



# 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. >>>>



Susan Aquayo, founder of Kassy's Kause will answer the following questions: What is Perinatal Depression? How and why was Kassy's Kause was founded? What is the percentage

of moms who can experience Perinatal Depression during pregnancy and the risks of it if not diagnosed early? Learning about the signs is the key to helping moms get help and treatment. The importance of a support plan is the beginning of being on the road to recovery for moms to know they are not alone. Currently we are growing and continuing to bring education on Maternal Mental Health because no one is immune. Breaking the stigma and giving moms a voice is our mission.



**July 7, 2021: 2pm**

Join Zoom Meeting

<https://us02web.zoom.us/j/88962790862>

Meeting ID: 889 6279 0862

One tap mobile +13462487799,,88962790862# US (Houston)

862# US (Houston)

### Agenda

2:00-2:20 Presentation by Susan Aquayo of Kassy's Kause

2:20-2:30 Introductions

2:30-2:40 100% Community

2:40-2:50 Kids at Hope

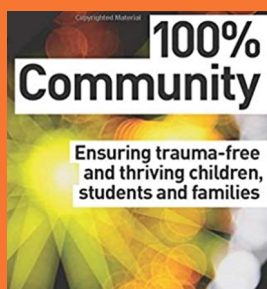
2:50-3:00 Announcements

## Valencia County is a 100% Community!

We are excited to announce that we have launching the **Housing and Jobs and Transportation 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

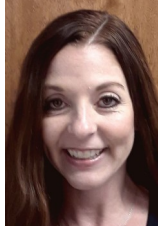
Community Schools

Youth Mentors

Job Training

CWC is actively recruiting new board members who represent our diverse community. If you are interested, please begin your orientation at our website <https://www.communitywellnesscouncil.org/new-member-orientation>

Our upcoming board:



Ginny Adame  
Chair



Fr. Robert Mundy  
Vice Chair



Diana Good  
Secretary



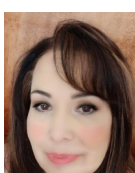
Peggy Gutjahr  
Co-Treasurer



Carol Claus  
Co-Treasurer



Bart Regelbrugge  
Board Member



Linda Montaño  
Board Member

**Mana Mart** is now a **fūdr** retailer!  
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2. Put in your email and name
3. Pick a password
4. Start earning points!



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

Positive Childhood Experiences means there must be ample harmony day after day. The article before this one labeled beams and planks that support harmony. However, to keep on track toward hope, the benefits from positive thinking are vital for a passion mindset.

#### Benefits from Positive Thinking

- Positive thoughts create goals that our brains are compelled to help us reach!
- Our brains process positive thoughts better than negative thoughts.
- Positive thoughts create the best possible body chemistry.
- The best body chemistry can allow a person to have their best possible health.
- While being calm, positive thoughts can allow maximum use of required brain networks.
- Positive thoughts can allow us to feel more confident.
- Being confident is an important characteristic.
- Positive thoughts can improve our outlooks on life.
- Unconditional love is one of the ultimate feelings in part due to positive thoughts.
- Positive thoughts can allow more peace, love, hope, joy and gratitude to exist in our lives!

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 Development 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.