



# CWC CONNECTION

## Next Meeting:

The general membership is invited to a community presentation, member introductions and announcements session that will take place starting at 2pm and last till 3pm. Zoom is venue for now. See link to the right. >>>>



The NM Aging and Long-Term Services Dept. offers one-stop access to a variety of federal, state, local, public and private resources to support New Mexicans in maintaining their independence as they age.



Learn how to access resources through the Aging and Disability Resource Center. Whether you are part of an agency that works with elderly and/or low income clients, have aging family or friends in need of support or want to learn more about how to connect with the benefits and programs to enhance your own health and safety independently as you age, this presentation will provide valuable information. NMSHIP offers free, unbiased, expert information and assistance to NM residents.

**Apr. 7, 2021: 2pm**

Join Zoom Meeting  
<https://us02web.zoom.us/j/89717361430>  
 Meeting ID: 897 1736 1430  
 One tap mobile  
 +13462487799,,89717361430# US (Houston)

**Agenda**  
 2:00-2:30 Presentation by Kris Winterowd , NE Regional Coordinator from NMSHIP

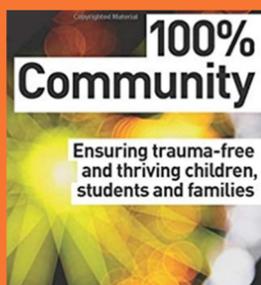


2:30-2:40 Introductions  
 2:40-2:50 100% Community  
 2:50-3:00 Kids at Hope

## Valencia County is a 100% Community!

We are excited to announce that we have launched the **Food and Parenting Support Task forces** and are actively recruiting new members for those groups. If you are interested in participating on either of these task forces, please email [noellecerw@gmail.com](mailto:noellecerw@gmail.com) or call Noelle Chavez at 505-388-3547.

Please visit: <https://www.annaageeight.org/nm-valencia/> for more information and how you can be involved.



### OUR TEN ACTION TEAMS STRENGTHEN THE ORGANIZATIONS THAT SERVE OUR RESIDENTS

#### Survival Services

- Medical/Dental Care
- Behavioral Health Care
- Food
- Housing
- Transportation

#### Thriving Services

- Parent Supports
- Early Childhood Learning
- Community Schools
- Youth Mentors
- Job Training

**Do your part to keep New Mexico safe and healthy**

2021 NEW MEXICO COMMUNITY SURVEY

Take an anonymous survey and enter for chances to win \$100 or \$500.

<https://tinyurl.com/NMCS2021>

- ★ Giving away \$100 to 3 people every week.
- ★ Must be 18 or older and live in New Mexico.
- ★ Ends April 30<sup>th</sup>

Sponsored by: Pacific Institute for Research and Evaluation and the NM Office of Substance Abuse Prevention

We are in the process of preparing for implementation of the New Mexico Community Survey, held from Mar. 1 thru Apr. 30, 2021. The survey is funded by the NM Office of Substance Abuse Prevention and administered by the Pacific Institute for Research and Evaluation. Locally, the OSAP Program is housed with Village of Los Lunas DWI Program. The OSAP- Substance Use Prevention Program, works in conjunction with the Community Wellness Council to administer the survey to Valencia County Residents. Findings from this survey will be used to better understand substance abuse issues across New Mexico. The more New Mexico residents who complete the survey, the better NM OSAP can respond to the problems and areas of most concerns. We want to find out what community members know about (alcohol and drug) prevention efforts and to help identify substance abuse prevention needs in our community. It takes about 15 to 20 minutes to complete. **We are giving away \$100 to 3 people every week and \$50 to 1 person from Valencia County!** Must be 18 or older and live in New Mexico. <https://tinyurl.com/NMCS2021>

A mayor número residentes de Nuevo México que respondan la encuesta, mejor la NM OSAP podrá responder a los problemas y a las áreas más preocupantes. Estamos administrando una encuesta que nos permitirá saber qué tanto conoce la gente de los esfuerzos de prevención (de alcohol y drogas) que se llevan a cabo en esta comunidad. Llenar la encuesta le tomará más o menos 15-20 minutos. Por sorteo semanal, ¡tres participantes recibirán \$100 en efectivo! Debes tener 18 años o más y vivir en Nuevo México. La encuesta termina el 30 de abril Patrocin. \* Esta encuesta está patrocinada por la NM Office of Substance Abuse Prevention (NM OSAP) y administrada por el Pacific Institute for Research and Evaluation ([www.pire.org](http://www.pire.org)). \* La NM OSAP utilizará la información que obtenga de esta encuesta para determinar las necesidades de prevención de abuso de sustancias y su tratamiento en Nuevo México. **Questions?** Linda Montaña <[montanol@loslunasnm.gov](mailto:montanol@loslunasnm.gov)>

**Mana Mart** is now a **fūdr** retailer!

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**Bart's Bridges to Hope: A "Kids at Hope" Reflection**

"Life is 10% of what happens to us and 90% depends on how we respond." Unknown

Young children and adolescents need a lot of conversations. In these discussions we can find out what they think on various age appropriate subjects and why. Perhaps, their responses indicate they have not learned enough to have better thoughts. As adults, we can help them understand better responses. Further, exchange of ideas with children can develop their reasoning power. Having good reasoning power developed by the age of twelve (12) is important. Positive discipline is also an essential part of learning. These improved thinking patterns, reasoning powers and positive disciplines can be visualized as the guard rails on either side of their bridges to hope. Guard rails are necessary for keeping children safe and progressing toward hope –filled futures.

~Bart Reggelbrugge, CWC Board Member

NM Alliance of Health Councils Update:

We were represented at the Alliance meetings and participated in Zoom calls to discuss legislative advocacy techniques and the new strategic plan.

We also support the efforts of the Middle Rio Grande Economic Developing Healthcare Workforce Development and Policy Advocacy Workgroup. More information can be found

Updated Resource Directory is online and ready to use!

<https://www.communitywellnesscouncil.org/Community-Resources.html>

COVID Resources available as well: <https://www.communitywellnesscouncil.org/COVID-19-Corona-Virus.html>

<https://cv.nmhealth.org/>

**Community-Identified Priorities**

- 1) Violence Prevention
- 2) Behavioral Health
- 3) Substance Use
- 4) Healthy Eating
- 5) Active Living



Our Vision: "A community working in cooperation to ensure the health and well being of all its residents." Our Mission: "To promote community collaboration through framework of coordination, assessment and solutions." <https://www.communitywellnesscouncil.org/>. Photo is from a Pre-COVID gathering.