

# EL AVISO

August 2003

## *Heart Attacks and Strokes*

### ***How to Reduce Your Risk***

In this article, we are looking at the really big question: how do you reduce your chance of being disabled or dying at an early age from a heart attack or stroke? The answer includes some small steps that you can take. These are really not as hard as you might think, and will also help you feel better now.

The checklist that follows helps you determine when you should call for help since quick action saves lives. Please take a moment and cut it out of this issue and put it near the phone or somewhere you can easily find it.

The life expectancy of people living in the United States has been increasing for a while. In past times, you might not live past 40 or 50 because of things you could not control – a flu or other infectious disease, or a long delay in getting medical care. Today, most deaths happen because of the lifestyle we live.

Let's repeat that. *Today, most deaths happen because of the lifestyle we live.* Yes, we will all die *someday* of *something*. But why increase your chances of dying younger or becoming paralyzed or unable to speak for years when some easy, simple actions can help?

### ***Something Can Be Done***

Heart attacks and strokes are especially related to what we eat and how active we are. Here are some of the risk factors that we can do something about:

- 1) Physical inactivity,
- 2) Overweight by 20 pounds or more,

- 3) High cholesterol,
- 4) Smoking: if you *OR* if people you work or live with smoke every day,
- 5) High blood pressure,
- 6) Diabetes – because of the many parts of the body diabetes affects, people with diabetes are automatically at higher risk. *But this risk can be reduced* by controlling blood sugars.

So what has a big effect on most of the risks listed above? The choices each of us makes – what to eat, whether to smoke, how much we move around, and so forth. And a funny thing is, even small changes in diet and exercise can give us more energy and make us feel better. Ask people who have been walking a few times a week how much better they feel. So if you are looking for a boost to how you feel that also will help you live longer and healthier, you don't have to buy a pill or diet book, or a new car, or a fancy perfume or cologne. Choices in food and activity are the answer and they won't cost you anything extra, but will pay you back over and over!

### ***But I like my cheeseburgers and sopapillas!***

That's fine - how much, how often, and what other types of food we eat is what is important. No one eats food just for the energy they need to live. We eat food because we like its taste or because we're celebrating with our families. Sometimes we may eat because we're sad, or because it's a habit and we're used to eating while watching TV.

While it is true that some people gain weight "easier" than others, almost everyone gains for the same reason: they are taking in more energy (calories) than they are using. There are some medical conditions in which our bodies slow down a lot, or hold too much water, but these don't happen to most people. So the trick is to use more energy (increase activity) and take in less energy (eat less). →

**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



### ***Balanced Eating is the Key***

Eating meals that have the right amount of all the food groups – fruits, vegetables, dairy, breads/cereals and meats/poultry/beans – is a good place to start. By doing this, our bodies will get all the types of nutrients we need to be healthy, have energy, and feel good. Our bodies will also **not** get too much of the fat and cholesterol that clogs the arteries or sugars that can be so easily overeaten. (It is easier to eat a cup of ice cream or chips quickly than the 5 or more bowls of soup that has the same fat and calories). Eating well doesn't mean never eating fatty or high sugar foods – it just means not eating them at every meal.

You may remember the food groups from school being listed in the food pyramid. The right amount for you is based on your sex, age, height, and weight. The health educator at Las Clinicas can help you figure this out exactly. But a good place to start for most people is to eat every day: 5 servings of fruits and vegetable, 2-½ servings of meat/beans, 2 servings of dairy, and 7 servings of breads/cereals, preferably whole grains. What you can fit in the palm of your hand is close to one serving. Again, check at the clinic for free handouts on the food pyramid, suggested servings, and recipes!

### ***But I Only Have 10 Minutes for Exercise***

For improved heart and arteries, doing 3 sessions of 10 minutes a day of moderate exercise has been shown to be as helpful as one 30-minute session. A ten-minute walk to the street and back or ten straight minutes of hauling wood all count. Obviously, the longer or more often you do walking, woodcutting, playing ball with the kids, or other exercise, the more benefit you get. Pick something you like to do or usually do and keep it going for at least 10 minutes.

For the purposes of losing weight, IT IS NECESSARY to do five or more days of exercise a week so that as you lose pounds, you keep your muscles strong. Since muscle uses up more calories than fat just to exist, adding muscle will also help you improve your weight as well as make you stronger and feel better.

