

# EL AVISO

January 2014

## HAPPY NEW YEAR

*Let's all remember our  
Healthy Living Routines  
again*

### Healthy Blood Pressure

Where blood pressure (B/P) is concerned, the magic number is not being over 139/89. So I am going to share with you some of the strategies we can use to get lower and accurate B/P readings.

When you come to the clinic to see your provider one of the first things that happens is that the

- Medical Assistant (MA) will weigh you and check your height.

- Then they will take you to the Triage Room where you are seated while your vital signs are checked.

- Although the MA will give you directions to step onto the scales and then to take a seat in the Triage Room, they may not say much to you during this time. That is because we have learned that talking can raise your blood pressure. In order to get your best blood pressure reading, we will not ask you questions until after we have checked your blood pressure.

Other tips to help you get the best reading for you:

1. Don't smoke, drink caffeinated beverages, or exercise during the 30minutes before measuring your blood pressure.
2. Do not talk for five minutes before your blood pressure is checked. Talking can raise your B/P.
3. Sit with your back straight and supported with your feet flat on the floor. Do not cross your legs, not even your ankles.
4. Relax your arm which is used to measure your B/P and let the chair arm or table support it.
5. If you have high B/P be sure to take you B/P medication as directed every day, get moderate exercise, and follow any dietary instructions you have been give, such as avoiding excess salt.

### ONE MAN'S STORY

"I have been able to control my diabetes with diet and exercise rather than insulin."

NAME: David Ratherdale

AGE: 65

Married, Type-2 Diabetic with a grown daughter and one grandson










### My Physical Activity Routine/Program

Since November 2007, I have been walking just over a two-mile course in my neighborhood where I live, which takes me about 45 minutes. I also do a strength-training routine in the basement of our house, for that, I do 3 reps of different exercises of squats and shoulder presses that work all the major muscle groups.

### Why I Started

I went to my doctor for a physical, and nothing was good. My cholesterol was high, my triglycerides were high, my glucose level was high, and that's when I found out that I have Type 2 diabetes. I learned that walking helps control diabetes, so I got serious about it and started walking regularly.

### My Daily Routine

Sun	Mon	Tues	Wed	Thur	Fri	Sat	
walk 45 min		walk 45 min		walk 45 min		walk 45 min	✓ Meets <a href="#">aerobic</a>
							<a href="#">guidelines</a>
		stren gth train- ing		stren gth train- ing		stren gth train- ing	✓ Meets <a href="#">muscle</a>
							<a href="#">strengthening guidelines</a>

Cont'd ⇨

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, Vallecitos, Youngsville

Cont'd ⇒ **One Man's Story**

**Benefits**

All of the numbers reported in my blood work have come down significantly—to the point where my doctor was even (jokingly) questioning the reliability of the results because they were so good. I have been able to control my diabetes with diet and physical activity rather than insulin. I've lost about 65 pounds and feel better and have more energy.

**Biggest Motivation**

Fear of losing a foot. Or going blind. Diabetes can lead to a lot of internal damage if it's not controlled. It would be very easy to spiral into a downward trend if I stopped being physically active. When I think about not being physically active, the fear of what could happen if I don't continue my physical activity routine motivates me to do it.

**Biggest Thrill**

Seeing my hard work pay off, specifically, seeing my blood work results drop so much. You have all these people telling you for years to eat right and exercise. The benefits of doing this are no longer a myth or an 'old wives' tale' to me.

**ANNOUNCEMENTS**

**FAREWELL—Theresa Ocana**, Medical Asst., left LCDN at the end of December. Good Luck Theresa.

**How much physical activity do children need?**

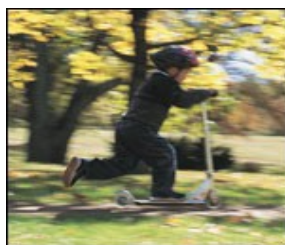
**Children and adolescents should do 60 minutes (1 hour) or more of physical activity each day.**

This may sound like a lot, but don't worry! Your child may already be meeting the *Physical Activity Guidelines for Americans*. And, you'll soon discover all the easy and enjoyable ways to help your child meet the recommendations. Encourage your child to participate in activities that are age-appropriate, enjoyable and offer variety! Just make sure your child or adolescent is doing three types of physical activity:

**1. Aerobic Activity**



Aerobic activity should make up most of your child's 60 or more minutes of physical activity each day. This can include either moderate-intensity aerobic activity, such as brisk walking, or vigorous-intensity activity, such as running. Be sure to include vigorous-intensity aerobic activity on at least 3 days per week.



