

# EL AVISO

February 2009

## Devi Dyal Khalsa, LISW

has joined the clinical counseling service. She sees people at the Ojo Caliente clinic.

Devi Dyal received her MSW from Boston University in 1979 with a concentration in children, adolescents and families. Most of her experience has been in community mental health clinics such as Catholic Charities, Family Service of America, and Children's Aid & Family Society all located in the Greater Boston area.

She has provided consultation to schools, YMCA summer camps, and Girl's Clubs as well as initiating Juvenile Diversion and Teen Pregnancy programs. As a facilitator she had lead groups with women, and children who live with divorce, HIV and addiction in their family.

In the early 90's Devi Dyal began working with Employee Assistance Programs (EAP) both internally and externally. Initially she provided counseling and wellness education to employees, managed company accounts and consulted and trained managers on a variety of topics at a hospital in Cambridge. She went on to an EAP director's position at a community hospital on the seacoast.

Later in her career Devi Dyal maintained a private practice and went on to become a yoga teacher certified in Hatha and Kundalini traditions. She taught in a variety of settings, including medical centers for cancer



treatment and cardiac rehabilitation.

Beginning in 2000 as an independent contractor, she offered management training, conducted wellness workshops and taught corporate yoga. The workshop requested most often by all types of companies was on stress management/building hardiness and resiliency.

She relocated in 2004 to Utah where she worked for a JCAHO accredited wilderness program for

teens, doing business development as well as training and supervision for their clinical staff.

In June of 2005 she moved to the Sikh community in Espanola to be closer to her daughter and her spiritual family. She resides in La Mesilla with her two dogs.

Devi Dyal enjoys being in nature; hiking and kayaking and has a passion for dancing, cooking and international travel. As a matter of fact she owned a Middle-Eastern Café & catering business for three years and learned to cook from her grandmother who was from Lebanon.

Currently at the Ojo, clinic, she sees adults, teens and children and works with anxiety, depression, grief, trauma and transitions using a cognitive-behavioral approach. She teaches people to how to calm and center themselves, and sleep better with breathing, meditation, and relaxation techniques. She has seen that when people learn practical tools they feel empowered to change.

*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

## National Cancer Institute QUITTING SMOKING

Tobacco use is the most common preventable cause of death. About half of the people who don't quit [smoking](#) will die of smoking-related problems. Quitting smoking is important for your health and provides many benefits. Soon after you quit, your circulation begins to improve, and your blood pressure starts to return to normal. Your sense of smell and taste return and breathing starts to become easier. In the long term, giving up tobacco can help you live longer. Your risk of getting cancer decreases with each year you stay smoke-free.

Quitting is not easy. You may have short-term effects such as weight gain, irritability and anxiety. Some people try several times before succeeding. There are many ways to quit smoking. Some people stop "cold turkey." Others benefit from step-by-step manuals, counseling or medicines or products that help reduce nicotine addiction. Your health care provider can help you find the best way for you to quit.

### GET HELP QUITTING FREE

Call the Quit Line at **1 800 QUIT NOW** or **1 800 784-8669**

#### The Quit Line:

- Is open from 6 a.m. - 10 p.m., 7 days a week
- Provides services in Spanish and English, with translation available for other languages
- Provides services for youth and adults
- Is free of charge
- Is staffed by cessation specialists trained in serving diverse populations

#### Callers are Offered:

- A self-paced guide to walk through the steps of quitting
- Comprehensive information on methods to promote quitting success
- An individualized quit plan

- Free Quit Kits to help participants stay on track with their quit plan between calls
- Unlimited telephone support, including optional follow-up calls from help line specialists
- Free nicotine patches or gum, while supplies last
- Free referral to local community cessation programs, where available, for additional support.

**Talk to your Las Clinicas del Norte professional medical staff for assistance with your Quit program.**

## Announcements

**Congrats!** To members of LCDN staff.

Please join us in congratulating **Elaine Valdez**, Promotora, who was voted 'Promotora of The Year' by the New Mexico Community Health Workers' Association.

.....and, **Lucille Chacon**, who was elected Vice President of the *New Mexico Community Health Workers Association*. Congratulations, Lucille!

