

■ *EL AVISO* ■

August 2006

Why do a Community Needs Assessment?

Your ideas and opinions are greatly valued by the Board and staff of Las Clinicas del Norte.

As you may know, Las Clinicas operates primary care facilities in El Rito, Ojo Caliente, Abiquiu, and Mesa Vista High School. Our service area is quite large geographically and our clientele represents a wide range of ages and income levels.

This diversified patient base and growing number of users causes us to regularly visit an old question: "What are the current needs of our community, and are we serving them?" We are asking for your input because we are approaching this question again and you are one of the key people to help us answer it.

On Monday, August 28th, we will be holding a Community meeting in EL Rito at 6:30pm in the Northern New Mexico College's Old Gym (adjoining the North Dorms) to gather information from every sector of our service area. We would like you to be there and would sincerely appreciate your attendance. We look forward to seeing you then.

Also, during the week of August 21 - 25 there will be confidential surveys available to be completed at the Ojo Caliente, El Rito and Abiquiu post offices and clinics.

Your Opinion Counts!!

If you need additional information or have questions, or if you would like to be interviewed or offer support and input - please call Susan Dunn 581-4728; Janet Lucero 583-2191; Willie Picaro 685-4352; Heidi Tafoya 581-4572 (after 6 pm).

How Community Needs Assessment will be Conducted

Every four years Las Clinicas del Norte (LCDN), with the help of its primary care advisory board, collects information from our patient communities which will help us to set goals and priorities for providing future services. It is time again for a Needs Assessment, so that we can see where we are in meeting the needs of the community as related to LCDN. By getting a representative sample of opinions from our population, the clinic can make a fair appraisal of its programs while determining what services best fit the needs of the community.

The process used for the 2006 Community Needs Assessment will include a cross section of people. This includes young and old, users and non-users; of LCDN services, professional, teachers, students, staff, etc. A graduate student from New York University will conduct interviews with key community residents. Look in public places for announcements with more details. Surveys will be available to be completed at post offices and the clinics in Abiquiu, El Rito, and Ojo Caliente areas.

The public is encouraged to attend a
Community Meeting
Monday, August 28th, at 6:30 pm
in the Old Gym at
Northern New Mexico College
in El Rito.

At this meeting, specially invited guests will appear and lend their ideas. Refreshments will be served. A final report compiling the results of the interviews surveys and the meeting will be published in October, and reported in future issues of El Aviso.

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 and Vallecitos and Youngsville

School Based Healthcare

School-based Health Centers (SBHC's) help to improve the lives of New Mexico's Children because they provide services right where they are needed—in schools! They support student success because healthy students learn better, and educated students keep healthier. SBHC's are especially beneficial in rural areas where access to healthcare is limited and people have to travel long distances.

The greatest health risks to New Mexico's school-aged children include behavioral health issues such as substance abuse, depression and suicide risk, obesity, screening for diabetes, nutrition and fitness, lack of immunization, and the effects of early unprotected sexual activity including pregnancy and sexually transmitted diseases.

The SBHC at Mesa Vista School has been up and running since 2005. The success of this SBHC is due to the work of a dedicated Board of Director's for Las Clinicas del Norte, Andy Lopez, the CEO for LCDN and a visionary for School-based Health Centers, and to the School Board of the Mesa Vista School District.

Many others have played vital roles in providing this important service. One important key player is the dedicated Nurse Practitioner **Dottie Montoya**, who has been the primary provider at the Mesa Vista SBHC providing health services and health promotion interventions for student's. A long time activist and provider of adolescent health care, Dottie has a long history in the state providing services to youth and families.



She was born in Penasco to Demetria and Maximiliano Roybal. Early on in her life she began to take interest in helping others and was drawn to a career of Nursing from the time she was a child. In 1953 she graduated from St. Joseph's school of Nursing in Albuquerque.

She eventually married Jose Montoya and in 1951 the newlyweds were transferred to France where they spent the next 2 years. After that, they moved to Denver where they lived for 23 years and raised 2 daughters and 4 sons.

It was in Denver that Dottie began to think about returning to school to further her career in Nursing, not an easy task for a busy mother of 6. But her motivation and commitment to helping others influenced her and she decided to return to school. At the time the University of Colorado had the most prestigious Nurse Practitioner program in the country and Dottie was able to graduate from there in 1977 as a pediatric nurse practitioner.

It was in 1977 that Dottie and her husband Jose were able to return to Penasco and eventually to Velarde where they still live. She began to work for the Espanola Department of Health where she provided health care and health promotion to children and families. It was here that Dottie became interested in the problems specific to school-aged children.