**2. Muscle Strengthening**



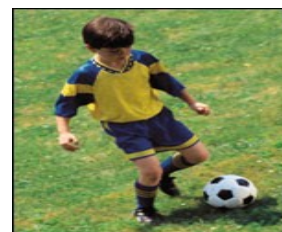
Include muscle strengthening activities, such as gymnastics or push-ups, at least 3 days per week as part of your child's 60 or more minutes.



**3. Bone Strengthening**



Include bone strengthening activities, such as jumping rope or running, at least 3 days per week as part of your child's 60 or more minutes.



**How do I know if my child's aerobic activity is moderate- or vigorous-intensity?**

Here are two ways to think about moderate- and vigorous-intensity: First, as a rule of thumb, on a scale of 0 to 10, where sitting is a 0 and the highest level of activity is a 10, **moderate-intensity activity is a 5 or 6**. At moderate-intensity activity, the heart will beat faster than normal and s/he will breathe harder than normal. **Vigorous-intensity activity is a level 7 or 8**. When your child does vigorous-intensity activity, the heart will beat **much** faster than normal and breath much harder than normal.

Another way to judge intensity is to think about the activity your child is doing and compare it to the average child use? For example, walks to school with friends each morning is probably doing moderate-intensity aerobic activity. But while at school, when running or chasing others by playing tag during recess, s/he's probably is doing vigorous-intensity activity.

**What is meant by "age-appropriate" activities?**

Some physical activity is better-suited for adolescents than children. For example, children do not usually need formal muscle-strengthening programs, such as lifting weights.

Younger children usually strengthen their muscles when they do gymnastics, play on a jungle gym or climb trees. As children grow older and become adolescents, they may start structured weight programs. For example, they may do these types of programs along with their football or basketball team practice.

**El Rito Public Library**

581-4608

Hours: Tuesday thru Saturday 12—5 pm

We would like to thank everyone who has supported the library throughout the years. We could not provide the daily library services, which are much needed, to our community and patrons without your financial support.

On behalf of the Board of Directors and all of the staff at the El Rito Library, we would like to wish each and everyone a

## “Happy and Prosperous New Year”!

### ⊗ Community Events ⊗

Contact: Joan Tollefson 1-505-323-1519/ 553-5820 or email: joan@lcdn.org

For Health Advise when clinics are closed, call Nurse Advise New Mexico (NANM) 877-725-2552 open 24 hrs.

#### El Rito

**Las Clinicas del Norte Board Meeting** - every 4th Monday, 6 pm, El Rito clinic Community Room.

**El Rito Library**- Tues, Wed, Thurs, Fri, Sat, 12 am – 5 pm  
**Library Board Mtgs.** - every 2<sup>nd</sup> Wednesday, 6:00 pm

**El Rito Fire Dept. Mtgs.** - every 2<sup>nd</sup> Wednesday, 7 pm, at the El Rito Fire Station, open to the public.

El Prado Convenience Station at Rural Events Ctr. Open 5 days Tue-Sat 8am-4pm. Info: North Central Solid Waste 747-8459

#### Abiquiu

**Abiquiu Library** - Sun, Mon, Tues, Wed, Thurs, 1 pm – 6 pm, located on the Plaza.

**Abiquiu Fire Dept.** - every 2nd Monday, **CHANGED to 6 pm**, at the new Abiquiu Fire Dept. Station at the REC on Hwy 554.

**Abiquiu Area Emergency Services Project Mtg.** - second Wed. at 6:00 pm at the Rural Events Center.

**Abiquiu AA Meetings** - Wednesday, 5:30-6:30 pm, Abiquiu clinic, & Saturday, 10:00 am, Abiquiu Library. **New Contact:** Alex at 505-901-7701.