### ⊗ **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** - Tues, Thurs, Sat. 8 am - 4 pm Recycling Station at the old El Rito Dump. Call for information, Joseph Lewandski of NCSW 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** - Sun, Mon, Tues, Wed, Thurs, 1 pm – 6 pm, located on the Plaza

**Recycling** - Tues.- Sat. 8 am to 4 pm. Recycling at the El Prado Convenience Station at the Rural Events Center. Call for information, Joseph Lewandski 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.

# **EL RITO** **LIBRARY**

## **Book Donations and Magazine Exchange**

We get many questions about what kind of book donations we accept at the Library. We accept all donations including children's books. We also accept VHS and DVDs. A few months back, we started a magazine exchange section in the entrance hall. Bring your magazines that you have already read and exchange them for other magazines at the library. The magazines should not be older than three months.

## **New Copier**

The Library is in need of a new copier. If anyone knows where we might be able to get a copier for a reasonable price, please contact the Director, Christine Trujillo. We apologize for not having a dependable copier, but we are looking for a new one at this time.

**After school computer classes** - Anyone interested, call Jim Harford at 581-4404.

## **Free Folk concert: "Hungrytown"**

March 7, 4pm at the El Rito Library,  
reservations recommended.  
call: 87-806-2987.

## **Library Hours** **ph. 581-4608**

Just a reminder that our winter hours are:  
Tuesday through Friday 10:00 am to 5:00 pm  
and Saturday 11:00 am to 5:00 pm

## **El Rito Studio Tour** **Community meeting**

February 12, at 6pm at the El Rito Library

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

### ***Help a Child Get Ahead!*** ***Flexible Hours!***

TUTORING IS IN FULL SWING AT THE LIBRARY!

Children and youth need your help with homework and reading skills. We are asking for a minimum commitment of two hours per week after school. Hours are flexible and can be arranged with kids and parents. Together we can give a leg up to students in the community! Call 505 685 4884 or come and speak with Librarian Linda.

### ***SPECIAL THANKS***

To *Everyone* who helped make our Holiday Fundraiser a success and

To *Everyone* who contributed their hard-earned cash to the Library's Penny Pots around the Valley—*GRACIAS!*

### ***EVERY PENNY STILL COUNTS!***

Because of the economic climate, our funding needs are ongoing. Every penny donated to the library will be used to operate the library: keep our doors open, pay for the librarian, books, and direct services to the community. We hope when you visit *your* Library to:

Use Free computers

Check out a new book

Explore our collection of books on the village and region

View one of the changing historic displays

Use our office services including Xerox, fax or notary

and that you will consider a contribution.

No Donation is too small.

*Please give generously! Thank you!*

Abiquiu Library: Sunday through Thursday 1 — 6 pm  
505 685 4884 / Isabel Trujillo, director: iwt777@yahoo.com

# Las Clinicas del Norte

## EL RITO CLINIC

PO Box 237, El Rito 87530

Phone: 581-4728

1-800-869-7624

### 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: 581-0028

MON thru FRI 8 am- 6:00pm

## OJO CALIENTE CLINIC

PO Box 307, Ojo Caliente 87549

Phone: 583-2191

1-866-665-6832

### MEDICAL:

TUES thru FRI 8 am- 6:30 pm

Confidential Family Planning Title X Services available

### COUNSELING: 583-2191

Call to schedule, Tues, Wed., Friday

Spanish speaking on Friday

### NO DENTAL SERVICES

## ABIQUIU CLINIC

PO Box 757, Abiquiu 87510

Phone: 685-4479

1-866-578-1662

### 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, (open); 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

Abiquiu Health Fair (8/08) - \$100 and Under - Abiquiu Studio Tour; El Valle Insurance Agency, Inc (6/08); Elipio's Blue Spruce Bar; Cerro Perdenal Heritage Assoc.; and \$ 500 - Wal-Mart, Espanola

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

\$ 500 - Helen Hunt (2/08); Dr. Kathleen Maley (12/08)

\$ 750 - Mrs. Katharine Atterbury (12/08)

\$ 1,000- Sam R. & Isabel E. Jewell, Abiquiu (12/08);

Andy Lopez; (12/08); The Family of Stephen Patrick (12/08)

\$ 1,200 - Dr. Anthony David Garcia (4/08)

\$ 2,000 - Ruby P. Maley (12/08)

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

## Las Clinicas del Norte, Inc.

D/B/A Las Clinicas del Norte

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El Rito, NM 87530

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## BOXHOLDER



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