



Next Meeting: Thursday, May 15, 11am-1pm

May 2014

Tanoan Country Club

Sponsored by:

The Retreat

Retreat at Home

ALTERNATIVE MEDICINE

Alternative medicine is any practice that is put forward as having the healing effects of medicine but is not based on evidence gathered using the scientific method. It consists of a wide range of health care practices, products and therapies, using alternative medical diagnoses and treatments which typically have not been included in the degree courses of established medical schools or used in conventional medicine. Examples of alternative medicine include homeopathy, naturopathy, chiropractic, energy medicine and acupuncture.



Dr. Li Xu



Complementary medicine is alternative medicine used together with conventional medical treatment in a belief, not proven by using scientific methods, that it "complements" the treatment. CAM is the abbreviation for Complementary and alternative medicine. Integrative medicine (or integrative health) is the combination of the practices and methods of alternative medicine with conventional medicine.

[Li Xu, Ph.D.](#) (Acupuncture), D.O.M., Dipl. OM, and one of New Mexico's leading acupuncturists and herbalists will speak. Dr. Li Xu is the professor of teaching Acupuncture and Herbs in Southwest Acupuncture College since 2004. She will demonstrate the technique and explain how oriental medicine can help seniors. She is the co-owner of [HH Natural Medicine, Inc.](#)

Hot Links (we did the cooking so you don't have to):

[Acupuncture](#) - according to Wikipedia

[Southwest Acupuncture College - Albuquerque](#)

[Community Acupuncture Albuquerque](#)

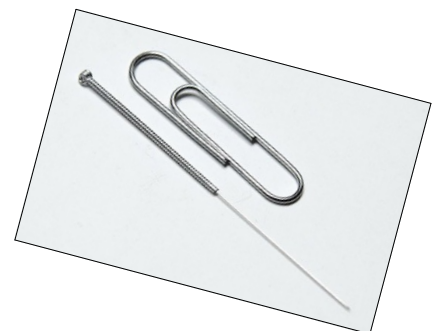
["Relieve Pain: Does Acupuncture Actually Work"](#)

- Emily Laber-Warren, Women's Health Magazine

Ready to get deep? ["Acupuncture Does Not Work"](#) - Posted by Steven Novella

Go even deeper? NIH Consensus Development Program Archive ["Acupuncture: National Institutes of Health Consensus Development Conference Statement, November 3-5, 1997"](#)

["What is Acupuncture?"](#) - Dr. Gene Hong, caring.com



NMACC to go Continued

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

- [ALSO \(Assisted Living Services Organization\) Spring Conference "In A Nutshell" - Wednesday, May 28, 2014](#)

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

- **Stop Senior Hunger.** Join the [City of Albuquerque](#) and [Comfort Keepers](#) to fight senior malnutrition. Bring your senior-friendly food items to the April NMACC meeting—or any [Senior/Multigenerational Center](#) in the month of May. The goal is 10,000 lbs. [Contact Sheryl Inglat](#) at Comfort Keepers for more information and details on your best food choices for seniors.
- ["Organizing Your Business Process for Greater Efficiency"](#) - SHSMD-NM (Society for Healthcare Strategy & Market Development, Keith Powell, Friday, June 13, 2014.

NMACC Sac: (fast links to helpful educational tidbits)

[Women Make A Difference Monthly Luncheon:](#) "Sexy Selling! How to lure your prospects into actually spending money with you" - Lenann Gardner. Tanoan Country Club, Friday, June 13, from 11:30am-1pm. For more information, contact [Val Romero](#) or go to [Luncheon Details](#).



["Yesterday We Were Parents"](#) - www.usmemorialday.org

["Memorial day 2014—Freedom Isn't Free"](#) - You Tube



["A Tribute to a Mother's Loss"](#) - PBS - This year the National Memorial Day Concert will pay special tribute to a mother, [Ruth Stonesifer](#), who's son was the first casualty in the Afghanistan War. The loss of Ruth's youngest child led to her becoming president of the [Gold Star Mothers](#).



National Memorial Day Concert—Sunday, May 25th

NMACC Almanac: (Upcoming Meetings)

June 19, July 17, August 21, September 18, October 16, November 20

"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: **June 6, 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](#).



NMACC to go is the board-approved E-newsletter of the New Mexico Association for Continuity of Care.

Submissions are open to current members in good standing of NMACC. The NMACC board and its designates are solely responsible for final content and editing. Copyright 2014.