

EL AVISO

August 2015

Back-to-School Health Tips

Yes, its time again to be thinking about getting ready for school. There are many things to consider, for instance,

Getting Enough ZZZ's

- **Sleep Facts:** School-aged children and teens need at least nine hours of sleep a night. Adults need seven to eight hours of sleep a night.

Sleep Tips: Set a sleep schedule, going to bed and waking up the same times each day. Keep room temperature on the cool side. A TV or computer in the bedroom can be a distraction.

Nodding off in school may not be the only outcome for otherwise healthy teens who don't get enough sleep. A study funded by the National Heart, Lung, and Blood Institute (NHLBI) links poor sleep in teens (ages 13 to 16 years old) to higher blood pressure. Researchers found that teens who got less than 6 ½ hours sleep were 2½ times more likely to have elevated blood pressure than teens who slept longer.

Also, teens who had trouble falling asleep or staying asleep were 3½ times more likely to have high blood pressure or pre-high blood pressure than teens who slept well. These results are similar to findings from other studies in adults. High blood pressure, if left untreated, can increase the risk of stroke and heart diseases later in life.

Exercise: At least one hour of physical activity a day helps all ages of kids to:

- Feel less stressed
- Feel better about themselves
- Feel more ready to learn in school
- Keep a healthy weight
- Build sturdy muscles, bones, and joints
- Sleep better at night

Exercising together can be fun for everyone. Some easy ways for kids to stay active include walking or biking to school, jumping rope, going to the playground, or participating in organized sports programs.

More time in front of the TV means less time playing and running. So parents should limit TV, video game time, cell phone and computer time. They should set a good example by being physically active also.

Check-Ups and Immunizations

It's a good idea to take your child in for a physical and eye exam before school starts. If your child will be participating in a sports activity, your family doctor/health care provider may have to sign a release form to permit your child to participate.

Most schools require that your child's immunization shots be up-to-date. Remember, that each state has different immunization requirements. Let your healthcare provider know if you have any questions or concerns about the vaccines your child is scheduled to receive.

School entry may require documentation of immunization records. Find out what your child's school requires and bring any school forms for your healthcare provider to fill out and sign. Be sure to keep your own copy of any records. Failure to keep immunizations up-to-date could prevent your child from attending school.

Resource: www.nlm.nih.gov/medlineplus/

Post-Traumatic Stress Disorder

Post-traumatic stress disorder (PTSD) may develop after a terrifying ordeal involving physical harm or the threat of physical harm. A person doesn't have to be physically hurt to get PTSD. People often develop it after seeing others—a friend, a family member, even a stranger—harmed or threatened.

War veterans brought PTSD to public attention. But PTSD can stem from traumatic incidents, such as mugging, rape, torture, being kidnapped or held captive, child abuse, car accidents, train wrecks, plane crashes, bombings, or natural disasters such as floods or earthquakes.

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 ⇒ **PTSD**

The majority of people exposed to such events experience some symptoms of distress (sleep problems, jumpiness). The majority of the people exposed do not fully recover in a few weeks or months.

People with PTSD may become emotionally numb, especially in relation to people with whom they used to be close. They may lose interest in things they used to enjoy. They may startle easily or be irritable, become aggressive, and may have trouble falling asleep and staying asleep. They avoid situations that remind them of the original incident, and often find anniversaries of the incident to be very difficult.

PTSD symptoms seem to be worse if they were triggered deliberately by another person, as in a mugging or rape. Most PTSD sufferers repeatedly relive the trauma in their thoughts during the day and in nightmares when they sleep. These are called flashbacks. Flashbacks may consist of images, sounds, smells, or feelings. They are often triggered by ordinary occurrences, such as a door slamming, a car backfiring, or being in a place that looks like where the trauma took place. A person having a flashback is likely to feel the emotions and physical feelings that occurred when the incident happened despite no longer being in danger.

Not every traumatized person develops full-blown or even minor PTSD. Symptoms usually begin within three months of the incident, but occasionally may only emerge years later. The symptoms must last more than a month to be considered PTSD. The condition varies from person to person. Some people recover within months, while others have symptoms for much longer. In some people, the condition becomes chronic.

Further information on this subject is available on referenced internet sites. This includes a complete questionnaire that you can take or fill out to see if you possibly have PTSD. This information can then be shared with your provider for further help. Las Clinicas del Norte provides mental health counseling and services. There are also services available from the Veterans Administration for those who qualify.

Remember— you are not alone.

References: U.S. Department of Veterans Affairs PTSD Website: <http://www.ptsd.va.gov>

PTSD: A Growing Epidemic/Symptoms, Diagnosis, Treatment/ NIH Research to Results. Winter 2009 Issue: Volume 4 Number 1 Pages 10 - 14

ANNOUNCEMENTS

Welcome to Monique Garcia, Therapist, who will join the LCDN organization at Abiquiu clinic on August 10th.

Farewell to Matthew Trujillo, CR at the Ojo Caliente Clinic and **Elizabeth Medina**, Medical Assistant at the Abiquiu Clinic. Both left at the end of June, we wish them well.

⊗ **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, Sat, 9am - 2pm, Wed, Thurs, Fri, 2 -7 pm
Library Board Mtgs. - every 2nd Thursday, 5:30 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.

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.

The Northern New Mexico Normal School Alumni Association is having a one-day El Celebración Reunion on August 22, 2015 at the NNMC campus in El Rito.

