

# EL AVISO

February 2008

## New Providers at Las Clinicas del Norte



Lauren Titchener, MD

**Lauren Titchener graduated in 1997 from the University of New Mexico School of Medicine in the Primary Care program. She is the physician in Ojo Caliente on Tuesday and Thursday.**

Lauren has been hoping to get back to New Mexico for the last 14 years. She has been working in the Indian Health Service across the country. Employed in Salem, Oregon for the past 5 years, her husband Robert, a PA -C in IHS, was able to transfer to the Taos Pueblo. Lauren, her husband and their younger son, Joshua, are now living in Taos, while her 17 year old child, Sarah, is finishing high school in Salem.

Lauren has specialized in care of diabetes, and has directed grants with national CDC diabetic programs. She also has training in acupuncture and with chronic pain issues.

Raj-Inder Khalsa, FNP

**Raj-Inder Khalsa received her degree as a Family Nurse Practitioner at the University of Texas Medical Branch in Galveston in 2002. She is with the School-Based Health Centers, at Mesa Vista on Tuesday and Thursday.**



Raj moved just 3 months ago from Houston, Texas. She lives in Espanola and has 2 grown children. Her husband will join her after the house is sold in TX. Raj is happy to be here, she loves the mountains and also loves the cold, a favorite past-time being cross-country skiing. She also regularly hikes with her 3 dogs, does yoga and meditates.

Raj speaks Spanish and has a background in pediatrics and endocrinology care. While in Houston, Texas, she also cared for a similar population to ours which had 'a lot of diabetes'.

Jeanne Alvarez, FNP

**Family Nurse Practitioner Jeanne Alvarez first received a Masters in Nursing, followed by an FNP in 1997 from Simmons College in Boston, Mass. Jeanne is based full-time in El Rito.**



Jeanne and her husband, Luis, having lived in Maine for 16 years, thought of warmer weather when discussing where they would like to stay forever (retire). Jeanne had been to Taos 30 years ago and wanted Luis to see the area. They decided that was the place and are building a house in Taos with plans to have room for both their mothers as well. The couple have four grown children who are living all across the nation and Luis Alvarez now teaches math at Mesa Vista High School.

Besides being a Family Nurse Practitioner Jeanne has certification as a wound specialist, able to perform minor surgery when necessary, and also a special certification in dermatology for problems with the skin.

Susanne Norman, DO

**Dr. Norman received her DO degree in California at the College of Osteopathic Medicine of the Pacific in 1986. She is in Abiquiu on Tuesday and Thursday and El Rito on Friday.**



Dr. Norman's vocation took her to Ramah, New Mexico where she stayed for 1-1/2 years and then to Cuba, New Mexico, where she now lives. She worked for the Presbyterian Medical Services, opened a private practice for several years and created the Volunteer Emergency Medical Services in Cuba. She also holds a MPH, a public health degree, and has a great interest in preventive medicine.

Susanne likes to hike and garden. And in her garden she grows gourds, which she then carves and paints, turning them into works of art.

**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

**ANNOUNCEMENTS**

**Welcome to More New Staff:**

**Niccole Toral**, LPCC, Counselor for the Department of Counseling and Community Services in all clinics, **Nadine Dominguez**, RN, Charge Nurse in Abiquiu, **Charlene Martinez**, Accounts Payable Assistant, and **Deana Naranjo**, Cashier at Mesa Vista School-Based Health Center.

**Faces of Mercury  
Dental Environ Health Perspective**

A question often asked of our dentists is the safety of amalgam dental fillings, because of its mercury content. Here is an informative response from the Dental Department.

Dentists have used amalgam as fillings for teeth for more than a century and dental amalgam is the most thoroughly researched and tested restorative material among all those in use. It is durable, easy to use, highly resistant to wear and relatively inexpensive in comparison to other materials....

Dental amalgam is a stable alloy made by combining elemental mercury, silver, tin, copper, and possibly other metallic elements.... Some concern has been raised because of its mercury content. However, the mercury in amalgam combines with other metals to render it stable and safe for use in filling teeth. The difference between bound and unbound chemicals can be illustrated by a simple analogy. Elemental hydrogen is an explosive gas. Elemental oxygen is a gas that supports combustion. When combined, however, they form water, which has neither of these effects. The components within amalgam are tightly bonded to each other. While it is true that some mercury will be released within the oral cavity from these fillings, studies have revealed that these levels remain far below established toxic levels.

