

# EL AVISO

February 2014

## National Flu Epidemic Danger very High

*Protect yourself, your family, and your community: Get Vaccinated for Flu!*

### First Flu Death This Season in New Mexico

(Santa Fe) -- The New Mexico Department of Health reported that it has confirmed the state's first flu death for the 2013-2014 season. The death reported was a 76 year-old woman from Santa Fe County. *(A second death has been reported since this article was written, with expectations of more to come.)*

"Please remember that the best way to protect yourself and the elderly from the flu is to get vaccinated," said Department of Health Cabinet Secretary Retta Ward, MPH. "As flu activity increases in New Mexico, it's important for anyone who has not yet been vaccinated against the flu to contact their healthcare provider or pharmacist about getting a flu shot."

The predominant circulating flu strain in New Mexico and the United States is influenza H1N1. This strain was first identified in 2009 and may cause severe illness even in healthy young adults. The New Mexico Department of Health is urging everyone 6 months of age and older to get a flu vaccine. The vaccine is currently available and protects against H1N1 and other strains of flu.

The Department of Health has 29 providers statewide that report influenza-like illnesses (fever with cough or sore throat) from October through May. Providers that participate in this

surveillance network reported at the end of December 2013 that 6.2% of their patient visits were for influenza-like illness and that percentage rose to 7% statewide in early January.

### Weekly percentage of influenza-like illness outpatient visits by Public Health Region – New Mexico 2013-2014

Northeast Region	Last week	This week
	0.7%	4.3%

**Northeast Region-** Rio Arriba, Taos, Colfax, Union, Los Alamos, Santa Fe, Mora, San Miguel, Guadalupe and Harding Counties

Influenza is a highly transmittable disease whose symptoms include sudden onset of fever, muscle pain, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose and nausea, vomiting, and diarrhea (more common in children than adults.) These symptoms develop within a few days after exposure to the flu virus. There are antiviral medications to treat influenza infections. To be most effective, medication should be started quickly after you become ill.

Influenza vaccination is recommended for:

- All people over 6 months of age who are eligible for vaccination and especially;
- Pregnant women (any trimester)
- People of any age with certain chronic medical conditions like asthma, diabetes, lung or heart disease
- People who don't have a normal immune system
- People who live in nursing homes and other long-term care facilities
- People who live with or care for those at high risk for complications from flu
- American Indians and Alaskan Natives
- People who are morbidly obese
- Healthcare personnel

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

## You can go to any of the three LCDN clinics to receive the flu shot.

If you have questions, call one of the three clinics listed on the newsletter back page.

Also, the Department offers vaccinations for people without insurance or who are otherwise not able to get immunized. Those with Medicaid or other insurance who come to Public Health Offices are asked to present their insurance card.

To find out more about flu vaccination clinics throughout New Mexico, you can call the Immunization Hotline toll free at (866) 681-5872.

For more information about influenza, visit the website:  
<http://nmhealth.org/about/phd/idb/imp/flu/>

### Winter Walking

Walking may just be the simplest way to stay active — it improves circulation, mobility and balance, helps you lose weight, and even works to prevent osteoporosis. All you have to do is put one foot in front of the other!

But once winter rolls around, you're more likely to hang up your walking shoes, reach for the hot chocolate and grab a seat on the couch, right? That's a nice, cozy solution but not a very healthy one. And just because it's not sunny and warm outside doesn't mean you should hibernate inside all winter — or even restrict your exercise to the gym.

"Walking outdoors in winter is extremely invigorating and almost meditative," says Suzanne Nottingham, an American Council on Exercise spokesperson. "It's like you're part of nature, walking in the midst of howling winds, blowing snow and a bright sun. And it's quiet; not many people are out," says Nottingham, who walks outside in the Lake Tahoe area whenever she can — even in the colder months.

#### Walking tips

Ready to get moving outside? Here's some advice that will help you stay safe and warm when you're walking in winter.

- **Ease into it**— Start slowly to give your muscles a chance to warm up.
- **Walk at a moderate or slow pace**— Winter roads and paths can be icy. The bigger your strides, the higher your risk of falling.
- **Bring water**— Don't assume you only need water in summertime. Dry winter air is dehydrating, and you do sweat away water in winter — you just don't always realize it.
- **Wear gloves, hat, scarf** — Grab ski gloves if it's very cold. A hat and a neck muff will help keep you warm. If your ears, hands or head get too cold, go inside.

- **Stay safe**— In low-visibility and bad road conditions, you don't want to walk where there's traffic. Instead, head to parks, paths, or residential streets that draw very few cars. Always wear reflective gear.
- **Aim to wear three layers**— "It's better to have and not need," says Nottingham. You can always peel the layers off. Avoid cotton, try clothes made out of material that will keep moisture away from your skin, so you won't get cold.
- **Protect your eyes**— Wear sunglasses or, if it's snowing, goggles with a light-colored lens, to protect your eyes from snow glare.
- **Try studded outdoor walking shoes**— These give you extra traction on slippery surfaces.

Article By: Mary Lynn Mitcham

### ANNOUNCEMENTS

**FAREWELL** to Pamela Harris, RN, who is returning to her southern New Mexico home. Also farewell to long time employee Yolanda Varela, who is taking a work break for now. We will miss them both.

