

EL AVISO

June 2014

Tips for Staying Safe in the Sun

The Memorial Day weekend has marked the unofficial start of summer, and that means it's time to remind you about sun safety to reduce your risk of skin cancer.

The sun's ultraviolet (UV) rays can damage your skin in as little as 15 minutes.

Follow these recommendations to help protect yourself and your family.



Sunscreen

Put on sunscreen before you go outside, even on slightly cloudy or cool days. Don't forget to put a thick layer on all parts of exposed skin. Get help for hard-to-reach places like your back. And remember, sunscreen works best when combined with other options to prevent UV damage.

How sunscreen works. Most sun protection products work by absorbing, reflecting, or scattering sunlight. They contain chemicals that interact with the skin to protect it from UV rays. All products do not have the same ingredients; if your skin reacts badly to one product, try another one or call a doctor.

SPF. Sunscreens are assigned a sun protection factor (SPF) number that rates their effectiveness in blocking UV rays. Higher numbers indicate more protection. You should use a sunscreen with at least SPF 15.

Reapplication. Sunscreen wears off. Put it on again if you stay out in the sun for more than two hours and after swimming, sweating, or toweling off.

Expiration date. Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than three years, but its shelf life is shorter if it has been exposed to high temperatures.

Cover up or slather on the sunscreen to protect skin from the sun, even on cloudy days, says advise experts.

Water Basics

Getting enough water every day is important for your health. And in our hot southwest summers even more important. Water helps your body:

- ⇒ Keep your temperature normal
- ⇒ Lubricate and cushion joints
- ⇒ Protect your spinal cord and other sensitive tissues
- ⇒ Get rid of wastes through urination, perspiration, and bowel movements

Your body needs more water when you are:

- ⇒ In hot climates
- ⇒ More physically active
- ⇒ Running a fever
- ⇒ Having diarrhea or vomiting



Avoid Dehydration:

- ⇒ Carry a water bottle for easy access when you are at work, exercising, playing sports or running errands.
- ⇒ Freeze some freezer safe water bottles. Take one with you for ice-cold water all day long.
- ⇒ Add a wedge of lime or lemon to your water. This can help improve the taste and help you drink more water than you usually do.

Clothing

Loose-fitting long-sleeved shirts and long pants made from tightly woven fabric offer the best protection from the sun's UV rays. A wet T-shirt offers much less UV protection than a dry one. Darker colors may offer more protection than lighter colors. Some clothing certified under international standards comes with information on its Ultraviolet Protection Factor (UPF), which tells you how much protection you can expect to get from that article of clothing.

If wearing this type of clothing isn't practical, at least try to wear a T-shirt or a beach cover-up. Keep in mind that a typical T-shirt has an SPF rating lower than 15, so use other types of protection as well.

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 ⇨ Sun Safety

Shade

You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree, or other shelter before you need relief from the sun. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside—even when you're in the shade.



Hat

For the most protection, wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection.

If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using sunscreen with at least SPF 15, or by staying in the shade.

Sunglasses

Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.

Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard. Wrap-around sunglasses work best because they block UV rays from sneaking in from the side.

NOTE: If you have a particularly nasty sunburn, you might want to use an over-the-counter hydrocortisone cream.

Never use "-caine" products (such as benzocaine), because they can irritate the skin or cause an allergic reaction, the AAD said.

Aspirin or ibuprofen can help reduce swelling, redness and discomfort caused by a sunburn.

It's also a good idea to drink plenty of water.

Sources: CDC and WebMD

Worried about a loved one's drinking?

Come to the
Al-Anon Meeting at EL RITO CLINIC
Every Wednesday
at 6 pm
Meeting Group Name is **OVERCOMERS**

Medicaid enrollment continues for children ages 19 and up based on income guidelines and for adults.

New Mexico Health Care Exchange Insurance will begin November 15, effective coverage Jan. 2015.

Please contact:

Mary Chavez-El Rito (575) 581-4728:

Mon. Wed. Thurs. 8-6,

Abiquiu (505) 658-4479: Tue. 8-6,

Naomi Archuleta-Pojoaque (505)

455-4026 Mon. Wed. Thurs. Friday 7:30-4,

Ojo Caliente (505) 583-2191 Tue. 8-4.

ANNOUNCEMENT

We want to welcome back to a full time position **Jeanne Alvarez, FNP** who will start her new schedule Wednesday through Saturdays on June 18, 2014. Jeanne is the only certified dermatologist north of Santa Fe, NM. Please come see her at El Rito with any skin conditions such as moles, cysts, etc or with any issues regarding wound care.

⊗ 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 2nd Wednesday, 6:00 pm

El Rito Fire Dept. Mtgs. - every 2nd 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 information call North Central Solid Waste, 747-8459.

