

— EL AVISO —

November 2014

Health Fair / Child Find

Date: November 15th

Time: 10 am – 3 pm

Location: El Rito Elementary School

Las Clinicas del Norte School Based Health Center in collaboration with Mesa Vista School District will be hosting a Health Fair/Child Find. Bring your child out for developmental/hearing/ vision/dental and BMI screenings. We will be offering Blood Pressure Checks and education about Diabetes and other health topics. Medicaid and Health Insurance Exchange Enrollments can be done onsite. For Medicaid Applications you will need to bring the following with you:

1. Drivers License
2. Original State Birth Certificate
3. Social Security Card
4. Proof of Income
 - Monthly-1 check stub
 - Weekly- 4 check stubs (in sequence)
 - Every two weeks -2 current check stubs (in sequence)

Or - Current Tax Returns

What You Should Know for the 2014-2015 Influenza Season

What sort of flu season is expected this year?

It's not possible to predict what this flu season will be like. Flu seasons are unpredictable in a number of ways. While flu spreads every year, the timing, severity, and length of the season usually varies from one season to another.

Will new flu viruses circulate this season?

Flu viruses are constantly changing so it's not unusual for new flu viruses to appear each year. For more information about how flu viruses change, visit [How the Flu Virus Can Change](#).

When will flu activity begin and when will it peak?

The timing of flu is very unpredictable and can vary from season to season. Flu activity most commonly peaks in the U.S. between December and February. However, seasonal flu activity can begin as early as October and continue to occur as late as May.

What should I do to prepare for this flu season?

CDC recommends a yearly flu vaccine for everyone 6 months of age and older as the first and most important step in protecting against this serious disease. While there are many different flu viruses, the seasonal flu vaccine is designed to protect against the main flu viruses that research suggests will cause the most illness during the upcoming flu season. People should begin getting vaccinated soon after the → 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 - **2014-2015 Influenza Season**

flu vaccine becomes available, ideally by October, to ensure that as many people as possible are protected before flu season begins.

In addition to getting vaccinated, you can take everyday preventive actions like staying away from sick people and washing your hands to reduce the spread of germs. If you are sick with flu, stay home from work or school to prevent spreading flu to others

Source: MedMD

So, if you have not gotten that flu shot yet, for yourself or your children, take a break from worrying about Ebola and get the vaccine this fall. Should Ebola continue to crop up in the U.S., having fewer people coming to emergency rooms with the similar symptoms of flu will help the public health system respond properly.

Come to any of the three Las Clinicas locations to receive your shot.

General Election Nov 4

A General Election will be held on Tuesday, November 4, 2014.

This General Election will fill the offices of United States Senator, United States Representative, Governor, Lieutenant Governor, Secretary of State, State Auditor, State Treasurer, Attorney General, Commissioner of Public Lands and districted New Mexico offices and county positions. There will be many judicial elections and judicial retention decisions, bond issues, and proposed amendments to the State Constitution.

If you are a citizen of the United States, 18 years of age or older on Election Day, and registered to vote, you may vote in this General Election.

ANNOUNCEMENTS

Farewell— We is sorry to announce that **Kelly Madrid, Director of Medical Programs**, left LCDN at the end of October. Good Luck to you Kelly in your future endeavors.

Community Meeting to discuss the NNMC Community Park Playground Equipment Project.

Thursday, November 6th — 6:00 pm

Las Clinicas del Norte Conference Room, El Rito
Encourage others to attend. This is for the future of our children and grandchildren.

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

PUEBLO DE ABIQUIU LIBRARY*And Cultural Center*

505-685-4884

POB 838, Abiquiu, NM 87510

abiquiupl@gmail.com

www.abiquiulibrary.wordpress.com

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

STEM to Read Program

A **FREE** pre-literacy program for 0-5 toddlers, with an emphasis on 3-5 year old toddlers began on October 14th. We meet every Tuesdays and Thursdays from 10:00 to 11:30 am and will continue with the program until May 14, 2015. It is never too late to enroll your toddler or come by on the days we have the program and have your child check us out. Singing, playing, learning, reading and snacks are part of the curriculum!

