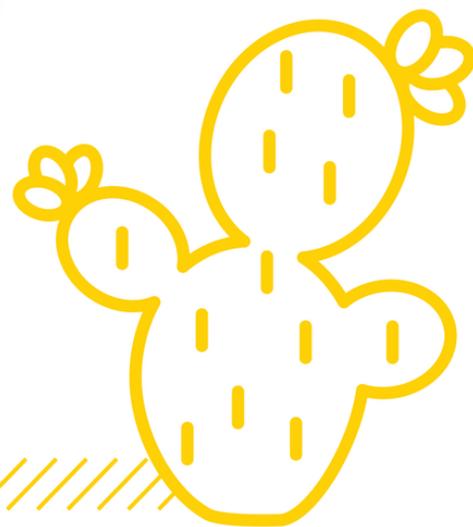


OCTOBER 2021 NEWSLETTER



Join us on
October 21
Make a difference in the community!

ELPASOGIVINGDAY.ORG



LET GIVING SEASON BEGIN!

October is a big month for local nonprofits as we gear up for El Paso Giving Day! This day provides an opportunity to support nonprofits in our amazing El Paso community and contribute to a great cause.

Why support Amistad? During the past 18 months, Amistad has continued serving our community, shedding light on the importance of the essential services we provide to our clients. Throughout the pandemic, Amistad's COVID-19 Response Team has been dedicated to providing transportation to presumed or positive COVID-19 clients to their medical appointments, to testing facilities, and vaccination sites. In addition, through CARES Act funding granted by the City of El Paso, Amistad has been able to provide utility assistance to El Paso residents who have been impacted by the pandemic.

Using Amistad resources, we have been able to adapt and pivot through the on-going pandemic, while providing existing services to our clients. All this has been possible through the hard work of all our employees and the support from our partners and our community. Help us continue our Vision and Mission by supporting Amistad on El Paso Giving Day. Early Giving begins October 14!

BEST OF EL PASO WINNER!

We are honored and excited to have been voted one of the best nonprofits in El Paso Inc.'s Best of El Paso 2021. Thank you for your continued support!

VOTED TOP 3 BEST NONPROFIT



Amistad

projectamistad.org/donate

When you donate to Amistad, it's not just a helping hand, it's a form of friendship. A friendship that is essential to veterans, people with disabilities, the elderly, and El Pasoans at-risk.

WORLD MENTAL HEALTH DAY

October 10 is World Mental Health Day and it is an opportunity not only to create awareness, but also to help promote efforts that address mental health issues. The World Health Organization (WHO) offers resources and information on mental health and through their campaign, they encourage organizations to promote their efforts and initiatives to address mental health.



Depression: what you should know

If you think that you might
have depression, read on...

What is depression?

- Depression can happen to anyone and is not a sign of weakness.
- It's an illness characterized by persistent sadness and a loss of interest in activities that you normally enjoy, accompanied by difficulty carrying out daily activities.
- People with depression also normally experience several of the following: loss of energy; change in appetite; sleeping more or less; anxiety; reduced concentration; indecisiveness; restlessness; feelings of worthlessness, guilt, or hopelessness; thoughts of self-harm or suicide.
- But don't worry. Depression can be treated – with talking therapies, medication or both.

What you can do

- Talk to someone you trust about your feelings – most people find that talking to someone who cares about them helps.
- Seek professional help – your local health-care worker or doctor is a good place to start.
- Try to keep doing at least some of the activities that you usually enjoy.
- Stay connected with friends and family.
- Exercise regularly – even if it's just a short walk.
- Stick to regular eating and sleeping habits as much as possible.
- Avoid or restrict alcohol intake and don't use illicit drugs – they can make depression worse.
- If you feel suicidal, contact someone you trust for help, or ring the emergency services.

REMEMBER: With the right support,
you can get better – so if you think you might
be depressed, seek help.



Learn More:

<https://www.who.int/campaigns/world-mental-health-day/2021>

MEET OUR NEW VETERANS COUNSELOR

Promoting mental health is imperative to help break the stigma and have people reach out for help. At Amistad, we provide the resources necessary to help improve mental health in our community, especially among our veteran population. To better serve our clients, we have added a Licensed Professional Counselor to our Amistad Counseling Center team. Meet Shelby Wilson, Veterans Counselor!



