

EL AVISO

October 2014

Exercise May Guard Against Irregular Heartbeat in older women

Regular exercise may help older women avoid a condition that causes a life-threatening irregular heartbeat, a new study shows. Physically active postmenopausal women had a 10 percent lower risk of developing atrial fibrillation, compared to women who were more sedentary, researchers report in the Aug. 20 issue of the *Journal of the American Heart Association*.

Active women enjoyed this protection against the heart rhythm disorder even if they were obese, the study found. Obesity is an important risk factor for atrial fibrillation.

"We pretty clearly show that in this older population, the more they exercised, they less likely they were to develop atrial fibrillation -- and the obese women were the ones who benefited most from this exercise," said study author Dr. Marco Perez, director of the Inherited Arrhythmia Clinic at the Stanford University School of Medicine in California. This study should clear up concerns that physical exercise might contribute to atrial fibrillation, said Perez and Dr. Gordon Tomaselli, of Johns Hopkins Medical School and a spokesman for the American Heart Assoc. "The older population is much more vulnerable, and there has been a question in our field whether we should be recommending more exercise in these older folks," Perez said.

Atrial fibrillation is an electrical disorder of the heart causing it to beat in a rapid and disorganized way. The condition increases a person's risk of stroke and heart failure.

Some studies have shown that elite athletes may develop atrial fibrillation as a result of their regular strenuous efforts. Those findings caused doctors to wonder if exercise might be bad for regular folks at risk for the condition, Tomaselli explained.

"This study shows that moving, keeping a body in motion, is a good thing even if you have risk factors for heart disease," he said. "You can't use atrial fibrillation as an excuse for not being physically active, if you're an average guy or gal."

This study involved more than 80,000 participants with the Women's Health Initiative, in an observational study involving women aged 50 to 79. Observational studies can only show if there is an association between factors and cannot prove cause-and-effect relationships.

At the start of the study, researchers asked the women how often they walked outside for more than 10 minutes daily or how often they engaged in physical activity hard enough to sweat.

After 11 years, the researchers found that the most physically active women had a 10 percent lower risk of developing atrial fibrillation compared to those who didn't walk outside for 10 minutes at least once each week. The women with the highest protection took part in physical activity equivalent to walking briskly for 30 minutes six days a week, or bicycling at a leisurely pace for an hour twice a week, researchers said.

Moderately physically active women had at least a 6 percent lower risk of developing atrial fibrillation. Walking briskly for 30 minutes twice a week would provide this benefit, the study authors said.

Strenuous exercise also reduced risk of atrial fibrillation. Women who undertook activity equivalent to running a couple of hours a week had a 9 percent lower risk, the study found.

Obesity still was linked to an overall increased risk of atrial fibrillation, but the investigators found that obese women who exercised a lot cut their risk in half.

Active obese women had a 17 percent increased risk of the disorder, compared to a 44 percent increased risk for obese women who took part in little to no physical activity, the study found.

Physical activity likely decreases risk of the heart rhythm disorder by lowering blood pressure and reducing inflammation in the body, Tomaselli and Perez said.

Exercise also might help limit physical changes that occur in the heart as a result of aging or obesity, which in turn increase the risk of atrial fibrillation and heart disease, Perez said. If obese women start losing weight as a result of their exercise, the benefits likely will be even greater, Tomaselli said.

Obesity causes a number of physical changes that have been linked to the development of atrial fibrillation, including inflammation, enlarged heart and altered heart rate, the researchers noted. "On average, if somebody lost weight and were more physically active, their risk of atrial fibrillation would be lower," Tomaselli said.

(Source: WebMD)

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

The Annual October Studio Tours in El Rito and Abiquiu will soon be underway. Artists and artisans from El Rito, Abiquiu and surrounding areas will be showing a variety of artwork. Plan to come enjoy early fall strolling or driving from studio to studio in either of these villages.

Please note the dates of each Tour.

2014

**El Rito Studio Tour
& Village Arts Festival
October 4 - 5
10 am-5 pm**

**Abiquiu Studio Tour
Columbus Day Weekend
October 11 - 12 - 13
10 am-5 pm**

There will also a fair bit of live music and several unusual food stops of interest on these Tours. For example, within the El Rito Tour the *Death by Chocolate* stop at the El Rito Library has been a great event to indulge in you know what. And look for the *Northern Youth Project* stop in front of the Rising Moon Gallery on the Abiquiu Studio Tour. The teens will be offering local organically grown produce from there garden as well as photographs and other artworks they created in classes and field trips throughout the Summer.

Worried about a loved one's drinking?

