



Next Meeting: Thurs., June 18, 11am-1pm

June 2015

Tanoan Country Club

Sponsored by:

Alzheimer’s Association of New Mexico

Footprints Home Care



“Understanding Compassion Fatigue”

Rick Vinnay

Compassion Fatigue refers to the profound emotional and physical exhaustion that helping professionals and caregivers can develop over the course of their career. It is a gradual erosion of all the things that keep us connected to others: our empathy, our hope, and of course our compassion - not only for others but also for ourselves. Compassion fatigue has also been described as the “cost of caring” for others in emotional pain. In this course we will look at what is compassion fatigue, how to identify our level of fatigue, and how to prevent or overcome the symptoms, building on our strengths.



Rick Vinnay, LISW, CEAP, has worked in the behavioral health field since 1996, receiving his Masters degree in Social Work in 1995, from the University of Illinois. He is trained as a qualified professional counselor in EMDR Trauma Therapy, Critical Incident Stress Debriefing (CISD), Certified Employee Assistance Profession (CEAP) and Qualified Substance Abuse Professional (QSAP). His realistic and empathic approach to problem solving is very effective in any situation.

Related Hot Links:

“The Cost of Caring” - Pew Research Center, 1/15/15

“Burnout: The Cost of Caring” - Christina Maslach, available on Amazon

Compassion Fatigue Awareness Project

Healthy Caregiving...creating a culture of caring

Web MD: “Heart Disease and Caregiver Burnout”

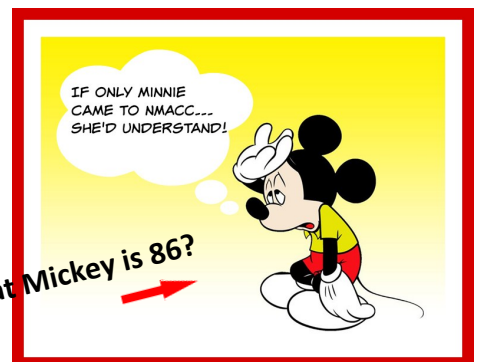
HelpGuide.org: “Caregiver Stress and Burnout”

“Compassion Fatigue can easily hurt caregivers’ health, and more” - The Dallas Morning News, 3/15/15

Mayo Clinic’s take: “Caregiver stress: Tips for taking care of yourself”

Cleveland Clinic’s take: “Caregiving: Recognizing Burnout”

AARP: “10 Ways to Deal With Caregiver Stress” - July 2011



NMACC *to go* continued



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

- [Freedom 4th at Balloon Fiesta Park](#), featuring [Thompson Square](#) and ridiculous fireworks. Parking is \$10, so take advantage of \$1 park & ride from either Coronado or Cottonwood Malls. The event itself is FREE.
- [Route 66 Summerfest](#), Nob Hill, Saturday, July 18, from 2-10:30pm, featuring [Roomful of Blues](#). FREE.

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

- **2015 Walk Kick-Off and Yard Sale**, Friday, June 19, 7am-2pm (Kick-off Burritos at 7am). For more information, contact Nika Laurie @ 266-4473 or email nlawrie@alz.org. FREE.
- **Pizza Painting Party** for [Silver Horizons New Mexico](#)! Be in on the soft-grand opening of our new warehouse/food pantry for seniors at 3540 Pan American Frwy NE, Suite C - at the Albuquerque Trade Center (east side of I-25, between Comanche and Candelaria). We'll provide the paint, rollers and brushes - and **LUNCH!** From 9-noon on Saturday, June 27. More? Email [Ron Hidalgo](#) or call 800-1400.

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

- [Third Thursday: Family Night at The Albuquerque Museum of Art and History](#), 5-8:30pm, FREE.
- 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.

Next Month: Be Moved! Master Phillip Blackman and Kristine Blackman



Born and raised in SoCal, Phillip Blackman began dreaming of owning his own martial arts school. Relocating to Albuquerque with his wife Kristine in 1993, Blackman Martial Arts Academy soon became reality. With over 500 students (at any given time), the Blackman's have seen thousands pass through their dojang, reaping the rewards of a disciplined, focus, physically demanding sport.

Tae Kwon Do is action philosophy - developed as 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. Come see and DO!

NMACC Almanac: *(Upcoming Meetings)*

July 16 (Yes, we're meeting in July!), August 20, September 17, October 15, November 19, December 3 (eve)

"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: **July 9, 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.

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