



NEW MEXICO FIRST
People. Ideas. Progress.

New Mexico First and Project SHARE NM Newsletter

Stay Informed and Engaged

November 2, 2020

VOTE AMERICA
EVERY VOTE COUNTS

ELECTION DAY IS TOMORROW!

As a strong advocate for good governance and democracy building, New Mexico First, encourages you to vote! Your vote is your voice, so make sure that you and those around cast your ballot in time for the 2020 Primary Election. This election cycle has already broken early voting records, so you should anticipate long lines when voting on Election Day. New Mexico First would like to remind you of your

voter rights and resources to remember, to protect your voice and the voices of those around you:

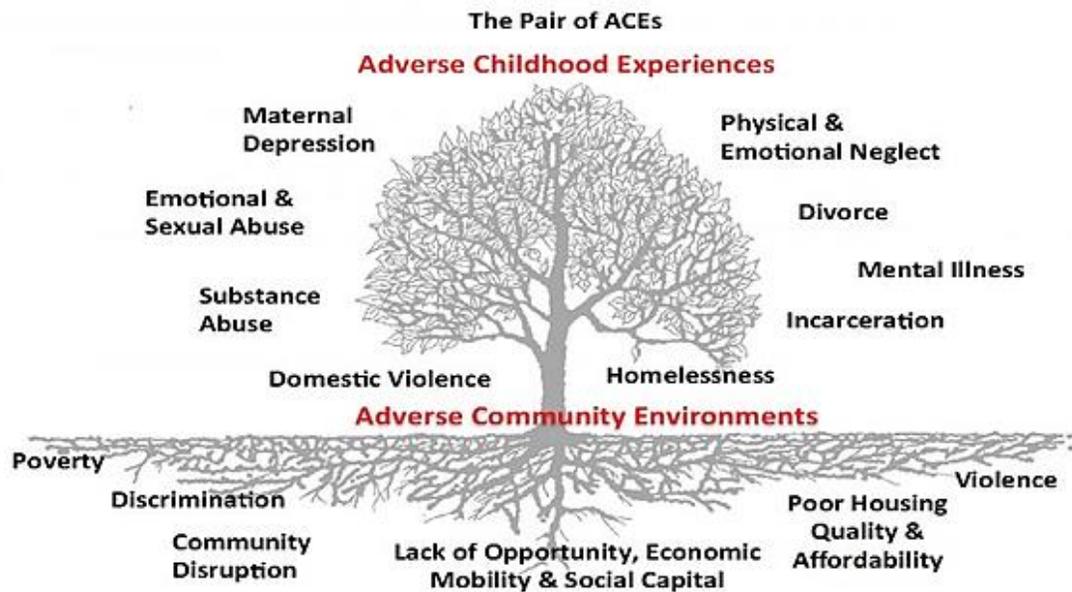
- If the polls close while you are in line, stay in line. **YOU HAVE THE RIGHT TO VOTE!**
- If you make a mistake on your ballot, ask for a new one.
- If your name does not appear on the roster at your polling place or if you are a first time voter who registered by mail and did not provide the required identification, ask for, fill out and turn in a provisional ballot.
- If the machines are down at your polling place, ask for a paper ballot.
- If you feel threatened or endangered in any way, call 911.
- If you or anyone you know run into any problems or have any questions on Election Day, call the Election Protection Hotline:
 - English: 1-866-OUR-VOTE / 1-866-687-8683
 - Spanish: 1-888-VE-Y-VOTA / 1-888-839-8682
 - Arabic: 1-844-YALLA-US / 1-844-925-5287
 - Bengali, Cantonese, Hindi, Urdu, Korean, Mandarin, Tagalog, or Vietnamese: 1-888-274-8683

We are all New Mexicans and care deeply for this Land of Enchantment that we call home. As we face these current challenges together, please remember to take care of one another at the polls.

Drink water. Wear your mask. And vote!

These voter resources were shared with New Mexico First by the [New Mexico Black Voters Collaborative](#) (NMBVC), a broad coalition dedicated to protecting voter rights. If you would like additional resources, check out NMBVC [online](#), on

[Facebook](#), and on [Instagram](#). Make your pledge to vote, at www.nmbvc.org/pledge-2020.



Ellis, W., Dietz, W. (2017) A New Framework for Addressing Adverse Childhood and Community Experiences: The Building Community Resilience (BCR) Model. *Academic Pediatrics*. 17 (2017) pp. S86-S93. DOI information: 10.1016/j.acap.2016.12.011

Trauma and Resilience

This has been a year of challenges for families and communities around the world, and New Mexico has not been exempted. Yet we have also seen examples of communities rising to meet the challenge, working together to care for each other, especially the most vulnerable.

