

EL AVISO

August 2007

The Good News in Health Care

Americans are used to hearing bad news about their health care system — that millions of people lack health insurance and medical costs are spinning out of control.

But amid those trends is evidence that a vital and often overlooked health care safety net is performing effectively and efficiently.

That national network of 952 federally approved community health centers (of which Las Clinicas del Norte is one) serves more than 14 million poor and uninsured patients who otherwise might go without prenatal care, cancer screenings, diabetes treatment and a long list of other services.

The centers, located in areas deemed medically underserved, rely heavily on Medicaid payments and federal grants and must meet a number of requirements to qualify for federal funding. Most of their patients are minorities, with Hispanics far outpacing other racial and ethnic groups in growth, surging to 4.8 million, a 52% increase since 2000. How many of those patients are in the country illegally isn't known. Community health centers are required to treat everyone, regardless of ability to pay or immigration status.

By fall, an additional 120 health centers in high-poverty counties will get federal start-up grants.

"We've been able to make health centers available to a lot more people in places that have never had health centers," said Elizabeth Duke, administrator of the Health Resources and Services Administration. "In the very best sense, (this) is what's right about America."

Studies show community health centers are more cost-effective than other treatment options. The centers focus on preventive care and don't offer surgery or specialty care for heart disease, cancer or other serious problems. The number of people treated at community health centers represents less than a third of those who need such services, according to the National Association of Community Health Centers.

But rising demand for their services underscores their limitations and that demand far exceeds the number of available doctors.

Help wanted

About 56 million people, including many with health insurance, live in places where there are acute shortages of primary care physicians and little prospect for

improvement, according to the National Association of Community Health Centers. Without a community health center, they lack clear options for treating problems — such as an infected tooth or high blood pressure — that can develop into more serious conditions.

The number of doctors, dentists and other medical professionals employed at community health centers through the corps has increased by 74% since 2002, but that hasn't been enough. There are more than 2,500 clinical vacancies at community health centers across the country, according to the National Health Service Corps. Funding for the National Health Service Corps, a vital source of medical professionals for community health centers, has not kept pace with the growing need. It offers grants, scholarships and student loan repayments to those who agree to work in medically underserved settings. And because community health centers depend so heavily on federal, state and local government money and on grants — doctors at the centers make less than they would in private practice. Plus fewer medical school graduates are choosing to go into primary care, one of the lowest-paying disciplines.

Those who choose to work at a health center say they're motivated by a sense of public service. "During residency, I realized I didn't necessarily like taking care of the worried well," said Jessica Osborn, medical director of the school-based health program at Baltimore Medical System. "You see where there's need and I don't know that you can actually turn your back."

Focus on efficiency

Despite their problems finding doctors, community health centers deliver better continuity of care than private physicians or hospital outpatient facilities, according to a 2000 study published in the *Journal of the American Medical Association*. Other studies show community health centers can outperform private physicians, hospitals and emergency rooms in price, quality of care and efficiency.

A 2001 study of 50,000 Medicaid beneficiaries concluded that patients who got most of their care at community health centers were significantly less likely than other patients to be hospitalized or seek emergency room care. Health centers also reduce the disease gap between whites and minority populations.

(Edited from an article on the internet named Health centers offer safety net...., by Larry Wheeler, www.usatoday.com/news/health/2007-07-17-health-main...)

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

LCDN's Counseling and Community Services offers the following sessions.

Chronic Pain Support Group

For those suffering from depression, anxiety or other emotional issues related to the effects of chronic pain.

LCDN Ojo Caliente Clinic
Wednesday, 3:00 to 4:30 pm
For more information contact

Roy H. Scott, 1-505-583-2191 (Ojo Caliente)

Emotional Trauma Support Group

For adults who have experienced abuse, violence or other traumatic life events.

LCDN El Rito Clinic
Thursday, 10:00 to 11:30 am

For more information contact: Roy H. Scott or
Leann Archuleta 1-505-581-4728 (El Rito)

The Power of Potential

A creative resource group for adults wanting to break out of a life of mediocrity.

LCDN Abiquiu Clinic
Tuesday, 3:00 to 4:30 pm

For more information contact
Roy H. Scott, 1-505-685-4479 (Abiquiu)

Individuals Embracing Recovery

LCDN Ojo Caliente Clinic
Monday, 11:00 am to 12:30 pm

Acceptance of Alternative Lifestyles

LCDN El Rito Clinic
Wednesday, 10:30 am to 12:00 pm

For more information on both groups
contact: Kathy Albrecht, 581-4728 (El Rito)

Say Yes! To Healthier Kids - **New MexiKids**

No-cost or Low-cost Health Coverage for Kids.

