

EL AVISO

October 2003

PRENATAL CARE

Having children and raising a family is nothing new. And in past years in the United States, there were always plenty of childhood health problems, malnutrition-related illnesses, and accidents, which used to kill or disable half of the sons and daughters born (and they still do in many parts of the world).

Nowadays, we can do a lot to reduce these childhood related health problems. However, *much of what needs to be done has to be done by the mother to keep herself healthy before, during and after pregnancy.* It's not enough to just love your baby - there are specific things the expecting moms should do. Some of these also include dad's participation.

MOM'S HEALTH IS THE BABY'S HEALTH

We'll list out a few ideas to start you, the future father or mother, thinking about what is important in caring for the health of the child to be. Bottom line: it is important to talk to your health care provider before becoming pregnant, so they can do a thorough exam and discuss recommendations. If the pregnancy is unplanned, the time to talk to your provider was yesterday, that is, right away.

What to Do: preparing for a healthy baby and reducing your risk of birth defects

It's pretty simple - what is healthy for mom is best for baby. Eating right, getting plenty of

rest and exercise, and changing potentially harmful habits such as smoking and drinking are good places to start.

- **Check-up** before pregnancy or shortly after pregnancy. The health of mom and future child cannot be separated. Any health condition like diabetes, asthma, or heart problems, or activities that affect a mother's health such as smoking and drinking, can seriously affect the development and growth of her child, both in the womb and after. Tell your health care provider of any prescribed medication you are taking and make sure you've had all your immunizations, especially for rubella (German measles).
- **Smoking** is linked to heart and lung problems and more frequent illnesses in adults. Babies born to smoking moms get less oxygen while in the womb, and are more often underweight and thus at greater risk for early illnesses. Infants and children exposed to any smoke in the house are many more times likely to have chronic bronchitis and asthma.
- **Drinking alcohol**, even in small quantities, has been shown to increase the risk of birth defects. Heavy drinking, whether frequent or an occasional binge, is especially hazardous. The more alcohol, the greater the risk of fetal alcohol syndrome; children can be hyperactive, have stunted growth, get heart or liver defects, facial deformities, or be mentally retarded. →

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

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- **Eating well** includes well-balanced meals that don't go too heavy on fat or sugar, as well as increasing vitamins even before pregnancy. For example, recent findings show certain birth defects of the brain and spine don't happen as often when folic acid (a B vitamin) is taken before becoming pregnant. Avoiding caffeine also decreases the risk of birth defects.
 - **Exercise** ensures that the heart, lungs and arteries are working at their best to get needed oxygen and blood to the growing baby; an added benefit is that mom will be physically stronger, have more endurance, and be able to carry the extra weight around more easily. The type and amount of exercise that is best will change as the pregnancy advances, but the need for exercise doesn't.
 - **Folic acid** needs to be taken every day now, because it takes some time for your body to build up proper storage of this vital B-vitamin. It is important to take it before conception and early in pregnancy, since birth defects may occur in the first month before most women realize they are pregnant. Talk to your provider for the correct amount.
 - **Stay away** from toxic chemicals at home or at work, such as insecticides, solvents (like some cleaners or paint thinners), lead, and mercury. *Read the labels* before using chemicals, and don't be afraid to ask your health care provider if you have questions.

Do not handle cat litter - it can carry "toxoplasmosis" which can cause birth defects. Take a break for this chore while you are pregnant.

PRE-PREGNANCY CHECK-UP

Sometimes women who are in good health think there's not much reason to have a pre-pregnancy check-up. *Not true.* Your medical history will be reviewed to see if there is anything new that may not have caught your attention, but which is now especially important given a forthcoming pregnancy.

So, coming back to what we started with at the beginning of this brief introduction to prenatal

care, it is much easier to have healthy children than in past times. However, even one child sick or injured from something that may have been prevented is one child too many.