Shelby is a Licensed Professional Counselor (LPC) who graduated from the New Mexico State University with a Bachelor of Psychology in 2015 and a Master of Clinical Mental Health Counseling in 2017. She has 4 years of experience working with adults and families in various treatment settings including inpatient units, crisis centers, and private practice. Shelby specializes in working with veterans, military populations, and first responders. She has experience treating a wide range of clinical issues such as trauma, depression, anxiety, life transitions, career changes, unresolved grief, and adjustment issues.

Shelby has received training in various treatment modalities including cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), motivational interviewing, trauma-focused CBT, and mindfulness. She is also trained in Brainspotting, a clinical trauma tool that locates points in the client's visual field that help to access unprocessed trauma in the brain.

She believes in meeting the client where they are at and working in a collaborative way. Her mission is to help clients develop insights, strategies, and tools to use outside of session to accomplish their specific goals. Her work is focused on reclaiming client's power and building strength, growth, and hope.

Shelby believes that healthy change starts from within and her role is to be a guide during the therapeutic process. With Shelby, clients will work on building self-empowerment, better self-care, and self-awareness. No matter what a client is going through there is always room to learn and grow from the past to make a better future. She brings a calm presence to the therapy room and her style has been described as compassionate, authentic, and thoughtful.

In her free time, Shelby enjoys spending time with her family and friends, enjoying the outdoors, watching movies, and cooking. She is dedicated to her own personal growth and has long-standing practices of strengths-based exercises and journaling.

BREAST CANCER AWARENESS MONTH



According to the National Breast Cancer Foundation, 1 in 8 women will be diagnosed with breast cancer. October is a time to increase awareness on breast cancer and to encourage women to get regular exams and do monthly self-exams. Early detection is essential to beating the disease.

Breast Cancer Awareness Month is also an opportunity to honor the memory of those who lost the battle against disease and also to celebrate the survivors. To show your support, you can wear pink clothing/pink ribbon, get informed and share information about breast cancer, or donate to a breast cancer organization of your choice.

AMISTAD CARES UTILITY ASSISTANCE PROGRAM DEADLINE

Amistad has received an additional \$500,000 grant from the City of El Paso to continue providing much needed assistance to the community. Amistad will continue taking applications for the AmistadCARES Utility Assistance Program, which can provide up to 12 months of assistance to cover past-due water, gas, and electric bills.

Who qualifies?

Households with incomes no more than 80% of area median income (AMI)* meeting the following conditions:

- One or more individuals in the household has:
 - Qualified for unemployment benefits **OR**
 - Has experienced a reduction in household income,
 - Incurred significant costs,
 - Experienced other financial hardship due directly or indirectly to the COVID-19 pandemic, **AND**
 - Has received a past due utility notice

Requirements:

- Must reside within the City of El Paso limits
- Have an active and verifiable account with the utility company
- Must reside within the property for which the assistance is being requested
- Must NOT be receiving utility assistance from other sources

**AMI income limits depend on the number of persons in the family. Based on El Paso, TX HUD Metro FMR Area:*

1	2	3	4	5	6	7	8
33,000.00	\$ 37,700.00	\$ 42,400.00	\$ 47,100.00	\$ 50,900.00	\$ 54,650.00	\$ 58,450.00	\$ 62,200.00

How To Apply:

Call 915-298-7307 (select option 1 + option 1 + zip code) to schedule an appointment

COVID-19 FINANCIAL RELIEF

Need help paying for utilities?