If you are being treated for a medical condition, or are over 40 years of age, you should check with your health care provider before beginning any new exercise program.

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### ***Let's Live Long and Well***

Two risk factors not covered so far will be written about in the future: how to stop smoking, and how to control diabetes. For now, we'll end with the "easy" ideas of eating well and being active. On the one hand, it is easy, and most readers will know most of what was written here. But on the other hand, any change can be hard if it is a change *you* have to make. If you would like some help in planning your new meals or exercise, please ask your health care provider at Las Clinicas del Norte: El Rito, ph. 581-4728, Ojo Caliente, ph. 583-2191, Abiquiu, ph. 685-4479.

*Clip and Save*

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### **CALL 911 OR GET HELP IMMEDIATELY IF YOU HAVE:**

#### ***Signs of a possible HEART ATTACK:***

- 1) Uncomfortable pressure, fullness, squeezing or pain in the center of the chest that lasts for more than a few minutes.**
- 2) Pain that spreads to the shoulders, neck, jaws, or arms.**
- 3) Chest discomfort with lightheadedness, dizziness, sweating, nausea, or shortness of breath.**

OR

#### ***Signs of a possible STROKE:***

- 1) Sudden weakness or numbness of the face, arm, or leg on one side of the body.**
- 2) Sudden dimness or loss of vision, especially in one eye only.**
- 3) Loss of speech, or trouble talking or understanding speech.**
- 4) Sudden, severe headaches with no known cause.**
- 5) Unexplained dizziness, unsteadiness, or sudden falls, especially with one of the other warning signs.**

All signs may not be present, and sometimes they may go away for a while and then come back. If you or someone else has any of these symptoms, **CALL 911 OR GET HELP.**

## Announcements & News Briefs

**Farewell** to Julie Hill-Clapp, Nursing Director and Mary Ann de Boer, Smoking Cessation Coordinator. Good Luck to you both in your new endeavors, you will be missed by all.

### ⊗ Community Events ⊗

Contact Person, Joan Tollefson, Editor, 581-9103 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 – 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

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

Tutoring –El Rito Save the Children Ctr, call for info. 581-4516

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 – 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

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

#### August Schedule

3-7 - 8 Northern Pueblos will be staying at our dorms (30 youth - Alcohol and Drug Awareness program)

3-11 - We will be hosting a Wilderness First Responder class @ Grant Gym, 8 am -6 pm

13-14 - Open registration for Fall classes 10:00 am- 7:00 pm (both campuses)

18 - Classes begin

Our new catalogs are out, please stop by and pick one up. Good luck to all college students!!!

Thank you to all the groups that have stayed with us this summer. We all met some really nice folks and the youth sure liked our facilities.

For more information or registering please feel free to contact Donald Martinez @ 581-4120 or Dorothy Duran @ 581-4115.

## EL RITO WATER PLANNING COMMITTEE

The El Rito Regional Water System, formed from the three local domestic water associations in El Rito and the Northern New Mexico Community College, met on Wednesday, July 23. These discussions are in response to Governor Richardson's' commitment of \$1 million dollars toward construction of a regional water system for El Rito. The first phase of the Master Study will be to develop a reliable source of water to supply the entire community; this will include upgrading existing systems as well as extending and upgrading the distribution lines to allow members of the community to join the consolidated system. The second phase will include the development of a sewage system to cover the community of El Rito. Gannet Fleming Engineering, Inc will conduct the Master Study and it will address the short and long-range water need of the community of El Rito as well as consolidating the systems into one association.

Weekly meetings are being held **every Wednesday evenings at 6:30pm in the El Rito Las Clinicas Community Room** to formalize the new organization and develop by-laws, rules and regulations for governing the new Agency and to set the agenda for a larger community meeting scheduled on August 20<sup>th</sup>.

The Regional Water System will be represented by two people from each community water association, 2 from Plaza/Main St, 2 from Placitas, 2 from Canon, 2 from NNMCC and 1 person at large. Members of each system vote for their systems' representatives. El Rito members of the 4-systems at large will vote for final approval of the regional water system. At the July 23<sup>rd</sup> meeting several questions were discussed, such as the cost of metered water, cost of whole infrastructure, number of wells needed, methods of participation, priorities, who would be included, fire protection, and source of funding.