Doing the right thing at the right time under the guidance of our health care provider with prenatal specialties, Annie Smith, FNP, at our Abiquiu clinic, would go a long way toward ensuring the most successful outcome of pregnancies. Abiquiu clinic # is 685-4479.

**FLU SHOTS AVAILABLE –
\$10 for anyone, no appointment required.
Walk-ins are welcome at all three clinics.**

Announcements & News Briefs

Greetings to Cynthia Montanez, RN, Monica Brito, Administrative Assistant, and Lucille LaRue, a temporary Nursing Assistant in El Rito. Crystal Martinez, RN, has returned to Ojo Caliente. Patricia Brescia, LISW, will be counseling at all three clinics. Welcome aboard. Denise Gallegos and Roxanne Rodriguez have left Las Clinicas. Good Luck to them.

POSITIONS OPEN

Case manager to do Medicaid enrollment at all three clinic sites.

Accountant experienced in non-profit health care and understanding of all aspects of accounting.

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

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→ Calendar Cont'd

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

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

October Northern News

Oct. 3 -- Northern Endowment Scholarship Applications Due

Oct. 4 -- 18th Annual Espanola Arts Festival, hosted at Northern Espanola campus

Oct. 6-10 -- Mid-Term Exams

Oct. 13-14 -- Fall Break (No classes)

Oct. 12-17 -- Elderhostel group staying one week on campus

Oct. 16-17 -- USDA Latina Conference here in El Rito, with students staying overnight

We would like to wish our El Rito students the best of luck on the Endowment scholarships. Last year we had numerous winners. We hope for more winners this year.

Our new student senators representing the El Rito campus are **Felix Romero, Jerome Naranjo, Rebecca Rivera** and **Jaclyn Trujillo**. We wish them well as they seek to have some fun activities for our campus this semester.

Our **computer lab** is now open from 6-9 PM Monday thru Friday. The new computer lab supervisor is **Monique Otero**.

Grant Gym will be opening in late October, and we will keep everyone posted on opening date. Everyone will be required to sign a waiver liability form.

For more information please feel free to call our friendly staff here at the El Rito campus @ 581-4100.

Donald E. Martinez
Student Activities Coordinator
El Rito Campus

EL RITO WATER PLANNING COMMITTEE

At the September 17th meeting, the El Rito Regional Water System Committee, held an election to vote for or against the final approval of the formation of the Regional Water System. The result of this vote was approval of the formation of a Regional Water System. Voting were members of the three local El Rito domestic water associations. The associations will not dissolve until funding is approved for the regional water system. The committee will continue to go on holding public working meetings toward the creation of a regional water system until a new board is nominated and voted into existence, under the new Regional Water System name. That board will consist of two members from each of the three local domestic associates and NNMCC and one member at large.

Also, this general meeting addressed the short and long-range water needs of the community of El Rito. There was a brief 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 as well as extending and upgrading the distribution lines to allow new members of the community to join the consolidated system and a fire system storage tank. The fire chief, Jack Edwards, and others, discussed the meaning of the addition of fire hydrants into El Rito. The fire suppression capabilities would lower all Homeowner Insurance rates by approximately 20%.

Source of funding was discussed, with the goal of this project to be 100% grant funded. This will mean there will be no expense from the community necessary to install the new system. The good news was that complete funding is very close to being in place. At this time 1.6 million funding →

→ has been allocated by various sources, with 1.8 million needed for the basic 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, but not finalized.

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, review the budget requirements and cost of the metered system.

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 Studio Tour is October 18th and 19th. There will be emerging young artists displaying and selling their art at the El Rito Library. We will also be selling our great tasting green chili stew cooked by many community members and Friends of the Library. Nicholas Herrera's book will also be for sale at the Studio Tour. So mark your calendar and we hope to see you at the Studio Tour!

Spanish Class - We will be starting our Spanish classes on Tuesday, October 7, 2003 starting at 6:30 p.m. until 8:00 p.m. at the Library. If you have not registered, it is not too late to call the Library or stop by and sign up.

