

EL AVISO

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Is Mandatory Vaccination Worth the Trouble?

Jaclyn Shaw, PA-S

Much controversy surrounds mandatory immunization. The amount of information available to parents seems overwhelming at first glance, especially when you don't know what source to believe. This article is intended to help you begin to sort through all of the opinions to get down to the facts. Then you can decide whether or not vaccination is the right choice for you and your family.

A vaccine is an attempt to prevent infectious disease in healthy people. A vaccine is not a guarantee that the person will not get the disease. The injection contains parts of the virus, which alert the body's immune system to fight off any infection that has the same parts given in the vaccine. This often protects the person from getting the disease for a period of time (depending on the vaccination given) in 85-99% of those vaccinated. However, in a disease outbreak, 1-15% of people who have been vaccinated may develop the infection when exposed. There is no way to tell who, of the vaccinated people, will develop the infection. People *without* the vaccine are almost guaranteed to develop the infection with sufficient exposure.

The diseases that we vaccinate against can be very aggressive. However, despite the potential disease protection provided by vaccines, they have some risks.

Following is a list of diseases and the potential risks of each. You can decide whether or not vaccination is the right choice for you.

►Hepatitis B is a virus that attacks the liver and can cause contagious lifelong infection, liver scarring, liver failure, liver cancer, and death.

Risk: The hepatitis B vaccine may cause some pain at the injection site, fatigue, and headache. Unusual reports of high fever have occurred. This vaccine has not been associated with multiple sclerosis as some myths may suggest.

►Haemophilus influenzae B (Hib) is a virus that can cause meningitis sometimes leading to permanent hearing loss or even death.

Risk: No bad side effects have been associated with the administration of the Hib vaccine other than fever and local reactions such as tenderness, swelling, and redness.

►The polio virus invades the stomach and intestines or nerves to cause weakness, paralysis, and possible difficulty with speech and swallowing. There were 483 polio cases reported worldwide in 2002, but there have been none reported in the United States for quite some time.

Risk: Little risk is associated with the injected poliomyelitis vaccine. It is the only route of administration for this vaccine in the U.S. →

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

→ Vaccination Cont'd

▶ The measles virus causes a flu-like syndrome with high fever and sometimes has severe complications such as diarrhea, ear infections, pneumonia, encephalitis, seizures, and even death.

▶ Mumps virus infection is marked by swollen cheeks or jaw, fever, and headache, but can often lead to such complications as brain damage, painful swelling of the testicles possibly leading to difficulty having children, and deafness.

▶ Rubella virus is usually a mild rash and fever for a couple of days, but an exposed pregnant woman can give birth to a baby with birth defects such as deafness, eye problems, heart defects, mental retardation, and liver and spleen damage.

Risk: The MMR (Measles, Mumps, Rubella) commonly causes pain, irritation, and redness at the site of injection and a delayed fever. Other reactions include swollen glands, aching joints, and transient or temporary painful swelling of the testicles. The measles part of the vaccine does not appear to cause autism.

▶ Diphtheria is a bacterial infection that causes a thick gray covering on the back of the throat, which can make it difficult to breathe. Serious complications include kidney damage, swallowing difficulties, heart inflammation, and death.

▶ Pertussis or 'whooping cough' begins like a regular cold. After 2 weeks, a person usually starts coughing up phlegm and can't stop coughing.

▶ Tetanus is another bacterial infection in the nerve that causes lock jaw, stiff muscles, and eventually stiff breathing muscles, which can lead to death.

Risk: DTaP (Diphtheria, Tetanus, and acellular Pertussis) most commonly causes localized edema at the injection site, fever, and fussiness. Unusual reactions include inconsolable crying for more than 3 hours and seizures. Rarely a child develops anaphylaxis, a treatable but serious allergic reaction.