These meetings are in preparation for the report of finding of the Master Study at the

### General Community Meeting

**August 20 - 7:00 pm**

**NNMCC, Cutting Hall**

Discussion at the August 20<sup>th</sup> meeting will center on presenting ideas about how to solve our drinking water problems. Full attendance by the community to discuss and resolve situations would be appreciated.

### Mesa Vista Consolidated School District in El Rito Is Hiring

**Substitute Teachers, School Bus Drivers, Cooks**

Call Immediately: 581-4505 or 581-4504

Contact for Information: Lucille Alire, Exe. Secretary

## ABIQUIU PUBLIC LIBRARY

**Abiquiu Public Library's five-year anniversary** will be celebrated during the annual Santa Rosa Fiesta in the pueblo with plenty of memoirs and fun events. Keep this in mind and be sure to come by and sign up to become one of our Friends of the Library. If you had any part to do with the founding of our Library or know of anyone, please notify us and feel welcomed to our celebration.

Our **Teen Council** has begun and is made up of **Mimi Hurd** (group leader) and **Anastasia Ferran, Maria Elena Jaramillo** and **Georgia Lopez**. They will help us to get more special programs with teens in mind and advise us with what books and computer software to update for their age groups. If you wish to participate, we would love to hear from you.

We will be posting a **bulletin board for recommended reading** and invite participation throughout. After you have read a great book, please request an index card and suggest your reasons why. Remember also that we now have a shelf of books for purchase. Any donations given to our Library accumulate for everyday projects.

**Recent new services** available include CD copies at \$5.00, scanning \$1.00, color copies \$.50 each, business cards at \$2.00 per page of ten and soon be offered, notary public services at a going rate of \$5.00 per signature.

We are in much appreciation of **The Catholic Foundation's** grant of \$2,500 in order to complete renovation of the Parish Hall bathrooms to make them handicap accessible (1,500) and to purchase materials and supplies for religious education classes (1,000).

**Seledon and Alice Garcia** graciously donated an air conditioner for our Children's room. With the tremendous heat, our Library is still very hot. We are in dire **need of a cooling system** to avoid overheating of the computers (not to mention the staff and patrons)! The heat is expected to last until about October; therefore, if you have any suggestions or can

help us out in any way, please come by as soon as possible.

We want to express our appreciation and gratitude to **Father Mark Granito** for all of his support to the Library and to our community. We wish you well in your new parish community and we will miss you. We also welcome **Fr. Vicente Dominguez** into our communities and Library.

We hereby express a big **Thank You to the Ghost Ranch volunteers** for all their hard work with us and in our parish hall. With the help of **Carol Macky, Jeane Dugan** and all their helpful friends working together, they have donated over 170 in-kind hours in June and July alone!

A new State Librarian has been hired as of July 28th. His name is **Richard Ackroyd**. He is a previous Gates Foundation Director. We welcome his visits into our small communities and look forward to his leadership.

### Abiquiu Library Hours

Ph: 685-4884

Sunday – 9:00 am – Noon

Monday, Tuesday, Wednesday & Thursday  
12:30 pm – 6:00 pm

Closed: Friday, Saturday and Most Holiday

## EL RITO LIBRARY

**Our hours are: Tuesday 11-6, Wednesday 11-6, Thursday 11-6, and Saturday 11-3. PH.# 581-4608**

The booksigning event for Nicholas Herrera's *El Santero de El Rito* was a huge success. There are still some of Nick's books and posters available for sale at the library: Hard Cover price is \$49.95, Soft Cover \$39.95, Posters price \$10.00. Nick has agreed to come back to the library to sign your books and posters.

The Library **Board of Directors** also hosted a pancake benefit breakfast also on the same day in June and it too was a great success. Thanks to everyone for their help.

**A correction** on who were responsible for the new gate: We would like to thank the individual people who helped install the new fence and gate at the library, **Raymond Trujillo, Louie Martinez, Nelson Gonzales, Chris Gonzales,** and **Gilbert Archuleta**. **Nelson and Esperanza Gonzales** purchased the wire and gate for the library. Thank you all.