

— EL AVISO —

August 2008

Las Clinicas del Norte 35th Anniversary Recognition



We held an impromptu celebration and invited Bill and Colleen Atkinson, Dr. Kathryn Keith (pictured)

and Ed Trujillo (not pictured) to recognize them on behalf of the Board/Management/Staff and Community. These four providers continue to be the cornerstone of the last 25 years of development at Las Clinicas.

Dr. Keith's involvement with Las Clinicas goes back to 1984 when she agreed to serve as Supervising Physician for a Family Nurse Practitioner that I was able to hire to work at LCDN. Back then FNP were not independently licensed and need to have their medical records, prescribing records reviewed by a Physician. Dr. Keith had a private practice in Los Alamos at that time. She continued to work one day a month for us until eventually she moved to La Madera and I hired her as a full time physician, and once we got federally funded she became the first Medical Director of Las Clinicas, serving for several years until she relinquished the position to Dr. Grant Gerner; she continued working as a staff physician until 2001.

Because of the early advocacy of the NMPCA we were finally able to get a substantial increase in funding for the NM Rural Primary Health Care Act (RPHCA) in the 1984 legislative session. This increase translated in funding for Las Clinicas to hire one full time mid-level provider. I recruited Bill and Colleen Atkinson in 1985. Both are Family Nurse Practitioners and they shared the one

position I had at the time at the only clinic in El Rito. Bill would work 3 days for us and then the rest of the time where needed at Questa, Tierra Amarilla, Cuba, Pecos, Mora, etc. while Colleen would round out our work week at El Rito.

At that time in our development we were only seeing 4-5 patients a day, but because of their commitment to serving our communities they were able to grow the patient visits to 15-18 a day. After several years of seeing these level of patient encounters and due to further increases statewide in RPHCA funding and enactment of Federally Qualified Health Centers legislation that paid clinics 100% of their cost for providing services to Medicaid and Medicare patients (1990) I had a discussion with Bill and Colleen about having both of them work full time by opening a satellite clinic at Ojo Caliente.

They bought into this concept and we opened the clinic at Ojo with Bill running that clinic and Colleen running El Rito. Bill became much loved by the Ojo community; he became affectionately known as "el doctorcito".

Dr. Trujillo has been with LCDN for 17 years and because of his efforts the dental department has flourished. He arrived to work at the dental clinic in El Rito and he almost had a heart attack when he took a look at the dental equipment we then owned, which had been donated to LCDN by the feds but not maintained by previous dentists who had worked for us. One of the overhead lamps was held together by bailing wire, rigged by the previous dentist who was an independent contractor and more interested in making money than up-keeping the dental equipment. The now state of the art dental facility is a tribute to Dr. Trujillo's commitment to our organization and the patients we serve.

Without these dedicated providers our developments to Ojo and Abiquiu wouldn't have taken place.

Andy R. Lopez, Director, LCDN

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

From the Dental Department:
**Is There an Association Between
 Gum Disease and Diabetes?**

Many may be surprised to learn about an unexpected complication associated with this condition. Research shows that there is an increased prevalence of gum disease among those with diabetes, adding serious gum disease to the list of other complications associated with diabetes, such as heart disease, stroke and kidney disease.

Is There a Two-Way Street?

Emerging research also suggests that the relationship between serious gum disease and diabetes is two-way. Not only are people with diabetes more susceptible to serious gum disease, but serious gum disease may have the potential to affect blood glucose control and contribute to the progression of diabetes.

Research suggests that people with diabetes are at higher risk for oral health problems, such as gingivitis (an early stage of gum disease) and periodontitis (serious gum disease). People with diabetes are at an increased risk for serious gum disease because they are generally more susceptible to bacterial infection, and have a decreased ability to fight bacteria that invade the gums.

The Surgeon General's Report on Oral Health states that good oral health is integral to general health. So be sure to brush_ and floss_ properly and see your dentist for regular checkups.

