

— EL AVISO —

October 2016

October 10th, 2016 is World Mental Health Day

The World Federation for Mental Health (WFMH) and the World Health Organization (WHO) have joined together in sponsoring World Mental Health Day. This year the focus is on Preserving Dignity in Crisis Response. Crisis events include exposure to trauma and sudden loss. A crisis event has a broad definition including motor vehicle accidents, domestic violence, and sexual assault, violence occurring during the commission of a crime, terrorist attacks and natural disasters. First responders, medical providers, healthcare workers and law enforcement personnel are exposed to crisis events on a daily basis. The repeated exposure to crisis events often takes a toll on the individual. WFMH and WHO are committed to recognizing the stressors these individuals and raising awareness to their cause. Please join with Las Clinicas del Norte in recognizing these individuals.

The Centers for Disease Control and Prevention (CDC) defines mental health as a “state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community”.

Mental illness is defined as “collectively all diagnosable mental disorders”: or “health conditions that are characterized by alterations in thinking, mood, or behavior (or some combination thereof) associated with distress and/or impaired functioning”. Depression is the most common type of mental illness, affecting more than 26% of the U.S. adult population.

In 2014 The New Mexico Department of Health released statistics on the prevalence of mental distress by race/ethnicity in New Mexico.² Patients are asked to respond to the following quality of life question, “Now thinking about your mental health, which includes stress, depression and problems with emotions, for how many days during the past 30 days was your mental health not good?” The diagnosis of Frequent Mental Distress is made when the individual reports 14 or more days of poor mental health in the past 30 days.

2014 — % OF ADULTS WITH FREQUENT MENTAL DISTRESS BY RACE/ETHNICITY

18 % - White

19 % - American Indian/Alaska Native

20 % - Hispanic

21 % - Asian Pacific Islander

22 % - Black African American

Evidence has shown that mental disorders, especially depressive disorders are strongly related to the occurrence, successful treatment, and the course of many chronic diseases and crisis events.

Anxiety is a disorder that includes, panic disorder, generalized anxiety disorder, post-traumatic stress, phobias, and separation anxiety disorder. The estimated lifetime prevalence of any anxiety disorder is over 15%, while the 12 month prevalence is more than 10%. Anxiety is more common in woman than men.

Bipolar Disorder is more common in women than men and the medium age of onset is 25 years, with men having an earlier age of onset. Bipolar has been determined to be the most expensive of the mental illnesses due to the indirect costs associated with the individual's loss of productivity.

Schizophrenia is more common among men and the first episode is typically around age 21 years of age. Statistics have shown individuals with schizophrenia pose a high risk for suicide. Approximately one-third of individuals diagnosed with Schizophrenia will attempt suicide and 1 out of 10 will succeed.

At Las Clinicas del Norte our Counseling and Community Services (CCS) personnel see a variety of patients for mental health and substance abuse issues. The CCS staff is available to help when a patient or their loved one is unable to cope. Services are available at all of our clinics, call today for an appointment.

References: World Federation for Mental Health website: www.wfmh.org; Centers for Disease Control and Prevention website: www.cdc.gov; New Mexico Department of Health website: www.nmhealth.org

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

FRIENDLY REMINDER / RECUPERDO

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 LLAMENOS UNA SEMANA ANTES DE QUE SU MEDICAMENTOS SE VAYAN A TERMINAR ASI NOS DA AMPLIO TIEMPO DE PODER PREPARLES SU REORDEN DE SU MEDICINAS. NO ESPEREN HASTA QUE NO TENGA MEDICINA PARA TRATAR DE OBTENERLA ESE MISMO TIEMPO. NOSOTROS ESTAMOS MUY OCCUPADOS Y NECESITAMOS SOBRE AVISO PARA PODER AYUDARLES. GRACIAS.

PREPARING FOR THE FLU SEASON

Getting an annual flu vaccine is the best way to protect yourself and your family from the flu. Vaccination can reduce flu illnesses, clinic visits, missed work or school due to flu, and prevent flu-relation hospitalizations. The more people who get vaccinated, the more population will be protected, including older adults, very young children, pregnant women and people with health conditions who are more vulnerable to flu complications.

What's new this flu season:

- Only injection flu shots are recommended for use this season. (The nasal spray vaccine is not recommended this season).
- Flu vaccines have been updated to match circulating viruses.
- Recommendation for vaccination of people with egg-allergies have been changed.

Contact Las Clinicas del Norte to clarify when the new 2016-17 flu vaccines have arrived.

SAVE THIS DATE

Join Teens, Family, and Your Friends and Neighbors!

Saturday, November 5, 2016

Northern Youth Project's
HARVEST DINNER

*An Annual Benefit Supporting the Dreams
of Northern New Mexico Teens*

Celebrate the bounty with a delicious four-course meal prepared by NYP teens with produce from our Heritage Garden and local farms.

Silent Auction of work by talented local artists!

Doors open at 5:30 PM / Dinner 6 PM
Rio Arriba Rural Events Center (Main Room)
Highway 554, Abiquiu

For tickets and information contact Lupita Salazar, 213-718-2806 or northernyouthproject@gmail.com

⊗ **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.

