

# EL AVISO

March 2004

## Diabetes and YOU

### Types of Diabetes

**What are the differences in diabetic diseases?  
Should I be concerned about this disease?  
What should I be looking for?**

The three main kinds of diabetes are type 1, type 2, and gestational diabetes.

#### Type 1

Type 1 diabetes, formerly called juvenile diabetes or insulin-dependent diabetes, is usually first diagnosed in children, teenagers, young adults. In this form of diabetes, the beta cells of the pancreas no longer make insulin because the body's immune system has attacked and destroyed them. Treatment for type 1 diabetes includes taking insulin shots or using an insulin pump, making wise food choices, exercising regularly, taking aspirin daily (for some), and controlling blood pressure and cholesterol.

#### Type 2

Type 2 diabetes, formerly called adult-onset or non-insulin-dependent diabetes, *is the most common form of diabetes*. People can develop type 2 diabetes at any age, even during childhood. This form of diabetes usually begins with insulin resistance, a condition in which fat, muscle, and liver cells do not use insulin properly. At first, the pancreas keeps up with the added demand by producing more insulin.

In time, however, it loses the ability to secrete enough insulin in response to meals. Being overweight and inactive increases the chances of developing type 2 diabetes. Treatment includes taking diabetes medicines, making wise food choices, exercising regularly, taking aspirin daily, and controlling blood pressure and cholesterol.

#### Gestational Diabetes

Some women develop gestational diabetes during the late stages of pregnancy. Although this form of diabetes usually goes away after the baby is born, a woman who has had it is more likely to develop type 2 diabetes later in life. Gestational diabetes is caused by the hormones of pregnancy or a shortage of insulin.

#### Should I be tested for diabetes?

Anyone 45 years old or older should consider getting tested for diabetes. If you are 45 or older and overweight it is strongly recommended that you get tested. If you are younger than 45, overweight, and have one or more of the risk factors, you should consider testing. Ask your provider for a fasting blood glucose test or an oral glucose tolerance test. Your provider will tell you if you have normal blood glucose, pre-diabetes, or diabetes.

#### Can Diabetes Be Prevented?

Pre-diabetes is a new term being used by providers, which means you are at risk for getting type 2 diabetes and heart disease. ⇒

**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

⇒ The good news is if you have pre-diabetes you can reduce the risk of getting diabetes and even return to normal blood glucose levels. With modest weight loss and moderate physical activity, you can delay or prevent type 2 diabetes. If your blood glucose is higher than normal but lower than the diabetes range (what we now call pre-diabetes), have your blood glucose checked in 1 to 2 years.

**Besides age and overweight, what other factors increase my risk for type 2 diabetes?**

To find out your risk for type 2 diabetes, check each item that applies to you.

- I have a parent, brother, or sister with diabetes.
- My family background is Hispanic American/Latino, American Indian, African American, Asian American, or Pacific Islander.
- I have had gestational diabetes, or I gave birth to at least one baby weighing more than 9 pounds.
- My blood pressure is 140/90 or higher, or I have been told that I have high blood pressure.
- My cholesterol levels are not normal. My HDL cholesterol ("good" cholesterol) is 35 or lower, or my triglyceride level is 250 or higher.
- I am fairly inactive. I exercise fewer than three times a week.

**What can I do about my risks?**

You can do a lot to lower your chances of getting diabetes. Exercising regularly, reducing fat and calorie intake, and losing weight can all help you reduce your risk of developing type 2 diabetes. Lowering blood pressure and cholesterol levels also help you stay healthy.

**If you are overweight**

**Then take these steps:**

Reach and maintain a reasonable body weight. Make wise food choices most of the time.

Be physically active every day.

**If you checked**

- I am fairly inactive.

**Then take this step:**

Be physically active every day.

**If you checked**

- My blood pressure is 140/90 or higher.

**Then take these steps:**

Reach and maintain a reasonable body weight.

Make wise food choices most of the time.

Reduce your intake of salt and alcohol.

Be physically active every day.

Talk to your provider about whether you need medicine to control your blood pressure.

