

- EL AVISO -

December 2004

Prenatal Health

“Congratulations, you’re pregnant!” If these words have recently been said to you or your hoping to hear them soon, there are many things you need to know to ensure that you have a healthy pregnancy and a healthy baby. It is important to get good medical care before getting pregnant, during your pregnancy, and after you’ve had your baby. Your health care provider will keep you educated on healthy practices and guide you through your pregnancy and parenting so that this life changing process can be as enjoyable as possible.

Regular Check-ups:

It would be ideal for you to seek health care prior to becoming pregnant. Your health care provider can do a thorough exam and make recommendations so that you can be as healthy as possible before you get pregnant. It doesn’t always happen that way, so as soon as you find out you are pregnant, make an appointment to initiate prenatal care. During your pregnancy it is important to see your health care provider as they recommend as well as in between appointments if you have any concerns. Bleeding or spotting during pregnancy, severe abdominal pain, decreased or no fetal movement (during your second and third trimester), visual changes such as spotting or blurred vision, and frequent severe headaches are some important reasons to see your health care provider immediately.

Eating right:

Healthy eating during pregnancy is very important for your baby to grow and develop normally. Pregnant women should consume 200 to 300 more calories a day than before they were pregnant. Sometimes nausea and vomiting during the first trimester “morning sickness” can make this difficult, it is still important to eat a well balanced diet and take prenatal vitamins. Eat a variety of foods to get all the nutrients you need. Recommended daily servings: 6 to 11 breads and grains, 2 to 4 fruits, 4 to 6 vegetables, 4 servings of dairy products, and three servings of protein. Use sweets and fats sparingly. Drinking plenty of water is important to avoid becoming dehydrated. A pregnant woman needs at least 10 to 14 glasses of water a day. Avoiding caffeine will decrease the risk of birth defects. Taking a prenatal vitamin every day will also lower the risk of birth defects and give your body some of the vitamins and minerals it needs. Not all prenatal vitamins have the same ingredients or amounts, it is important to take the prenatal vitamin your health care provider has prescribed. Folic acid should also be taken prior to becoming pregnant (if possible) as well as during pregnancy. It plays an extremely important role in preventing severe birth defects.

Exercise:

Regular exercise during pregnancy will strengthen all your vital organs such as the heart and lungs and provide a better state of health for you and your baby overall. Regular exercise ►

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

► can also improve your posture and decrease some common discomforts such as backache and fatigue. It is important for you and your health care provider to decide exactly what type of exercise and how much is best and safe for you. Wear loose fitting, comfortable cloths and shoes that are not too tight. Consume enough calories to support your body's needs for exercise (approximately 300 more calories than before you were pregnant). Do not exercise to the point of exhaustion, if you cannot talk normally during exercise, you are probably over exerting yourself and should slow down. Stop exercising if you experience if you have severe abdominal pain, or persistent contractions, feel faint, dizzy, nauseous, light headed, cold and clammy. Stop exercising if you don't feel your baby move, have vaginal bleeding, or are leaking fluid from the vagina. Stop exercising if you notice your heart beating irregularly, are short of breath, or have difficulty walking.

Healthy Habits:

If you smoke, now is the time to stop. Smoking is a leading cause in heart disease and lung problems. When you smoke during pregnancy, your baby is not getting enough oxygen for healthy growth and development. There is an increased risk of having a low birth weight baby if you smoke which means that your baby is more at risk of developing illnesses like bronchitis and asthma. If you drink alcohol, it is also important to stop during your pregnancy. It increases the risk of Fetal Alcohol Syndrome in which infants are hyperactive, can have heart and/or liver defects, facial deformities, and be mentally retarded. This condition does not go away and will affect your baby throughout its life. Any street drugs such as marijuana and cocaine are also associated with multiple problems during pregnancy and growth and development of your child. From severe birth defects to death inside the womb. Please do not use drugs during your pregnancy, your baby is too important and precious.

Family planning can be discussed with any of the health care providers at Las Clinicas Del Norte.

Please make an appointment with one of the providers at any of the clinics if you are planning on getting pregnant or suspect you might be pregnant now. Healthy moms make healthy babies.

Update on Flu Vaccine

As reported last month, in October 2004 it was announced that half the nation's flu shots will not be delivered due to contaminated vaccine and the New Mexico Department of Health through the Secretary of Health issued a public health order restricting the use of available influenza vaccine to high risk groups.

Las Clinicas has now received a limited amount of the Flu Vaccine and of FluMist.

The flu vaccine is still restricted to high-risk patients. Those at high risk are:

- People 65 years and older.
- Residents of nursing homes and other chronic-care facilities (NM Dept. of Health is working on a plan to get this group covered)
- Anyone with heart disease, asthma, and other chronic disorders of the pulmonary or cardiovascular systems.
- Anyone who required regular medical follow-up or hospitalization during preceding year for diabetes, kidney diseases, blood disorders, other metabolic disorders, immunosuppression, including HIV/AIDS and other chronic diseases.
- Pregnant women.
- Household contacts and out-of-home caregivers of children under age of 6 months. (Children under 6 months can not be vaccinated.)
- Healthcare workers who provide direct care to patients.
- All children 6-23 months of age.
- Children aged 6 months to 18 years on chronic aspirin therapy.

