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Stay Balanced and Healthy: Get Expert Advice from a Mental Health Expert

Make a calendar entry today to join the Facility Manager Association of New Mexico on **MONDAY, April 27th 2020**, beginning at 8:30 am for help in dealing with the stress and anxiety caused by the current national health crisis. Learn how to help yourself, your employees, your family and your friends. This meeting is open to both MEMBERS and NON-MEMBERS; share the link with everyone.

Dr. John A. Sahs is Corporate Director of Psychiatry and a practicing psychiatrist for Presbyterian Medical Services. He will speak about “Mental Health Aspects of a Public Health Emergency.” Stress and anxiety are normal reactions to a situation as challenging as the COVID-19 pandemic, but certain people are at risk for more serious reactions. What are some of the signs to watch out for? How can you help others who are struggling? What can you do to ensure you stay balanced and healthy yourself? Recommendations and discussion on these topics can help everyone in this difficult time.

Dr. John A. Sahs oversees all psychiatric care throughout the 50 clinics in New Mexico operated by PMS—the largest community health center company in the state. Prior to coming to PMS, Dr. Sahs was a faculty member for 25 years in the Columbia University Department of Psychiatry in New York City, where he oversaw clinical mental health programs for the underserved and taught numerous trainees of many disciplines.

To join this meeting:

Join from PC, Mac, iOS or Android: <https://pmsmeetings.zoom.us/j/8615416832>

Or join by phone:

+1 346 248 7799 or +1 669 900 6833 (US Toll)
855 880 1246 (US Toll Free) 877 853 5257 (US Toll Free)
Meeting ID: 861 541 6832





FMA SPOTLIGHT

Get Your Name in Lights! Sponsor an FMANM Event in 2020

Join elite facility suppliers **Paul Davis Restoration, National Roofing, Mooring Construction and Restoration, Insight Construction and the DVL Group** to corporately sponsor a 2020 program or upcoming mixer. Preferred advertising including social and print media blasts and email contact with the 500+ facility managers and suppliers in our New Mexico and Texas database are yours. Shine in the spotlight as you educate facility personnel on the services your company provides at your chosen event.

Need more information or want to reserve your slot? Contact carolee@fmanm.com or call 505-377-5309 for pricing and details! Step up! Get noticed!



Carolee Griffin
Executive Director

My daughter and I are making a list of the things we both miss most as we work from home, exercise alone, and avoid contact with other people as much as possible as the path of the pandemic progresses through our lives. When we were tromping through the mud to visit the Taj Mahal of chicken coops at El Pinto and toasting with our friends in front of the fire at the Facility Managers Association of New Mexico mixer in February, an alien invasion seemed more likely and routine than the scenario with which we are currently dealing. To quote Joni Mitchell, "You don't know what you got till it's gone." Amen sister, amen.

One thing is for certain: when all this is over we will have a new perspective on the simple things we used to take for granted every day. This organization has always been built on warm, genuine, and enthusiastic interaction between the members. Our mission is to share resources and information. More often than not that communication was accompanied by a sincere handshake or a warm hug. Without saying, if you can utilize the services offered by your fellow members in FMA, please do it. This will help us all survive.

I don't know about you but I suspect you look forward to getting up early in the morning and heading out for some hot coffee, the friendly conversation, a delicious meal, and the familiar routine of an FMANM meeting with old and new faces. Until then, be well, be safe, and stay positive. I can't wait to see you again!

FMANM Vision Statement: Establish and implement an organization to promote education, information, solutions and opportunities associated with the operations, maintenance, and sustainability of facilities.

