

EL AVISO

November 2006

MEDICAID COVERAGE

Good health is important to everyone. If you can't afford to pay for medical dental or counseling services right now, Medicaid can make it possible for you to get the care that you need so that you can get healthy – and stay healthy.

Medicaid is a state and federally funded health coverage program for low and moderate income pregnant women and children who meet certain income requirements.

Medicaid is available only to certain low-income individuals and families who meet the eligibility requirements that is recognized by federal and state law.

Medicaid is a state administered program and each state sets its own guidelines regarding eligibility and services. Many groups of people are covered by Medicaid.

To be eligible for Medicaid in New Mexico, an individual must be living in New Mexico at the date of application or final determination of eligibility and demonstrate intent to remain in the U.S.

Your child may be eligible for coverage under the SCHIP program if he or she is a U.S. citizen or a lawfully permanent resident, even if you are not. However, there is a 5-year limit that applies to lawful permanent residents.

Las Clinicas del Norte provides Medicaid enrollment services at our three clinics. Please contact either Mary Chavez or Joyce Jacquez for an appointment. Their phone numbers are listed under their picture above, followed by the categories with which they can assist you.



For an appointment please call either:

Mary Chavez or **Joyce Jacquez**
581-0009, ext. 229 581-0009, ext. 226

NEW MEXICO MEDICAID ELIGIBILITY

SCHIP: Children

- **235% of Federal Poverty Level**

For children in household whose income is between 185% and 235% of the Federal Income Guideline, children may be eligible for the State Children's Health Insurance (SCHIP). Children are eligible if they meet the following:

- Do not have existing health insurance, or
- Have not voluntarily dropped insurance coverage within the last six months.

Under SCHIP, there are co-payments for doctor visits, prescriptions, etc. as follows:

- \$5 per doctor, dentist, outpatient, and urgent care visit
- \$2 per prescription
- \$15 per emergency room visit
- \$25 per inpatient hospital admission
- **Note:** Native American Children are not required to make co-payments.

Monthly Federal Income Guidelines at 235%

per number in household is:	1 = \$1,920	5 = \$4,583
	2 = \$2,585	6 = \$5,250
	3 = \$3,253	7 = \$5,915
	4 = \$3,918	8 = \$6,580

For each additional member add \$665

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 and Vallecitos and Youngsville

Cont'd► - **N.M. Medicaid Eligibility****Category 035: Pregnant Women**

- Household Income must be at or below 185% of Federal Income Guidelines.

Category 035F: Family Planning Services Only

Family Planning is Medicaid Coverage for Family Planning Services only to women of childbearing age (coverage for 12 months).

- Family Income must be under 185% of the Federal Income Poverty Guidelines.

Category 032: Children

- For children in households whose income is at or below 185% of Federal Income Guidelines. (Children can have insurance or can have voluntarily dropped insurance under this program as long as the Income Guidelines are met).

Monthly Federal Income Guidelines at 185%

per number in household is:

1 = \$1,511	5 = \$3,608
2 = \$2,035	6 = \$4,132
3 = \$2,560	7 = \$4,656
4 = \$3,084	8 = \$5,180

For each additional member add \$524

Mary or Joyce can assist you with Presumptive Eligibility (PE) and Medicaid On-Site Application Assistance (MOSAA) programs.

- **PE** — Short-term Medicaid Coverage for Children under age 19 or pregnant women (1 PE per year for children and 1 PE per pregnancy allowed).
- **MOSAA** — We can assist with Medicaid On-site Application Assistance program at all 3 clinic sites or in your home.

NOTE: As of July 1, 2006 Regulations for Medicaid have changed. **Re-Certification for Category 32 Children's Medicaid has been changed from 6 months to 1 year.** Please contact us for further information.

Also, if you are a Medicaid recipient you may be eligible for QMS or SLIMB. You must meet Income Guidelines and Resources for these programs.

QMB—Qualified Medicare Beneficiary. Medicaid for Medicare premiums, deductibles and the co-insurance charges on Medicare covered services only for persons who have or are eligible for Medicare Part A (Hospital Insurance). QMB does not pay for prescriptions or routine dental or vision care services.