This summer New Mexico First held a series of virtual town hall meetings on Health: Mind, Body, Spirit. The sessions brought over 200 New Mexicans from across the state together to identify both the challenges and the resources to build healthy, resilient communities. One series of sessions looked more deeply

into the causes, consequences and ways to heal from two pairs of ACEs: Adverse childhood experiences and adverse community experiences. An [earlier newsletter](#) presented some of the background information to inform our deliberations.

In the final town hall session, participants identified strategies that achieved consensus among at least 85% of participants. Addressing trauma and resilience, the following recommendations were forwarded for further action:

- Use culturally responsive practices, implement evidence-based universal screening for social determinants of health and adverse childhood experiences in all medical, educational, and human service systems receiving state or federal dollars and align supports with needs identified.
- Invest in restorative approaches to substance use, toxic stress, and trauma by addressing social determinants of health and utilizing alternative courts or other options.
- Promote culturally and linguistically significant and appropriate policies, services, and programs that prioritize resiliency and protective and promotive factors throughout the lifespan.

Action teams have been formed to move these recommendations into policies and programs. Other action teams address building NM's healthcare workforce; creating a robust and responsive continuum of care; and increasing food security and reducing hunger in NM. The [final Town Hall report](#) is available on the NM First website. To sign on to an action team, email info@nmfirst.org.



Building Resilience

For Children and Families. COVID-19 can affect children and young people directly and indirectly. Beyond getting sick, many young people's social, emotional, and mental well-being has been impacted by the pandemic. Families and children are experiencing changes in their family routines and connections, breaks in their learning environments, missed healthcare, and in too many cases, loss of housing, food security, increased exposure to violence, and uncertainty about the future. This is particularly true for families that experience additional stresses from low income, job insecurity, and systemic discrimination.

The Centers for Disease Control have developed a COVID-19 Parental Resource Kit: Ensuring Children and Young People's Social, Emotional, and Mental Well-being to help parents, caregivers, and other adults build the resilience of children

and young people to trauma that can have lifelong effects. [The Resource Kit](#) is available for various ages and in multiple languages.

For Communities. Recognizing that the community trauma posed by the COVID-19 pandemic in many respects mirrors that of natural disasters, a number of Taos County public and private sector organizations embraced a national model for Community Organizations Active in Disaster (COAD). The [Enchanted Circle COAD](#) aims to foster effective preparedness, response and recovery for the people of the Enchanted Circle. A [COAD Manual](#) prepared by AmeriCorps/VISTA members in New Jersey takes communities through the four stages of prevention/mitigation, preparedness, response, and recovery.

For Our Natural Resources. In 2020, the State Legislature appropriated \$7 million dollars to the NM Interstate Stream Commission (NMISC) to develop and fund a Water Management Pilot Program for the Lower Rio Grande to ensure a sustainable groundwater supply today and for future. As a first step, the Lower Rio Grande Groundwater Conservation Pilot Program will provide grants to the agriculture producers in the lower Rio Grande Valley to conserve groundwater by not irrigating for a 12-month period.

Applications will be accepted beginning **November 9th and ending November 23rd**. A series of Information session for applicants will cover grant objectives eligibility, timeline, funding bands; review the grant application form; and be open for questions.

The session dates and times are:

- Thursday, November 12th, 10:30-11:30 AM
- Thursday, November 12th, 5:30-6:30 PM

- Tuesday, November 17th, 1:00-2:00 PM

Register for one of these sessions at:

<https://oseinformationsessions.eventbrite.com>

Visit the Groundwater Conservation Pilot Program website for additional information: <https://www.ose.state.nm.us/LRGPIlot/>

Visit the New Mexico First website for application information:

<http://nmfirst.org/event-details/lower-rio-grande-groundwater-conservation-pilot-program>

Resources

Flu Immunizations and COVID-19 Testing. The New Mexico Department of Health [Testing and Immunization Portal](#) lets you register (in English or Spanish) to receive a COVID-19 test or flu immunization at various locations throughout the state. Enter your requested date and location and the site will provide you with location information.

New Mexicans with symptoms of COVID, or who are in direct contact with a person with COVID or someone living in a congregate setting, sign up for a

COVID test and self-isolate until results come back. If the results are positive, you will need to self-isolate for 14 days. Answer the call when a contact tracer from the New Mexico Department of Health calls you. The faster a contact tracer connects with you, the more people we can keep safe.

Destination Wellness. [Casa Esperanza](#) is partnering with The [American Cancer Society](#) for a FREE virtual, interactive symposium addressing cancer disparities and specific healthcare inequities faced by Native Americans on Tuesday, November 10, 2020 from 12:30pm – 2:00pm MST. The symposium will feature keynote speaker Dr. Marc Emerson, moderator Kelly Noble and a distinguished Native American panel including a tribal policy leader, a Community Health Representative, a behavioral health specialist and a cancer patient/survivor. Get [more information](#) and [register here](#).