**If you checked**

- My cholesterol levels are not normal.

**Then take these steps:**

Make wise food choices most of the time.

Be physically active every day.

Talk to your provider about whether you need medicine to control your cholesterol levels.

**Doing My Part: Getting Started**

Making big changes in your life is hard, especially if you are faced with more than one change. You can make it easier by taking these steps:

- Make a plan to change behavior.
- Decide exactly what you will do and when you will do it.
- Plan what you need to get ready.
- Think about what might prevent you from reaching your goals.
- Find family and friends who will support and encourage you.
- Decide how you will reward yourself when you do what you have planned.
- Your provider, a dietitian, or a counselor can help you make a plan.

**Reach and Maintain a Reasonable Body Weight.**

Your weight affects your health in many ways. Being overweight can keep your body from making and using insulin properly. It can also cause high blood pressure. The Diabetic Prevention Program (DPP) showed that ⇒

⇒ losing even a few pounds can help reduce your risk of developing type 2 diabetes because it helps your body use insulin more effectively. In the DPP, people who lost between 5 and 7 percent of their body weight significantly reduced their risk of type 2 diabetes. For example, if you weigh 200 pounds, losing only 10 pounds could make a difference.

If you are overweight or obese, choose sensible ways to get in shape:

- **Avoid crash diets.** Instead, eat less of the foods you usually have. Limit the amount of fat you eat.
- **Increase your physical activity.** Aim for at least 30 minutes of exercise most days of the week.
- **Set a reasonable weight-loss goal,** such as losing 1 pound a week. Aim for a long-term goal of losing 5 to 7 percent of your total body weight.
- **Make Wise Food Choices Most of the Time** What you eat has a big impact on your health. By making wise food choices, (low sugar, low fat) you can help control your body weight, blood pressure, and cholesterol.
- **Take a hard look at the serving sizes** of the foods you eat. Reduce serving sizes of main courses (such as meat), desserts, and foods high in fat. Increase the amount of fruits and vegetables.
- **Limit your fat intake** to about 25 percent of your total calories. For example, if your food choices add up to about 2,000 calories a day, try to eat no more than 56 grams of fat. Your provider or a dietitian can help you figure out how much fat to have. You can check food labels for fat content too.
- **You may also wish to reduce the number of calories you have each day.** People in the DPP lifestyle modification group lowered their daily calorie total by an average of about 450 calories. Your provider or dietitian can help you with a meal plan that emphasizes weight loss.
- **Keep a food and exercise log.** Write down what you eat, how much you exercise-- anything that helps keep you on track.

- *When you meet your goal, reward yourself* with a nonfood item or activity, like watching a movie.

- **Be Physically Active Every Day.** Regular exercise tackles several risk factors at once. It helps you lose weight, keeps your cholesterol and blood pressure under control, and helps your body use insulin. People in the DPP who were physically active for 30 minutes a day, 5 days a week reduced their risk of type 2 diabetes. Many chose brisk walking for exercise.

- If you are not very active, you should start slowly, talking with your provider first about what kinds of exercise would be safe for you. Make a plan to increase your activity level toward the goal of being active for at least 30 minutes a day most days of the week.

- *Choose activities you enjoy or do already.* Park further away from a store and walk to it.

- **Take Your Prescribed Medications** Some people need medication to help control their blood pressure or cholesterol levels. If you do, take your medicines as directed. Ask your provider whether there are any medicines you can take to prevent type 2 diabetes.

### Hope Through Research

We now know that many people can prevent type 2 diabetes through weight loss, regular exercise, and lowering their intake of fat and calories. Researchers are intensively studying the genetic and environmental factors that underlie the susceptibility to obesity, pre-diabetes, and diabetes. As they learn more about the molecular events that lead to diabetes, they will develop ways to prevent and cure the different stages of this disease. People with diabetes and those at risk for it now have easier access to clinical trials that test promising new approaches to treatment and prevention. For information about current studies, see <http://ClinicalTrials.gov>.