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

⊗ **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.

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

Northern Youth Project

Our garden is in full bloom and the community is invited to drop by for a tour on Fridays or Saturdays.

Coming - - - a **Harvest Dinner**

SAVE THIS DATE - November 15th

Join NYP to celebrate our gardens' bounty with a Harvest Dinner on **Saturday, November 15**. The culmination of the Summer program includes a three course meal cooked and served by NYP teens featuring produce from the Heritage Garden and other local farms.

EL RITO PUBLIC LIBRARY

575-581-4608

Hours: Tuesday thru Saturday 12-5pm

STEM to Read Program

A **FREE** pre-literacy program for 0-5 toddlers, with an emphasis on 3-5 year old toddlers, will be starting up on **October 14th from 10:00 am to 11:30 am** here at the library. We will continue to meet every Tuesdays and Thursdays until May 14, 2014. We are having an official training session on Friday, October 10, 2014 for parents, caregivers and staff at the Library. If you are interested in registering for the training and enroll your toddler for this exciting new program, please call the library at 575-581-4608 as soon as possible. Singing, playing, learning, reading and snacks are part of the curriculum!

Library Director Position Still Open

The El Rito Public Library Board continues to seek 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.

Musical Concert at the Library

Roberto Mondragon, Cipriano Vigil and Augustine "Randy" Vigil have volunteered to come entertain us here at the library on **Sunday, October 19th from 11:00 am. to 2:00 pm.** There is nothing like live Northern New Mexico music on a Sunday afternoon! Light refreshments will be served. Donation fee is \$10.00 a person.

Thank you El Rito Quilter's Guild

On behalf of the Board of Directors and the staff, we would like to thank the El Rito Quilter's Guild for their continued support in help raising money for the library. We raffled a beautiful quilt with traditional Northern New Mexico Saints during the Church Fiestas. Erma Crim was the lucky winner who we know will cherish this quilt! Thank you to everyone who bought tickets for a chance to win this beautiful quilt.

PUEBLO DE ABIQUIU LIBRARY*And Cultural Center*

505-685-4884

POB 838, Abiquiu, NM 87510

abiquiupl@gmail.comwww.abiquiulibrary.wordpress.com

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

Movie Night Benefit on October 9th:
A Place to Stand documentary on
Jimmy Santiago Baca

Pueblo de Library and Cultural Center and Northern Youth Project are sponsoring a benefit screening of Director Daniel Glick's newly released film ***A Place to Stand***, a documentary based on the memoir by Jimmy Santiago Baca on **October 9th at the Fine Arts Auditorium of Northern New Mexico College in Espanola.**

Visitors will be able to enjoy the film and also purchase signed copies of Santiago Baca's memoir, ***A Place to Stand***, a story of redemption and struggle as Jimmy Santiago Baca makes his way into prison as a young illiterate and violent drug dealer and out of prison to become a highly respected, award winning poet.

This event will benefit the youth programming of both Pueblo de Library and Cultural Center and Northern Youth Project. Thank you to Northern New Mexico College Office of Equity and Diversity for hosting this event at their Fine Arts Auditorium on the Espanola campus. Tickets can be purchased at the door @ \$5.00 for students or children and \$10:00 for adults. (Northern students for free with ID)

Enjoy the bake sale and book signing in the theater lobby from 5:30 to 6:30. The documentary film will start at 6:30.

Early Literacy Program at the Library:

Our early literary STEM TO READ program sponsored by Northern New Mexico United Way is off to a great start! This is a program to help parents and caregivers learn how to prepare children ages two- five years to be ready to read. We need for both children and parents to participate together in our *Early Literacy Story time* sessions. We were excited to have the Early Childhood Center from Canones attend our first session on September 17th on *letter recognition*. The theme was "Autumn", so we looked at lots of beautiful colors and played with enjoyable stories and reading activities based on these stories. Everyone had a good time. Long time reading educator Isabel Lopez is the lead teacher for this program.

The next session will be on Wednesday, October 1st. Please note the time change; the program will now start at 11AM and last until 1 PM.

We will be exploring ways for families to make time each day to point out letters and numbers and other necessary steps to give their children a head start towards letter and number recognition and be better prepared for early schooling. You will learn some useful steps to help your young children connect with books and to continue their love for learning. **This program is free! Join us twice monthly on Wednesdays from 11am until 1pm to give your young children a head start toward learning! Call the Library to sign up in advance at (505)685-4884.**

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 to all clinic visits

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

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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)

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Las Clinicas del Norte, Inc.

D/B/A Las Clinicas del Norte
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