The number of infections has decreased with the help of many factors such as improvements in hygiene, sanitation, nutrition, and less crowded living conditions as well as the increased use of antibiotics. Vaccines have also directly contributed to the decrease in disease incidence according to Centers for Disease Control (CDC) data.

It is important to understand that vaccine-preventable diseases are not necessarily being wiped out with vaccines, although that is one goal of immunization. When we stop vaccinating, these diseases come back in epidemic proportions. In the 1970's, the number of people getting vaccinated for pertussis declined significantly in England, Japan, and Sweden, resulting in epidemics in each of these countries.

Please contact a provider at LCDN to ask about any particular vaccine's risks vs. benefits. They will be able to give you more facts to help you make an informed decision.

HOW MUCH IS TOO MUCH?

Have you ever wondered if you have a drinking/drug problem or has anyone told you they think you might have a problem? Chemical dependency is a progressive disease that often goes unrecognized until alcohol or drug use begins to adversely affect that person's life.

Chemical dependency is simply the repeated use of a physical substance (alcohol, cocaine, marijuana, prescription drugs) that causes trouble in the individual's personal, professional or family life.

When a chemically dependent person drinks or uses, they can't always predict when they will stop, how much they will use or what consequences their drinking or drug use will have. Recognizing there is a problem is the first step toward recovering from a chemical dependency problem. →

→ How Much is Too Much? Cont'd

Here are some questions to ask yourself when determining if alcohol or drug use is a problem for you.

1. Do you ever use alcohol or drugs to help you cope with problems in your life?
2. Have you ever tried to quit or cut down, but couldn't?
3. Has a family member ever expressed concern or complained about your drinking or drug use?
4. Have you ever had financial, work, family or legal problems as a result of your drinking or drug use (wage attachment, DUI, separation or divorce, suspension or termination from your job)?
5. Have you ever driven while intoxicated or in a drug-induced haze? Have you gone to work drunk or high?
6. Are you unable to enjoy an event without being under the influence?
7. Do you spend much of your time thinking about drinking or planning the next time you will use?
8. Do you ever do things while under the influence that you regret afterwards?
9. Have you developed medical problems or suffered injuries as a result of your drinking or drug use?

If you answer yes to any of these questions, it is possible that you have a substance abuse problem.

If you think this might be you or a loved one, there are programs that can help. Michael Hill, Counselor at our Counseling and Community Services Program, is available to help you and family members with substance abuse problems and assist in accessing the most appropriate treatment. Call Michael Hill at 581-4728, ext. 230, for a confidential assessment.

Other programs for assessment include HOY, 753-2203; Rio Arriba DWI Prevention, 747-1418; Rio Grande Treatment Program (In-patient) 579-4251; Hands Across Culture, 747-1889; or the Drug Abuse Hotline at 1-800-962-8963.

Making A Traditional Will and A Living Will

Many people think about the need for a will, but just keep putting it off for lack of knowing how to go about it. It is actually not hard to do once you are educated to the process, and here are some basic instructions, both for a traditional will and a living will.

This summary is not intended to be an all inclusive discussion of the law of wills in New Mexico, but does provide basics and other information. This summary does not discuss hand written wills.

First, a traditional Will is a document which allocates who is to receive your property at death, who will administer your estate, the appointment of trustees and guardians, if applicable, and other provisions.

An individual needs to be 18 years of age at least and of sound mind to make a Will.

To complete a Will you need:

- (a) Names of persons you desire to inherit part or all of estate.
- (b) Trustee of the trust contained in your will if your children are minor children.
- (c) Guardian of minor children in case both parents are deceased.
- (d) Executor or personal representative to administer your estate.
- (e) Generally how you desire your estate to be administered and who is to receive same.

A Will must be in writing, and signed by the person making the will, in the presence of at least two witnesses who also sign the Will. A notary public also needs to sign if the Will contains a self-proving affidavit. Generally, a self-proving affidavit allows the will to be admitted to probate without other evidence of execution.