A limited supply of **FluMist**, the intranasal flu vaccine, is available for healthy people ages 5 to 49 years **who are in contact of infants under 6 months of age or are health care workers** who provide direct patient care. (Not recommended for health care workers caring for people with severely weak immune systems).

Remember, you can protect yourself and others from the flu with some simple health practices.

Cover your nose and mouth with a tissue when you cough or sneeze – and dispose of the tissue afterward. If you don't have a tissue, cover your mouth and nose with your hands. Clean your hands after you cough or sneeze, even if you use a tissue. Use soap and water or an alcohol-based hand ►

► cleaner. If you get the flu, avoid exposing others. Stay home from work, school, stores and other public places. Wash your hands and your children's hands frequently, especially after contact with other people. Maintain healthy behaviors, getting plenty of sleep, eating a well-balanced diet and reducing stress.

Announcements & News Briefs



Kathalyn Aine Malone, DDS

Welcome to Las Clinicas del Norte's newest dental provider. Hailing from Texas, Aine received her general dentistry degree in 1998 from Baylor College of Dentistry in Dallas, Texas. Dr. Malone spent the next six years in Portland,

Oregon, practicing at the Willamette Dental Group, covering all aspects of dentistry, including pediatric, operative, fixed prosthetic and oral surgery procedure, with an emphasis on the pediatric population. Since 2001 she worked as the Managing Dentist for the Willamette Dental Group in Gresham, OR.

Dr. Malone has a bubbly laugh and infectious smile that goes well with her red hair. Las Clinicas is privileged to have her join our dental clinic system. This very Irish lady likes to be called by her middle name, which is pronounced, 'Ain'. Missing her family and the sunshine of the southwest, Aine sought a practice closer to home, looking at rural areas and small towns similar to the one she originated from in eastern Texas. Northern New Mexico was high on her search list as Aine had spend all of her childhood summers with the families of two uncles in New Mexico, one of them living in Nambe. Aine has many wonderful memories of time spent playing and traveling in northern New Mexico.

She also traveled extensively in other parts of the world with her parents as a child -- "I've been to all the states of the U.S. and much of Mexico, South America and Europe". When staying at home Aine likes to hike and to quilt. She is now happily settled in her own house in Nambe and says that being a part of community where you see and know the people that you serve is very important to her and that it "feels like home working in a small town".

The additional services that Dr. Malone will provide will be much appreciated. Call 581-0028 for dental appointments at the El Rito clinic.

Katherine Gonzales has been rehired as a dental Cashier/receptionist in the Dental Department. **Rolando Flores, CNP** and **Tamara Singleton, MD** have joined LCDN, their services are on a temporary/part-time basis. Welcome to all.

Eliza Rael-Leyba, MA, left the El Rito clinic this month.

⊗ 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, 6 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 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 – 1st Sunday each month, Dec.5, 10-11am, at River Spirit Yoga Center. For location, call 685-4549

Ojo Caliente

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



Wishing you a



Joyous Holiday

HOLIDAY COOKING CLASS

Free

Friday, December 10th
10 am to 1 pm

Preparing a Holiday Lunch

Rio Arriba County Extension Office
Located at the Rural Events Center

From Chama Hwy. (#84) turn at El Rito Turnoff (#554)
Go 1 mile east, located on the south side of road
Call 685-4523 to Register

EL RITO LIBRARY

Ph. 581-4608

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

**Our new winter hours are: Tuesday , Wednesday,
Thursday, 10 am - 5 pm Saturday 11 am – 3 pm**

2005 Calendars

Just a reminder, we still have our first-ever "El Rito Library 2005 Calendar" for sale. This calendar features our local kids in a different picture for each month during the Summer Arts Program. There are pictures of the kids at all the different workshops they attended all summer. The cost is \$15.00 and the proceeds benefit your local library. Special thanks to the "El Rito Studio Tour" for sponsoring this calendar.

New Winter Hours

Starting November 30, 2004 our hours will be changing. We will be open at 10:00 a.m. and close at 5:00 p.m. on Tuesday, Wednesday, and Thursday. Saturday's hours will stay the same - 11:00 a.m. to 3:00 p.m.

Thank you to the many folks who contributed their cooking skills to the successful chocolate sale for the library during the Studio Tour. Goodies donated by John Caster, Lynn Nequin, Joan Tollefson, Cilla Mays, Julie Wagner, Vikki Edwards, Sue Hobegger, Christine Trujillo, Caroline Wardhein, Sally McDaniels, Tracy McBride and Bob Snow, his home-honed honey.

