

By creating spending
guidelines for yourself
and gaming responsibly,
you can continue to
enjoy your golden years
to the fullest!



The Responsible Gaming
Association of New Mexico
(RGANM) is a collaboration of
many of the state's Native
American owned casinos, who
work together to promote
awareness of problem gambling
and the resources that are
available across New Mexico.

For more information about
responsible gaming practices and
the Responsible Gaming
Association of New Mexico, visit
RGANM.org.

If you think you or someone you
know may have a problem with
gambling, help is available 24/7 at
1-888-696-2440.



Don't stop having fun
in your senior years...
but always gamble
responsibly.



www.RGANM.org

Gaming is a fun and entertaining pastime for many New Mexicans, but it can develop into a problem for some adults.



After years of hard work, most seniors find themselves able to enjoy more free time during their retirement. For many retirees, spending time at one of the Responsible Gaming Association of New Mexico's member casinos is a relaxing, enjoyable, and even social activity. With the wealth of food, entertainment, and gaming opportunities at our casinos, it is no wonder they have become a popular attraction for older New Mexicans.

Yet, seniors are sometimes considered at an increased risk for problem gaming due to some factors common to them--loneliness, grief, isolation, boredom, or the desire just to get out and "take a trip." All of these are motivating factors that sometimes contribute to problem gambling in older adults.

As is true for all who enjoy gaming, moderation is key. Seniors are encouraged to set reasonable limits when it comes to gaming. RGANM suggests the

development of a set of personal ground rules to determine when and how much to gamble for New Mexico's older adult population. Gambling is not essential in order to have a good time, and there are plenty of activities at our member casinos that allow individuals to have fun without engaging in gaming, if that activity may become detrimental, based on their personal situation.

RGANM casinos suggest that all patrons adhere to the following guidelines to keep the good times rolling:

- Don't think of gambling as a way to make money
- Only gamble with money you can afford to lose
- Never chase losses
- Set a reasonable limit on how much you spend and how long you will play
- Balance gambling with other hobbies

KEEP IT FUN BY KEEPING YOUR GAMING CASUAL!