SLIMB—Specified Low Income Medicare Beneficiary. Medicaid for Medicare Part B premiums for persons who already have Medicare Part A. This is the only benefit of the SLIMB program, a Medicaid card will not be issued.

If you meet the Federal Poverty Guidelines and have NO insurance coverage We Can Help. For an appointment, contact either **Joyce Jacques**, 581-0009, ext. 226 or **Mary Chavez**, 581-0009, ext. 229.

Flu Season — again

Flu season is once again upon us. There is no delay in vaccine supplies this year. Flu shots are now available at Las Clinicas del Norte and if you have not done so yet, now is the best time to get vaccinated.

The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and, at times, can lead to death. The best way to prevent this illness is by getting a vaccination, called the flu shot, each fall.

Influenza or "flu" is a very contagious disease. It is caused by the influenza virus, which spreads from infected person to the nose or throat of other people. Other illnesses can have the same symptoms and are often mistaken for influenza. But only an illness caused by the influenza virus is really influenza.

Anyone can get the flu. For most people, it lasts only a few days. It can cause:

Fever	Sore throat	Chills	Fatigue
Cough	Headache	Muscle aches	

Some people get much sicker. Influenza can lead to pneumonia and can be dangerous for people with heart or breathing conditions. It can cause high fever and seizures in children. Influenza kills about 36,000 people each year in the U.S. mostly among the elderly.

Remember — the influenza vaccine (flu shot) can prevent influenza.

Winter is the time for flu. In the U.S the flu season can last from November through March. During the past 21 years, the months with the heaviest flu activity (peak months) occurred for 4 years in December, for 5 years in January, for 9 years in February and for 3 years in March.

This illness usually starts with the sudden onset of a high fever (102-104), a dry cough and terrible body aches. Other symptoms can include headache, runny nose, nausea, sore throat and profound fatigue. However, symptoms like a low grade fever (100-101), a runny nose and cough with phlegm are more likely from a cold than the flu.

Flu virus is spread by respiratory droplets caused by coughing and sneezing. They usually spread from person to person, though sometimes people become infected by touching something with flu viruses on it and then touching their mouth or nose. Most healthy adults may be able to infect others **1 day before symptoms develop in them and up to 5 days after** becoming sick.

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To avoid catching the flu or passing it on to others, people should frequently wash their hands, cover their mouth when sneezing or coughing and stay home when sick.

Who should get vaccinated?

Influenza vaccine can be given to people 6 months of age and older. It is highly recommended for people who are at risk of serious influenza or its complications, and for people who can spread flu to those at high risk, including all household members.

At High Risk:

- ◆ All children 6 months to 5 years of age.
- ◆ People 65 years of age and older, and residents of long-term care facilities.
- ◆ People who have long-term health problems, such as heart, kidney, lung diseases and people with metabolic disease like diabetes, asthma, anemia and other blood disorders.
- ◆ People with a weakened immune system due to: HIV/AIDS, long-term treatment with drugs such as steroids, cancer treatment with x-rays or drugs.
- ◆ People 6 months to 18 years of age on long-term aspirin treatment, women who will be pregnant during flu season.
- ◆ Flu vaccine is also recommended for adults 50-64 years of age and anyone else who wants to reduce their chance of catching influenza.

People who can spread influenza to those at high risk are:

- ◆ Household contacts and out-of-home caretakers of infants from 0 months to 23 months of age. Physicians, nurses, family members, or anyone else in close contact with people at risk.

An annual flu shot should be considered for people:

- ◆ Who provide community services, live in dormitories or crowded conditions, who travel to the tropics in winter (between April/Sept).

Check in with your LCDN clinic to get a flu shot.

AVIAN FLU UPDATE

There is still no commercial influenza vaccine available for pathogenic strains of avian influenza. An investigational H5N1 vaccine has been reported to be safe and immunogenic. The influenza vaccine given yearly, talked about in above article, is recommended.

