



United Way  
of Central New Mexico

## QUICK QUIZ

**Q1.** 211 is an information and referral number any one can call for assistance. Which of these concerns can be addressed through 211?

- A. Help with an elderly family member
- B. Resources for childcare
- C. Information about homeless shelters
- D. A, B and C

**Q2.** A friend from church just confided in you that her husband has physically abused her on multiple occasions. She is thinking about leaving but is too scared to actually do it. Where can you refer her to receive confidential help and support, without having to go to multiple places?

- A. Family Advocacy Center
- B. Domestic Abuse Shelter
- C. Barrett House
- D. UNM Hospital

**Q3.** In New Mexico, the number of children under the age of 18 who have experienced 3 or more Adverse Childhood Experiences or ACES (the national average is 11%):

- A. 10%
- B. 15%
- C. 18%
- D. 21%

**Q4.** You and your family members want to undertake a group volunteer project as part of your holiday celebration. How can you find out about nonprofit volunteer opportunities?

- A. Call 2-1-1
- B. Contact someone in your HR department
- C. Visit the website of the Center for Nonprofit Excellence: [nmvolunteers.org](http://nmvolunteers.org)
- D. A and C

## COMMUNITY IMPACT FUND QUICK STORIES

United Way of Central New Mexico is changing the odds for families in central New Mexico. Our mission is to bring people and resources together to measurably improve lives and strengthen our communities. With the help of community collaboration from many different sectors, we have developed strategies to help individuals and families in our four-county service area. Through our annual grant-making process, UWCNM is working with community partners to focus and align our community around a set of shared strategies designed to improve family stability and educational attainment.

### **Meals on Wheels Low Income Food Enrichment Program**

Angela works in home health care, and also cares for her son, who has Downs Syndrome, a heart condition, and diabetes. When preparing specialized meals for her son became difficult she turned to Meals on Wheels for help. Thanks to the support you provide, Angela's son can now microwave his own meals, allowing him to live more independently. Angela is happy to share that her son no longer needs insulin shots to help manage his diabetes due to our specially-prepared meals. In addition to meal delivery, United Ways' support also allows Meals on Wheels to offer the Long Leash on Life program, which provides services for their service dog, such as free veterinary care, mobile grooming, and dog food. Thank you for giving Angela, her son, and their service dog the life of health, safety, and dignity that they deserve.

### **Rebuilding Together Sandoval County**

Rebuilding Together Sandoval County is an all volunteer organization that provides no-cost home rehabilitation to those in need. In 2019, we were informed of a home in Bernalillo that had been condemned leaving the owner, a man in his 70s and his 94 year old aunt homeless. The home was condemned because it was never hooked up to the sanitary sewer system or city water and relied on an outhouse for personal needs. We used some of the funding we received from United Way to pay for the installation of the sanitary sewer hookup. We also contributed funds for the electrical, plumbing, and wall finish materials. Volunteers from a local church are nearly finished bringing the interior plumbing and electrical up to code so our client can move back into his home. We are proud to provide this deserving family with a safe and comfortable home.

### **New Mexico Jazz Workshop: Empowerment Through Music**

Since Marissa was a little girl, her mother has been in and out of prison. In trouble herself at a young age, Marissa has struggled with drugs and alcohol. She has also been in and out of jail. She is now clean and sober, working on her high school diploma, and figuring out what she wants to do with her life moving forward. As part of the terms of her probation with Bernalillo County Youth Social Services, Marissa attended Empowerment Through Music's Digital Technology Project classes at La Plazita. She has been empowered and inspired to write her truths and make music. During classes Marissa was inspired by the spider diagrams, the visual musical tools that her teacher showed her that she could use in creative writing activities. Marissa says she likes the "spider" because it helps her organize her thoughts and guide her writing. Being engaged in positive activities like writing, learning music, and working toward her G.E.D., Marissa is making progress on walking her path with the support of a significant other, her grandmother and her music teacher and La Plazita staff.



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