

# — EL AVISO —

March 2014

## March Is National



## Colorectal Cancer Awareness Month For both Men & Women

Among cancers that affect both men and women, **colorectal cancer** (cancer of the colon or rectum) is the second leading cause of cancer deaths in the United States. Every year, about 140,000 Americans are diagnosed with colorectal cancer, and more than 50,000 people die from it.

### How Can You Reduce Your Risk?

The risk of getting colorectal cancer increases with age. More than 90% of cases occur in people who are 50 years old or older. Colorectal cancer screening saves lives, but many people are not being screened according to national guidelines.

If you're 50 years old or older, getting a screening test for colorectal cancer could save your life. Here's how—

- Colorectal cancer screening tests can find precancerous polyps so they can be removed before they turn into cancer. In this way, colorectal cancer is prevented.
- Screening tests also can find colorectal cancer early, when treatment often leads to a cure.

### What Are the Symptoms of Colorectal Cancer?

Precancerous polyps and colorectal cancer don't always cause symptoms, especially at first. You could have polyps or colorectal cancer and not know it. That is why having a screening test is so important.

Symptoms for colorectal cancer may include—

- Blood in or on the stool (bowel movement).
- Stomach pain, aches, or cramps that do not go away.
- Losing weight and you don't know why.

These symptoms may be caused by something other than cancer. If you're having any of these symptoms, the only way to know what is causing them is to see your doctor.

### When Should You Begin to Get Screened?

You should begin screening for colorectal cancer soon after turning 50, then keep getting screened regularly until the age of 75. Ask your doctor if you should be screened if you're older than 75.

Some people are at a higher risk than others for developing colorectal cancer.

Having any of these things may increase your risk—

- Inflammatory bowel disease.
- A personal or family history of colorectal polyps or colorectal cancer.
- Genetic syndromes, like familial adenomatous polyposis or hereditary non-polyposis colorectal cancer (also known as Lynch syndrome).

### What are the Screening tests for Colorectal Cancer?

Listed here are several tests which are available, some used alone and others in combination ⇨

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

⇒ with each other. Talk with your health provider to find which tests are best for you.

- Colonoscopy (every 10 years).
- High sensitivity fecal occult blood test (FOBT), stool test or fecal immunochemical test (FIT) (every year).
- Sigmoidoscopy (every 5 years).

If you think you may be at high risk for colorectal cancer, talk to any of Las Clinicas medical providers at any of our clinics about when and how often to get tested.

(Article excerpted from CDC March National Colorectal Awareness)

## Announcements

***A Well Deserved Break — Dr. Kathleen Maley*** will be taking an extended vacation beginning March 1st. She is healthy and well, just taking a break to refresh and rejuvenate!

We wish for her to have an enjoyable time for relaxation and we will be looking forward to her return in September!

***Welcome to Theresa Ulibarri***, a new part-time Dental Hygienist in El Rito.

### **Al-Anon meeting coming next month to EL RITO CLINIC on a Wed at 6:00 pm TBA**

Meeting Group Name will be **OVERCOMERS**.

#### **What is Al-Anon?**

Al-Anon is a mutual support group. Any relatives or friends of addicts, who find it easier to address their common problems in dealing with the effects of someone else's addiction with those in similar life situations are welcome.

Everyone at the meeting shares as equal. No one is in position to give advise or direction to anyone else. You are free to ask questions or to talk about you situation at any meeting. If you rather just listen you can say "I'll Pass" or explain I just want to listen.

Al-Anon will show us how to change ourselves, so we can live life in a more positive, fulfilling way, even with all the chaos.

Exact time will be posted in future. Please contact Bernadette Diaz at 505-692-9378 with any questions?

## ⊗ **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.** - **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.

## **COMMUNITY TIP = AID TO STRESS**

Ever find that when you're seeking information from a foreign customer service representative that you have difficulty in understanding or explaining your issues? Here is the rule and the law.

Any time you call an 800 number (for a credit card, banking, Verizon, health and other insurance, computer help desk, etc) and you find that you're talking to a foreign customer service representative (perhaps in India, Philippines, etc), please consider doing the following:

After you connect and you realize that the customer service representative is not from the USA (you can always ask if you are not sure about the accent), please, very politely (this is not about trashing other cultures) say, "I'd like to speak to a customer service representative in the United States of America."

