

Next Meeting: Thursday, May 19, 11am-1pm - [Tanoan Country Club](#)

May 2016

Sponsors (click to reveal website):



The Power of No!

NO is a very powerful word! In fact, most of us don't say it frequently enough, and/or with enough conviction. We are YES machines and relinquish our personal power by not respecting our OWN boundaries. What's the evidence? WE set boundaries, WE compromise them and WE wonder why we aren't as productive as we should have been, can't get it all done and are tired. In this presentation, we explore areas of our life that might prove more fruitful and fulfilling if we only gave ourselves permission to say NO. **WIIFM:** Discovering what part of the problem WE are; when we are overbooked, exhausted and spread too thin - who is to blame?

Presenter: Keri Stewart
(Pictured to the Left)

Related Hot Links:

[How to Say No to a High Pressure Sale](#)

[Dale Carnegie Website](#)

[Tony Robbins Website](#)



Keri is an engaging, interactive facilitator and presenter who weaves life stories, hands-on lessons, a variety of take-away points to make the class materials relevant, fun and memorable.

Her style is humorous, conversational, fun and enlightening. Regularly requested as a keynote speaker, and hired by companies to train, coach and develop employee skills in the areas of: UPFRONT Presentations skills for individuals and teams, Leadership, Communications, Sales, Customer Service and Planning.

Keri's background includes employment with Coca-Cola, Dr Pepper of Albuquerque, Northwestern Mutual Financial Services, DeLaPorte and Associates, Prudential Overall Supply, SignArt of New Mexico and Norrell Temporary Services.

President's Piece:



Because we're all somehow, somehow related to the caregiving business, we often don't take a realistic assessment of our own situation. Our downtime (if you're saying, "What's that?" - I'm talking to YOU), our health, our shape, our...fill in your own blank - require attention. It's a trap we can all fall into, especially as co-dependent, caring folks.

Keri Stewart's presentation this month will undoubtedly unpack that aspect of caring for ourselves. Setting boundaries are not just for counties, states and countries!

Take some intentional time for you this month. Mark it in your calendar if you have to. Renew. Refresh. Relax. You'll be a better caregiver for it.

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

[Spotlight Senior Services](#) will now be led by Lisa Quintana in coordination with fellow NMACC board members, Val Romero and Gina Bryant. The new name of the group will be Silver Linings Connect! Our next luncheon meeting "Get Moving in May" is Wednesday, May 11 at The Village at Alameda, 8810 Horizon Blvd. NE from 11:30 AM - 1:00 PM. Please come at 11:00 for a tour. For more information, please call Lisa at [505-417-9771](tel:505-417-9771) or email inquiries to info@silverliningsconnect.com.

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

Alzheimer's Association- NM Chapter Upcoming Events:

- **June 3rd** is the Kickoff for the 2016 Walk to End Alzheimer's here in Albuquerque. The event will be at 7AM at Brookdale Place Juan Tabo and all are welcome.
- **June 20th** the Longest Day a fundraiser participants are encouraged to fund raise by doing what they love to do, bowling, hiking, cooking, playing tennis etc .Register online at alz.org/newmexico
- **June 20th** the Unforegettable Golf Tournament held at Tanoan Country Club, registration is taking place now. Great prizes, breakfast, and lunch will be served.

NMACC Membership Options:

- **INDIVIDUAL** memberships (\$155) may only be used by the member (non-transferable).
- **FLEXIBLE** memberships (\$175) are valid for any ONE member of a business entity (transferable within the business).
- **CORPORATE** memberships (\$450) can be used by any THREE members of a business entity (transferable within the business).



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)

May 19, June 16, July 21, Aug 18, Sep 15, Oct 20, Nov 17, Dec 7 (holiday party) from 6-9pm

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: **June 2, 2016**

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