FMANM 2020 Membership List

- Access Technologies** • Ace Asphalt • Affordable Service Inc
- Affordable Solar** • Air Management Services
Albuquerque Public Schools/Operations Dept
All American Moving Services • Allegiance Southwest
- Allied Universal Security** • All-Rite Construction Inc. (RITECON)
Alpha Omega Electric • Alvarado Management Ltd.
Amerind Risk Management Corp.
- American Restoration Water and Fire LLC • AQUIS
- Armour Pavement** • **Ashcraft Mechanical**
- Bank of Albuquerque • Blue Cross Blue Shield of NM • Bob's Painting
Brian McPartlon Roofing LLC • Bright Star Cleaning LLC
Business Environments • Carnes & Company • CB Richard Ellis
City of Albuquerque/Aviation Dept
CNM/ School of Applied Technologies • Coronado Center
Cort Furniture • Dahl Plumbing Supply
- The DVL Group** • **Eaton Sales & Service LLC**
Employbridge/Staffing Solutions • Enernoc • eKore
Ethicon Endosurgery • **EverGuard Roofing & Solar** • FacilityBUILD
Gary Stevens LLC • Greer Enterprises
Hidden Treasure Hard Surface Restoration, Inc • Honeywell DAS
Hyatt Regency at Civic Plaza • IEC Electronics • Indian Health Service
Industrial Water Engineering • Innovative Moving Systems
Institute of American Indian Art • **IntraWorks, Inc.**
Integrated Control Systems • ISHC Mechanical Contractor
- Isleta Resort & Casino** • Jetson Cleaning Services
- Johnson Controls Inc.** • Keenan Supply • Kinetic Improvement
- Klinger Constructors** • Ladera Engineering • **La Vida Llana**
Route 66 Casino/Laguna Development Corporation
Lovelace Respiratory Research Institute • Lowe's Companies Inc.
- Maintenance Service Systems** • Matheson-TriGas Inc.
- Mike's Quality Painting** • **Morrison Supply Co** • Mountain Vector
- Moving Solutions** • National Dance Institute of NM • National Roofing
Network Communications Integrated
State of NM/Building Services Division
NUSENDA Credit Union • New Mexico Gas Co.
Overhead Door Co. • Paul Davis Recover/Reconstruct/Restore
- Phigenics** • **PNM** • Powerline Technologies (PLTi)
Prime Therapeutics Inc, • **Public School Facilities Authority**
QMI New Mexico • Quail Run Association • R.E. Michel Company, Inc.
Relevant Solutions • **Rio Grande Roofing Reps**
- Roadrunner Food Bank** • **RoofCARE**
- Sandia Laboratory Federal Credit Union • **Sandia Resort & Casino**
- Sandoval County Public Works** • Santa Fe Community College
SDV Construction • Sealmaster
Select Staffing, a Company of EmployBridge
ServiceMaster Performance • **Servicecon Inc.**
Sherwin-Williams Paint Co. • **Siemens Building Technologies**
- Simplex Grinnell** • SMG/Albuquerque Convention Center
SMI Facility Services • Southwest Infrared Services Inc.
State of NM/Building Services Division
Steamatic of Albuquerque and Santa Fe • **Summit Painting**
Sunland Asphalt • Surface Resources • SW Asset Management
Taos Ski Valley Inc. • **The Johnston Company Inc.**
TLC Commercial Services • Tremco • Travers Mechanical Services
TP Pump • Tux Window Cleaning Ltd.
University of New Mexico Facilities • **Voss Lighting**
- Western Environmental Management**
- Western States Fire Protection** • Windsor Door Sales
Yearout Mechanical Service, LLC

Special thanks to our Corporate Members in bold

Upcoming Events Calendar 2020

Monday, April 27th

Mental Health Aspects of a Public Health Emergency
Online Meeting - 8:30 am
Corporate Sponsorship by Insight Construction
See page 1 for access information to the online meeting.

Wednesday, May 20th

How to Get the Most Energy Efficiency from a Chiller Plant
Time and Location TBD
Corporate Sponsorship by the DVL Group

Wednesday, June 17th

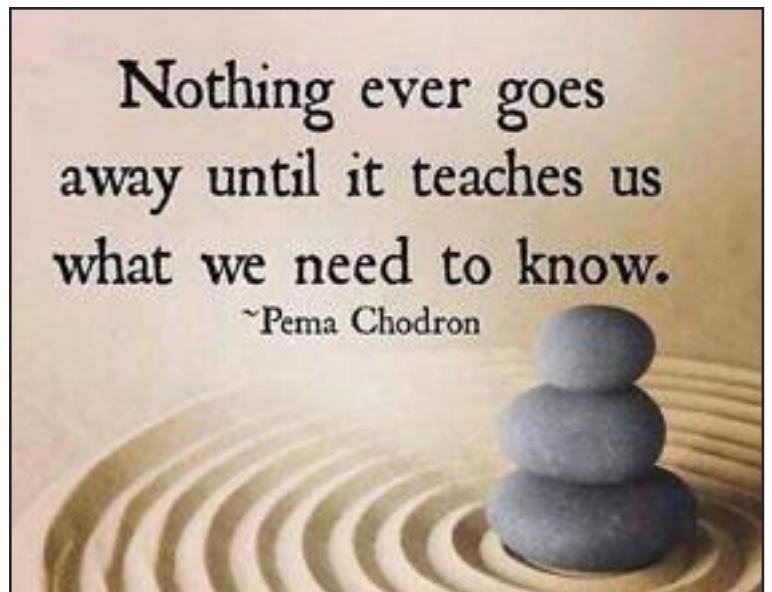
Time and Location TBD
Corporate Sponsorship available

This Too Shall Pass Meanwhile, These Photos Will Make You Smile!

A former member who was in the pharmaceutical world once told me, "I'm not joining an organization whose events remind me of the meetings I have to sit through at work every day." I took that to heart. The Facility Manager Association of New Mexico has always made it fun as we get it done! Wander down memory lane with us and be assured, there are more good times ahead.



Smile Pics cont.d



Smile Pics cont.d



Smile Pics cont.d



Smile Pics cont.d



CHECK US OUT ON THE WEB AT WWW.FMANM.COM

Mental Health Aspects of a Public Health Emergency Monday, April 27th

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When: Monday, April 27th, 2020, at 8:30 am

Where: Online Meeting

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