All Normal School alumni, students, teachers and administrators are cordially invited. Events planned are - unveiling of a student legacy memorial and class pictures, Historical presentation, Alumni interviews, barbecue lunch, dinner and dance.

Registration fee is \$75/person. Contact Leroy Salazar at 575-642-4230 or leroyalazar@aim.com for more information. Join us for day of celebration by re-uniting and reminiscing with your classmates.

EL RITO PUBLIC LIBRARY

New Hours — Tues/Sat - 9 am to 2 pm
 Wed/Thurs/Fri - 2 pm to 7 pm
 575-581-4608

Krysta Kavanaugh left as Library Director on June 22. Our previous Director, Christine Trujillo, has agree to step back in and is helping everything run smoothly. Christine's brief retirement hiatus will end when a new director is selected by the Library Board, hopefully by the first of August. The Board and Staff of the Library want to thank Christine for her invaluable assistance during this time.

Thank you to Nicole Joswiak, from the Espanola Valley Humane Society, who read books about animals to five children and four adults on July 16. Nicole also talked about pet care and treating pets with respect and love. She brought the adorable adoptable dog Enchilada along to keep everyone smiling.

The Annual Flea Market will be held at the Library parking lot on Saturday, August 1, from 9 am to 2 pm. This is the time and place to get rid of any unwanted items, make a little cash, and help the Library in the process. Anyone wishing to sell stuff should bring their own tables, set them up, and take them down. The El Rito Library receives 10% of any proceeds earned.

The Library's second year of the STEM to Read Program will begin on Wednesday, September 2, and continue through the academic year.

The Program is for children ages 2-5 and their caretakers. Unlike Head Start, STEM is not a drop-off program. Caretakers also participate and hopefully extend lessons into their children's home environment. The class will meet from 10 am to 12 noon. In addition to learning activities, children experience physical activities that should pretty much ensure a nap after class. Snacks are provided. The program is free. Call Lallie if you have questions, 581-0167.

Look for upcoming events at the Library related to a \$3000 programming grant received from the National Endowment for the Humanities and the American Library Association. There will be two scholar-led viewing and discussion programs featuring episodes of the *Latino Americans* documentary available for check-out at the Library or at <http://www.pbs.org/latino-americans/en/> The Library will host at least two additional programs relating to Latino American history and culture.

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

BOOK SALE FOR SANTA ROSA DE LIMA FIESTA ON AUGUST 28TH

THANK YOU to the many volunteers who helped move the Book Shed and organize the book donations that we keep in the shed. Special thanks to the visiting youth from Kentucky who volunteered as part of their week at Ghost Ranch, to the 4-H club students who pitched in at the end, to all the Board members, staff and other library friends who helped. Moving our Book Shed was advance preparation for the upcoming BOOK SALE. Stop by the library during the Santa Rosa de Lima Fiesta on Saturday August 28th and bring home some great books while helping fund the library programming.

YOUTH HISTORIANS

We are planning a 13-week fall/winter work and study program on Saturdays for a select group of teenagers to learn how to collect Abiquiu stories from residents of the village as well as other history collecting strategies. Applications will be available at the library and information will be posted later in the summer on our website and Face-book page.

THANK YOU FOR HELPING WITH THE SUMMER READING PROGRAM: Every Hero Has a Story

The summer reading program was a big success because of the *Heroes* that volunteered to be part of our program. Our *Everyday Heroes* that took a day to be part of our program were John from the U.S. Army Corps of Engineers Abiquiu Dam, Dirk Wale, author of Lucky Dog, Nichole from Espanola Animal Shelter, Lupe Salazar from Northern New Mexico College, Nick Gallegos, Brian Bondy, Alec Budge, Mary Tindal, and Carl Johnson from Abiquiu Volunteer Fire Department, Agapita Lopez from the Georgia O'Keeffe Museum and Christy Wall from the Wild Life Center. Thank You your presentations for the children and for the work you do for our community.

Las Clinicas del Norte

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

MEDICAL:

MON and TUESDAY 8:00 am– 6:30 pm
WEDNESDAY THRU SATURDAY 7:30
am 5:00 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;

REMEMBER TO BRING YOUR CHILD'S IMMUNIZATION RECORD to all clinic visits

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

NEW MEXICO NURSE ADVICE—24 Hour Toll Free Nuber—1-877-725-2552

LCDN BOARD OF DIRECTORS — *President* - Tony Chacon, *Vice-President* - Pauline Varoz, *Treasurer* - Erma Crim, *Secretary* - Barbara Lovato; *Members*: Gary Salazar, Sophie Garcia, Rex Davidson, Bruce Smith, 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

\$ 500 - Kathleen E. Maley (12-14)

\$ 800 - Katharine & Boudinot (Bill) Atterbury - James Talcott Fund (12-14)

\$ 100.00 Tony Chacon (6-15)

\$ 1,000 - Sam R. & Isabel E. Jewell (12-14)

\$ 1,000 - Terence P. & Susan C. Boyle (1-15)

\$ 1,500 - Andy R. Lopez (1-15)

Las Clinicas del Norte, Inc.

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

NONPROFIT ORG
US Postage Paid
El Rito, NM 87530
Permit No .1

BOXHOLDER



Community Partner

**Funded in part by the
NEW MEXICO DEPT. OF HEALTH
PUBLIC HEALTH DIVISION**