Amistad CARES

Utility Assistance Program

Call us today 915.298.7307

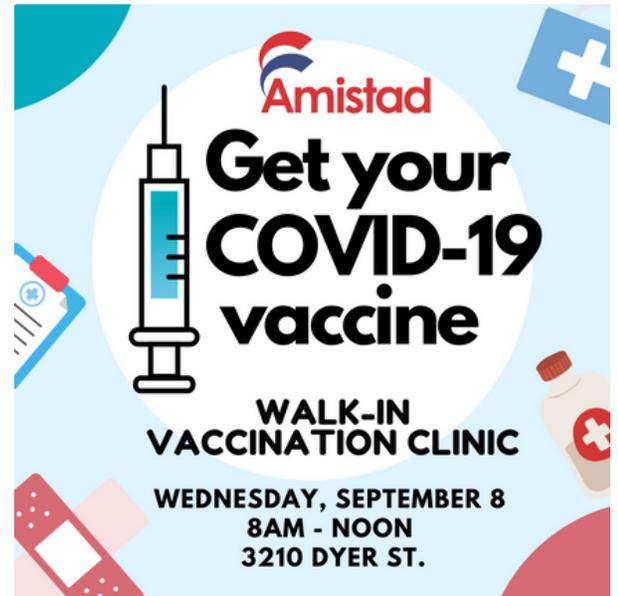
(Select Option 1 + Option 1 + Zip Code)

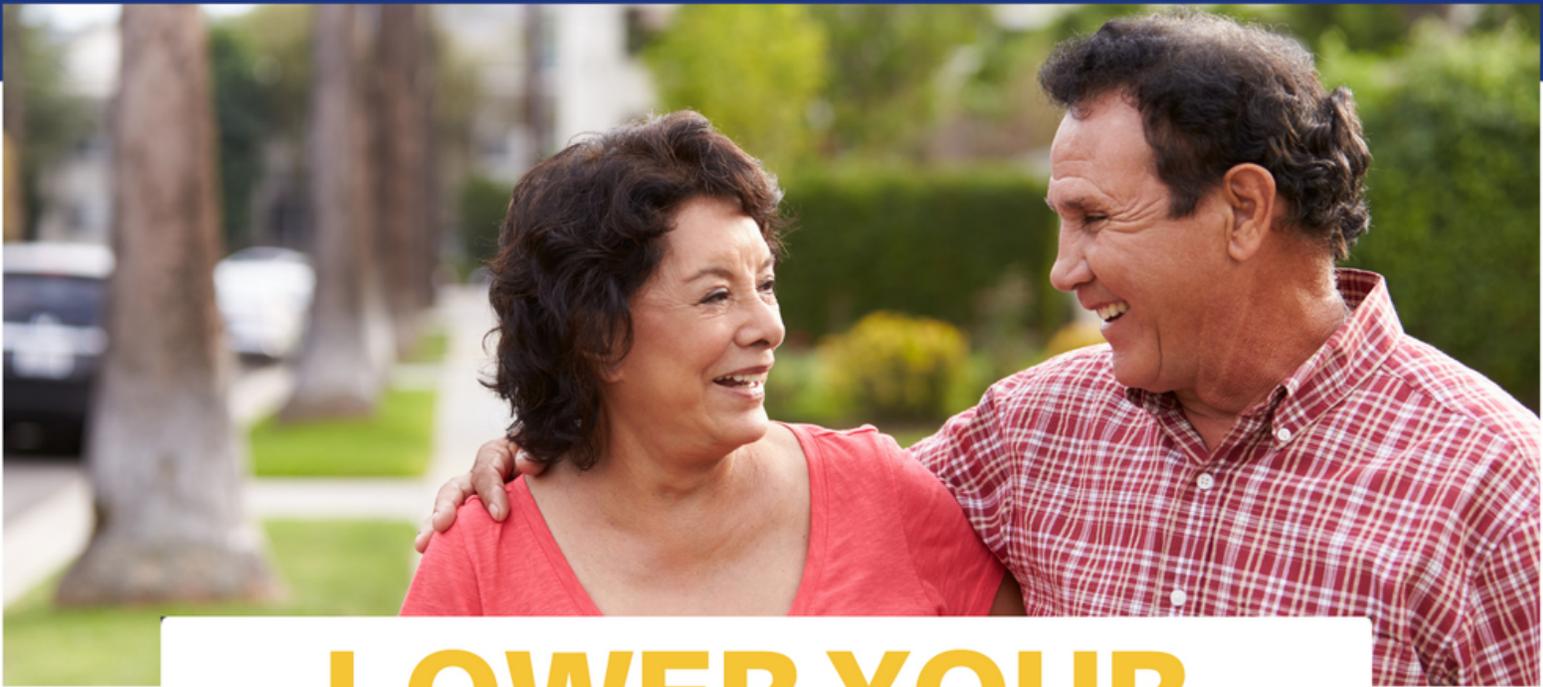
www.projectamistad.org/amistadcares



COVID-19 VACCINATION CLINIC

With the recently rising cases of COVID-19 and the new Delta variant circulating, Amistad understands the importance of keeping our staff, clients, and community safe. Centro San Vicente and Amistad partnered to provide Moderna vaccines to our staff and community on September 8.