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National Diabetes Information Clearinghouse  
1 Information Way  
Bethesda, MD 20892-3560  
Email: [ndic@info.niddk.nih.gov](mailto:ndic@info.niddk.nih.gov)

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## *Announcements & News Briefs*

**Farewell to Roxanne Collins, DDS**, who will be leaving Las Clinicas at the end of March. So many people will miss her after her many years with the clinic. Roxanne is planning to practice nearer to her home in Santa Fe.

**Welcome to Erika Benson, CNP**, who will be doing temporary work for Las Clinicas in all three clinics. Erika worked in Chiapas, Mexico, last year and speaks Spanish.

Also newly hired is **Elaine Valdez, Promotora**, for the Abiquiu and El Rito clinics. Elaine lives in Gallina, enjoys outdoor activities and working with people of all ages.

Medical Assistants **Yolanda Martinez**, of El Rito and **Eliza Rael-Leyba** were hired as of March 1st

**Erma Crim** from Abiquiu is the newest member on the Board of Directors for Las Clinicas del Norte. Welcome to all.

### **NOTICE**

**Las Clinicas will no longer be a Volunteer Income Tax Assistance Site (VITA).** Mary Chavez *will not* be doing the preparation of federal or state taxes for the 2003 Tax Year.

**Free State Tax preparation only**  
The HELP Staff will be coming to prepare State Taxes in Ojo Caliente, on April 1, 2004, from 10:30 a.m. to 12:00.

Clients need to bring picture ID, 1099's, property tax bills, if over 65, rent amount, not subsidized by the government, if over 65, any interest income from the bank.

### ⊗ **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, 7m – 8pm, 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

**NA (Narcotics Anonymous)** - Sunday at 7:30-8:30 pm at the El Rito Library on Route 215 in El Rito.

#### **Abiquiu**

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

**Abiquiu Fire Dept. Mtg.** – every 2<sup>nd</sup> 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 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

### **March 2004**

**3 -** Los Alamos High School will be touring our beautiful campus

**8-12 -** Mid-Term

**15-19 -** Spring Break

**22-26 -** Elder hostel group on campus

**26-28 -** Loom Construction Class ( 2-Harness) will be offered by Quentin Wilson and Karen Martinez.

**Computer Lab** is open Tuesday - Friday, 5 - 9 pm, Ron Bain, supervisor.

**Grant Gym** is open Monday - Thursday, 7am – 7pm, Felix Romero, supervisor.

**NMCC Cafeteria** – Open to the public.

Breakfast - 7:30 -10:30 am

Lunch - 11:30 am – 1:30 pm

Dinner - 5:00 – 6:00 pm (On Friday evenings hours vary and may closing earlier).

#### *Note:*

Every Wednesday night 6-9PM we will have a jam night with Gil Sena at Cutting Hall. Bring a instrument or just come and sing your favorite songs. This has been real fun we just need more attendance. We would like to form a small band and play for some spring school functions. For more information please feel free to contact Gil Sena at 581-4135. ➔

⇒ Looking for something fun to do this spring enroll in Quentin Wilson's adobe classes. He will be offering a interior finish class on March 22 thru April 29th for 4 credit hours. Then in May he will offer a arches/domes/vault class beginning May 3rd thru May 14th for 2 credit hours. Come by and visit or see the projects currently going on at the old clinic site. Or stop and see the beautiful dome built by his program at Felipe Martinez ranch here in El Rito.

During March and April we will have many young adults tour or campus seeking a career in the vocational programs offered here. These students are from our local high schools and even from the southern Colorado area.

For more information on classes or events contact Donald Martinez @ 581-4120 or for general information contact Cecilia Romero @581-4117or 581-4100.

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## Rio Arriba County Fairgrounds

The official opening of the new Rio Arriba County Rural Events Center took place on January 30<sup>th</sup>, 2004. This means that in 2004 the Rio Arriba County Fair can now be in the County, rather than traveling down to Santa Fe County site.

The new Rural Events Center is located on Hwy. #554 near the junction with Hwy. #84, the closest villages being Abiquiu and El Rito. The 25-acres should be large enough for all County fair activities and other events as well. Yet to be constructed will be a multi-purpose building, and a Show Barn.