In 1981 she co-founded the Espanola High School teen clinic where she started her career as a provider of health care in a school clinic. Dottie worked for the next 15 years bringing primary health care to students and families in the Espanola Municipal Schools. She left in 1996 when she joined Health Centers providing primary care, counseling and education in School clinics for grades 1 through 12.

In 2005, Dottie began work at the new SBHC in Mesa Vista run by Las Clinicas del Norte. This SBHC offers primary comprehensive health care to the students. Dottie has kept busy seeing kids in the school clinic as well as getting into the classroom to teach kids how to stay healthier and how to take care of themselves. The clinic provided health care to 495 students last year at Mesa Vista. The primary reasons that students were seen in the clinic include:

- Routine child health exam and physical
- Mental health counseling and services
- Headaches
- Upper respiratory infection
- Contraceptive counseling

We will be reopening the Mesa Vista School-Based Health Center when school starts again in September.

In order to see your children at the school center we must have a signed consent form from parents. Look for that consent form in your school registration packet.

Watch for the announcement of the coming Mesa Vista Student **Sports Physicals and Health Fair** in September after school opens.

We will look forward to seeing you then. Stop in to see the SBHC staff. To discuss this program call Susan Dunn at 581-4728.

Exercise and Physical Therapy

Examples of Flexion and Extension Exercises

There are many exercises and therapies choices available in *Alternative Treatments for Chronic Back Pain*, a brochure created by UNM student Amar Patel for Las Clinicas this summer. **Please come by the clinics to pick up this valuable information.**

There are educational programs which educate individuals on pain management, posture, activity restrictions, exercise, and stretching. Similar programs also educate people on bed mattress choice. It has been shown that individuals using medium-firm mattresses were more likely to experience improvements in pain while in bed than those using firm or hard bed mattresses. Back schools and similar programs work with individuals to reduce pain and disability in those with severe back pain.

The severity of chronic low back pain may differ among individuals and may require different forms of treatments. First of all, it is extremely important to modify behaviors and habits that aggravate the area. Exercises involving muscle strengthening, stretching, and aerobic programs have shown to greatly reduce the occurrence of severe back pain. There are several individual therapy sessions including various exercises that can be used to strengthen muscles, increase flexibility, and improve aerobic capacity. (Examples from the brochure below, there are more exercises).

- **Pelvic tilt.** Lie on your back with knees bent, feet flat on floor. Flatten the small of your back against the floor, without pushing down with the legs. Hold for 5 to 10 seconds.
- **Single Knee** to chest. Lie on your back with knees bent and feet flat on the floor. Slowly pull your right knee toward your shoulder and hold 5 to 10 seconds. Lower the knee and repeat with the other.
- **Double knee** to chest. Begin as in the previous exercise. After pulling right knee to chest, pull left knee to chest and hold both knees for 5 to 10 seconds. Slowly lower one leg at a time.
- **Partial sit-up.** Do the pelvic tilt and, while holding this position, slowly curl your head and shoulders off the floor. Hold briefly.

Return slowly to the starting position.

Discontinue exercises if any pain or discomfort arise.

Announcements and News Briefs

Farewell to Bryan Stuppy, LMSW. We appreciate the good work done by Bryan in the Counseling and Community Services Department. Bryan left Las Clinicas in mid July. While working part-time he wants to open his own private practice in the Santa Fe area. Good Luck to you Bryan.

⊗ Community Events ⊗

Contact: Joan Tollefson 1-505-553-5820/ 581-4728 x255/ email: joan@lcdn.org

Las Clinicas 24 hr After Hours Number - 1-888-678-6160

El Rito

Las Clinicas del Norte Board Meeting - every 3rd Monday, 6 pm, El Rito clinic Community Room

El Rito Library - Tues, Wed, Thurs, 11 am – 6 pm, Sat, 11 am – 5 pm

El Rito Library Board Mtgs. - every 2nd Wednesday, 6:30 pm at Library

Al-Anon Meetings - new time/location: Wednesday, 6-7 pm, Archive Rm. next to NNMCC Library in the Cafeteria Bldg, contact # 581-4430

AA Meetings El Rito - Tues, & Thurs, 6-7 pm, at Catholic Parish Hall and Sun, 5-6 pm, at El Rito Library. Open discussion.