Second, a Living Will is a document that states your wishes about life-sustaining medical treatment, and is now often combined with the appointment of a Power of Attorney, making a single, comprehensive document. It is called →

→ Making a Will Cont'd

a "living will" because it takes effect while you are still living.

The New Mexico "Advance Directives" document is comparable to a living will, which state your choices about medical treatment or names someone to make decisions about medical treatment decisions for you, if you cannot make them for yourself (i.e., your Power of Attorney). They are called "advance" directives because they are signed in advance to let your doctor and other health care providers know your wishes concerning medical treatment. Through advance directives, you can make legally valid decisions about your future medical care.

You do not have to have an Advance Directive, it is entirely up to you whether you want to prepare these documents. But if questions arise about the kind of medical treatment you want or do not want, advance directives may help to solve these important issues. Because this is an important matter, we urge you to talk to your spouse, family, close friends, personal advisor, your doctor and possibly your attorney before deciding whether or not you want an advance directive. It is important to remember that these directives only take effect when you can no longer make your own health care decisions. As long as you are able to give "informed consent," your health care providers will rely on YOU and NOT on your advance directives.

At Las Clinicas del Norte you can pick up the required forms, called the New Mexico "Advance Directives" legal documents, which is similar to the living will.

There is no legal requirement in New Mexico for an attorney to fill out a will. However, a lawyer may be helpful if you choose to discuss these matters with him.

Where do I get the forms to fill out?

There is a do-it-yourself Last Will and Testament Kit and a Living Will Kit, each kit is not expensive (approximately \$5.00) and is available at office supplies stores (like Office Depot or Office Max) and probably many other places. Also, the general legal forms can be found at Box Pack Mail in Espanola, where you can ask them to order the Kits as well.

The Internet is the easiest way to find information and the forms you need. Download general information on New Mexico law from <http://secure.uslegalforms.com/lawsummary/NM>. If you want to find will forms on the Internet, use the google search engine, google.com, and ask to see "legal wills" (use the " "). You will be given a great number of choices and you will need to pick one to follow up on. Filling out a form with a business that has attorney technical support can cost approximately \$20 to \$50 dollars, depending on how complex your needs.

Most of this information was obtained from the Internet. This very brief description is only meant to help you start thinking, questioning and looking for the best way for you to complete a will. Good Luck!

Joan Tollefson

Announcements & News Briefs

Welcome to Crystal Martinez, RN, who is returning to work at the Ojo Caliente clinic. And **Natalia Buezo** is now working as the switchboard operator at the Abiquiu clinic. Good wishes to you both.

POSITION OPEN: We are looking for an a case manager to do Medicaid enrollment at all three clinic sites. Contact Thelma Chavez at 581-4728, ext. 253.

⊗ 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 3rd 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 1st 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 2nd 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 4th Saturday, 9 am – 2 pm, behind the Martins Store Gas Station

Abiquiu

Recycling Abiquiu – 4th Sunday every month, 9 am-2 pm, Abiquiu Las Clinicas clinic parking lot

Abiquiu Fire Dept. Mtg. – every 2nd Thursday, 7 pm at Fire Dept.

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

→ Calendar Cont'd

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

Ojo Caliente

Ojo Caliente Fire Dept. Mtg. – every 1st Wednesday, 7 pm,
Ojo Caliente Fire Dept.

Medanales

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

Northern New Mexico Community College El Rito Campus

September Schedule

Sept. 5 - Deadline to Drop without a grade or to get a refund

Sept. 6 - Northern El Rito Campus to participate in NM state fair parade

Sept. 6-7 - Northern-El Rito campus will be a supporter of our El Rito Fiesta

We would like to welcome back our **returning** students and also would like to wish the very best to our **new** students. Enrollment for the El Rito campus looks really good. Night classes are up in enrollment; continuing education classes will be coming. For more information on continuing Ed classes contact Pauline Varoz or Dorothy Duran.