Diabetic Classes in November

10:00 am—12:30

November 14 — Abiquiu, 685-4479

November 15 — Ojo Caliente, 583-2191

November 16th — El Rito, 58-4728

We are planning "Thanksgiving Potlucks"

Announcements & News Briefs

Welcome to Rachel Valencia, MA. Rachel is a Medical Assistant who will serve in all three clinics. She lives in Abiquiu, has a 2 year old girl Amber and loves sports. **Roxanne Rodriguez**, a returning employee, is a Cashier/Receptionist in Abiquiu. **Stephen Powell, LMHC** is a Licensed Mental Health Counselor working in Abiquiu part-time (Fridays - 9-6). He is a horseman, and just sold a ranch in Truchas. He will be doing stress management and drum workshops in his counseling role.

NOTICE: Community Needs Assessment. There has been a one month delay on completing the report. A summary of the report is planned to be in the December El Aviso. The community needs assessment process was done under the direction of the Las Clinicas Advisory Board. Thank you to all who helped with this important process. Your opinions are valuable to us!

The Counseling and Community Services Department has Home-based Services for families with babies 0-3 years old. Contact Doreen at 581-4728, ext 230. Doreen stated that CCS is in the middle of the 2nd infant/parent group and hope to have a 3rd in the spring. The 1st was a success - it had 7 children and their families completing the program.

Remember - LCDN runs the School-based Health Clinic at Mesa Vista School every Tues. & Thurs. - walk-in or for appointment call Ojo clinic, 583-2191.

Las Clinicas del Norte — Ojo Caliente

INDIVIDUALS AGAINST ADDICTION

'Not just about chemicals'
Includes gambling, smoking, sexual,
substance and alcohol abuse

**Thursdays in Ojo Caliente —
Noon to 1:30 pm**

Bring your Lunch
Co-facilitated by Kathy Albrecht, LISW and
Julian Garcia, Community member

Agora Crisis Center

You don't need to wait for a crisis to call us.

THROUGHOUT NEW MEXICO
1-866-HELP-1-NM
(1-866-435-7166)

Call us about anything - you'll feel better.

⊗ **Community Events** ⊗

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

For Health Advise when we are closed, call Nurse Advise New Mexico 877-725-2552 open 24 hours.

El Rito

Las Clinicas del Norte Board Meeting - every 4th 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—moved to El Rito Library 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 behind Martin's Store, Pick-up trunk very irregular, info from North Central Solid Waste Joseph Lewanski 747-8459. Recycling at Esp. Wal Mart daily.

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 Abiquiu clinic. Pick-up trunk very irregular, info from North Central Solid Waste Joseph Lewanski 747-8459. Recycling at Wal Mart daily.

Ojo Caliente

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

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

November

- 10 No classes (Veterans Day)
- 13 Pre-registration begins for Spring semester 07
- 13-17 Spanish I Immersion class
- 16-18 Medicinal Medicine Class
- 23-24 No classes (Thanksgiving Break)

Looking forward to **December 15, 2006** —

NNMC/El Rito Campus Christmas Event beginning at 6:30pm We will have Food, Mariachis, and a Christmas Play!

Everyone is invited to join in the fun! Come see our bright campus with farolitos along the walls. Hope to see you on campus December 15, bring the family and vecinos too!

We also would like to welcome Mr. Alejandro Lopez as our new campus director. If you have any questions for him, please feel free to contact him at 581-4115.

EL Rito Post Office
Open Window hours extended to
Saturday mornings
10:00 am to 12:00 pm

Abiquiu Public Library

Help for Deaf and Hearing or Speech Impaired:

Abiquiu Library is offering accessible technology units through the NM Commission for Deaf and Hard of Hearing persons. Come in to check out a tape player and see the list of books you can order. For these services the application requires a household income less than \$50,000, proof of phone service, NM residency and hearing or speech impairment.

Computer Update: We are meeting with LCDN to see how to better provide easier access to information found on our computers or book collections. Ask about magnified text, or let us know your needs and interests regarding health concerns.

Volunteers: Please schedule free time to help us catalog, shelf, read and/or weed books. This could help us meet the community's needs for providing interesting reading materials.

Volunteer Grandmother: We would really love to have a Grandmother for children's reading time, possibly Sunday afternoons or at your convenience. This is a wonderful idea being realized at the El Rito Library and its' community children just love her (Grandma Rena) immensely. Please consider sharing time regularly.