If I Have Diabetes, am I at Risk for Dental Problems?

If your blood glucose levels are poorly controlled, you are more likely to develop serious gum disease and lose more teeth than non-diabetics. Like all infections, serious gum disease may be a factor in causing blood sugar to rise and may make diabetes harder to control.

Other oral problems associated to diabetes include: thrush_, an infection caused by fungus that grows in the mouth, and dry mouth which can cause soreness, ulcers_, infections and cavities.

How Can I Help Prevent Dental Problems Associated with Diabetes?

First and foremost, control your blood glucose level. Then, take good care of your teeth and gums, along with regular checkups every six months.

To control thrush, a fungal infection, maintain good diabetic control, avoid smoking and, if you wear them, remove and clean dentures daily. Good blood glucose control can also help prevent or relieve dry mouth caused by diabetes.

**What Can I Expect at My Dental Checkup?
 Should I Tell My Dental Professional About My Diabetes?**

People with diabetes have special needs and your dentist and hygienist are equipped to meet those needs — with your help. Keep your dentist and hygienist informed of any changes in your condition and any medication you might be taking. Postpone any non-emergency dental procedures if your blood sugar is not in good control.

Please call for appointment at LCDN Dental Program: 505-581-0028. Dental Program Manager

It's that time again,

BACK-TO-SCHOOL!

Here are some helpful tips to better prepare yourself and your family to get back in the swing of things HAPPY and HEALTHY.

Get enough sleep!

Set a regular bedtime and stick to it. Children ages 5 to 12 need 10 to 11 hours of sleep each night, with some variation as all children are unique.

Adequate sleep has been shown to have a positive effect on development and function.

Get a check up and update immunizations!

Details on next page ►

Routine exams and screenings help you and your children prevent, identify, and treat health problems when they arise. Vaccines greatly reduce your child's risk of serious illness and give diseases fewer chances to take hold in a population.

Wash your hands!

The single most important thing your child can do to prevent illness is to wash his or her hands thoroughly and frequently. Pick up some hand sanitizer for your child to take to school to use at those times when water may not be available.

Eat healthy!

Eating right will help provide the nutrients needed to have energy, build strong bones, and fight diseases and other conditions. Pay attention to what and how much your children eat. Use the USDA Food Pyramid for guidance. **Cont'd ►**

Cont'd ► BACK TO SCHOOL

Get Moving!

It is recommended that children participate in at least 60 minutes of moderate intensity physical activity most days of the week. Regular physical activity has beneficial effects on weight, muscular strength, bone mass, anxiety and stress and self-esteem.

Get to your homework!

Create an environment that is conducive to doing homework. Children need a permanent work space that offers them privacy and allows them to concentrate. Be available for your children if they need help in particular subject.

Las Clinicas Del Norte School Based Health Center (SBHC)

Now scheduling appointments for

Sports Physicals and School Immunizations

During the month of August

SBHC Clinic will be open on

THURSDAYS -

8:00 am – 4:00 pm

For an Appointment call

583-2401 or 583-2191

Once school starts,

the SBHC Clinic will be open on

TUESDAYS and THURSDAYS -

8:00 am – 4:00 pm

Call to Schedule an Appointment

583-2401

From the Medical Department

Hand, Foot, and Mouth Disease

Authors: Philip McKay PA-S;
Jeanne Alvarez FNP



Hand, foot and mouth disease (HFMD), also known as Cocksackie virus infection, affects mostly children but adults can catch it too.

Most cases come and go without the child becoming sick but younger children and children who have trouble fighting off disease may become sick and require treatment. In those children one may see a fever, rash on the palm of the hands, bottom of the foot and inside the mouth.

The rash is not itchy and usually resembles red spots that appear almost like a blister. This viral infection is very easily spread. HFMD often occurs in Northern New Mexico in the summer and early fall.

