

Casual grilling this month!



Next Meeting: Thurs., July 16, 11am-1pm

July 2015

### Tanoan Country Club

Sponsored by:

Homewatch CareGivers

Hospice of the Sandias



Blackman Martial Arts Academy is up for their "renewal..."

## Keep On Moving...

### TaeKwonDo Movement & Philosophy Great for Seniors

#### Master Phillip Blackman and Master Kristine Blackman



Daniel-san: "Hey, what kind of belt do you have?"

Miyagi: "Canvas. JC Penney, \$3.98. You like?"

The Karate Kid, Daniel LaRusso, aka [Ralph Macchio](#), first showed up in our culture a whopping 31 years ago. Ralph is now 55 years old.

If we're all lucky enough, we all age. The wonders of pharmaceuticals, holistic remedies and the industrial age have stretched the human lifetime. Just in the 20th century alone, the US went from an [average life expectancy for females of 48.3 to 79.5](#). Want to live the longest in the US? Move to Hawaii. Shortest, it's Mississippi (again). [New Mexico ranks 31st](#). But quality of life has become just as important - **if not more so** - than quantity. So how can martial arts keep seniors active, flexible and engaged in life?

[Taekwondo](#) is action philosophy. It is the Korean art of self defense. Literally translated, **TAE** means kick or to strike with the foot, **KWON** means fist or to strike with the hand, and **DO** means a nonviolent art and system of complete body exercises as well as being a way of life - including physical techniques, mental discipline, and deep philosophy. The Blackmans have seen lots of seniors come through their academy with success!



#### Master Phillip Blackman and Master Kristine Blackman

*Born and raised in Southern California, Phillip Blackman began dreaming of owning his own martial arts school. He relocated to Albuquerque with his wife Kristine in 1993 and they opened [Blackman TaeKwonDo / Martial Arts Academy](#).*

*They are dedicated to making the Martial Arts experience enjoyable and satisfying - their goal is raising the quality of life for all in every way possible in acquiring effective self-defense skills.*

### *Related Hot Links:*

["Baby Boomer Sensei"](#), ["Why classes for seniors?"](#)

[Martial Arts tips for Middle-Aged and Senior Beginners](#)

[New TKD Program Helps Senior Citizens Live an Active-Age-Defying Life](#) - Posted 3/5/13

["Kicking From the Hip"](#) The Wall Street Journal, 5/15/10

# NMACC to go continued

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

- [Route 66 Summerfest 2015](#) - Nob Hill, this Saturday, July 18. Free.

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

- [Silver Horizons New Mexico](#) family-friendly “Senior Bowl” - a bowling event to benefit the neediest seniors in our area will be held on Sunday, August 16, from 11am-3pm, at [Isleta Casino & Resort](#), 11,000 Broadway Blvd. SE. For more information, call Ron Hidalgo at 800-1400. Sponsored by [Walgreens](#).
- [Decades & The Care Management Group of New Mexico](#) BBQ to benefit Alzheimer’s Association of New Mexico, Friday, July 17th, from 11:30-1pm in their parking lot, 6121 Indian School Rd. NE. Another BBQ will follow on August 21. \$6.

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

- Positively influencing people should be easy (at least for your customers, clients, residents or patients)! [New Mexico Society for Healthcare Strategy & Market](#) Development (SHSMD-NM) presents and interactive program: “[Ezeology: Easy does it!](#)” - Jim Myers, Friday, August 7, 11:30-1pm, Palmilla Senior Living. \$20 for non-members, FREE for members.
- “[The Power of the ‘Like’ - A Training Seminar](#)” - Erika Yocom, Speakers. Thurs., July 23, 2015 at NM Society of Accountants. \$49 online, reservations required. Call Val Romero, 505-362-8546 for more.

## *Next Month: “MCO Expert Panel”*



MCO is the airport “code” for Orlando International Airport - it’s also the acronym for “[Managed Care Organizations](#)”. Next month, we’ll have 4 of New Mexico’s MCOs - Blue Cross Blue Shield, Molina, Presbyterian and United Healthcare. Submit questions in advance to the panel to [cguerre-ro@addus.com](mailto:cguerre-ro@addus.com)

## *NMACC Almanac: (Upcoming Meetings)*

**August 20, September 17, October 15, November 19, December 3 (eve), 2016!!!**

## *“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: **August 7, 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.