On behalf of Northern we would like to extend our condolences to the Leyba family in Canjilon. **Cita Leyba**, a former Northern student and dorm resident, passed away on August 20. She was a student that brought lots of energy and laughter to our campus. Her memory will always be around on our campus.

Just a brief note to let people know that our cafeteria is open from 7:00 AM to 6:00 PM and our Barbering and Cosmetology department is open from 8:30 AM to 3:30 PM. For more information please contact Donald Martinez at 581-4120 or Dorothy Duran at 581-4115.

EL RITO WATER PLANNING COMMITTEE

Approximately 40 people attended the General Community Regional Water Meeting held on August 20th in Cutting Hall, NNMCC.

At this meeting, the El Rito Regional Water System Committee, formed from the three local domestic water associations in El Rito and the Northern New Mexico Community College, asked the public if the committee should go on with public

hearings toward the creation of a regional water system and the committee received a confirming yes by show of hands. It was decided that the next general meeting would include an official vote for final approval of the formation of the Regional Water System, from members of the three community water systems. Voting would be only from the membership of the three community water systems. If you belong to one of the three water systems and if you want to vote on the creation of the regional water system, then this next meeting will be important for you to attend.

At the general meeting on August 20th, the committee addressed the short and long-range water needs of the community of El Rito. Gilbert Gallegos from the engineering firm of Gannet Fleming Engineering, Inc., presented the Master Study, a review of the consolidation of the systems into one association to develop a reliable source of water to supply the entire community, which includes upgrading existing systems, installing new wells and a fire system storage tank, as well as extending and upgrading the distribution lines to allow new members of the community to join the consolidated system. The fire suppression capabilities would lower all Homeowner Insurance rates.

Source of funding was discussed, with the goal of this project to be 100% grant funded. The good news was that complete funding is very close to being in place. This will mean there will be no expense from the community necessary to install the new system. The community will be expected to maintain the system in the future years, and, in order to do so, use a monthly maintenance fee to hire a maintenance operator. Water rates, water rights and what it would require to become a new member of the system were also discussed.

Before the next general meeting the committee will continue to hold weekly meetings **every Wednesday evenings at 6:30pm** in the El Rito Las Clinicas Community Room to formalize the new organization and to set the future goals and needs, i.e. review the budget requirements, cost of the metered system, etc. Full attendance by the community to discuss and resolve situations would be appreciated.

No date was set for the next general meeting before this newsletter printing. Please watch for public postings or contact your water association representatives for further information.

ABIQUIU PUBLIC LIBRARY

This month we had some talent-sharing going on at the Abiquiu Public Library. **Sabra Moore** came in and gave classes in making fabulous hand-made books and Sky Williams had a class in Cave Painting on flagstone. The children were amazed and very entertained. Anyone wishing to share their talents is welcomed to coordinate with us by calling 685-4884.

We also had a wonderful visitor named **Esperanza (Hope)** from Durango, who stopped in and visited with the girls selling lemonade in front of the Library and later mailed some tennis rackets and balls along with a book on how to play tennis. That was very gracious of her and we were really excited.

Author **Nancy Hopkins Reily** stopped by on the day of her birthday in August. It was interesting to hear about her books of her early years on the Rancho De Abiquiu. She sent copies for our collection. If you are interested, just ask us about them.

Our **5th Year celebration** was very successful in book sales and in creating stepping-stones. Many placed their entire families handprints on one block. The baby hands are beautifully visible. **Augustin and Ermelinda Garcia** placed a 50-year wedding anniversary memorial and all the blocks were very nicely decorated. They will serve as memories for generations to come when they are placed on our reading patio and sealed. On a Sunday afternoon, sometime very soon, we will again bring this project out to the public. It will most likely be announced in the church bulletin and please pass the word on!

Our special gratitude is for the Georgia O'Keeffe Foundation Director, **Agapita Judy Lopez**, who always considers the Abiquiu library an asset in the community and expresses her appreciation in a surprising number of ways. Thank You from all of us who feel likewise appreciated because of your acknowledgements!

