

**Next Meeting: January 16, 11am-1pm**

**January 2014**

**Tanoan Country Club**

**Sponsored by:**

[Haven Behavioral Senior Care](#) & [Klarus Home Care](#)

**2014 NMACC MEMBERSHIP DUES ARE DUE!**

To avoid being charged a guest fee, click here to join NMACC online - or be prepared to pay at the door at this month's meeting!!! (*Join now it's cheaper...*)



## **Speaker: Martha "Marty" Rice, LISW** **"Stress Management After The Holidays"**

Martha "Marty" Rice, [LISW](#), is Director of Social Services at [Haven Behavioral](#). Marty specializes in [Cognitive Behavioral Therapy](#) (CBT) and [Dialectical Behavioral Therapy](#) (DBT). Marty graduated in 2000 with Honors from the [University of Maryland at Baltimore](#). She moved to NM in 2006 and started working first as a private practice therapist then moving to the IP adult/ geriatric unit at [Lovelace](#) for 4 years total. Prior to her current position with Haven Behavioral, she worked at [NM Solutions](#) as a therapist doing individual sessions and co-leading the Intensive Outpatient Program for substance recovery.

### ***Leave it to the Canadians to help us with stress:***



[OTTAWA](#) — You've just ushered in a brand new year full of possibilities so how come you're stressed out? Feeling blue, irritable, tired: these could be signals that your stress load, shot into hyper-drive by [Christmas](#) preparations, didn't dissipate during the frantic round of visiting and [Boxing Day](#) shopping and everything else that constitutes the "holidays." Now you're heading back to work and to the frenetic existence many of us lead even in our leisure time. Is it any surprise you feel less than tip-top?

[Read the rest of the article by Patrick Langston, writer for the Ottawa Citizen.](#)

## **"How to Invest in Yourself and Watch Your Life Change in 2014"**

**Carrie Smith, Huffington Post**

The first thing many people think of when talking about investing is the stock market, mutual funds and building wealth.

But what about the other most important investment you can make?

**YOU!** The best investment you can make is in yourself. Here are five ways to invest in yourself that will change your life.

1. *Get out of debt*
2. *Pay bills on time*
3. *Find a like-minded community*
4. *Learn a new skill*
5. *Hire a coach*

Check out her complete and worthwhile Blog at [HuffPost](#).



# NMACC to go continued

## **NMACC Partypacks:** (open houses, social gatherings, verified hearsay...)

- Open house at [Carrington College](#), Tuesday, January 7, from 11am-7pm. Program demonstrations, campus tours and a complimentary gift. To RSVP, call (855) 774-7627.
- Greater Albuquerque Chamber of Commerce - [Governor Susan Martinez Luncheon](#) - January 14, 11am-1pm

## **NMACC Snacks:** (non-profit events/causes...)

- [National Wear Red Day](#) - Friday, February 7
- [La Noche Encantada: "Transición"](#) - Saturday, February 8



Join Mayor Berry and hundreds others for National Wear Red Day, noon, Civic Plaza, Friday, Feb. 7.



## **NMACC Contacts:**

(P=Paid and V=volunteer opportunities)

- [P-Presbyterian Home Health](#) > Search Now > Select Full-Time, Nursing/ NM-Albuquerque > Keyword "Home Healthcare"
- [V-Meals On Wheels](#) - Drivers needed M-F from 10:30am-12:30pm.

## **NMACC Sac:** (fast links to helpful educational tidbits)

["Health care changes to watch for in 2014"](#) Kelly Kennedy, USA Today

**2014 NMACC MEMBERSHIP DUES ARE DUE!**

Save over 40% (over guest rate) on individual memberships in the coming year by clicking here and joining NOW!

## **NMACC Almanac:** (Upcoming Meetings)

February 20, March 20, April 17,

May 15, June 19, July 17, August 21,

September 18, October 16, November 20

**Not sure if you're a member in 2014? If you're not listed as a 2014 member, you're not. Verify here.**

## **"NMACC To Go"**

Submissions for announcements of any kind will be published the month of the event, unless the event scheduled occurs before the date of distribution. For accuracy, "Series" events (regular meetings) must be submitted monthly. Deadline for next edition: **Monday, February 3, 2014**

Please provide a link **and** email contact/phone number to your activity/event. Send submissions to: [NMACC to go](#)

Want to find out more about NMACC? Go to [New Mexico Association for Continuity of Care](#). Attend the luncheon? Go to ["Calendar of Events"/NOTE](#).