Recognizing this fact, the major international scientific and health bodies (i.e. National Institute of Health, US Public Health Service, Center for Disease Control and Prevention, Food and Drug Administration, World Health Organization) have been satisfied that dental amalgam is a safe, reliable and effective restorative material.

**Source: Clarkson, T.W. The three modern faces of mercury. Environ Health Perspect. 2002 Feb: 110(Suppl 1): 11-23.**

Please Note:  
**Ojo Caliente Clinic Hours**  
**TUESDAY - FRIDAY 8am - 6:30pm**  
**Closed on Monday**

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		**Come see our El Rito**		
		**Children's Exam Room**		
		**Peds Patients Welcome**		
		**Well Child Exam -**		
		**Vision, Hearing, Speech, Growth**		
		**EPSDT recommended every year**		
		**Call for Appointment**		
		**Same Day appointments**		
		*All insurances, Medicaid, sliding scale accepted*		
		= = = = =		

⊗ **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 2<sup>nd</sup> Wednesday, 6:30 pm at Library
- AA Meetings El Rito - Tues & Thurs, 6:30-7:30 pm, and Sun, 5:00-6:00 pm, both at El Rito Library. Open discussion.
- El Rito Fire Dept. Mtgs. - every 2<sup>nd</sup> Wednesday, 7 pm, at the El Rito Fire Station, open to the public
- Tutoring - El Rito Save the Children Ctr, contact # 581-4516
- Recycling - CLOSED: monthly recycling behind Martin's Store.
- NEW LOCATION: Daily Recycling Station at the old El Rito Dump. Look for flyer or call for information, Joseph Lewanski of North Central Solid Waste 747-8459.

- Abiquiu
- Abiquiu Fire Dept. Mtg. - every 2<sup>nd</sup> 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, 12:00 pm – 6 pm and Sunday, 9 am - 12 noon, located on the Plaza
- Recycling - CLOSED: monthly recycling at Abiquiu clinic.
- NEW LOCATION: Tues. - Sat. 8am to 4 m. Garbage & Recycling at the new El Prado Convenience Station at the Rural Events Center. Look for flyer or call for information, Joseph Lewanski of North Central Solid Waste 747-8459.

Ojo Caliente  
Ojo Caliente Fire Dept. Mtg. - every 1<sup>st</sup> Wednesday, 7 pm, Ojo

## **EL RITO LIBRARY**

### **Legislative Bills**

We currently have two bills, SB-222 and Senate Bill 223, introduced in the 2008 Legislative Session by Senator Richard Martinez for twenty-eight rural libraries statewide and for six Rio Arriba County libraries. Please call your local Representatives and Senators to support these bills.

### **Oral History of El Rito**

Roberta Orna-Cordova will be doing an "Oral History of El Rito" presentation at the El Rito Library on **March 15, 2008** at 1:00 p.m. Roberta received a grant to research the history of El Rito and has interviewed many local residents. Come hear what she learned about our village.

### **Spring Flea Market**

The El Rito Library hosts two (2) flea markets every year, I call them the Spring and Fall flea markets. I want to give the community an opportunity to participate by selling or buying items at these flea markets. So start cleaning out your closets, basements or attics and get ready for the next flea market scheduled for **April 26, 2008**. Look for posters around the first of April.

### **Annual Community Cleanup**

Our **seventh** annual community cleanup will be scheduled for **May 10, 2008**. As you know, the Library has been an advocate in trying to make a difference in our community by cleaning up our town. We all can make a difference by participating this year. Your hard work will be rewarded by a picnic afterwards at the Library grounds.

### **EL RITO LIBRARY HOURS**

**581-4608**

Tuesday, Wednesday, Thursday

10 am - 6 pm,

Saturday 11 am - 5 pm

## **PUEBLO DE ABIQUIU LIBRARY AND CULTURAL CENTER**

### **Last Chance To Dance:**

**Groundhog Day: Saturday, February 2nd from 8 – 12 PM / \$10**

Don't miss the debut of local country band **US 84** at this Dance and Scholarship Benefit for the 2008 Graduating Class. Co-sponsored by the Library and Merced del Pueblo. Tickets available at the Library.