The process of developing this facility has taken time. For 10 years, Ex-County Commissioner Alfredo Montoya worked on this vision of attaining a countywide rural events center and, along with County Manager Lorenzo Valdez, traveled to Washington, DC and the NM State capital looking for funds. The process developed slowly and this new building is just the start. A Show Barn is the next task and more money is needed to go ahead.

Included in this new Rural Events Center are many programs to benefit young people, such as the Future Farmers of America (FFA), 4-H Organization, and Extension Service

Programs from New Mexico State University. NMSU Extension Service Programs has been in partnership with Rio Arriba County for many years, sponsoring educational aspects that center on the land and families and with a goal of strengthen many families of Rio Arriba County. Mrs. Roberta Rios and Mr. Tony Valdez, both county extension agents for the county, have contributed many long hours in overseeing the wonderful programs extension can bring to northern Rio Arriba County.

In addition, in this endeavor Northern New Mexico Community College-El Rito has collaborated in providing classroom space for NMSU programs at El Rito campus, which is only 10 miles away from the new fairgrounds where many of the events connected with the education will be taking place. The first event this spring will be the 8<sup>th</sup> annual NNMBT bull sale on April 3 in the rodeo grounds with lunch being provided by one of the local 4-H clubs. For more information on events feel free to contact Tony Valdez at 685-4523.

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## El Rito Regional Water System Meetings

**NEXT MEETING:**

**March 17 – 6:00 pm**  
**NNMCC Board Room**

**PUBLIC IS INVITED**

The El Rito Regional Water System has been on a fast track ever since the four cooperating water systems in El Rito moved into becoming a one-system operation in order to better serve the whole community. The Plaza water system and the Placitas water system employed Gannett Fleming Incorporated, an engineering firm, to develop a Master plan and a preliminary engineering report that, to date, is being taken from draft form to final copy.

Within the first several weeks of March 2004 the El Rito Regional Water System Planning Committee will review the final draft of the preliminary engineering report (PER) and began to adopt the final version. The PER is the basic concept and general layout of the El Rito Regional Water System's water transmission ⇒

⇒ lines size and location, tank size and placement, fire hydrant locations, wells and appurtenances. The PER begins to identify the costs associated with the new system. The committee is presently involved with planning a transmission water line from the Plaza well (main street) to the Placitas water line to insure the populace in Las Placitas will not have to experience another low water period; this will also include the building of a new Plaza well house and refurbishing the existing Plaza well.

## EL RITO LIBRARY

Ph. 581-4608

Tuesday - Wednesday - Thursday, 11am – 6pm,  
and Saturday, 11am – 3pm.

Your Local Resource for • Books • Computers  
• Videos • Books on Tape • Literacy for all ages

### Summer Arts Program

We have received a grant from The New Mexico Children's Foundation for our Summer Arts Program for Children. We will be having several local artists teach our children this summer how to draw, how to make retablos, and much, much more. We will keep you posted as soon as we finalize the curriculum for this program. Parents, please let your children participate this summer in the program. It will be educational and fun for all who attend and they won't be so bored this summer.

### New Arrivals!

If you haven't been to the library lately, we have ordered and received several new books, videos and book on tapes. We order every month, so if you don't see a book, video or book on tape that you would like the library to have, just bring in your suggestions that might also include children's books or videos and we will be happy to order them. We would love to encourage our kids to come into the library and see what they might be interested in checking out.

### Job Announcement

We are **still looking** for a person to coordinate the Adult Literacy Program. Primary responsibilities are to schedule adult students for sessions, and arrange times and locations for tutors and interested students to meet. At present, the program concentrates on proficiency in English, but it includes literacy in Spanish and Basic Computer Training.

The responsibilities may also include writing interim and final reports, record-keeping and helping with next year's grant request. The Adult Literacy Program is 100% funded by the **New Mexico Coalition for Literacy**. The position is funded through June 30, 2004, with a possibility of funding through fiscal year 2005.