**Abiquiu Al-Alon** - will return in late-spring.

**Recycling** - 5 days a wk. Tue-Sat 8am-4pm. Recycle at the El Prado Convenience Station at the Rural Events Ctr. For info call North Central Solid Waste, 747-8459.

#### Ojo Caliente

**Ojo Caliente Fire Dept. Mtg.** - every 1st Wednesday, 7:00 pm Ojo Caliente Fire Dept.

**Recycling Station** - Tues - Sat, 9am-5pm, at Bldg #35631 on Hwy 285/84.

## **PUEBLO DE ABIQUIU LIBRARY And Cultural Center**

505-685-4884

POB 838, Abiquiu, NM 87510

abiquiupl@gmail.com

[www.abiquiulibrary.wordpress.com](http://www.abiquiulibrary.wordpress.com)

Library Hours: 1 pm to 6 pm, Sunday - Thursday

### FILM—January 17, 2014

Jeff Berg will bring his *Made in New Mexico* film program to Abiquiu with a specially-made collection of film clips shot on locations nearby. Please join in with the locals Friday evening, January 17, to recognize those beautiful places that surround us and learn from his wealth of lore about the history of film-making here. Starts at 6:30pm in the Parish Hall.

### SPANISH CLASS

Conversational Spanish immersion class is forming now to meet after New Years at the Pueblos de Abiquiu Library and Cultural Center twice weekly—tentatively Sunday and Thursday early evenings. You will be speaking Spanish from the very first meeting. Phone or email the Library & Cultural Center if you are interested, leaving your name, availability and contact information.

### OUR COMPUTER LAB

Our Computer Lab has easy **icons** to El Portal. New Mexico State Library provides access to journals and over 200 magazines through this site. Included are: New York Times, Wall Street Journal, Santa Fe New Mexican and the Albuquerque Journal. Come in to the Library to browse El Portal.

### THANK YOU

A great big thanks to every one of our Library friends who supported our efforts in 2013 and who joined us in celebration of yet another year accomplished during our annual Christmas Party. The music and company were great! We are looking forward to lots of new ideas in programming for the upcoming year.

# Las Clinicas del Norte

**EL RITO CLINIC**  
PO Box 237, El Rito 87530  
Phone: (575) 581-4728  
1-800-869-7624

**MEDICAL:**

MON thru FRI 8:00 am– 5:00 pm  
1st and 3rd SAT of month 8:00 am 4:00 pm  
Confidential Family Planning Title X Services available

**COUNSELING: 581-4728, # 232**

Mondays and Wednesdays only.  
Please call for an appointment.

**DENTAL SERVICES: 581-0028**

MON thru FRI 8:00 am– 6:00 pm;  
SAT 8:00 am-4:00 pm

**REMEMBER TO BRING YOUR CHILD'S IMMUNIZATION RECORD for all clinic visits**

**MENTAL HEALTH CRISIS NM HOTLINE - 1-855-NMCRISIS (1-855-662-7474)**

**LCDN BOARD OF DIRECTORS** — *President* - Gary Salazar, *Vice-President* - Pauline Varoz, *Treasurer* - Erma Crim, *Secretary* - Barbara Lovato; *Members*: Tony Chacon, Sophie Garcia, Rex Davidson, Terry Boyle, Jasmine Serrano.  
Honorary Member: Mary F. Lovato.

**Donations - listed for one year - Las Clinicas would like to thank the following donors.**

\$ 100 - Annabelle X. Gutierrez Sisneros (4-13)  
\$ 1,000.00 - Andy R. Lopez (03-13)

\$ 1,000 - Sam R & Isabel E. Jewell (12-12)  
\$ 1,000 - Kathleen E. Maley (12-13)  
\$ 800 - Katharine & Boudinot (Bill) Atterbury- James Talcott Fund (12-13)

## Las Clinicas del Norte, Inc.

D/B/A Las Clinicas del Norte  
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El Rito, NM 87530

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