LIBRARY OPEN HOUSE

Winter Pig-nic Celebration

*A Pig will be roasted
in the Library Parking Area*

*Come Feast in Good Company
on*

Sunday, December 5th from 2 pm – 5 pm

*Children's Play to be preformed –
'A Family of Books'*

FREE - EVERYONE INVITED

Job Announcement

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

The Literacy Coordinator will also oversee all literacy needs in our community and surrounding areas. This will include tutoring requested by children in math, reading, history, etc. The Coordinator will be responsible for arranging times and location for tutors and the children.

If you are interested, please send a letter with a resume or bio or call the library expressing your interest by December 20, 2004. This is a part-time position with 7 to 10 hours per week and the pay is between \$8.00 to \$10.00 per hour, depending upon skills and experience.

We continue to ask anyone interested in volunteering to tutor adults in English (reading, writing, etc.). PLEASE VOLUNTEER and help someone learn to read or write. All it takes is one hour a week. Please contact the Library at 581-4608. Thank you.

Also, if you or someone you know needs help with literacy, please contact the library and leave a name and number where you can be reached. We need adults who need assistance with reading and writing English to step forward. All tutoring will be done at the community room at the Library.

El Rito Library Board of Directors

Starting next year, every month in the El Aviso, we will be introducing one or two board members at a time. We hope to include a picture and small biography for each one of them. A great **BIG** thank you to all of our Board of Directors who have worked real hard all year round in keeping our library doors open.

Happy Holidays!

The El Rito Library Board of Directors and the Library Staff would like to wish everyone a very

*joyous and blessed
holiday season.*

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. Any donation is greatly appreciated.

ABIQUIU PUBLIC LIBRARY

Ph: 685-4884

The Abiquiu Public Library has decided to move toward on a recommendation made by the Santa Fe Community Foundation to create an endowment in anticipation of perpetual operating expense funds. There is a need for \$10,000 initially to begin this process. It will be managed by the SF Community Foundation who is extremely experienced and willing to accept bequests; turning them into additional needed dollars for the success of this endowment to the Abiquiu community. Therefore, we will place forward \$5,000 and call on our community to match this amount. Give whatever your heart desires and ensure that our long-lasting benefits remain in continuance for our children. If it is your wish, you may also make note to remember us in your will or make family and friends aware of what you want to leave to the Library whether it be a piece of art, collection, land, building, stock, etc. May we be on your mind during the holidays and your greatest times of giving!

Numerous comments of our teen aged emphasis in allowing them to become involved in issues and decisions have been shared. One person told us she was honored to be a part of what we offer.

Beautiful new books were donated recently from Aquarian Reality Distribution, Inc. in Stanton, California, titled as follows:

The Infinite Concept of Cosmic Creation
The Voice of Hermes
Infinite Contact
Tempus Proceidum
Cosmic Continuum
The Voice of Venus
The True Life of Jesus of Nazareth
Tempus InterLudium

Also, donated by Ski Pioneers Ernie Blake and his friends,
The Making of Taos Ski Valley.

We want you to know that the books that remained after our studio tour book sale were given to the San Juan Pueblo who is working on their own Library.

We now have a collection that we feel will be a great asset to our neighboring communities and visitors alike, *Abiquiu, El Rito, Santa Cruz and San Juan Baptisms from 1720 through 1860.* These are the works of Tomas Martinez of San Jose, CA, whose families were from these small towns.

A television, VCR and DVD player were donated by Renee Lofflin, who is always a big help in our tutoring programs and has seen the need for more adult volunteer tutors to assist with language arts. Thanks once again, Renee! Also, a big thank you to the Ghost Ranch Conference Centers' Truman Nabors and Virgil Trujillo for the wood chips donated to the Library and Parish.

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### ~~~~~ **Drum Making Class**

We wanted to share the above photo with everyone, in hopes of your feeling our Joy. The children were guided by **Wayne Brewster**, who was absolutely so well prepared for them to accomplish their drums. He did so much for keeping this tradition going. They all keep their own drum and achievement. On the far right, you can also see Dexter with the huge drum donated by Wayne for the people.

We plan to shut down our computer lab for about one week during December 27th until January 3<sup>rd</sup>. This is in order to re-arrange the systems for better output to our patrons. We will be closed on Sunday, December 26<sup>th</sup> and January 2<sup>nd</sup>. Don't forget! Also, By the time you read this, we hope that Word and Excel classes will have begun so come by soon if you are still interested.

The Coalition for Literacy has given their support for Adult Basic Reading and/or English as a Second Language. There will be training for tutors and certifications really soon. Please make it a point to call us if you feel you want help in reading, learn English better or if you know you want to change peoples' lives with your capabilities.

On behalf of all our volunteers, friends, board of Directors and staff, we wish every single one of you a **Merry Christmas and Prosperous New Year!**