

# NMACC *to go*



Next Meeting: Thurs., January 15, 11am-1pm

January 2015

## Tanoan Country Club

Sponsored by:

Ambercare

Preferred Assisted Living

## “A Department of Senior Affairs Update & Services Rendered”



### DSA Vision

To be the community leader, who, in partnership with others, involves seniors in creating and sustaining a community where there is a growing spirit of interdependence that enhances everyone's quality of life.

### DSA Mission Statement

The Department of Senior Affairs is a community leader who, in partnership with others, involves seniors and people of all ages in creating a community that enhances everyone's quality of life by providing opportunities to achieve their potential, share their wisdom, maintain their independence, and live in dignity.

Do you have questions about the services that are available to you as a senior? Are you a caregiver searching for services to help your parents or other relatives and friends? Call (505) 764-6400 or visit the Senior Information Line, a one-stop senior information phone line and resource center.

The DSA helps link seniors to appropriate community services throughout metropolitan Albuquerque, and provide information, assessment, referral, assistance, and literature. Information is available on topics such as disabilities programs, caregiver resources and benefit and assistance programs.

### *Related Hot Links:*

[Senior Information Line](#) - 505-764-6400

[Senior Affairs Home](#)

[ABQ Activities Catalog](#)

[Senior Transportation](#)

[Senior Centers in ABQ](#)



# NMACC to go continued

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



Carrington College Open House, Tuesday, February 10, 11am-7pm. Albuquerque Campus located at 1001 Menaul Blvd. NE (just west of I-25 on Menaul). To RSVP, call 855-774-7627 or visit [Carrington.edu](http://Carrington.edu) for more information.

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

- [Souper Bowl 2015!](#) Saturday Jan 24 11 am-2 pm, [Roadrunner Food Bank](#), 5840 Office Blvd. NE, ABQ. The annual Roadrunner Food Bank fundraiser features soup and dessert sampling from more than 40 local restaurants. Restaurants bring soup and dessert for guests' enjoyment while enjoying live music, a silent auction, and the chance to vote for People's Choice winners in four categories. Info: Roadrunner Food Bank, 349-8921. Tickets: adults, \$40; children 12 and under, \$10; at the door the day of the event, \$45. [www.rrfb.org](http://www.rrfb.org)
- [Project Heart Start - An Easier Way to Save a Life.](#) Thursday Jan 29 2:00-3:00 pm, NM Heart Institute, 1st Floor Room 502 Elm St. NE, ABQ. Sudden Cardiac Arrest kills 300,000 annually. You can help change or reduce this number by learning hands-only CPR. Attend the short 40 min. training and learn the simple steps. Call 843-2814 or e-mail: [dorotheeh@nmhi.com](mailto:dorotheeh@nmhi.com) for more info!
- Volunteers needed for [Alzheimer's Association New Mexico Chapter](#): Day at the Legislature, March 10 and upcoming Dancing Stars Gala and Professional Conference. 505-266-4473.

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

- "You Are The Lead!" [Society for Healthcare Strategy & Market Development of New Mexico \(SHSMD-NM\)](#). [Janis Pullen](#), Executive Mastery Coach will be the speaker on Friday, February 6, 11:30am-1pm, The Montebello, 10500 Academy Rd. NE, ABQ. [www.shsmd-nm.org](http://www.shsmd-nm.org)
- "The Power of the 'Like'", [Women Make a Difference Tech Class](#), Erika Yocom, speaker, Thursday, Jan. 22, 8:15-10:30am, NM Association of CPAs, west of Menaul & Carlisle. Cost, \$49 online, reservations required. Val Romero 505-362-8546.
- "How to Network like a Rock Star!" Friday, Feb. 13, 11:30am-1:05pm, Tanoan Country Club. Patty Walters, speaker. [Women Make a Difference](#). Cost, \$27 online, reservations required. Val Romero, 505-362-8546.



## Next Month: David Mascarenas

"Serving those who served us by seeking forgotten income or forgotten people"

David Mascarenas, an Amerivets Advocate, helps wartime veterans and their surviving spouses that are transitioning into Long Term Care environments, whether Home Healthcare, Assisted Living, Memory Care and Skilled Nursing Care.

## NMACC Almanac: (Upcoming Meetings)

February 19, **(Note Change!) March 26** - Networking!, April 16, May 21, June 18, **No Meeting**



## "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: **February 6, 2015**

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.

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