

# EL AVISO

May 2003

## **REMEMBER OUR CELEBRATION !**

*Las Clinicas del Norte*

*is CELEBRATING its*

*30<sup>th</sup> Anniversary*

**MONDAY, MAY 5<sup>TH</sup>**

**STARTING AT 4:00 PM**

LCDN was formed in El Rito in 1973, with a budget of \$50,000 and three employees. It has grown to become a major organization in the area, with over 60 employees and a budget of over \$3,500,000. The LCDN system now has three clinics, headquartered at the El Rito clinic, with two satellite clinics in Ojo Caliente and in Abiquiu.

We offer primary care services for your entire family, in preventive and primary medical, dental and mental health services; medical outreach, enabling services, urgent and emergency care, hospital care and contracted specialty services.

**PUBLIC INVITED**

**REFRESHMENTS WILL BE SERVED**

## **'TIPS'**

### **FOR GOOD COMMUNICATION WITH YOUR HEALTH CARE PROVIDER**

A basic plan can help you communicate better with your health care provider, so you can get the most out of your appointment. Hang this list on the wall by the phone or on the kitchen door to help you prepare for the appointed visit.

#### **GETTING READY FOR YOUR APPOINTMENT**

- **Be prepared before going to the doctor, make a list of your concerns.**  
Are you having a new symptom you want to tell the doctor about, like changes in your appetite, weight, sleep, or energy level. Let the doctor know about any major changes or stresses in your life, such as a divorce or the death of a loved one. Did you want to get a flu shot? If you have more than a few items to discuss, put them in order so you are sure to ask about the most important ones first.  
If you have been treated in the emergency room, or been in the hospital, tell the doctor right away.
- **Bring all medicines that you take in a bag.** →

**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

- **Bring health and insurance information**, including proof of income in you will be asking for a discount based on your income.

- **Remember to take your eyeglasses and/or hearing aid.**

If you have a hearing aid, make sure that it is working well, and wear it. Let the staff know if you have a hard time seeing or hearing.

- **Consider bringing a family member or friend.**

Let your family member or friend know in advance what you want from your visit. That person can remind you of what you want from your visit. The person can also remind you of what you planned to discuss with the doctor if you forget, or can help you remember what the doctor said after the visit.

#### **SHARING INFORMATION WITH YOUR DOCTOR**

- **Be honest.**
- **Stick to the point.**
- **Ask questions.**
- **Share your point of view.**

## *Announcements & News Briefs*

***New Building-*** Renovation of the Abiquiu clinic are in place and as of this month the new building is in use. This building houses the Counseling and Community Services (CCS) Department in Abiquiu, offices for the Abiquiu outreach and diabetic promotora, space for billing and technical support people, plus a new larger community room that will be open for public use.

#### **Job Openings At Las Clinicas del Norte**

The Nursing department is now looking for a **Health Educator**. Call Thelma Chavez or Julie Hill-Clapp at 581-4728.

**THE CCS** department is looking for a **Case Manager/ Community Outreach Worker**. Applicant should have good knowledge of local resources, e.g. income support & other benefit programs, as well as the communities that LCDN serves. Needs to be a resident or

former resident of one of these communities. 40 hours per week. Must have vehicles with current license and insurance. Competitive salary and fringe benefits. Also, the CCS department is looking for a **Psychotherapist**. Send resume to Thelma Chavez or Michael Hill, LCDN, PO Box 237, El Rito, NM 87530, or call either of them at 581-4728.

The Dental department is looking for another **Dentist**. Please call Yolanda Varela or Ed Trujillo, DDS, at 581-4728.

The Medical department is looking for a **Mid-level Provider**. Call Thelma Chavez or Rowena Archibald, MD, at 581-4728.



Photo of the El Rito Quilter's Guild working on baby quilts. Earlier this year quilts donated by Sally McDonald and the quilting group, who work at the El Rito Library, were delivered to orphans in Malawi, Africa by Michael Hill, who is LCDN's Director of Counseling and Community Services. Michael goes to Malawi once a year; he was the contact person for Sally and the quilting group.

The lively colors and wonderful designs were warmly accepted by Faith Sibale, RN, outreach director at Malawi Children's Village (MCV) and Mrs. Phiri, Nurse Asst. The quilts now are in the nursery, giving warmth and visual brain stimulation to seventeen children who have lost their parents to AIDS. MCV has been giving assistance for six years to orphans in 37 villages in this southern African region. The main focus of the project is aiding caregivers of orphans in their villages, rather than in an "orphanage", by providing food, clothing, health education, school supplies and scholarships, medicines, a primary health care clinic and funding for irrigation programs. At

first, the headmen and villagers took a wait-and-see attitude, since other well-meaning people had come and left without delivering on their promises. Americans, who now supply the funding for the project and volunteer at MCV, are seen as genuinely committed to the program's success. In fact, their assistance has saved hundreds of lives during the past six years, four of which have been severe famines, in this country that has one of the lowest average per capita incomes in the world--about \$200 per year. "MCV is staffed by Malawians, who deliver all services and provide the day to day caring and dedication that makes this program work", says Michael Hill of El Rito.