For more information contact **Georgette Serrano, Medicaid Case Manager** at: El Rito Clinic Tuesday thru Friday 581-4728 or Abiquiu Clinic Monday 685-4479.

School is starting soon—Get your kids ready with vaccinations and sports physicals. Remember to bring your child's health records with you.

Stop the Bite!

Teach kids how to approach dogs safely. If you're not the owner, no petting, even if you know the dog. If the owner has the dog on a leash, follow these steps — W-A-I-T

W—Wait and watch to assess a dog's body language. If the dog looks angry or afraid, stop and walk away slowly.

A—Ask the owner's permission to pet the dog. If yes,

I—Invite the dog to sniff you by standing quietly with your hands curled at your sides. If the dog does not sniff you, then do not touch the dog.

T—Touch the dog gently, on the back only. (For young children who might have poor motor control, this is safer than petting the dog's head or chin).

Announcements and News

Welcome to our new staff.

⊗ **Community Events** ⊗

Contact: Joan Tollefson 1-505-323-1519/ 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, 10 am – 6 pm, Sat, 11 am – 5 pm

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

AA Meetings El Rito - Tues & Thurs, 6:30-7:30 pm, Sun, 5:00-6:00 pm, both 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 Joseph Lewandski of North Central Solid Waste 747-8459. Recycling at Esp. Wal Mart daily.

Abiquiu

Abiquiu Fire Dept. Mtg. - every 2nd Thursday, 7:30 pm, Fire Dept.

AA Meeting - Saturday, 12 Noon, Abiquiu Library

Al-Anon Mtg. - Every Mon. 5:30-6:30, Abiquiu Clinic rear bldg. For info call Jean 685-4490

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 Joseph Lewandski of North Central Solid Waste 747-8459. Recycling at Esp. 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 July

1- CPR/First Aid with James Hoffman- One full day 9-6 PM

2-6 Cafeteria will be closed

9-13 Quilting with Juanita Kennedy

9-13 Basic Spanish Colonial Furniture Making with Rik Gonzales

18-20 Natural Dye Class with Liesel Orend

16-20- Spanish I with Jonathan Harrell (class is filled)

23-27- 4 Harness Weaving with Liesel Orend

23-27- Writing a Autobiography with Roberta Orona

Check our web-site www.nnmc.edu for new updates.

Student Activities Coordinator, NNMC El Rito Campus

PO Box 160

Phone (505) 581-4120

El Rito, NM 87530

Fax (505) 581-4130

NOTICE: The El Rito Regional Water and Waste Water Association will be connecting the water service to new lines and meters that are installed. If your account and membership fees are not current you will NOT be connected to the new lines, therefore, you will NOT have water service.

EL RITO LIBRARY

Summer Arts Program

The summer arts program is still ongoing. Most of the workshops are in the evenings and weekends. There are still slot available for some of the workshops if you want to participate. Evenings and weekend workshops are scheduled due to the fact that last year we didn't have many children come to our workshops because they were committed to the El Rito Elementary summer program and is the case again this year. Please come by the Library to sign up your child or contact Julie Wagner at 581-4780 for more information.

New Website

We have a new website. The old one was very dull and not easy to update. Check out our website at www.elritolibrary.org. New features include a calendar of events and a button for donations with Click and Pledge for those who would like to donate to the library using their credit card.

Amigos of the Library

Become a member of the "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 difference. For instance, if one hundred people donated \$20.00 a month, which would total \$2,000 a month, this would help with general operating costs of almost \$5,000 a month.

We now offer free notary public services!

New El Rito Library Hours

581-4608

Tuesday, Wednesday, Thursday

10 am - 6 pm,

Saturday 11 am - 5 pm

Abiquiu Public Library Hours

685-4884

**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

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MON thru FRI 8 am- 6 pm

Confidential Family Planning Title X Services available

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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, Wednesday & 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

\$ 400 - The New York Community Trust, James Talcott Fund

\$ 500 - Elizabeth G. Paddon and Reta L. Ireland, La Madera

\$1000 - Sam R. & Isabel E. Jewell, Abiquiu

Las Clinicas del Norte, Inc.

D/B/A Las Clinicas del Norte

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