El Rito Calendars for Sale

Thanks to Board Member, Ted Harsha, who has taken some beautiful pictures of the El Rito landscape and made them into an El Rito calendar for 2015. If you are interested in buying one, please come by the library. All proceeds benefit the El Rito Library.

100 People Donating \$100

Thank you to those who have already donated to our current Fall fundraiser. This is our only direct solicitation we do once a year to get some much needed operational money into the library. If you haven't donated yet, please send in your check or donate online. If you donate \$100, an El Rito calendar is on it's way to you. THANK YOU!

Live/Silent Auction

Our theme this year is "Framing our Community" and the auction will be here at the El Rito Library on Saturday, December 6th from 1:30 to 3:30 pm. If you would like to donate an item for the auction, please contact the library so we can include it in our auction brochure. As always, we would like to thank everyone from the donors to the buyers who make this fundraiser our most successful one of the year.

Obituaries and Memorial Cards Still Needed

You can still bring in your obituaries and memorial cards to the library to photocopy them for our book. This book is all about the El Rito people who were born or lived here. We do not want to leave anyone out, so please participate in this project. The Obituary Book will be here at the library so anyone can come see it and make copies of pages that you might want. This project is on-going and will continue to accept them any day. Thank You!

"No place affords a more striking conviction of the vanity of human hopes than a public library; for who can see the wall crowded on every side by mighty volumes, the works of laborious meditations and accurate inquiry, now scarcely known but by the c"

Samuel Johnson ~ English Poet, Critic and Writer ~ 1709-1784

Movie Night Benefit on October 9th:**Discovering Your Family Roots**

Henrietta M. Christmas, well known New Mexico Genealogist, will be presenting a free lecture, *Abiquiu Through Genealogy - Discovering Your Family Roots*, at Pueblo de Abiquiu Library & Cultural Center on Sunday, November 9, 2014 at 3:00 pm. Learn about the settlers of Abiquiu, common surnames, genizaros, where to find the records, maps, and timelines. Admission is free. If you have questions call the Library at 685-4884.

Holiday Party December 13th:

Our Annual Holiday Party will be held on Saturday, December 13th @ 5pm. Save the date! We will be hosting a wonderful home-cooked holiday meal with music, a gift book table, holiday ornaments and other surprises. Tickets are \$15 per couple or \$10 for an individual. All ticket sales benefit the programming at the Library.

Library Museum Pass Program

Thanks to a special program from New Mexico Museum of Natural History Foundation, the Library is able to offer an opportunity for library card holders to reserve a free pass for 2 adults and 4 children to visit New Mexico Museum of Natural History in Albuquerque. Come into the library and reserve the days you would like to use this membership card. The card can be checked out for one week on a one-time basis per library patron. This is a great opportunity to enjoy the fine exhibits at this museum.

Cipriano Frederico Vigil

Thank you to Cipriano Frederico Vigil for donating his book *New Mexico Folk Music / Cancionero del Folklor Nuevo-mexicano* and the fine compendium set of CDs of traditional music- *Trovos-Vivas / Coplas Versos de Los Dias de Nuevo Mexico*- that accompanies this book. The book and CDs are for reference only, but can be enjoyed at the Library by using head phones.

Thanks:

Thank you to Jimmy Santiago Baca for donating his documentary film *A Place to Stand* for a special screening on November 9th and for his talk and book signing after the film. Proceeds from ticket and book sales supported the youth programming for both Northern Youth Project and Pueblo de Abiquiu Library. Special thanks to Tara Valdez and Fatima von Hattum for their work in organizing the bake sale, book sale and helping to coordinate the screening. Thanks also to Patrica Trujillo and Northern New Mexico College for donating the venue of the college theater for the screening.

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)

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 Members: Mary F. Lovato, Jeremias Archuleta, Willie Picaro and Susie Verkamp.

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)

\$ 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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