Members of the quilting group plan to send over more quilts. Once the nursery is filled with color and the quilts' lively designs, more may be offered for sale to the MCV community members, with proceeds going to MCV. Michael reports that the U.S. Board is entirely voluntary and therefore able to get 97% of donations to Africa.

### ⊗ Community Events ⊗

Contact Person, Joan Tollefson, Editor, 776-8778 or 581-4728

**Las Clinicas 24-hour Emergency Number** – 1-888-678-6160  
El Rito

**Las Clinicas del Norte Board Meeting** – every 3<sup>rd</sup> Monday,  
7 pm, El Rito clinic Community Room

**El Rito Library** – open Tues, Wed, Thurs, 11 am – 6 pm, and  
Sat, 11 am – 3 pm.

**El Rito Library Board Mtgs.** – every 1<sup>st</sup> Wed, 6 pm at Library  
**Tutoring** –El Rito Save the Children Ctr, call for info. 581-4516

**AA Meetings El Rito** – Tues, & Thurs, 8m – 9pm, at Catholic  
Church Parish Hall, open discussion. Contact Ed F. 581-4559

**El Rito Fire Dept. Mtgs.** – every 2<sup>nd</sup> Wednesday, 7 pm, at the  
El Rito Fire Station, open to the public

**Recycling El Rito** – every 4<sup>th</sup> Saturday, 9 am – 2 pm, behind  
the Martins Store Gas Station

#### Abiquiu

**Recycling Abiquiu** – 4<sup>th</sup> Sunday every month, 9 am-2 pm,  
Abiquiu Las Clinicas clinic parking lot

**Al-Anon Meetings Abiquiu** – Monday, 5 pm, call for location,  
contact numbers, 581-4471 or 685-4503

**Abiquiu Library** – open Mon, Tues, Wed, Thurs, 12:30 pm –  
6 pm and Sunday, 9 am – 12 noon, located on the Plaza

**Abiquiu Fire Dept. Mtg.** – every 2<sup>nd</sup> Thursday, 7 pm at  
Abiquiu Fire Dept.

#### Ojo Caliente

**Diabetic Mgt. Class** – Wed, May 28, 12:00 to 1:30 pm, *Long  
Term Complications*, Ojo Caliente Clinic Conference Rm.

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

#### Medanales

**Medanales, Rio Chama, Tierra Azul Community Mtg.** –  
every 1<sup>st</sup> Mon, 7 pm, Medanales Comm. Ctr., ph.#, 685-9416

## Northern New Mexico Community College El Rito Campus

### Schedule of Events

**May 2** - End of Pre-registration.

**May 3** - El Rito trash pick-up day - Meet at El  
Rito Library. Northern will help and  
support all groups in this event.

**May 4** - USFS will have a group staying in our  
dorms. These people will study and  
visit our pueblo (Sapawe).

**May 10** - A Geology group from University of  
Texas at Dallas and UT of Arlington  
will be staying on campus.

**May 10** - 9:00 AM Graduation will take place  
at Eagle Memorial Gym in Espanola.

**Northern** very much would like to  
congratulate all our local high school seniors  
on their graduation. **Good job** seniors, and  
look at Northern for your first step in attending  
college. For more information on enrolling,  
contact Donald Martinez at 581-4120 or  
Dorothy Duran at 581-4115.

Our new **CAMP** (College Assistance Migrant  
Program) is now enrolling students, for more  
information please contact Mr. Ray David  
Martinez at 581-4434.

## BookMobile Schedule

**Tuesdays - April 1<sup>st</sup>, May 6<sup>th</sup>, June 3<sup>rd</sup>**

**Abiquiu**, at Bode's – 1:15 – 2:00 pm

**El Rito**, at the P.O. – 2:20 – 3:15 pm

**Las Madera**, at P.O. – 3:35 – 4:15 pm

**Ojo Caliente**, at P.O. – 4:30 – 5:15 pm

## ABIQUIU PUBLIC LIBRARY

April 6<sup>th</sup> through 12<sup>th</sup> was National Library Week. On Tuesday, we celebrated with **Benjamin and Rabia Van Hattum and their fellow band members**. The children enjoyed the outdoor performances of music and stories and getting into the treasure chest of beautiful and colorful clothing and wonderful musical instruments of their story telling. **Thank you for bringing the summer in!**

On Wednesday, an open investigation went out for Grandparents to spend the day with their grandchildren in our library.

Thursday, we had special visit from Abiquiu's Rio Arriba County Treasurer, **Robin Dominguez Roybal**

who gathered the children and explained to them the reasons for property taxes and how the taxes channel back into the schools and libraries such as for computers etc. She answered questions and then handed out some surprise tokens. The kids had a great time. **Thank You Robin, your visit was really special.**

We want to wish **Natalia Bondy** for her four years of dedication with our After School Tutoring Program, she did a great job and we will truly miss her great sense of humor!!! Another well wish goes out to **Angela Valdez** for her hard work in volunteering her services to complete her final year at Coronado High. Both these young ladies worked very hard and we valued their help.

