

■ *EL AVISO* ■

September 2004

Las Clinicas del Norte **Receives Federal Grant**

Las Clinicas del Norte has received a \$388,670 grant issued through the Department of Health and Human Services, Bureau of Primary Health Care for expanding medical capacity at its existing sites.

The award will bolster health care services to the underserved and uninsured; residents served by Las Clinicas will now receive a wider array of medical service because of this funding.

Las Clinicas has offered medical support for people who cannot afford medical care, dental care, counseling and prenatal and postnatal care since 1973.

With facilities in three communities in Rio Arriba and Taos Counties, El Rito, Abiquiu and Ojo Caliente, each clinic offers a range of primary medical and mental health services, with dental located in El Rito. Services include medical outreach and preventive, and urgent care.

Medical services include both well-child and adult assessment. New patients are given a complete health screening, including a health history and diagnostic testing. This serves as the basis for a mutually developed individualized treatment plan.

Las Clinicas provides pre and post natal care, well baby checks, diabetes management program, child and, male and female annual exams, adult vaccinations and inoculations, comprehensive cancer screening, HIV/AIDS testing, physical exams and sports physicals, ophthalmology and pedodontics.

The medical team consists of a medical director, one physician, three mid-level family nurse practitioners, a registered nurse, one health educator, one licensed practical nurse and five medical assistants. Three lay health workers assist with diabetes specific support services.

The grant will allow Las Clinicas del Norte to increase the number of hours that medical services are provided at each of the three clinic sites. Beginning the 30th of August the clinic in Abiquiu will now be open every Monday and the clinic in El Rito will offer medical services beginning at 8:00 AM every morning except Wednesdays.

Additional clinical staff will be added within the next few months to augment the services being offered at El Rito and Ojo Caliente and Abiquiu, New Mexico. One additional Promotora for the clinic in El Rito will be added and the Promotora program will expand from just providing Diabetes care to include cardiovascular and hypertension care.

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

Your Brain on Meth: A 'Forest Fire' of Damage

By SANDRA BLAKESLEE

People who do not want to wait for old age to shrink their brains and bring on memory loss now have a quicker alternative - abuse methamphetamine for a decade or so and watch the brain cells vanish into the night.

The first high-resolution M.R.I. study of methamphetamine addicts shows "a forest fire of brain damage," said Dr. Paul Thompson, an expert on brain mapping at the University of California, Los Angeles. "We expected some brain changes but didn't expect so much tissue to be destroyed."

The image, published in the June 30 issue of The Journal of Neuroscience, shows the brain's surface and deeper limbic system. Red areas show the greatest tissue loss.

The limbic region, involved in drug craving, reward, mood and emotion, lost 11 percent of its tissue. "The cells are dead and gone," Dr. Thompson said. Addicts were depressed, anxious and unable to concentrate.

The brain's center for making new memories, the hippocampus, lost 8 percent of its tissue, comparable to the brain deficits in early Alzheimer's. The methamphetamine addicts fared significantly worse on memory tests than healthy people the same age.

The study examined 22 people in their 30's that had used methamphetamine for 10 years, mostly by smoking it, and 21 controls matched for age. On average, the addicts used an average of four grams a week and said they had been high on 19 of the 30 days before the study began.

Methamphetamine is an addictive stimulant made in clandestine laboratories nationwide. When taken by mouth, snorted, injected or smoked, it produces intense pleasure by releasing the brain's

reward chemical, dopamine. With chronic use, the brains that over stimulate dopamine and another brain chemical, serotonin, are permanently compromised.

The study held one other surprise, Dr. Thompson said: white matter, composed of nerve fibers that connect different areas, was severely inflamed, making the addicts' brains 10 percent larger than normal. "This was shocking," he said. But there was one piece of good news: the white matter was not dead. With abstinence, it might recover.

For more information, contact Patricia Bresia, Valle Rose or Michael Hill in El Rito at 581-0146 or talk to your provider.



SPEED ALERT

Something has happened in El Rito in the past couple of years that is of great concern to all of us. It is particularly noticeable to those of us who live along Main Street. I am talking about speeding vehicles, vehicles which not only exceed the 25 mph limit, but who are traveling through this neighborhood at speeds upward of 60 and 70 mph. The noise of a vehicle traveling at 25 mph is hardly noticeable but when drivers reach 30 or 40 mph, the noise increases to levels of great discomfort for those of us who are trying to carry on a normal conversation over breakfast or watch the evening news. Higher speeds are deafening. The noise can be so loud that sometimes activities have to be suspended until the offending vehicle is half a mile gone. Many residents have witnessed high speed vehicles passing over the double yellow line and weaving in and out of traffic.

The result of this disregard for the legal limit for driving has been a number of accidents

► ► in town and a number of accidents and deaths on the highway near town.