Santa Fe Community Foundation representatives came by the morning after the celebration and were very pleased to see our facility and to hear about all the projects extending out into the communities. Their foresight and dedication allows for their endowments to continue reaching out on a large scale and through these tougher times. This is very commendable.

The Catholic Foundation has also granted \$1,000 in order to re-begin catechism classes in our parish at large. Sister will be arriving soon to coordinate and register participants. Please make contact with her so that instructors can be matched to each class. We also received \$1,500 from them for renovation of the bathrooms in the Parish Hall to make them handicap accessible. We will need volunteer labor for a couple of the afternoons.

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 El Rito Library will be hosting and operating the **Bingo** again this year at the **San Juan de Nepomuceno Parish Fiesta, September 6th and 7th**. We will also have **Nicholas Herrera's** book titled "*Visiones De Mi Corazon - Visions of My Heart*" for sale. If you would like your book signed, Nicholas has agreed to come back to the Library and sign the books. There will be a table full of books for sale at very reasonable prices. So be sure to drop by the Bingo area and try your luck by playing bingo with your Library Staff and Board Members taking care of you. Que Viva la Fiestas!!!

We are looking for a **part-time bookkeeper**. Applicant must have some bookkeeping or accounts payable experience, be computer literate and knowledge of using Quick Books is preferred. Duties include: paying utility bills, doing payroll bi-weekly, paying vendors, keeping accurate records of expenditures, preparing monthly reports for Library Director and Library Board, and preparing information for IRS reporting. If you are interested, please fax (581-4608) or bring in your resume to the Library by September 15, 2003. All applicants meeting the requirements will be interviewed after September 15. If you have any questions, please call **Christine Trujillo at 581-4608**.

Thank you so much all of you for making **Maxine Fine's Memorial** a huge success. There were over 100 people who attended the memorial and many who shared their memories of Maxine. Thank you to those who brought food and refreshments for everyone to enjoy. The library has a big void with Maxine gone, however, her memory will live on. A video of the memorial will be available at the Library.

Requests Reminder - Don't forget to leave your book, video or audio requests at the front desk. We have received some grant money from the **New Mexico State Library** for purchasing

acquisitions and we would love to buy what you want in your library. We have the newest *Harry Potter* book ready for circulation, just come by and take it out for two weeks.

Adult Literacy Program - We are starting to plan our next Spanish Class. We hope to get started by the third week of September or the beginning of October. The Spanish Class meets every Tuesday evening at 6:30 p.m. until 8:00 p.m. If you are interested in attending the Spanish Class, please call or come by and put your name on the registration sheet. The class is **free** so take advantage of it! Also part of the Adult Literacy Program is **free** one-to-one computer training. Computer training is scheduled for one hour every week and training is custom, based on your computer needs. Don't forget that we also have ESL tutors trained to tutor students in English as a Second Language. The Adult Literacy Program is funded by the New Mexico Coalition for Literacy.

The following **THANK YOU's** are somewhat overdue, but nevertheless important. Thank you to Friends of the Library member, **Marbella Martinez** for the delicious biscochitos and to **Christine Trujillo** for the homemade salsa for Nicholas Herrera's book signing event. Thank you to **Tracy McBride** for help in putting up the new fence at the Library. And thank you to **Charles Knight** and **Jim Harford**, students in Quentin Wilson's adobe wall construction class. Both Charles and Jim have **donated materials and their labor** in putting up wire screens in all opening windows at the library.

Donations and fundraisers are what keep your Library open. If you would like to make a **tax deductible donation**, please drop off your donation at the library or mail it to: El Rito Library, P.O. Box 5, El Rito, NM 87530.

Don't forget, if you want to get involved in helping your library with fundraising events, volunteering and publicizing the library, join the "**Friends of the Library**". Contact Joan Tollefson at 581-9103 for more information.