**Good luck and we wish you a very fortunate future with all that you do!!!**

## EL RITO LIBRARY

**Our hours are: Tuesday 11-6, Wednesday 11-6, Thursday 11-6 and Saturday 11-3**

### **SATURDAY, MAY 3 - STARTING AT 9:00 A.M. COME JOIN YOUR COMMUNITY CLEAN UP.**

It is time for our **second** annual community **cleanup day**. The El Rito Library and the U.S. Forest Service, El Rito Station, are combining their efforts for this cleanup, with Northern providing support as well. Again, it is **Saturday, May 3rd**. We will start at 9:00 a.m. at the Library to pick up gloves and trash bags and continue on to other areas of the community. If you already have some work gloves, please bring them with you that day. We will give away t-shirts and have a picnic at 1:00 p.m. at the NNMCC for all our **volunteers**. We encourage anyone who is interested, but cannot participate with the group, to pick up trash on your property line.

**Saturday, May 10th - A New Mexico Heritage Preservation Day Event** will be celebrating the history of the Library building. This event will commence at 2:00 p.m. through 6:00 p.m. We are looking for individuals who might have some history with this building, either when it was the elementary school, the clinic, the senior center or the library. We are hoping to find persons who might have pictures or any memorabilia (especially from the elementary school) and wants to share them for this day. We want this event to be a great success, so we would really like to hear from you if you are interested in helping us out. Please call the Library at 581-4608 for more information.

**JUNE 6TH at 7:00 p.m. - A Night on the Town!** The Library is initiating a new event on Friday evenings. We are turning our community room into a coffee-house, serving coffees, teas and delicious desserts. All of this will be to celebrate the recent publication of **John Brandi's** latest book of poetry, *In What Disappears*. John, who lives just down the road from the library with his wife, poet Renee Gregorio, will read from his book and copies will be for sale. There will be a surprise entertainer as well. Depending on your response, we may continue with future coffee-houses. Your suggestions are welcome. So for those of you who are looking for a nice way to spend the evening, after you feed the chickens, come on over.

**Veronica Ortiz**, El Rito resident and member of the Library's Board, has been selected as one of the twenty outstanding New Mexico Women of the Year. Veronica and the other outstanding women will be honored at a banquet hosted by the New Mexico Commission on the Status of Women, held at the Hyatt Regency Hotel in Albuquerque, May 3, 2003.

Lieutenant Governor Diane Denish and former Governor Bruce King and his wife Alice will be among the dignitaries attending. Congratulations Veronica!

### **BOOKSIGNING EVENT COMING UP! SATURDAY, JUNE 28, 2:00 P.M.**

Booksigning by native Riteno, **Nicholas Herrera**, of his new book titled *Visiones de Mi Corazon - Visions of My Heart*, which also features photos by John T. Denne. Also present will be authors Barbe Awalt & Paul Rhettts. Nicholas' book will be sold at the Library and we are now taking pre-orders. The cost is \$49.95 for Hardback and \$39.95 for Softback. It has 128 pages, 424 photos in black and white and also in color. The publishers will have the capacity of doing credit cards at the booksigning. Just come by and put your name on a signup sheet or call us here at the library at 581-4608 to sign up.

Nicholas Herrera is also donating a piece of his art for this exiting event. He will be donating a retablo worth \$500.00. We will be raffling it off after the book-signing and Nicholas will pick the winning ticket. Tickets are now available at the Library for \$2.00 a chance. So come by and get some tickets for this priceless piece of art!

**PANCAKE BREAKFAST, June 28 - 11:00 a.m. to 2:00 p.m.** Prior to the booksigning, the El Rito Library Board will be hosting a pancake breakfast in the Library parking lot. If you came last year, you'll remember what a great event it was. So don't cook, come have breakfast with us and then just come in for the booksigning!

**Renee Gregorio**, El Rito resident, was able to help the El Rito Library get \$10,000 from this year's legislative session. Renee met with Senator Richard Martinez who introduced a bill to help the Library for infrastructure improvements and equipment.

### **THANKS RENEE!**

The second issue of *Kyoto Journal* has arrived and is at the front desk. Linda Showler donated several books to the library as well as two issues of the journal *Archeoastronomy*. Thanks Linda and thanks also to Louise Grunwald for her donations.

A BIG thanks goes also to **Maxine Fine**. Maxine worked very hard for Natalie Goldberg's reading that was held here at the library on April 13th. It was a great success! We had about seventy people who attended and Maxine sold quite a few books. The great success of this event could not have happened without Maxine's endless hours she spent working on it. **THANKS MAX!**

Also at this event, **Nora Rodli** from Abiquiu won the quilt that the Library was raffling off. Thanks to the El Rito Quilter's Guild for donating this beautiful quilt.