

# — EL AVISO —

November 2008

## Tips to Keep You and Your Baby Healthy

Taking care of your mouth while you are pregnant is important for you and your baby. Brushing, flossing, eating healthy foods, and getting dental checkups and treatment will help make you and your baby healthy. Changes to your body when you are pregnant can make your gums sore, puffy, and red if you do not brush and floss every day. This problem is called gingivitis. If gingivitis is not treated, it may lead to periodontal disease.

Give your baby a healthy start! Here are tips to keep you and your baby's teeth and gums healthy.

### While You Are Pregnant

#### *Brush and Floss*

- To prevent or control tooth decay, brush your teeth with a soft toothbrush and toothpaste with fluoride twice a day.
- Floss once a day.
- If you can't brush your teeth because you feel sick, rinse your mouth with water or a mouth rinse that has fluoride.
- If you vomit, rinse your mouth with water.

#### *Eat Healthy Foods*

- Eat fruits, vegetables, whole grain products like bread or crackers, and dairy products like milk, yogurt, or cheese.
- Lean meats, fish, poultry, eggs, beans, and nuts are also good choices.
- Eat foods that have sugar at mealtimes only.
- Drink water or low-fat milk instead of fruit juice, sport drinks, or pop or soda.
- Drink water at least a few times a day, especially between meals and snacks.
- Cut down on sweets like candy, cookies, cake, and sugary drinks (like sport drinks, pop, or soda).
- Look for products (like chewing gum or mints) that are sugar-free or contain xylitol.

#### *Get Dental Care*

- Get a dental checkup. It is safe to have dental care when you are pregnant. Don't put it off until after you have the baby.
- Tell the dental office staff that you're pregnant and your due date. This will help the dental team keeps you comfortable.
- The dental team may recommend rinses with fluoride or chewing gum with xylitol, which can help reduce bacteria that can cause tooth decay and gingivitis.
- Talk to your doctor if you need help getting dental care or making an appointment.

#### *After Your Baby Is Born*

- After your baby is born, it's important for you to keep brushing with toothpaste.
- You also need to floss, eat healthy foods, and get dental care. When your mouth is healthy, your baby is more likely to have a healthy mouth, too.

#### *Care for Your Baby's Gums and Teeth*

- Breast milk is best! Breastfeed your baby for at least 6 months.
- Germs can pass from your mouth to the baby's mouth through your saliva. Use a different spoon to taste your baby's food. Clean your baby's pacifier with water. Do not use your mouth to clean it.
- Clean your baby's gums with a soft cloth after every feeding even before the first teeth come in.
- Clean your baby's gums and teeth twice a day as soon as you see the first tooth (usually around 6 to 10 months).
- Use a soft cloth or a toothbrush with soft bristles and a small head designed for babies.
- Do not put your baby to sleep with a bottle filled with sugary beverages, like pop or soda, formula, or juice. This can lead to tooth decay.
- If your baby is used to being put to sleep with a bottle, offer a bottle filled with plain water.

Call For Appointment:

575-581-0028  
Las Clinicas Del Norte  
PO Box 237  
El Rito, New México 87532

**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

## COMMUNITY OUTREACH SERVICES

Las Clinicas Del Norte is dedicated to helping people within the communities we serve and surrounding areas.

It's that time again to apply for energy assistance LIHEAP- Low Income Home Energy Assistance Program. Applicants will need to bring:

- Proof of household income;
- An ID for the person filing the application;
- A SSN for all household members; and
- \*Highest gas or electric bill for 30 day's of service
- \* Account history printout from a propane company
- \*A receipt for a wood purchase; or
- \*A disconnect notice, if you have received one, or the cost of starting utility service at your home.

### ***A Reminder***

We also do Medicaid Enrollment Applications and Recertification's for families.

Again you don't have to go to your local ISD office and wait long periods of time to complete your application.

For more Information or any questions that you may have, please contact:

**Regina Martinez or Mary Chavez at 581-4728**

## ***Announcements***

***Welcome to*** Judith Lee Shaw, LISW, who will be working at the Mesa Vista and Pojoaque School Based Clinics.

## ⊗ **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, Fri, 11 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** - Sun, 5 -6 pm, 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 - 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 2<sup>nd</sup> 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 1<sup>st</sup> Wednesday, 7 pm, Ojo Caliente Fire Dept.

## **NNMC - Northern News-El Rito Campus**

### **November**

3-14 Wildland Fire Science Fall Academy will take place.

7 Our printed schedule will be available

11 Veterans Day No Classes

14 Last Day to Withdraw from Full Term Course/  
Deadline to Petition to graduate for fall 2008.

27-28 Thanksgiving Break

**NOTE:** Our spring 2009 schedule is now online.  
**NO OPEN** Registration for spring 2009.

Please feel free to visit [www.wildfirecollege.com](http://www.wildfirecollege.com) or new web-site for our Wildland Fire Science Program!

Please note that Northern has a new women's and men's basketball team please check our web-site for a complete schedule. ([www.nnmc.edu](http://www.nnmc.edu)) Go Eagles!

Happy Thanksgiving from everyone on the El Rito Campus and please be safe!

**For more information contact:**  
**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**

### **Thank You To All Our Bakers!**

We want to thank EVERYONE who donated their chocolate desserts for our "Death by Chocolate" fundraising event during the Studio Tour. It was again a favorite stop for many visitors. Thank you to the individuals who bought the children's Retablo - we hope that you enjoy them for many, many years. We know how important it is to support and help our future generation.