- Please be neighborly and drive 25 mph all the way from Martin's pond to the college.
- Please follow the rules of the road and do not pass across yellow lines.

Thank you.....

Announcements & News Briefs

Welcome to Vallee Rose, a Wellness

Consultant working on the SBIRT program through a Federal grant, who will be working in all three clinics. Vallee has an M.A. in Psychology from the College of Developmental Studies in Los Angeles, where she lived for 15 years working as an elementary school teacher and a counselor, mainly with Spanish speaking individuals.

Moving to Taos in 1994, she worked for Taos/Colfax Community Services as a prevention specialist/counselor and clinical supervisor. Vallee and her husband Ted now live in El Rito and Vallee has a daughter in Santa Fe County and three step-children living around the state.

Notice: clinic hours changes

Abiquiu will be open Monday 8am – 6pm.

El Rito will be open 8 am everyday.

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 2nd Wed, 6:30 pm at Library

AA Meetings El Rito – Tues, & Thurs, 7:30pm – 8:30pm, at Catholic Parish Hall, open discussion. Contact Ed S. 581-4559

New-AA mtg. – Sun, 5pm, El Rito Library

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 Department.

Al-Anon Meetings Abiquiu – Monday, 5:30-6:30 pm, Abiquiu clinic, 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

World Peace Meditation – Sept. 12 at River Spirit Yoga Center in Abiquiu, monthly meditations to follow. For time and location, call 685-4549

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 Northern News

September

1 - New Student Orientation 10:30 AM Board Room

3 - Deadline to drop or withdraw or obtain a refund

10 - Last day to withdraw without a grade or obtain a refund 12-18 Spanish Immersion Classes

We would like to welcome all our students and wish them the best of luck. We would also like to welcome visitors this fall into our beautiful campus and please visit the departments and view all the new projects students are working on.

On behalf of all staff and faculty, we also like give our support to our beautiful

El Rito Parish Fiesta, September 11 - 12 Parade – Sunday at 2 pm

For more information on classes, please feel free to call the El Rito campus at 581-4100.

For more information on some exciting continuing education classes call 581-4151.

New Success Group Forming

A Success team is now forming, using the methods of Barbara Sher, therapist and career counselor. Sher has written a number of books that present ideas about how to create and live a life that you love. She believes that isolation is a dream killer, and that everyone should get together and help one another to create good lives. Success teams have produced remarkable results. There are two websites which elaborate on her work: www.barbarasher.com and www.shersuccess-teams.com.

The Success team will meet in the El Rito Library Conference Room beginning September 18 at 7 pm. The meetings are Free. Both men and women are welcome. For more information call 581-0190.

EL RITO LIBRARY

Ph. 581-4608

Our hours are:

**Tuesday-Wednesday-Thursday 11:00 am to 6:00pm
and Saturday 11:00 am to 3:00 pm**

THANK YOU

The El Rito Library would like to give a BIG thank you to **Charles Knight**. Charles has been coming to the Library on a continual basis and donating his own money and time in fixing up things around the Library. Recently, he renovated and replaced steps to the main entrance of the Library. With the help of Danny and Jessie Atkinson, they have repainted all the wood to all three entries. Charles, the Library appreciates all that you do, THANK YOU.

Library Collections Committee

The library has established a Collections Committee to advise the Librarian on updating the library collections. Since the library is currently filled to capacity, the first task of that committee will be to remove little-used and out-of-date books and other materials from the shelves, so that new materials can be added.

We are hoping that, in the near future, we can greatly expand the library shelf space through renovation of additional rooms. Even when this happens, we have a backlog of many hundreds of donated books stored in boxes that will need to be gone through before we will know how much space will be available for new additions. For that reason, the library is putting a moratorium on further bulk donations, until we have caught up with the materials we currently have on hand.

Individual donations of recently published fiction and non-fictions of general interest will still be accepted, subject to approval of the Librarian. See Charles Bayly if you have such books to share.

Anyone wishing to help us decide which materials to keep or to add is welcome to join the Collections Committee. Please contact the Chairman, John Caster, at 581-4646.

18th Annual El Rito Studio Tour

The El Rito Library will again be participating in the Annual Studio Tour. Our theme this year is "Death by Chocolate" and will be held at the community room. We will also be showing off (and perhaps selling) the children's arts and crafts that they made during the Summers Arts Program. There will be retablos, hand-made books, etc. More information will be forthcoming in the next issue.

New Arrivals

Books: Roots Jam 1 & 2 Rhythms for hand drum and percussion; New Mexico Gardener's Guide/Judith Phillips; Plants for Natural Gardens/Judith Phillips; The Vanished Man/Jeffrey Deaver; The Silent Pilgrim/John le Carte; and Honor's Kingdom/Owen Party.

Videos: Forget Paris; Heavenly Creatures; Joe Somebody; Mission Impossible; Top Hat; Jezebel; The Dresser; and South Pacific.