## **PUEBLO DE ABIQUIU LIBRARY - Continued**

### **Save the Date: Sunday, April 6th**

Join us for an afternoon of readings and performances based on the life and work of **Padre Antonio José Martínez**. Born in the Pueblo of Santa Rosa de Lima and baptized in Abiquiu's own Santa Thomas Catholic Church in 1793, Padre Martínez's life spans the course of Northern New Mexico's tumultuous history as it passed from Spanish to Mexican, and finally, to U.S. rule. The Padre published a newspaper, had one of the earliest printing presses, and printed the first book in New Mexico—a Spanish grammar (*cuaderno de ortografía*) in 1834. The afternoon will include a series of literary events for all ages, as well as refreshments and special activities for kids.

### **Important Resources at the Library:**

- **Tax Forms:** We have IRS Tax Filing forms and also easy Internet access to the IRS website for electronic filing
- **Voter Registration:** Access the website *Ve Y Vota*
- **Citizenship DVD:** Ask us about the DVD and booklets explaining the responsibilities and process of becoming a U.S. Citizen

### **NEW WINTER HOURS: SUNDAY-THURSDAY, 12-6 PM**

Starting Feb. 1, 2008, we've added an hour for easy community access.

### **Computer Classes Start January 30th @ 6:00 PM**

Contact Sandi Martinez to sign up: Pueblo de Abiquiu Library: abiquiupl@gmail.com or 505 685 4884.

### **New Books:**

*Justice in the Balance* by Sandra Day O'Connor

- *The Lone Ranger and Tonto Fist Fight in Heaven* by Sherman Alexie
- *The Empress of One* by, Faith Sullivan
- *Living by the Word, selected writings 1973-1987* by Alice Walker
- *In Fire's Way* by Tom Wolf
- (4-H) *Ropes, Reins, and Rawhide* by Melody Groves
- (Teen) *Paddy on the Hardwood, a Journey in Irish Hoops* by Rus Bradbury

### **Spanish Classes:**

Interested in learning or improving your Spanish? The Library is now signing people up for Spanish classes. Contact Sandi @ the Library or call her at 685 4884.

### **GED and ESL internet Classes:**

Would you be interested in our pilot program in collaboration with Northern New Mexico College? Let Isabel or Sandi know!

The Pueblo de Abiquiu Library and Cultural Center is tax-exempt charitable organization. All donations are gratefully appreciated and deductible to the extent allowable by law.

**If you would like to be removed from the Abiquiu events list, you may do so by replying with "no thank you" in the subject heading.**

# 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- 6:30pm

Confidential Family Planning Title X Services available

### COUNSELING: 581-4728, # 232

Call to schedule, Monday thru Friday

Spanish speaking on Friday

**DENTAL SERVICES:** Same Hrs.

### MEDICAL:

TUES thru FRI 8 am- 6:30 pm

Confidential Family Planning Title X Services available

### COUNSELING: 583-2191

Call to schedule, Monday thru Thursday

Spanish speaking on Tuesday thru Thursday

**NO DENTAL SERVICES**

### MEDICAL:

MON thru FRI 8 am- 6:30 pm

Confidential Family Planning Title X Services available

### COUNSELING: 685-4479

Call to schedule, Wednesday & Friday

**NO DENTAL SERVICES**

## LCDN BOARD OF DIRECTORS

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

## DONATIONS – will be listed for one year

### Las Clinicas would like to thank the following 2007 and 2008 contributors

\$ 100 and under— John Picaro (9/07)

\$ 500 - The New York Community Trust James Talcott Fund (1/08),

\$ 500 - Andy R. Lopez (1/08),

\$ 500 - Ann Norton (12/07)

\$1000 - Sam R. & Isabel E. Jewell, Abiquiu (11/07)

\$3293 - El Trujillo (1/08)

## Las Clinicas del Norte, Inc.

D/B/A Las Clinicas del Norte

PO Box 237

El Rito, NM 87530

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**BOXHOLDER**



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