The rep might suggest talking to his/her manager, but, again, politely say, "Thank you, but I'd like to speak to a customer service representative in the USA."

**YOU WILL BE IMMEDIATELY CONNECTED TO A REP IN THE US** because that's the rule they have to follow.

*Thanks to Abiquiu resident Sam Jewell for providing this tip.*

## ***El Rito Public Library***

575-581-4608

Hours: Tuesday thru Saturday 12—5 pm

### **New Bookkeeper at the Library**

We are happy to announce that **Caitlin Cleary** has been hired as our part-time bookkeeper. Caitlin and her fiancé moved to El Rito a month ago. Caitlin is originally from Tulsa, Oklahoma and finds El Rito charming. Come say hi to Caitlin next time you visit the library.

**Thank you Julie Claire** for your hard work and dedication - we will miss you and wish you the best in your life coaching business.

### **Two "Empire" Propane Heaters for Sale**

The library is selling two Empire propane heaters for \$300.00 each. If you are interested in buying one or both, you can see them at the library or visit our website to see a picture of the heaters.

### **Enchilada Luncheon**

As you know, the library is in constant need of operational money so therefore we are having an "Enchilada Luncheon" fundraiser on **March 16th from 12:00 noon to 2:00 pm at the Library**. Come enjoy a Sunday afternoon with your friends and neighbors and enjoy a homemade meal and help the Library out at the same time. We will also have homemade flan for dessert!

### **Seeking Board Members**

The library is always seeking out new board members to help out the current ones. Do you have some spare time? If yes, consider helping the library with it's mission: "To further the aims of education for the public by serving as a portal through which individuals and families may obtain information, and acquire skills and experience for enlightenment, enjoyment and empowerment." Please volunteer your time and expertise to the El Rito Library Board of Directors.

### **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

### **March 16 - Read-a-thon and Draw-a-thon**

Pueblo de Abiquiu Library & Cultural Center invites you to attend Read-a-thon and Draw-a-thon from 1 pm to 6 pm to hear or participate in the reading of POBLADORES: Hispanic Americans of the Ute Frontier by Frances Leon Quintana. This is a readathon, reading 5 hours straight to benefit the Library. We are inviting 20 readers to read for 15 minutes each plus 20 artist of any age to draw for the same period. For each person that participates sponsors will offer \$50.00 for the Library.

**Do you want to read?** Stop in or call 685-4884 to sign up.

**Do you want to sponsor a reader or an artist?** Each Reader is sponsored @ \$50.00 for the 15 minutes of reading. This donation can come from one person or from several people. Your funding supports the operations of the library.

**March 23 - Las Clinicas del Norte** will be in our Library from 1 to 5 pm to register residents for the New Mexico Health Insurance Exchange. Come in to get help signing up for insurance, the deadline is March 31st.

### **Pueblo de Abiquiu Library Book Club**

Pueblo de Abiquiu Library book club has been meeting successfully for two years. We are currently reading Pie Town by Lynne Hinton. The Book Club is excepting new members. We meet at the library once a month the last Tuesday of the month at 6:00pm. Come in to sign up and get a copy of the book we are reading.

**Call for Local Veteran's Names** who served in the armed forces of any type. We are working in partnership with the Abiquiu Inn to place their names in a "memorial garden". Call the Library and send us names before the end of March.

### **Thank You**

Great big "thank you" to Mr. **William Hudson** of Los Alamos, NM for his donated subscription of National Geographic Little Kids magazine for the whole next year. Also, thanks to **Cinda Graham, Rabia VanHattum, Nema** and **Daniel** of the **Optic Bookstore** in Santa Fe for your hard work organizing our book shed and your generous donation. We very much appreciate it.

### **Arthritis and Diabetes from Health Monitor**

We are receiving monthly magazines on Arthritis and Diabetes from Health Monitor which has very informative reading updates and coupons. These are complimentary and can be taken home for whoever expresses interest.

# 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)  
\$ 175 Each - Dr. Anthony Garcia, Dr. Aine Malone,  
Dr. Ed Trujillo (02-14)  
\$ 500 - Pamela Harris (12-13)

\$ 1,000 - Sam R. & Isabel E. Jewell (12-13)  
\$ 1,000 - Kathleen E. Maley (12-13),  
\$ 1,000—Terence P. & Susan C. Boyle  
\$ 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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