaus, Garden Tours, Refreshments, and More!

Bring your family and friends and join us!

**At the NYP Garden, Hwy 84,
behind the Rising Moon Gallery**

**For more information contact:
northernyouthproject.org or call
(213) 718-2806**

⊗ 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 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.

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

September 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 Website: www.elritolibrary.org

Pre-Literacy Classes Return September 14 - For the third year the El Rito Library has received funding from United Way of Northern New Mexico to conduct a pre-literacy program for 2-4 year-old toddlers. This successful program combines reading/story time with themes drawn from the STEM subjects (Science Technology Engineering and Math). Caregivers are encouraged to help with classes which will be held weekly on Wednesdays between 10:30 and Noon beginning September 14. Mary Shoemaker, educator and parent will again lead the lessons, beginning with Creepy Crawlies. Call the library at 575-581-4608 for more information and to sign up. Classes are FREE.

Elementary Students Invited to New Library Program in early October - Come help us fill the Curiosity Cabinet with natural treasures of rocks, minerals and more. Older elementary school students (4th-6th grades) are encouraged to join us on Friday mornings (10 - 1 PM) at the library for a new adventure beginning around October 7th. Call the library (575-581-4608) to sign up and learn the exact starting date in October. We've transformed an old 60-drawer library card catalog cabinet into a case for storing objects of local natural history. Students will learn to identify rocks and minerals, animals and their tracks, local plants and trees. Reading, writing, and sketching, outdoor exploring - it'll all be part of the sessions. Some local Saturday field trips are planned too. These classes will be FREE.

Library Will Offer Support for High School Students Applying for College - Need help with those confusing applications for financial aid for college and for college admission? The El Rito library will begin holding informative classes and individual tutoring for students and parents interested in exploring options for education after high school. Your student will find practical help in getting the paperwork submitted to meet deadlines and the encouragement of adults who know the system. Sessions begin mid-October.

Library's Catalog is On-Line - Our new catalog system is accessible via the library website at www.elritolibrary.org. You can view our newest purchases of books and dvd's or browse for a book or dvd you've been wanting to check out.

Death By Chocolate Fundraiser During October El Rito Studio Tour - The library will again be Stop #1 during the 2016 Studio Tour on the first weekend of October. Beautiful quilts produced by the El Rito Quilter's Guild members will again be on sale and there will be no lack of tables of tempting chocolate cakes, cookies, pies, candy, truffles and even a few more no-sugar treats this year. Call 575-581-4608 if you can donate some chocolate items that weekend. Help us raise the money we need to keep offering the library services you depend on.

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

Thank You to Librarian Tara Valdez

Tara Valdez, long-time librarian at Pueblo de Abiquiu Library, has taken a new position as librarian and teacher assistant at Sombrillo Elementary School in Espanola. We are currently in the process of selecting a replacement for Tara and wish her success in her new job. We are happy to report that she has not really "left", but has joined us as a new member of the Library Board.

Early Childhood Stem-to-Read Program starts in September:

Contact the library during regular hours, Sunday through Thursday 1-6pm to sign up for the early-childhood literacy program that begins in September with veteran reading teacher Isabel Lopez.

Thank You to the Ferran Family

Thank you for the donation of the *Journal and Ledger: 1890-1940, Board of Director, Electoral Precinct, Pueblo de Santo Tomas Apostol de Abiquiu*. This historic ledger can be viewed by appointment and has been donated by the Ferran Family in honor of Seledon Garcia. Historian David V. Lopez y Abeyta has prepared a five page summary that is also available at the library desk.

Thank You to an Anonymous Donor

An anonymous donor has given a \$5,000 grant to Pueblo de Abiquiu Library via Santa Fe Community Foundation. This unexpected funding arrived at a perfect time during our underfunded summer reading program and we greatly appreciate the support.

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
El Rito, NM 87530

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Community Partner

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