Need Tutors

The Library is looking for volunteers who would like to tutor children in Math or Reading. If you are interested, please call Charles Bayly at the Library at 581-4608.

Donations and 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 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.

ABIQUIU PUBLIC LIBRARY

Ph: 685-4884

The Abiquiu library extends a big appreciation for people like Art Montano and Anna Patricia Keller who offered to spend an afternoon with community children prior to their returning back to school with the positive experience of tin stamping and painting stories. The turnout was good. The tin mirrors and paintings will be displayed in our exhibit cabinets during the annual Santa Rosa De Lima fiesta when the owners will take them home. Also, children were invited for an after-school project to learn about Santa Rosa De Lima and know that the first Spanish settlers chose her as their patron saint by building a chapel here. They painted various photos of her and learned her story. Those who chose to were able to sell their retablo in order to have a little spending money for all the events during the fiesta!

Thanks also to the NM Arts Foundation for providing great learning entertainment to the public like Christina from Taos in her special visit to Abiquiu performing "Los Flamencos" for everyone during the community's fiesta on August 28th.

It was very rewarding to participate in the Ghost Ranch Family Fun Day intended to encourage families to spend time together hosted by a new network of community service advocates making our combined resources known.

More gratitude still to those of you who responded so quickly to our air conditioning needs. Although, it seems too late, it really isn't; for it will be in place before summer next year and will make a world of difference during our Summer Reading Programs! Give serious thought to helping initiate volunteers to come into the library to "be read to" next summer as a means of keeping in practice with what becomes learned in the school year rewarded with a variety of prizes for children's readings!

We are currently in the planning stages for the after-school tutoring program. Our hope is to

expand our aid to junior high Pre-algebra, English and journal writing. We plan to be working in collaboration with the Parent/Teacher Organization of the elementary school in order to reach more students and will also be needing tutors. If you have any special interests, let us know.

Computer classes will again be offered in Surfing the Internet, Beginning Word and Excel. Register at the Library soon!

A new service of convenient voter registration forms will be made available immediately to the public in our library. Although, we cannot comment on preferences, we are permitted to explain to our service area patrons information on how important Bond issues (like the upcoming 2004 Bond C) can affect funding to public libraries such as ours. All you have to do is fill out the form at no cost and we will make sure that it gets turned in to the Rio Arriba County Clerks office. These days, even more so every day, everybody's vote counts!

The NM Coalition for Literacy has awarded the Abiquiu Library grant support to establish an adult literacy program. Therefore, please call us if you are interested in teaching English as a Second Language and/or becoming a part of "Lets Read" in order to better your reading or to volunteer to help those in need. Also, if you'd like to participate in GED classes, call us. We all know these are important aspects of our livelihood and any assistance would be incredibly helpful to others. Volunteer tutor training can be scheduled as soon as we have a group ready. Be sure and let us know.

Thanks for all your support in our book sale by donation during the Santa Rosa De Lima fiesta. Also, to those of you who took the time to fill out our survey. We are in dire need of Friends for our Library.

Welcome new board members, **Ton Haak** and **Vicentita Rivera** and also, **Judy DeVargas** as our computer technician. New and better things will be happening because of fresh minds and ideas!

Las Clinicas del Norte

EL RITO CLINIC

PO Box 237, El Rito 87530
Phone: 581-4728

MEDICAL:

MON- TUES-THUR-FRI, 8 am- 6 pm
WED, 10 am – 6 pm

COUNSELING:

WED, 9 am - 5 pm
THUR, 9 am – 6 pm

DENTAL: Phone #581-0028

MON, 9 am – 7 pm
TUES-WED-THUR, 8 am – 6 pm

OJO CALIENTE CLINIC

PO Box 307, Ojo Caliente 87549
Phone: 583-2191

MEDICAL:

MON-WED-THUR-FRI, 8:30 am – 4:30 pm
TUES, 8:30 am - 6 pm

COUNSELING:

TUES, 9 am - 6 pm
THUR, School-Based, 8 am – 3 pm
Clinic, 3 pm – 5 pm

NO DENTAL SERVICES

ABIQUIU CLINIC

PO Box 757, Abiquiu 87510
Phone: 685-4479

MEDICAL:

MON< TUES-THUR-FRI, 8 am – 6 pm
WED, 9 am - 7 pm

COUNSELING:

TUES, 10 am – 6 pm
WED, 9 pm – 6 pm

NO DENTAL SERVICES

DONATIONS

Las Clinicas would like to thank the following 2004 contributors

\$100 – Georgeann Savage

\$500 and above – Donald and Colleen Reidenbaugh

In memory of Judy and Joan – B. & K. Atterbury

Las Clinicas del Norte, Inc.

D/B/A Las Clinicas del Norte

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El Rito, NM 87530

Bulk Rate Permit

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