FALL 2016 STUDIO TOURS

El Rito Studio Tour

October 1-2

**El Rito Artists are opening their studios
between 10 am to 5 pm.**

Follow the signs through town.

Abiquiu Studio Tour

8th-9th-10th

Saturday, Sunday, Monday

**Artists are opening their studios
between 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

Death By Chocolate & the El Rito Quilters' Guild Show & Sale

Please join us for an extravaganza of chocolate choices at our annual fundraising event at the library during El Rito's Studio Tour, October 1st and 2nd, 10-5 pm. We also still need chocolate donations for both Saturday and Sunday. Be creative! Last year's highlights included mouth watering chocolate truffles and chocolate piñon tarts. We've also had requests for more low sugar and sugar free (almost) choices. Support your friendly local library, buy a stunning quilt, and indulge your taste buds at Stop # 1 on the Tour!

New Youth Classes at the El Rito Library

The library is pleased to announce two new programs for local youth beginning in October:

Curiosity Kids for grades 3-6 begins Friday, October 7th, 10 am-noon. This class will build on our existing toddler science/literacy program but will focus on natural history for older youth. We'll learn about rocks, minerals, living and fossil animals and plants. We'll begin transforming our re-purposed library card catalog into a "Cabinet of Curiosities". Classes will be held at the library on Fridays when there is no school. Local field trips are planned for two Saturday mornings this fall. Classes are free and will be taught by local educators and naturalists.

A second effort, **College Application Classes**, are designed especially for high school juniors and seniors and their parents. These sessions begin on **Thursday evening October 20, 6-7 pm.** We'll help make the process of applying to college and for financial aid less daunting. Recruiters and educators from New Mexico and other universities will come to the library to help our local students set goals, find resources, and meet deadlines. Both individual and classroom help will be offered. Stay tuned to our website for more information. www.elritolibrary.org.

STEM (Science/Technology/Engineering/Math) Pre-Literacy Classes

Children 2-5 years old once again can engage with some learning activities at the library this fall. Educator Mary Shoemaker is once again inspiring our youngest patrons to see the world through a scientist's eyes with simple demonstrations and experiments, reading and music time, and of course snacks. Our funding for this third year of STEM at the library comes primarily from the generous help of United Way of Northern New Mexico and the efforts of the New Mexico State Library. Classes meet every Wednesday at 10:30 until noon. Caregivers should plan to join the fun.

New Northern New Mexico education collaborative project The El Rito library is excited to announce that it soon will be one of many sites for a new major effort funded by the National Science Foundation and by regional institutions and educators to raise aspirations for high school students who might be interested in aspects of science, technology, engineering, or mathematics. Trained tutors and our staff eventually will be available at the library to work with and mentor El Rito youth for local projects.

Pumpkin Painting Party and Pot Luck Dinner

Don your costumes, stir up some edibles, and bring the kids to enjoy a Halloween evening of games and decorating pumpkins. Mark the date: Friday October 28 from 5-7 pm.

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

Early Childhood Stem-to-Read Program:

Contact the library during regular hours, Sunday through Thursday 1-6pm to sign up for the early-childhood literacy program that started in September with veteran reading teacher Isabel Lopez. We can still welcome new children into the program.

Pueblo de Abiquiu Library Welcomes New Librarians:

We welcome Amanda Haws and Roberta Herrera who are sharing the librarian's job.

Hi, my name is **Amanda Haws** and I'm one of the new librarians at the Abiquiu Public Library. I'm from Canones and have lived in the area my whole life. In the time that I've been working here, I've seen how important this library is to the people of the community and how much information it provides for visitors who are interested in the history of the community. I hope to continue serving our community and look forward to seeing this library grow even more.

Hello my Name is **Roberta Herrera**, and I'm from this area and so is my family. I've been here all my life. I am currently attending Career Institute, an Online school and working for the Abiquiu Library. I've been coming to the Library since I was small because reading is one of my favorite hobbies. I'm happy with this position as a Librarian because it's very exciting and enjoyable to be surrounded by so many good books. I like being a Librarian mostly because of the quietness and the tasks that I'm asked to do.

Upcoming Santo Tomas Fiesta:

The public is invited to help celebrate the Native American heritage of Abiquiu Pueblo at the Santo Tomas Fiesta midday on Saturday November 26th. Consult the library for more information.

Art Books:

We now have a section of beautiful art books that can be checked out in addition to our extensive collection of reference art books that can be enjoyed sitting at the library tables.

Genizaro Digital Archive:

We continue to add to our digital archive related to the Genizaro culture of Abiquiu Pueblo. Ask the librarians about how to search items such as the two recent archeological excavations, the Bodes Gonzales collection, historical photos, recordings of fiesta songs, or other materials. Local residents are also invited to make appointments to record their stories or share copies of family photos so future generations can be informed about the history of the village.

Abiquiu History Tours:

Visitors can arrange for an Abiquiu History Tour conducted by trained docents by contacting the library at (505) 685-4664 or stopping by during library hours, Sunday-Thursday 1-6pm.

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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