NMPHA Fridays at Lunch. Living with Uncertainty: Finding Strength in the Age of COVID, starting this Friday Nov. 3rd, 12 - 1:00 PM, FREE. Many of us are struggling with overwhelming workloads, family responsibilities and feelings of frustration, fear and uncertainty. These sessions will enrich your mind, heart and spirit! Join together with public health colleagues for these sessions facilitated by Ivette Y. Bibb, LCSW, LADAC, and Laura Nguyen, LMSW. Each session will include a brief presentation and a supportive conversation. All are welcome to attend any of the sessions. Get [more information and register here](#).

Farm to School Grant Program. Applications are now open from October 16th, 2020 through January 8th, 2021 for fiscal year (FY) 2021 Farm to School Grant Program. Four projects will receive a total of \$10 million: (1) Action Planning, (2) Agricultural Education Curriculum, (3) Edible Garden, and (4) Producer Focused Training. Specific eligibility varies by track and project type. See the [RFA](#) for further information.

The Office of Community Food Systems will host webinars [Tuesday, November 10th](#) and [Friday, November 13th](#), each at 12:30 pm MT, to help interested applicants learn more and put together a grant package. Additional information is available on the [Farm to School Grant Applicant Resources page](#). Please keep an eye on [The Dirt](#) e-newsletter for updates about the Farm to School Grant application!

Housing Resources

MFA COVID-19 Housing Cost Assistance Program. Recipients will receive as much as \$1,500 a month for up to three months to pay back rent or mortgage payments. Assistance does not have to be repaid. Applications for MFA's COVID-19 Housing Cost Assistance Program will be taken from **8 a.m. November 2 through 5 p.m. November 13 only**. Several supporting documents must be submitted with the application, so it is a good idea to get started as soon as possible. Go to housingnm.org to apply online OR request a paper application by calling 505.308.4206 or 866.488.0498. [Download a flier](#) in English and Spanish.

Bernalillo County Rental and Housing Assistance. The Bernalillo County CARES Rental and Utility Assistance grant has extended the deadline for applications to December 5th. Through this program, the county is offering up to \$5,000 to qualifying residential renters located within Bernalillo County, including the City of Albuquerque. Landlords are also being encouraged to begin the grant process to recoup back rent. Landlords who apply will also need their renters to submit the proper application and supplemental documents. Apply at www.bernco.gov/housing. [Learn More](#).

Homewise Non-Profit Offers Emergency Mortgage Assistance. [Homewise](#) is offering Emergency Mortgage Assistance to those affected by the ongoing COVID-19 pandemic. If you are having difficulty paying your mortgage and do not qualify for unemployment or government assistance at this time, contact a Homewise representative at (505) 983-9473 or visit the Homewise [website](#).

For more COVID-19 Resources, visit SHARE New Mexico's [COVID-19 Resources Page](#).

Tip for Civic Engagement

Many New Mexicans have already early voted or voted absentee. For eligible voters, casting your ballot is one of many important ways to participate in a representative democracy. Please get out to the polls tomorrow and encourage others to do the same. If you have any questions or concerns at the polls, the Secretary of State's Office is available toll free, 1-800-323-3672.

From the President, federal and state legislators, to judges and ballot initiatives, we have the opportunity to help decide who will govern. There will inevitably be people who are relieved and people who are discouraged. There may even be people who are enraged, heart-broken, and disgusted. On a personal note, I trust that there are good people who see the world very differently than I do and will vote accordingly. Likely I'm not alone in having loved ones among my family, friends, and neighbors who are rooting for a different election outcome than I am.

Let's continue to make a conscious effort to have authentic conversations about policy with people we care about, both those we agree and disagree with on a routine basis. Let's make a conscious effort to resist the temptation to make our world smaller by living in an echo chamber of like-minded folks. Even when we have deep differences about policy positions and fitness to lead, let's strive to extend empathy to those who disagree. Instead of openly or internally asking "How could you?" like a cry of betrayal, ask "How could you?" with the greatest compassion. People come to their attitudes, beliefs, and values from diverse lived experiences and one of the most democratic things we can do is extend respect for the dignity of others.

This section is authored by Lilly Irvin-Vitela, President and Executive Director of New Mexico First. She invites you to connect! Email her at lilly@nmfirst.org.

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Our Mission. Our Values.

Our Mission

To be a catalyst for positive change by engaging citizens in policy and enabling action.

Our Core Values

Meaningfully engaging New Mexicans in public policy; Striving for and respecting consensus; Pursuing and respecting diverse points of views; Ensuring inclusion and transparency; Rising above partisan politics; Changing policy to improve people's lives; Creating an informed citizenry that is powerfully motivated; Reaching out statewide

including rural and tribal communities; Partnering with others; Promoting civility and
Democracy at its best!

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