Tutoring needs: We need matched volunteers for tutoring. Call and let us know how you can help on a one-to-one basis so that we can give assistance.

Story Garden: Visit our newly renovated Library Story Garden. In the interest of sustainability, we've converted the Water Garden into a Native Plants Garden, ready for seeds and plants next spring. We've also restored the Memory Stones that some of you may remember having made a few years ago. They are now in a footpath around the garden beds. Ask our librarian to let you see the garden. And please leave us a story of your experience in Abiquiu for our Garden Book.

Lots of Great Big Thanks
to Sabra Moore, Iren Schio and Susan Martin!
Also—Seledon and Alice Garcia!

685-4884

Abiquiu Library Hours
Monday through Thursday
and Sunday — 1 pm—6 pm

EL RITO LIBRARY

We are Celebrating our 20th Year!

Thank You, El Rito!

Our "Death By Chocolate" fund-raiser during the Studio Tour was the most successful bake-sale event we have ever had, taking in over a thousand dollars. We had over 30 high quality desserts. I thank every one of you who prepared them, as well as our volunteers who gave up part of their weekend to help manage the event. "Death By Chocolate" is gaining a major reputation in El Norte; there were many folks from out of town who had heard about our desserts and wanted to have their pick of the best before they sold out.

That said, I need to point out that \$1000 is less than 1/60th of our annual budget. We get most of our funding from foundations and other institutions, including the County Government, who contract with us to supply library services to our community. We also have gotten some funding to remodel the library from State grants to the School District, from whom we currently lease the building.

However, all of these grants are dependent upon demonstrating that we are supported by our own community. If we are not able to raise a substantial fraction of our budget from El Rito and our surrounding towns, we will not have the support of those other folks who have the bigger bucks.

So, fundraising must continue. We will shortly be mailing out letters as part of our Fall fundraising drive, asking for your continued help. We are encouraging those who are more comfortable with making small monthly donations to sign up with our Amigos group, and pledge regular contributions.

We are also planning an auction of donated goods and services for the first Saturday in December, just in time for Christmas. We would appreciate donations from any area artists, merchants and other professionals, or even your semi-professional handyman. That also includes householders who have no longer needed items that could still be usable to others.

Thank you for your continued support.

John Caster, Board President

Live and Silent Auction

Just in time for Christmas gifts

Saturday, December 2, 2006

Between 1:30 pm and 3:30 pm

at the *NEW El Rito Community Center*

Located on the west side of the NM Community College

**Professional Auctioneer, Donald Martinez, Jr.,
will be auctioning off items donated by artists and other vendors.**

Door Prizes ♦ Refreshments

**Lots of Items: Art Work, Gift Certificates for Services, Quilt from El Rito Quilters Guild,
Local Crafts, Camping Gear, a Tree, Dog and Cat Food, and much, much more.**

All proceeds go to the El Rito Library

REQUEST FOR DONATIONS

The Library is asking local artists and vendors, etc. from El Rito, Abiquiu, Ojo Caliente and all surrounding communities to contribute to the above auction fundraiser.

If you wish to donate an item or gift certificate for this event, contact the Library at 581-4608 and bring your items to be recorded at the Library by November 22nd, before Thanksgiving. More information will be posted in the community.

581-4608

Starting November

El Rito Winter Library Hours

Tuesday, Wednesday, Thursday

10 am - 5 pm

Saturday 11 am - 5 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

Call to schedule, Monday thru Friday

Spanish speaking on Friday

COUNSELING: 583-2191

Call to schedule, Monday thru Thursday

Spanish speaking on Tuesday thru Thursday

COUNSELING: 685-4479

Call to schedule, available only on Friday

DENTAL SERVICES: Same Hrs.

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 Hansen, 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

\$ 100 and under—In memory of Steven Patrick: Richard and Beth Patrick of Livermore, CA; William and Sally Sutcliffe; Bettie and Harold Ryan; Josephine V. Stout

\$ 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

BOXHOLDER



Funded in part by the
NEW MEXICO DEPT. OF HEALTH
PUBLIC HEALTH DIVISION