The Traveling Lantern Theatrical Company will be coming to the Library in

November. They will be performing **Robin Hood**. More details will be forthcoming in the next *El Aviso* and flyers will be put out all over El Rito and the surrounding communities. So be sure to keep your eyes and ears open and don't miss the performance. This is being brought to you by the PNM Foundation.

Special thanks to **Mary Shoemaker** for her endless hours of preparation and her volunteerism in making the *Summer Reading Program* a success. The children that did attend learned many, many new things and they created and colored a beautiful dragon that can be seen at the Library. Special thanks also to **Robin Manzanares** for her volunteerism in the *Summer Program* and helping local children with arts and crafts. The children created awesome cards, vases, etc. Thank you both for caring to keep our children busy this summer.

We continue to sell **Nicholas Herrera's** book titled *Visiones de Mi Corazon - Visions of my Heart*. If you would like a copy, please come by and buy your book. Nicholas will be happy to sign your copy. For every book sold, proceeds are given to the El Rito Library. Christmas is just around the corner and this would make a great gift, plus you will be helping out the Library.

The El Rito Library is a non-profit organization and we keep the doors open by your donations. Don't forget, your donation is tax deductible. Please mail your donation to: El Rito Library, P.O. Box 5, El Rito, NM 87530 or drop it off at the Library.

Friends of the Library always need new members. If you are interested in becoming a Friend of the Library, please contact Joan Tollefson at 581-9103. Invest your free time and help out your community.

ABIQUIU PUBLIC LIBRARY

Foundation Grants Information. The Abiquiu Public Library is pleased to announce that there are forty-seven (47) grant books on loan to us from the NM State Library regarding Foundation Grants from all over the world. There are too many topics to mention. If you are thinking of writing a grant for the first time, Isabel is willing to assist you in meeting the requirements or discussing possibilities. These books will only be here *until October 20th*! Stop by and take a look!

We have begun yet another **Basic Computer Class** in our library on Thursday evenings from 6:00 to 8:00 pm through Northern NM Community College Outreach Program. **Victory Noll** sponsors tuition on a sliding scale, but even if you do not qualify, please consider full tuition of \$45. Everyone is welcomed to participate. Many local women have surpassed their initial fears and have gained confidence. We also have CD's available which can assist you in training for Windows while you are in the Library. With these CD's, you listen and work samples out on screen. Mrs. Alice Garcia purchased them in support to the instructor and placed them for everyone's use.

We are also very fortunate to have **Ruth Dominguez Martinez** volunteering to tutor in **Algebra, Chemistry, English** or other topics on Wednesdays from 4:30 to 6:00 PM or by appointment on Sundays from 9:00 to 10:00 AM. If you want an appointment, be sure to call the Library by Thursday before 4:00 PM. Take time to make good use of this free service.

The **Studio Tour** is coming up soon and we will participate with our yearly book sale by donation. We will also provide posole, beans, chili and sopapillas for sale in the Parish Hall.

Many people liked the idea of **Memorial Stepping Stones** that were made during Santa Rosa Fiesta, which will be placed in a reading patio that we are working on. So we will offer them again during the Studio Tour. The cost is \$10.00 for a regular size and \$15.00 for entire family blocks. **Keep NM Beautiful has granted funding for our Reading Patio, where they will be placed beautifully.** We also hope to develop a small community garden around this area showing representation of all our supporters.

We plan to be buying books real soon and are welcome your suggestions. A list will be reviewed by the Board for approvals. There is a file that can be requested from the circulation desk for review of what is available.

Teenagers are encouraged to join our **Junior Council with Mimi Hurd** where lots of fun activities will be happening. Scholarships will be researched together and you will also help to guide the Library for your age group wishes on items to have available and how programs work for you.

A **NM History class** is being scheduled to form at our Library with **Lorenzo Gonzales** instructing. If you are interested, call and have your name be placed on a list so that we can begin as soon as possible. The tuition is \$45 and the class should last about 7 weeks.

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 Holidays