

Next Meeting: Thursday, January 21st 11am-1pm - [Tanoan Country Club](#)

January 2016

Sponsors (click to reveal website):



“Integrative Healthcare for the Aging Nation”



[Arti Prasad](#) MD, FACP, the Division Chief of General Internal Medicine, Geriatrics and Integrative Medicine, is also the UNM Center for Life's founding Executive Director and a Professor of Internal Medicine. She was the founding Section Chief of Integrative Medicine at the University of New Mexico's Health Science Center (UNM HSC) prior to becoming the Division Chief. She was appointed as the Chief of the Division of General Internal Medicine (GIM) at UNM in July 2013 after serving as the Interim Chief for two years. Dr. Prasad was one of the first GIM faculty members recruited to start an off-site community-based Internal Medicine practice in 2005 as part of the community outreach initiative of the UNM HSC. Since January 2015, Dr. Prasad has also been leading the Division of Geriatrics which has now merged with General Internal Medicine.

Everyone ages by slowly adapting to changes over time. Aging is multidimensional process embracing all aspects of one's life: physical, spiritual, social, psychological, and mental. Some dimensions of aging grow and expand over time, while others decline. Reaction time often slows down in aging people, while knowledge and wisdom expand. Research shows that even late in life, potential exists for physical, mental, and social growth and development.

While the western medical model has excelled in managing many aging complications such as acute fractures, chronic age-related conditions are often managed poorly. The concepts of Integrative medicine and health provides that regardless of the nature of one's aging-related illnesses, there is always room for improvement of health and wellbeing.

In this meeting, Dr. Prasad will cover:

- The issues with aging such as memory and cognitive decline, depression, anxiety, chronic digestive and joint problems.
- How integrative health approaches can lead to healthy aging.

Related Hot Links:

[UNM Division of Geriatrics](#)

[US News & World Report - "Integrative Medicine](#)

["What is Integrative Medicine?" - WebMD](#)

[UNM Center for Life](#)

[Area Agency on Aging](#)

[Alzheimer's Association—New Mexico Chapter](#)



President's Piece:



Welcome to 2016! I'm excited to tell you that you have elected an incredible board for NMACC 2016 - I'm not sure why I'm so privileged to serve with such an amazing group of individuals! The passion, commitment and experience your representatives bring to the table are positively indicative of the senior care continuum in our area!

Our challenge this year: **Grow and become the resource our area communities need.** The best way you can help is by renewing your membership - or join us for the first time. January is the best month to get the biggest bang for your buck. And with so many value-added benefits as a member, you should jump on board now! Right now, go to <http://www.nm-acc.org/membership.html> and make it happen! Thanks so much!

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

- [MorningStar Assisted Living & Memory Care](#) will be having their VIP Inaugural Reception on Thursday, January 14th, 2016 from 4:00 PM to 6:30 PM. Please call 505.750.9540 to RSVP!

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

- The [National Association of Social Workers](#) will be having their annual conference from February 24th-26th at Sandia Resort and Casino. Please click [here](#) to register now!
- [Senior Spotlight Services](#) will be held on Wednesday, January 13, 2016. Bring a door prize and invite a guest! Please contact Janet Laswell at info@spotlightseniorservices.com if your organization would like to host the luncheon. Please send your RSVP to her as well if you plan on attending.

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

- NMACC President [Jim Myers](#) will be presenting "EZeology: The Study of Easy" to [Women Make a Difference](#), Friday, February 12, 11:30am-1:15pm - at Tanoan Country Club. Don't miss the opportunity to learn how being "easy" will set you and your organization apart. You'll graduate (with Certificate) as a newly-minted Ezeologist. \$27 in advance, all genders welcome. 🤗

The KOB 4 Health & Wellness Fair will be Saturday, January 23rd from 9 AM to 5 PM and Sunday, January 24th from 9 AM to 4 PM. Don't miss out on healthy advice from over 200 wellness experts!

**Lujan Exhibit Hall - EXPO New Mexico
300 San Pedro NE, Albuquerque**

Adults \$5.00 -- Children 12 and under are Free

***Note: Expo New Mexico charges \$5.00 for parking**



**Please bring some extra cash for those raffle tickets!
All proceeds benefit the NMACC Education fund, and who knows? You might just be lucky enough to win something really cool!**

NMACC Almanac: (Upcoming Meetings)

Feb 18, Mar 17, Apr 21, May 19, June 16, July 21, Aug 18, Sep 15, Oct 20, Nov 17, Dec TBD (holiday party)

NMACC *to Go* submissions for announcements of any kind will be published the month of the event, unless the event scheduled is before the date of distribution. For accuracy, "series" events (reoccurring meetings) must be submitted monthly. Please provide a link and email contact/phone number to your event. Send submissions to: [NMACC to Go](#)

Deadline for the next edition: **February 5, 2016**

Go to nm-acc.org to find out more. Want to attend the luncheon? Email info@nm-acc.org.