Essential requirements for applicants: the person must be a Spanish speaker, with a proficiency in English, and be familiar with the community served by the library. This is a part-time position, 7 to 10 hours per week. Salary will be \$8 to \$10 per hour, depending upon skills and experience. Please send a letter with a resume or bio or call the library expressing your interest by March 26, 2004.

A great big THANKS to **Bill Page** who is spearheading and coordinating all the work for the renovations to our library. For those of you who don't know, the El Rito Library received a check last year for \$40,000 to fix the leaking roof and the adobe wall that has fallen. We will be expanding our library space once all the renovations are done. Many board members have also contributed their time to help with the renovation. If you would like to volunteer and help the library, please let us know. We are always in need of volunteers.

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 or publicizing your library, join the "Friends of the Library". Contact Joan Tollefson at 581-9103 for more information.

## ABIQUIU PUBLIC LIBRARY

Now available: the book titled, "A history of Estaca, New Mexico: Plaza at an Ancient Crossroads" by Margaret Rose Coyne. This was donated to us from a group called "Vecinos Del Rio." This book is a historical account of Estaca, a small community near Alcalde, NM. It outlines the history of the conflicts between the Spanish and the San Juan Pueblo, along with the changes of the territory.

This book was completed and published with the help of a grant from the McCune Charitable Trust, Don J. Usner and the group Vecinos Del Rio in memory of Mrs. Coyne, after her untimely death. Mrs. Coyne died before her book could be completed. The story behind this book and its author was featured in the Rio Grande SUN in the November 27, 2003's issue.

We have received a grant from the Gates Foundation to replace two of our older computers with new ones. This grant is called a matching grant, which means that we will have to pay for one-half of the replacement costs. We are very excited, because, all the computers in our library have turned out to be a great asset to our community, especially to the youth.

**Congratulations** to Ermelinda Garcia, Peggy Grant, Antonio Garcia, Nappy Garcia and Dexter Trujillo for completing a computer class; you all did great. Thank you to Marie War for doing such a great job in teaching this class. These classes are a continuing education course partly sponsored by NNMCC and the Victory Noll. If you are interested in getting basic computer training please contact us for more information.

We are launching a series of exhibits curated by the children in the Abiquiu community! Students; Jasmine Garcia, Melissa Serrano, Paul Tafoya, David Martinez and Pookie Cardenas have created a colorful display of money from around the world. Special Thanks to Tamara Kay Nordby and Rabia Van Hattum for assisting the children. Come in and see all their hard work.

**Exhibit Cabinet:** If you have educational items that you would like to show in our display cabinets. We have two beautiful cabinets available

to the community; you can contact us to set up a time frame. Call & let us know.

The tutoring program is half over already, according to Title 1 teacher, Lynn Jones all of the children in our program are showing improvements, especially in reading! We are grateful for all those who have volunteered hours with such love & care by Sharon Bruchard, Willie Picaro, Hafidha & Sophie Swingle, Tamara Kay, Susan Martin, Betsy Conover and Amy Cadge. We are especially happy to welcome high school honor student Keith Jarrett, as a tutor and mentor for the younger students. Keith is a sophomore at McCurdy School in Espanola. If you are interested in helping out with our program, please call Rabia at 685-4500 or Loretta at 685-4884 for more information.

**Great News!!!** We have already been granted a donation from the New Mexico Children's' Foundation to help fund the After School Tutoring Program for the 2004-2005 school year. With this donation we will be able to continue helping children of our community.

We have just placed an order of new large print books, and will be receiving them soon. Some of the titles ordered are:

*Country Bride*

by Debbie Macomber

*The Da Vinci Code*

By Dan Brown

*Brother of the Cheyennes*

By Max Brand

*Fire Ice*

By Clive Cussler

If you are part of the Spanish Market, you are eligible to share your talents with our Library's children this summer and get a stipend and reimbursement for supplies from New Mexico Arts. Call Pat Price at the New Mexico Arts for the information and let us know when to schedule sign-ups.

### 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