

East Central Ministries 2021 Fall Newsletter

Choosing Abundance

Gratitude, Thankfulness, Celebration, and Joy are all states of being that we can choose each and every day. Here at ECM, we choose the abundance of each of these. After over a year off, life and joy came bursting back into our youth room as kids, interns, and staff joined in the reopening of our afterschool program. Long time volunteer and college student Alyssa spent the summer researching and organizing best practices for kids' social, emotional, and educational needs post Covid. She is joined by high schooler Alan Morales, who wanted to once again help support the younger students as an intern. Itzel Caballos is back with all her joyful passion to lead our program, and of course our 12 elementary kids are back to learn, laugh, play, and create in the new program. The laughter and fun of kids around us is the celebration of life back together.



We also **celebrate that ECM is growing**. This fall, ECM hired two new Community Health Workers. Adrianna and Alma bring real expertise and commitment to programs that are providing health education and support for community members with practical needs. We are in the process of hiring three more case managers and CHW's for new projects around Emergency Rental Assistance, Family Stability in housing, and a Community Mobile Resource Trailer that will go to schools, parks, and events to engage people out in the neighborhood. In each of these new programs, it was people at the City, United Way, and the DA's office who reached out to us because of ECM's experience and reputation of being a solid partner in our community development work.



The good news goes on! Our Common Good Thrift store is exceeding expectations in its sales growth and its number of happy customers and volunteers, and we have a new fantastic Board of Directors who are helping with vision and long-term ECM growth and health.

These are just a few of all the good areas that we choose to highlight and celebrate in the life of this organization. I continued to be honored and humbled to be leading ECM as a dynamic part of the life of our neighbors in the International District.

- John Bulten, Founder & Executive Director

Vaccine Clinics



Our One Hope Centro de Vida health center has played a huge role in the health of the International District community for the last 12 years. When the pandemic became a reality, our mission did not change, and we continued through telehealth appointments, phone call check-ins, and community care for Covid patients. One Hope opened its doors for in-person medical and dental appointments again early this spring and we have expanded our services to include **Health Literacy training and Covid vaccine clinics**. In partnership with the Department of Health, we have held four vaccine clinics

in the last few months, offering Pfizer shots, including the booster shot. In addition to the shot clinics, we have provided Covid health education to over 200 people. We are well-placed in our community and have the cultural and linguistic knowledge necessary to answer their questions and concerns regarding Covid and the vaccine. We will see our community through this pandemic, and we are thankful for your support!

Congratulations and Thank You Sam!

ECM is thrilled to have partnered with Sam Loustaunau these past few months as he worked to complete his Eagle Scout project. Sam's idea was to create literacy bags for pre-school and elementary children in the International District. He met with our staff, learned a bit about community, and spent hours and hours reading, selecting, and compiling age appropriate books for kids. The project culminated in Sam giving ECM **240 bags**, filled with books in English, Spanish, Navajo, Chinese, Arabic, and Vietnamese, that will go to kids and families in our community.



Thank you, Sam, for your hard work, and congratulations on becoming an Eagle Scout!



Pick axes, cover crop, rain water catchment, native healing herbs, and lots of collaboration has gone into establishing a plant **medicine garden** at ECM! A huge shout out and thanks to Bridget, Zia, Skye, David, Greg, and all of our other partners in the Bernalillo County Community Urban Agriculture Project! The garden is situated between our clinic and food co-op and is a little oasis of medicinal and pollinator drought tolerant plants. It is a healing garden on many levels: from rejuvenating soil to meditative space!

GIVINGTUESDAY is November 30!

GivingTuesday is upon us! Please consider a special gift to One Hope Clinic or our Youth Program.

Back in 2012, Tuesdays were declared “do good” days by 92nd Street Y and its Belfer Center for Innovation and Social Impact in New York City. These “do good” days offered everyday individuals a chance to transform the world around them in simple but impactful ways. This idea has since grown exponentially, and GivingTuesday is now a global movement with an annual celebration on the Tuesday following Thanksgiving.



While any Tuesday is a “good day” to give, GivingTuesday is a great way to participate in a global generosity movement. As you give on November 30, know that hundreds of thousands of people worldwide are doing the same as you – standing in unity and using their individual power for change.

At ECM, we decided to ask our donors to use this GivingTuesday to fund some very specific needs in our One Hope Centro de Vida health center and Youth Program. **Our goal of \$15,000** will allow us to add outdoor security lights for our evening clinics; purchase an autoclave for our dental clinics; purchase needed items for our women’s health clinics, including a microscope and special lamps; and redesign the outside gate so that our youth have easy access to the youth room, yet can feel safe and secure.

Please consider us this GivingTuesday, whether you give today, tomorrow, or November 30! GivingTuesday can be any day! **To give online, click here**; or send a check to 123 Vermont St. NE. We truly appreciate your support and partnership.

The US Energy Secretary visits ECM



On August 18, ECM and Casa Shalom were pleased to welcome **US Energy Secretary Jennifer Granholm**, **NM Senator Martin Heinrich**, and **NM House Representative Melanie Stansbury** to the International District! They joined us under the trees of Casa Shalom’s courtyard to celebrate a collaborative project creating energy efficiency upgrades for homes within low income communities. For several weeks prior to this event, two local organizations, Prosperity Works and Energy Works,



US Energy Secretary
Jennifer Granholm

were working on practical energy efficiency upgrades on our 13 homes at Casa Shalom with Federal and NM State grants.

ECM, Casa Shalom, and our neighbors turned out in force at this press event to celebrate our accomplishments and talk to the press and the political officials. Those in attendance were able to go into Casa Shalom Coordinator Ruben Duran’s apartment and witness the installation of an energy efficient split unit, an affordable, ductless heating and cooling system. Our goal at Casa Shalom is to eventually convert all our homes with these electric split units and participate in a community solar project to actively work toward environmental health.

123 Vermont St NE
Albuquerque, NM 87108
RETURN SERVICE REQUESTED



Perspectives from 2 ½ feet **RESURRECTED!**



“Tigger 2”

I’m a new cat and *she’s* a “new” staff member, but someone started talking about this old cat who used to write, and how this old staff person used to do the actual typing, and now they want me to write and they want this lady to type, and it’s all just too much. Really. As if I have the time. I’ve been chasing skunks all month, corralling chickens, pushing Morgan out of her chair, and basically running the place. And now I have to write, too? I’m not sure I get enough Kibbles and Bits for this. But I suppose I can try it. Maybe I’ll start next newsletter, though. Cause, as I said, I’ve been dealing with skunks for weeks now, and I’m just drained. I mean, we had like 5 of them. FIVE. Isn’t that ridiculous? And do you think the

chickens cared? No, they did nothing to help the situation. But, still, this was their doing; the skunks were coming because of them, not me. I was not going to give in; I decided to let the chickens deal with this mess. I decided I’d simply wait them out. That is, until one night I got up for a bit of munchy crunchy, **and there, in MY kitchen, was a skunk** eating out of MY bowl. This was too much. With a bit of whimpering, a bit of whining, possibly some hissing and biting, I finally convinced Morgan and John to get on the ball. I am happy to say that, thanks to me, all the skunks now have a new home in the Bosque. I don’t know where that is, and I don’t care. All I know is that they are gone and I am too tired to write an article this month. So, see you next year. Maybe.



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