HFMD is not the same thing as *foot-and-mouth disease* (also known as *hoof-and-mouth disease*); a disease of cattle, sheep, and pigs. Although the names are similar, humans do not get the animal disease and animals do not get the human disease.

Cont'd ►

Cont'd ► From the Medical Department

After being exposed to HFMD, it can take 3-7 days for symptoms to appear. The first symptom is often a fever above 101° F, with a poor appetite. Complaints of overall not feeling well and sore throat are also common. The rash occurs in the mouth about 2 days after the fever. These are painful blister-like lesions on the tongue, gums and inside the cheeks. The non-itchy rash will appear on the hands and feet 1-2 days after the mouth rash.

HFMD diseases will run its course and go away in a few days to 2 weeks. There is no treatment for this disease. Tylenol or Children's Motrin should be given for fever and pain using the child's weight to determine the proper dose of the medications. Making sure your child is drinking lots of fluid is very important, if your child is complaining of pain in his or her mouth from the rash, popsicles and ice chips are helpful for the pain and the hydration status. Dehydration and an infection of the brain are the most serious problems of this disease.

If your child develops hand, foot and mouth disease keep them away from other children to prevent spreading the disease. They should not resume contact until your child's rash has been gone for 2 days. Washing your hands and cleaning common areas will help to prevent the spread of the disease.

Adults who get this disease are often sick with other illnesses already. The Cocksackie virus can cause fever, chills, fatigue, and some muscles and joint pains in adults. The disease runs its course and then goes away in most cases without more problems.

ANNOUNCEMENTS AND NEWS

Goodby and Good Luck

Christine Romero, Cashier at the Pojoaque School Based Clinic is leaving August 4th. **Doreen Tso-Olivas Campbell** will be returning to graduate school, her last day is August 14th. Thanks for your service.

⊗ **Community Events** ⊗

Contact: **Joan Tollefson 1-505-323-1519 / 581-4728 x255 / email: joan@lctdn.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, Fri, 11 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 - 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 - NEW LOCATION: Tues, Thurs, Sat. 8am -4pm 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 2nd Thursday, 7:30 pm, Fire Dept.

AA Meeting - Saturday, 10am, 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 - 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 1st Wednesday, 7 pm, Ojo Caliente Fire Dept.

NNMC - Northern News-El Rito Campus

August

4-8 Spanish II with Patricia Gay-Webb

9- University Center will be on Campus- 15 Participants

14- Legislative Council- 10am-5pm (Land Grant Committee Mtg) 40-45 Participants

18-22 Retablo Making Course with Juanito Jimenez

18-22 Building with Adobe with Kirk Higbee

19- Convocation for all staff and faculty

21-22 Arch View/GPS class for more information contact Cecilia Romero

25- Fall Classes Begin

Enroll today for fall classes!

For upcoming classes feel free to contact Donald or Cecilia. For questions on the Heritage Retreat Center please feel free to contact Carlos Martinez at 581-4115.

Student Activities Coordinator NNMC El Rito Campus
PO Box 160, El Rito, NM 87530
Phone (575) 581-4120 / Fax (575) 581-9156

EL RITO LIBRARY

Summer Reading Program

The Summer Reading Program started on **Tuesday, June 10th** and ended on **Saturday, July 26th**. There were eighteen (18) participants in the program. The program ended with a party to celebrate and certificates were given out to each participant.

New Patron Cards

Since two-thirds of our collection has been cataloged, we are issuing new patron cards that have been bar-coded. You will be given two cards - one is a regular (credit-card) size and one is a key-tag card. Even if you have been a long-time patron, you will not be able to keep your old library patron number. On your next visit to the library, you will need to fill out a "Patron Detail" form and the Librarian will issue you your new card. Once you have a new card, you will need to bring it with you or you will not be able to borrow items. The library will replace a lost card for free only once, after that you will have to pay for another one.

