Those who traveled, have returned

I stepped away from ECM this past year. Six months in fact. I was gone from Albuquerque, from East Central Ministries, from the day in and day out of any responsibilities. Morgan was with me the whole way, and we camped and backpacked in the US and Canada and walked across Spain on the Camino de Santiago. It was a time of healing, rest, self-reflection, and seeking God in new ways. It was profound and life changing for me. This sabbatical was also necessary for me to step back and see ECM and our community with new eyes of understanding and joy. I will share more about this sabbatical in the spring newsletter, but for now I will just say how so very grateful I am for my time away and now to come back into this incredible community ministry.

While in the past we have had false starts in new leadership possibilities, this past 6 months were different. Blanca Pedigo, who has worked at ECM for six years now, did an amazing job as Interim Director — she kept running our clinic and also filled in all of my Executive Director roles. Our board and staff leadership team were there to support her. As I was told, there were many joys and also plenty of struggles. I know that Blanca and the team viewed each situation as opportunities to grow. It was a joy for me to come back, hear about, and see the fruit of this healthy growth. Blanca, the leadership team, and I are coming together now, applying what we’ve learned, to build a healthy leadership structure.

And you financially supported us this year. Thank you! We are deeply grateful for your trust and partnership with ECM. Together we served and spread hope to many of Albuquerque’s most vulnerable kids and families. The struggles and fear of poverty and immigration issues are very real to our neighbors and friends. We know that ECM is called to this place and for this time. Please keep joining us in 2018.

Much grace and peace,

John Bulten
Community Services & Programs

Our community services and programs are the heart of East Central Ministries, and they developed out of voiced needs in our community. Over the years they continue to grow and change organically.

Our health center began with 1 doctor, once a month in a back room in 2006, and today it is a vibrant clinic, a dynamic partner around the city, and advocates for the holistic health of each patient. Our food cooperative began in 2002, and continues to provide access to healthy and fresh food to those in our neighborhood. And the first youth programs developed and morphed from ECM’s early days in 1999.

One Hope Centro de Vida

Highlights & Milestones
Launch of collaborative diabetes research project with UNM Health Sciences Center (learn more below)
Consistent monthly women’s clinics
New dental hygienists
New weekly behavioral health clinic

We’ve included a brief overview of these services and projects from 2017, and if you didn’t get a chance to read our winter newsletter, “Memories of 2017,” please do!

Clinic Services Utilized

389 total patients
1096 total service visits

PCORI Diabetes Project

What is it? A collaborative research project comparing the effectiveness of One Hope’s diabetes intervention model with that of UNM clinics. The project is also collecting data about chronic stress, to evaluate a potential connection between stress and diabetes.

How does it work? Patients commit to participate for one year. Patients must be Hispanic/Latino and have diabetes or prediabetes. They identify a person in their life as a social support. They then meet with one of ECM’s 4 staff data collectors once every 3 months, to have blood drawn, give a hair sample to measure stress levels, and complete a questionnaire measuring their knowledge of diabetes.

What’s the goal? Over their year of participation, the goal is for patients to learn about managing diabetes, lower their blood sugar levels, derive emotional support from their social support person and their assigned data collector, and learn whether chronic stress might be a factor related to their diabetes.

How many patients have entered the program so far? 100, between One Hope and UNM’s clinics, all new patients.
Pathways Social Services
Case Management

Highlights & Milestones
Awarded funding for 2017-2021 funding cycle
Formed International District Resource Circle (IDRC) collaboration with 4 other local organizations.
30 clients completed the program by collectively overcoming 91 barriers, or “Pathways” — 2nd highest client completion rate out of all agencies in Pathways network.

Pathways completed

<table>
<thead>
<tr>
<th>Service</th>
<th>Count</th>
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</thead>
<tbody>
<tr>
<td>Pharmacy/Medications</td>
<td>1</td>
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<tr>
<td>Housing assistance</td>
<td>1</td>
</tr>
<tr>
<td>Vision &amp; Hearing</td>
<td>14</td>
</tr>
<tr>
<td>Transportation</td>
<td>13</td>
</tr>
<tr>
<td>Medical Debt</td>
<td>3</td>
</tr>
<tr>
<td>Legal Services</td>
<td>4</td>
</tr>
<tr>
<td>Health Care Home</td>
<td>17</td>
</tr>
<tr>
<td>Heat &amp; Utilities</td>
<td>2</td>
</tr>
<tr>
<td>Food Security</td>
<td>1</td>
</tr>
<tr>
<td>Employment</td>
<td>3</td>
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<tr>
<td>Driver’s License/L.D.</td>
<td>7</td>
</tr>
<tr>
<td>Dental Care</td>
<td>15</td>
</tr>
<tr>
<td>Continuing Ed./HSE</td>
<td>2</td>
</tr>
<tr>
<td>Behavioral Health</td>
<td>8</td>
</tr>
</tbody>
</table>

Volunteers
Across all our programs, services, and social enterprises, volunteers contributed over 10,400 hours to our ministry in 2017!
That’s over $161,000 in equivalent value of services!

Food Cooperative

Numbers
69 families, with a total of 240 members
Over 250,000 total pounds of food distributed
On average, 70 pounds of food per family per week
Surplus items support 3 other local ministries

Youth Programs

Highlights and Milestones
Addition of pre-school program
Better coordination of K-5 activities
Teen participants getting involved in outside activism
Returning college interns taking greater initiative in planning activities
Volunteer-led cooking class

Youth Program Participants

<table>
<thead>
<tr>
<th>Grade</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-school</td>
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</tr>
<tr>
<td>Elementary</td>
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<tr>
<td>Mid School</td>
<td>24</td>
</tr>
<tr>
<td>High School</td>
<td>34</td>
</tr>
<tr>
<td>College</td>
<td>10</td>
</tr>
</tbody>
</table>
Social Enterprises
The urban farm and thrift store are vibrant small businesses that continue to diversify the ministry's income and connections around the city. This past year was the most productive for both businesses!

Casa Shalom Housing Co-op

Highlights and Milestones
For the first time, a staff member dedicated to facilitating community life
Increased participation in committees, community work days, and social events
Members jointly updated community guidelines and membership agreement

Growing Awareness Urban Farm

Numbers
Total gross plant sales = $34,585
Wholesale = $13,998. Retail = $12,991. Fundraisers = $7,596.
27 varieties of tomatoes, 10 varieties of peppers, several varieties of eggplant, herbs, strawberries, and petunias
15 local churches hosted plant fundraisers — events that support both groups
Thousands of pots labeled, thousands of pounds of soil mixed

The Common Good Thrift Store

Numbers
Total net profit = $42,619
40 volunteers & 1 part-time manager run the whole place

Contact Info:
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Visit the Website: www.EastCentralMinistries.org
Phone: 505.266.3590
Volunteer Appreciation dinner at ECM