Ojo Caliente

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

El Rito Public Library

575-581-4608

Hours: Tuesday thru Saturday 12—5 pm

Library Director Position Open

The El Rito Public Library Board is seeking candidates for a new Library Director. Christine Trujillo will be retiring on December 15, 2014 and will train the new director before she leaves. Minimum qualifications - Preferred: 1) Bachelor's Degree or higher in area related to Library Science. An unrelated Bachelor's Degree or higher will be heavily weighted; 2) experience in grant writing; 3) able to get along with different types of people (good communication skills); 4) organized; 5) supervisory experience; and 6) budget experience. We will consider: 1) associate's degree; and 2) aptitude for grant writing.

If you are interested in the Director position, check out our website at www.elritolibrary.org for more detailed duties for this position. Please contact Board President, Judith Uhrich, at 575-581-0011, or by email at juhrich.nm@gmail.com, or send your resume to P.O. Box 181, El Rito, NM 87530.

Book signing Event at El Rito Library

We are honored to host a book-signing event with Mr. Cipriano Vigil of El Rito! Come join us on

Saturday, June 14, 2014 from 6:00 to 8:00 pm.

Mr. Vigil will also play some music for us.

His hardcover book entitled "*New Mexican Folk Music/Cancionero del Folklor Nuevomexicano: Treasures of a People/El Tesoro del Pueblo*" (English and Spanish Edition) by [Cipriano Frederico Vigil](#) (Author), [David García](#) (Editor), [Enrique R. Lamadrid](#) (Foreword).

Cipriano Frederico Vigil is the most important performer of traditional Nuevomexicano folk music in the late twentieth and early twenty-first centuries. This bilingual panoramic book presents the songs that are his life's work, spanning half a century of listening, playing, composing, and singing ritual, social, and dance music. *New Mexican Folk Music* includes much traditional material that has never been seen before or studied by scholars or students.

Renowned as a composer, Vigil works in traditional genres such as the romance, the *décima*, the cuando, and corrido. Like the Mexican group Los Folkloristas with which he apprenticed in the late 1970s, his goal has been to research and master local styles, to introduce new listeners to traditional music, and to build on tradition by creating new compositions that address contemporary social themes. An audio CD accompanies this comprehensive study on the work and music of Cipriano Frederico Vigil.

About the Author - Cipriano Frederico Vigil has been recognized by the New Mexico Endowment for the Humanities and the Smithsonian Institution. He received the New Mexico Governor's Award in 1994. Vigil taught for many years at Northern New Mexico Community College.

El Rito Library Annual Pancake Breakfast

Our annual pancake breakfast fundraiser is Sunday, **June 29, 2014 from 9:00 am to 12:00 noon**. Come enjoy a good breakfast, chat with your neighbors, and help the library at the same time. Pancakes, eggs, bacon, coffee and juice will be served.

NORTHERN YOUTH PROJECT

FREE SUMMER PROGRAMS FOR TEENS

"Supporting the Dreams of Northern New Mexico Teens"

Northern Youth Project (NYP) is pleased to announce its full time Summer Program for Teens beginning June 2 through August 9, 2014. We offer extended hours and FREE programs including classes in *horticulture, cooking, pottery, painting, break-dancing, beat making, photography, screen printing, business*, and more—engaging our youth in positive and productive projects all summer long! For a complete Calendar of Events visit our website: www.northernyouthproject.org/calendar and join us on Facebook: www.facebook.com/nypnm?ref=hl.

Save this Date: The fourth annual MILLION SMILE MILE Walkathon returns on **Saturday, June 14th**. Meet your friends and neighbors at Abiquiu Lake, Group Shelter #4, 9 AM. A day of fun and food benefitting NYP! For more information call Leona Hillary, NYP Program Director: 505 685 9474.

NYP is a grassroots effort founded in 2009 by local teens with the support of the community in response to staggering high school dropout rates, teen substance abuse, academic underachievement and a lack of teen programs in the area. Collectively NYP teens have set out to "be the change" in their community. NYP better the outcomes of rural northern New Mexico youth by engaging them in activities that promote personal investment in their health and well-being, their education, the environment and the community. In five short years, NYP has accomplished a great deal: Nearly 100% of NYP teens aged 18 and older have graduated from high school and are now attending college. All youth have shown higher academic performance within one year of starting the program. In recent satisfaction surveys NYP teens expressed a greater sense of investment in their community, schools, heritage, environment and health.

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* - Tony Chacon, *Vice-President* - Pauline Varoz, *Treasurer* - Erma Crim, *Secretary* - Barbara Lovato; *Members:* Gary Salazar, 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)
\$ 800 - Katharine & Boudinot (Bill) Atterbury- James Talcott Fund (12-13)

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\$ 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
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El Rito, NM 87530

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