### **Fall Fundraising Letter**

Many of you might have already received our fall fundraising letter in the mail. We hope that you can make a donation to YOUR library. Even a small donation of \$10, \$20 or \$50 will help us pay our bills.

### **A GOOD YEAR!** - Much has been accomplished this past year.

We have finished renovating all the rooms here at the Library. The main entrance hallway now has four new beautiful hand-carved doors that were commissioned with students attending the Northern New Mexico College's spanish-colonial woodcarving class. The non-fiction room currently houses 4296 books and has a huge projector screen along with a surround sound system where we can show movies, documentaries or even slides for events at the library. The fiction room houses 3746 books where 314 are audio books. Our reference section was 40% updated and we now have a 2008 World Book Encyclopedia set. We have 1258 videos and DVDs. Our greatest accomplishment was to have a children's library room solely for them. They can now come to "Story Hour" every Saturday morning, play games, make puzzles, and of course read on a large colorful mat. We now have 1701 books for children and young adults. The kitchen and community room are update as well. Last, but not least, we have two completely renovated bathrooms that are both handicapped accessible and are now ADA compliant.

Another BIG accomplishment at the library this year is that our entire collection is 85% cataloged. We started issuing out new patron cards with barcodes and have been scanning the items for checkout. You can now come use one of our 8 public access computers to see if a book, audio, DVD or video you want is in our collection. We can also hold an item for you when a patron brings it back. Everything is automated!

More great news! In December 2007, we entered into a settlement agreement in the Lucero lawsuit which will permit the El Rito Library to obtain clear title to its land and building, in return for a down payment of \$15,000 and three annual payments of \$5,000 each. The first \$15,000 installment has been paid by a grant from the McCune Foundation and we need to raise \$5000 by this December to make the next installment (with two more installments remaining).

### **Third Annual Live/Silent Auction**

We are already planning our next fundraising event which will be our third **Live/Silent Auction** scheduled for Saturday, **December 6, 2008**. We are again asking our local artists from the El Rito and the surrounding communities to donate items for this auction. The past two years have been phenomenal, and this year can be just as great! If you would like to donate an item, contact the library at 575-581-4608 and we will pick it up.

**THANK YOU FOR ALL YOUR SUPPORT!**

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

### **State Archive Grant Maps Old Village Cemetery**

The mapping of the old cemetery got under way this Summer when four kids from the village were paid to work with project coordinators John Ussery and Analinda Dunning as part of the Library's new digital archive project.

### **Be a part of the Abiquiu Family Tree! Family Worksheets are available at the library!**

### **Paul Horgan Donation**

Thanks to New York City artist Jacqueline Gourevich for donating a January 31, 1974 letter written by Paul Horgan to the Library's archive. Paul Horgan is the author of Great River, the classic study of the Rio Grande, among other books. While visiting friends in Abiquiu for the Fiesta of Santa Rosa de Lima, Jacqueline decided that Pueblo de Abiquiu Library was the proper recipient of Horgan's personalized "Baedeker of New Mexico." His letter is currently on display and will also become part of the Library's Digital Archive.

### **Now Available At The Library**

The United States Department of Agriculture Proposed Action for Managing Motorized Travel on the Santa Fe National Forest Southwestern Region, July, 2008, is available as reference.

### **New Attendance Records Set at the Library**

This Summer we saw a significant increase in patron visits to the library. In July and August, close to 600 people (youth and adults) participated in library programs, checked out books, used the computer lab, or met at the library for community gatherings.

### **Book Sale**

Check out the cart of great books available for donation outside the library. The selection changes often, so don't miss out on that book you've always wanted to read!

### **The Library Needs Your Help:**

Volunteers: contact Sandi Martinez, 685 4884,  
Furniture for our garden: contact Susan Martin,  
martinsusan@cybermesa  
Snacks for the Children's programs

### **We appreciate your help and generosity!**

### **Public services reminder:** we offer fax and notary services!

Please call the library for more info! If anyone is interested in setting up tutoring space in the library, please call 685.4884 and we can help make arrangements.

### **We will be closed on Thanksgiving Day, Thursday, November 27th.**

**NEW WINTER HOURS** starting on October 1st, are from 1-6 PM Sunday thru Thursday.

For information: 505.685.4884 or [abiquiupl@gmail.com](mailto: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

### MEDICAL:

TUES thru FRI 8 am- 6:30 pm

Confidential Family Planning Title X Services available

### MEDICAL:

MON thru FRI 8 am- 6:30 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: 581-0028

MON thru FRI 8 am- 6:00pm

### NO DENTAL SERVICES

### 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

### For Abiquiu Health Fair in August 08 -

\$100 and Under - Abiquiu Studio Tour; El Valle Insurance Agency, Inc (6/08); Elipio's Blue Spruce Bar; Cerro Perdenal Heritage Assoc.

\$ 500 - Wal-Mart, Espanola

\$ 200 - Wimett Revocable Trust Thomas or Genevieve Wimett (2/08)

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

Andy R. Lopez (1/08); Helen Hunt (2/08); 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)

\$ 25,000 - An Anonymous Donor (7/08)

## Las Clinicas del Norte, Inc.

D/B/A Las Clinicas del Norte

PO Box 237

El Rito, NM 87530

NONPROFIT ORG

US Postage Paid

El Rito, NM 87530

Permit No .1

## BOXHOLDER



Funded in part by the

NEW MEXICO DEPT. OF HEALTH

PUBLIC HEALTH DIVISION