Renovations

We are pleased to announce that all renovations scheduled have been completed. A special thank you to Board Member, **Jim Harford**, for his endless hours at the Library. Jim did most of the work at the library. Four new doors have been installed in the main hallway. These doors and a library table were commissioned to three students attending the Spanish Colonial woodworking class at Northern New Mexico College in El Rito.

Reference Section

Thanks to Board Member, **Barbara Turner**, our reference section has been updated. Come check it out!

Overdue Items

We continue to have a high volume of overdue items. Reminders have been mailed out to patrons who have overdue items at the Library. We have worked so hard trying to get new DVDs and books that we thought our patrons would enjoy, however, we are not getting them back. We will be sending out two (2) reminders and then an invoice for items not returned. If these items do not come back or get paid for, patrons will not be allowed to borrow items until overdue items are returned and/or paid.

EL RITO LIBRARY

581-4608

Tuesday, Wednesday, Thursday, Friday

11am - 6 pm,

Saturday 11 am - 5 pm

PUEBLO DE ABIQUIU LIBRARY AND CULTURAL CENTER

Located in Abiquiu Plaza across from
Santa Tomas Catholic Church

JOIN US to celebrate the **Fiesta de Santa Rosa De Lima** on **Saturday, August 23rd** and to honor Abiquiu's own **Napoleon Garcia** with a book signing and reading from ***The Genizaro and the Artist*** written by Napoleon and **Analinda Dunning**. Books will be available for purchase. 3 to 5 PM. **Free**. Don't Miss it!

Consider sharing your family history for our new digital archive. During the Fiesta de Santa Rosa De Lima we will be gathering information and demonstrating our new Past Perfect software in the computer lab! Bring photos, letters, and other items to be scanned and printed as part of the library's efforts to preserve the Pueblo's history. The new software is part of our State Library Technology Showcase grant that is enabling us to catalogue historical documents from the village. We welcome your participation.

Visitors to the library will no doubt notice the beautiful, new archival wooden cabinet made by **Roger Migron**. Great love went into its making and we are proud to unveil a **Morada Exhibit** created by Library Board member **Dexter Trujillo** for the new display case.

Also continuing through August 31st is **Lloyd Rivera's** painting exhibition about the **Old Spanish Trail**.

This year the **Big Read** includes some great books by renowned authors. We have introductory CD's for the **Big Read** for the following titles: *Bless me Ultima*, *Fahrenheit 451*; *My Antonia*; *The Great Gatsby*; *The Maltese Falcon*; *A Farewell to Arms*; *Their eyes were watching God*; *To Kill a Mockingbird*; *The Call of the Wild*; *The Heart is a Lonely Hunter*; *The Grapes of Wrath*; *The Joy Luck Club*; *The Death of Ivan Ilych*; and *The Age of Innocence*.

Thanks to the Studio Tour, kids were treated to a daily summer crafts program during lunchtime in the Joe Ferran Gym. Their creations will also be displayed during Fiesta.

We welcome volunteers for *Catch the Reading Bug*—our ongoing reading program for youth and teens—and general library help! Call Sandi at 685.4884 for more details.

Bring the Kids to Explore our **Treasure Trunks** on **Tuesday and Thursday from 4 to 5 PM**, The trunks contain a fabulous array of **handmade toys** from New Mexico and around the world!

For information 505.685.4884 or
abiquiupl@gmail.com

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),
- \$ 200 - Wimett Revocable Trust Thomas or Genevieve Wimett (2/08)
- \$ 500 - The New York Community Trust James Talcott Fund (1/08),
- \$ 500 - Andy R. Lopez (1/08),
- \$ 500 - Helen Hunt (2/08)
- \$ 500 - Ann Norton (12/07)
- \$ 1,000 - Sam R. & Isabel E. Jewell, Abiquiu (11/07)
- \$ 1,200 - Dr. Anthony David Garcia (4/08)
- \$ 3,293 - Dr. El Trujillo (1/08)

Las Clinicas del Norte, Inc.

D/B/A Las Clinicas del Norte
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El Rito, NM 87530

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