LOWER YOUR MEDICARE COSTS



Medicare Savings Programs can help with Medicare costs and premiums



Extra Help/Low-Income Subsidy can help with Part D premium prescription drug plan costs

Amistad's ADTRC Resource Coaches can assist low-income seniors and persons with disabilities to apply for these programs.

Call 1-855-YES-ADRC or 915-298-7307
(Option 1 + Option 1 + Zip Code)



This project was supported, in part by grant number 2001TXMIDR, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

BREWSTER COUNTY JUDGE ELEAZAR CANO VISITS AMISTAD

Brewster County Judge, Eleazar R. Cano was the keynote speaker at the 2021 WTEP Regional Transportation & Human Services Committee Conference. He spoke about the challenges faced by people in rural counties seeking health and social services in El Paso. Judge Cano graduated from St. Edwards University in Austin with a bachelor's degree in Criminal Justice and a master's degree in Education from Sul Ross State University in Alpine.

The goal of the conference was to complete the 2022 - 2026 West Texas El Paso (WTEP) Regional Transportation Strategic Plan and approve the goals and objectives that will be implemented over the next five years. The plan is based upon an assessment of the needs of transit dependent populations with special emphasis on older adults, persons with disabilities, persons with low incomes, veterans, commuters, and children.

The WTEP Regional Transportation & Human Services Committee is made up of transportation and nonprofit agencies whose purpose is to improve coordination of transportation services within six West Texas Counties: El Paso, Culberson, Hudspeth, Davis, Webster, and Presidio.



GIRL POWER!

Women empowering women! Amistad CEO, Andrea Ramirez, had the opportunity to be a panelist at two great women conferences! The "¡Si Se Puede! National Chingona Conference" hosted by Her Element Network and the "Women in Business Conference" hosted by the El Paso Chamber.

Mrs. Ramirez spoke on how to be a confident woman by taking small steps to create the best version of yourself personally and professionally, as well as promoting awareness on mental health, the importance of women in the workforce and encouraged them to continue their career path.



¡Si Se Puede! National Chingona Conference



Women in Business Conference

LUCHA LIBRE NIGHT!

The Housing Authority of the City of El Paso (HACEP) hosted a Lucha Libre night at the Blue Flame building, featuring Rayo vs. Cinta de Oro as the main event. Amistad drivers provided transportation for HACEP residents to and from the event, for a night of fun and entertainment. Residents of all ages, from children to the elderly, hopped on Amistad vehicles and headed downtown to enjoy live lucha libre and have their posters autographed by the wrestlers! Amistad is proud to serve the community in various capacities, including supporting our partners and their initiatives.



THANK YOU TO OUR SPONSORS!



45th
BIRTHDAY

Sponsors

Main Sponsor:

The Carson Aloha Fund

Top Sponsors:



Birthday Cake Sponsors:



Birthday Candle Sponsors:



Frosting Sponsors:



Chief Justice Yvonne Rodriguez



Xavier Bañales

Dr. Shawna Scully

Los Abuelos Assisted Living



Auto Master Tech

La La Imports

Sprinkles Sponsor:

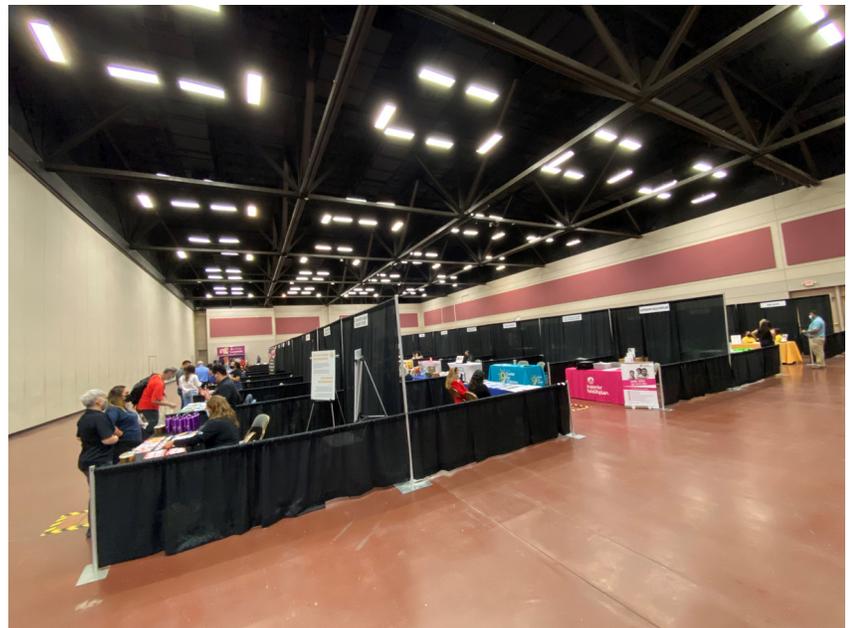


AMISTAD IN THE COMMUNITY

Amistad participated in the Kelly Center for Hunger Relief Health Fair and shared information on services and resources for the community.



Amistad participated in the El Paso United Family Resiliency Center Community Healing Resource Fair in the Convention Center. The fair was a great resource for the community and provided attendees the opportunity to learn about different organizations in El Paso and the services and programs they have to offer.



AMISTAD CELEBRATIONS

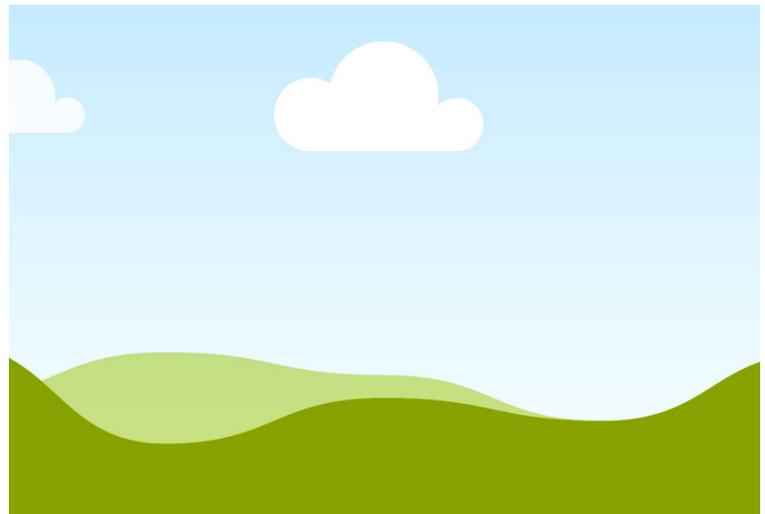
EMPLOYEE OF THE MONTH



Richard Burgess
Driver



15 YEAR ANNIVERSARIES



Congratulations to Sergio Lopez and Michelle Moss for 15 years of service to Amistad. Thank you for all your hard work and dedication!

Happy Birthday!

10/1 Carlos Soto
10/1 Alicia Trejo
10/5 Elizabeth Martinez
10/6 Andrea Ramirez
10/7 Rosario Ayala
10/8 Priscylla Puventud
10/9 Eduardo Aguilar
10/9 Mariana Rodriguez
10/13 Irma Anderson
10/27 Daniella Mata
10/29 Federico Flores



Anniversaries

1 year Denise Apodaca
2 year Beatriz Arguelles
3 years Christine Francees
4 years Abraham Camacho
5 years Sarah Castañeda
5 years Melissa Molina
7 years Dalia De Los Santos
7 years Sergio Sanchez-Meza
9 years Nuvia Bueno
9 years Mireya Lopez
15 years Sergio Lopez
15 years Michelle Moss



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