**WELCOME** to Audrey Jaramillo, who will be in Ojo Caliente as a Cashier-Receptionist.

### ⊗ Community Events ⊗

Contact: Joan Tollefson 1-505-323-1519/ 553-5820 or email: [joan@lcdn.org](mailto: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.** - **DAY CHANGED** to 2nd **Sunday - 6 pm.** at the 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.

**El Rito Public Library**

581-4608

Hours: Tuesday thru Saturday 12—5 pm

**Part-time Bookkeeper Position Open**

We are currently looking for a part-time Bookkeeper. The hours are only ten per week and will fluctuate depending on deadlines. Requirements/Knowledge: use of Quick-Books (our financial software); use of Excel, Word and the Internet. Here are some examples of the duties:

1) develops system to account for financial transactions by establishing a chart of accounts; defining bookkeeping policies and procedures; 2) maintains subsidiary accounts by verifying, allocating, and posting transactions; 3) balances subsidiary accounts by reconciling entries; 4) maintains general ledger by transferring subsidiary account summaries; 5) balances general ledger by preparing a trial balance; reconciling entries; 6) maintains historical records by filing documents; 7) prepares financial reports by collecting, analyzing, and summarizing account information and trends; 8) complies with federal, state, and local legal requirements by studying requirements; enforcing adherence to requirements; filing reports; advising management on needed actions; and 9) contributes to team effort by accomplishing related results as needed. **If you are interested, please contact the library.**

**NM Film Series**

Come join us Sunday afternoons from 2-4:00 pm at the El Rito Library to see movies made in and about New Mexico. We just bought a popcorn machine maker with cart so we will have popcorn and soda for sale. Come join your neighbors and have a great time for two hours and see these amazing movies. Hope to see you here! Here is the schedule:

- January 26, 2014 Bless Me, Ultima
- February 9, 2014 Off the Map
- February 23, 2014 The Milagro Beanfield War
- March 9, 2014 City Slickers

**Fishing Book Donation**

Through a generous book donation by one of our patrons, we have a collection of over 60 gently used books on FISHING and we are looking for a fish enthusiast who might want to own this fabulous collection for a cash donation to the El Rito Library. The books range from freshwater to saltwater fly-fishing, trout fishing and tackle and fishing techniques. We estimate the value of this collection at over \$200.00. Anyone interested?

**Obituaries and Memorial Cards Still Needed**

Don't forget to bring in your obituaries and memorial cards to the library to photocopy for our book. This project is on-going and won't be completed for at least another year. Thank You!

**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

**'Bless Me Ultima' Showing**

Pueblo de Abiquiu Library and Cultural Center will be showing the film

**'Bless Me Ultima'  
on Saturday, February 22nd  
at 5 pm in the Parish Hall.**

All local actors are invited to attend.

All actors and extras that were part of the film please contact us so we can take your picture and write up what part you participated in.

We will point out each actor's part in the film and then talk after words, discussing the day the movie came to town and our memories of that exciting event.

Come and meet the actors!

Donations to benefit our Library and Cultural Center are welcomed.

**Spanish Class**

Conversational Spanish class will meet in the Library on **Sunday, February 2nd at 5 pm with Mimi Hurd.**

It will continue on each Sunday and Thursday. Call the Center if you are interested. There is no cost, but donations are appreciated.

**Read-a-thon / Draw-a-thon**

Save the Date:

**Sixth Annual  
Read-a-thon/ Draw-a-thon  
Sunday, March 16  
1 pm to 6 pm  
All day at the Library**

**(more to come next month)**

# Las Clinicas del Norte

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

**OJO CALIENTE CLINIC**  
PO Box 307, Ojo Caliente 87549  
Phone: (505) 583-2191  
1-866-665-6832

**ABIQUIU CLINIC**  
PO Box 757, Abiquiu 87510  
Phone: (505) 685-4479  
1-866-578-1662

**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**

**MEDICAL:**

TUES thru FRI 8:00 am- 6:30 pm  
Confidential Family Planning Title X Services available

**COUNSELING: 583-2191**

Tuesday and Friday  
Call to schedule

**NO DENTAL SERVICES**

**SCHOOL BASE HEALTH SITES: Mon-Fri - Pojoaque: 505-455-4026  
- Mesa Vista: 505-583-2401**

**MEDICAL:**

MON thru FRI 8:00 am- 6:30 pm  
Confidential Family Planning Title X Services available

**COUNSELING: 685-4479**

Monday through Friday  
Call to schedule

**NO DENTAL SERVICES**

**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)

\$ 500 - Pamela Harris (12-13)

\$ 800 - Katharine & Boudinot (Bill) Atterbury -  
The James Talcott Fund (12-13)

\$ 1,000 - Sam R & Isabel E. Jewell (12-13)

\$ 1,000 - Kathleen E. Maley (12-13)

\$ 1,500 - Andy R. Lopez (01-14)

## Las Clinicas del Norte, Inc.

D/B/A Las Clinicas del Norte  
PO Box 237  
El Rito, NM 87530

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