El Rito Fire Dept. Mtgs. - every 2nd Wednesday, 7 pm, at the El Rito Fire Station, open to the public

Tutoring - El Rito Save the Children Ctr, contact # 581-4516

Recycling - Last Saturday of each month, pick-up behind Martin's Store. Contact Sabra Moore 685-4842

Abiquiu

Abiquiu Fire Dept. Mtg. - every 2nd Thursday, 7 pm, Fire Dept.

AA Meetings Abiquiu - Saturday, 12 Noon, Abiquiu Library

Abiquiu Library - Mon, Tues, Wed, Thurs, 12:30 pm – 6 pm and Sunday, 9 am - 12 noon, located on the Plaza

Recycling - Last Sunday each month, pick up at the Abiquiu clinic. Contact Sabra Moore 685-4842

Ojo Caliente

Ojo Caliente Fire Dept. Mtg. - every 1st Wednesday, 7 pm, Ojo Caliente Fire Dept.

————Northern New Mexico College———— El Rito Campus

August 2006

7-9 Healing class with Indigenous Medicine of Mexico using the tradition of "Tetzkatlipoka". For reservations in this class call Shannon Tafoya at 747-2220.

14-18 Retablo Class

14 Staff/Faculty Convocation at 8 AM El Rito Campus

16-17 Fall Registration

21 Classes Begin

7/27-8/1 Elderhostel group will be on campus

28 Community meeting addressing assessment of Las Clinicas del Norte, Old Gym, 6:30pm

We would like to encourage all potential students to register early for Fall classes. We will be offering some fun fall painting classes with Patricia Maijo, some more Spanish Immersion classes with Alejandro Lopez and even a grant writing class with Richard Marchese.

Please feel free to stop by and pick-up a fall schedule or call Cecilia Romero at 581-4100 or myself at 581-4120.

We also would like to welcome and thank **Mr. Larry Tafoya** for being Interim Campus Director.

Donald E. Martinez --581-4120 --

Student Activities Coordinator-El Rito Campus

EL RITO LIBRARY

We are Celebrating our 20th Year!

Phone:581-4608

New Employees

We would like to welcome two new employees to the El Rito Library.

Rita Larrow Dolphin lives on Main Street El Rito and moved here from Massachusetts four years ago. Her hobbies include reading (of course), walking, bodywork and different types of crafts.

Barbara Heming lives in Canoñas and moved here from Ohio in October 2005 and Barbara is also a writer. Her hobbies include reading (of course), bird watching, weaving, and photography.

Please come by the Library and introduce yourself and welcome our new employees.

Puppet Theater Show Thanks

On Saturday, July 15th, the Library was treated to a puppet show entitled "*Billy Goat Ballad*" and performed by the Puppet & Object Theatre. Everyone enjoyed the show! Special and **BIG** thanks goes to **Dede Happe** from the **Abiquiu Inn** who donated a room for the performers to stay overnight and perform the following day at the Abiquiu Library.

Fundraiser Event

**Friday and Saturday, August 11 and 12,
8:00 p.m. at the El Rito Library,
"Out Cry",**

a play by Tennessee Williams.

This benefit performance is presented by
I of the Storm Theatre Works.

Tickets are \$15.00 and are now being sold at the Library. There is limited seating of 35 persons for each performance.

You can come by the Library to buy your tickets, or call the Library at 581-4608 to reserve your tickets, then you can pay and pick up your tickets the day of the performance.

Come and enjoy an evening of great entertainment and support your local El Rito Library.

"Amigos" of the Library

During our June 3rd, 2006 20th Birthday Celebration we announced that we were starting a new approach to fundraising with a membership to "Amigos" of the Library (Friends of the Library).

We ask anyone who can donate \$5, \$10, \$20, or whatever amount every month and make a commitment to help keep the Library open. A small donation every month can make a huge difference.

For instance, if one hundred people donated \$20.00 a month, which would total \$2,000 a month, this would help pay 40% of the general operating costs of almost \$5,000 a month.

Many of you probably are thinking that the Library gets many grants to keep the Library open. This is true, however, these grants are program specific and money cannot be used for overhead expenses like salaries, telephone bills, electricity, water, and propane.

Please consider joining "Amigos" of the Library and help keep our Library going for another 20 years for our children, our teenagers, our adults and our senior citizens. **YOU** can make a difference. **Thank you.**



To access our website
just go to
www.elritolibrary.org.

Keep informed of events,
new arrivals, community
events, El Rito Studio
Tour information, and
much more.

