



Next Meeting: Thurs., May 21 , 11am-1pm

May 2015

Tanoan Country Club

Sponsored by:

Haven Behavioral Care

Presbyterian Healthcare at Home



Retta Ward, MPH

Cabinet Secretary

New Mexico Department of Health

“Aging & End of Life Issues in the 21st Century”



What are the important questions that should guide us in the 21st century? How do we avoid “medicalizing” aging? How do we ensure that autonomy, dignity and purpose are maintained at all stages of life? I’m passionate about our seniors in New Mexico, and look forward to your input on their care!

Related Hot Links:

[Three Key Elements for Successful Population Health Management](#)—The Advisory Board Company

The Cleveland Clinic Center for Continuing Education— [“Role of frailty in preventive health”](#)

[New Mexico Aging & Long-Term Services Department Website](#)

OK, so define [Medicalize!](#) [Medicalization](#) according to Wikipedia.

[The Conversation Project](#)—dedicated to helping people talk about their wishes for end-of-life care.

[Have “The Talk” with Elders: End-of-Life Issue Conversations](#)— Carol Bradley Bursack, www.agingcare.com

NMACC to go Continued

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

- Send your info!

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

- **Last opportunity!** [Silver Horizons New Mexico](#) is offering table sales at \$600, or individual tickets for \$75 for it's upcoming 33rd Annual Senior Hall of Fame Induction Dinner, Wednesday, May 27, from 5-8pm at the [Albuquerque Marriott Pyramid North](#). For more, call Executive Director [Ron Hidalgo](#) at 505-800-1400.
- [2015 Albuquerque Heart Walk](#) - Saturday, June 6.
- **"New Department of Senior Affairs 2015 Quick Guides" are now available to the public. If interested in getting some 2015 Quick Guides please call DSA, Information & Assistance Program at 764-6400.**

Next Month: Rick Vinnay
"Understanding Compassion Fatigue"



[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.

About Rick: 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

NMACC Almanac: (Upcoming Meetings)

June 18, 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: **June 5, 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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