581-4608

El Rito Library Summer Hours

Tuesday, Wednesday, Thursday

11 am - 6 pm

Extended Saturday 11 am - 5 pm

Abiquiu Public Library

685-4884

El Pueblo de Abiquiu Library CCC

(Community Cultural Center) is having a summer reading contest! Kids read books from the selected shelf where they search for treasure hunt hints to answers in each story. The librarian helps out by correcting answers and aiding in reading comprehension. Then children are rewarded really cool stickers in booklets toward a prize for every book they read. Many are already having great fun reading and searching! We are planning more summer reading activities together with the New Mexico State Library's summer reading theme "Lasting Impressions". Bring your children to meet the new Librarians, who are very nice. Children will enjoy reading and other activities while learning the value of a library in our small community.

Thanks to the **Lauren Kahn Theater** for the amazing performance of the **Billy Goat Ballad**. It was very exciting to see so many people attend this event. We also appreciate the overnight stay donated by **Dede Happe** at the **Abiquiu Inn**, which allowed for this presentation to occur at both El Rito and Abiquiu Libraries. If you have any performances you can share with children, please call us to arrange for a day and time.

Keep New Mexico Beautiful gifted us with a grant to install a water story garden in the fenced yard. We intend to catch water for a walkway and pond with a cultural storyline. We want to recognize that which is rare that we all share in common; both water and the stories that have helped to shape our lives.

Contribute your written valued stories and mail them in — Prominent family names, notable occurrences, initial places, etc.

Muchas Gracias to **Fred Vigil** for the public information shared during our library panel last month on the recently approved Rio Chama Acequia Association - Regional Water Plan. It was a very good discussion which answered many questions.

Also, thanks to **Phil Martinez** and **Andrew Chacon**, Park Rangers for the Abiquiu Dam, who were supportive in the time they took to respond positively.

These panels will continue every other month on the second Sunday from 2 to 4 PM. Keep this in mind for September, the subject is *Orchards*. Let us know if you have information to share that you feel might be beneficial to all our neighbors.

We continue to strive for directions in **adult literacy programs** and hope to serve any requested needs in the following or further ways if noted by you -

- Would you be interested in an adult reading club?
- Would you be an adult reader with other students?
- Would you like to share your stories in public sessions?
- Do you want help reading a favorite magazine, newspaper or study-guide?
- Would you like help reading official documents hard to understand, like insurance, medicare, social security?

Please call the library and/or write if you wish assistance in any type of literacy aid. We can try to accommodate our services for the local needs of these rural areas. Knowing what you need is the only way we can help out!

Remember
New Library Hours

Open
Monday through Thursday
and Sunday — 1 pm—6 pm

Las Clinicas del Norte

EL RITO CLINIC

PO Box 237, El Rito 87530

Phone: 581-4728

1-800-869-7624

OJO CALIENTE CLINIC

PO Box 307, Ojo Caliente 87549

Phone: 583-2191

1-866-665-6832

ABIQUIU CLINIC

PO Box 757, Abiquiu 87510

Phone: 685-4479

1-866-578-1662

MEDICAL:

MON thru FRI 8 am- 6 pm

Confidential Family Planning Title X Services available

MEDICAL:

MON thru FRI 8 am- 6 pm

Confidential Family Planning Title X Services available

MEDICAL:

MON thru FRI 8 am- 6 pm

Confidential Family Planning Title X Services available

COUNSELING: 581-4728, # 232

Hours vary, call to schedule

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Hours vary, all to schedule

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Hour vary, call to schedule

DENTAL SERVICES - same

NO DENTAL SERVICES

NO DENTAL SERVICES

LCDN BOARD OF DIRECTORS

President George Flores, Vice-President Gary Salazar, Treasurer J. Curt Hoffman, Secretary Lillian Gallegos, Members: Tony Chacon, Trudy Drake, Peter Hanson, Erma Crim, Pauline Varoz, Gilbert Ferran, Marcos Garcia, Honorary Member: Jeremias Archuleta

DONATIONS – will be listed for one year

Las Clinicas would like to thank the following 2006 contributors

\$ 300 - Andy R. Lopez, El Rito (3/06)

\$ 500 - Elizabeth G. Paddon and Reta L. Ireland, La Madera (1/06)

\$1000 - Sam R. & Isabel E. Jewell, Abiquiu (1/06)

\$5000 - Dr. Edmund Trujillo, DDS, Santa Fe (6/06)

Las Clinicas del Norte, Inc.

D/B/A Las Clinicas del Norte

PO Box 237

El Rito, NM 87530

Bulk Rate Permit

No .1

PO Box 237

El Rito, NM 87530

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