

UVNR NEWSLETTER

At UVNR, our recent gatherings fostered learning and connection. In our Tea Circle, a guest speaker from UNM led a thoughtful discussion on how labor laws impact our personal and community lives, offering valuable tools and insights.

Meanwhile, the Youth Community Advisory Council (YCAC) explored mental health and cultural identity in an engaging session with Ayushi Kathuria, who created a welcoming space for reflection and growth.

We're excited to highlight our newly launched Rice and Beans (R&B) Project, celebrating community, culture, and care. We've also released our Rice and Beans Recipe Book, a collection of recipes and stories that bring the flavors of community to life.

We have even more inspiring stories and exciting updates to share — be sure to check them out!

Donate today and make a difference!
Check out our Rice and Beans (R&B)
Project





WHAT IS THE RICE & BEANS PROJECT ABOUT?

COMMUNITY!

Across continents and generations, rice and beans have been a shared language of nourishment. At UVNR, we honor this timeless pairing—not only for the way it stretches a family's budget, but for the way it carries memory, tradition, and hope to the table. In every pot of rice and beans, there is resilience; in every serving, a reminder that the simplest of meals can also be the most profound—sustaining both body and spirit, and connecting cultures in a universal story of care. By joining us in this effort, you help transform a humble meal into a symbol of dignity and belonging. Together, we can ensure that every family has not only food on the table, but a taste of home and hope for tomorrow.

NEIGHBORS HELPING NEIGHBORS The people you are helping are members of our own communities. They are our newcomer neighbors. People who help our communities thrive with their shared diversity and culture

SHARING CULTURE Every culture has its own way of preparing rice and beans, and when we looked for ways to help families stretch their food budgets, we found this dish to be truly universal—a staple that connects us all as part of the global food tradition.

A ONE TIME DONATION Your one time donation of \$25 will help supplement a family of four's food budget for an entire month.

SPONSOR A MONTH OF SUPPLEMENTAL FOOD Become a Month Sponsor. Contribute \$750 and you sponsor thirty families for a full month.
Email us at info@uvnr.org for more details.

Otobober Program Highlights - YCAC and Tea Circles

This month's Tea Circle began with a distribution of rice and beans, which brought joy and relief to many families—especially during the current uncertainty around SNAP benefits. The session also featured a UNM student and organizer who led a thoughtful discussion on labor rights, exploring how labor laws impact individuals and communities. Participants gained practical tools and insights to better understand their rights and navigate the workplace with confidence.

In YCAC, UNM student Ayushi Kathuria delivered an engaging presentation on mental health and cultural identity, followed by fun and interactive activities that sparked participation and meaningful discussion among youth.



Rice & Beans Project Donation Appreciation

Veronica V. Roybal was a resident of Albuquerque, and she was called to eternal life on Wednesday, January 29, 2025 at the tender age of 68.

She was the beloved mother of Danielle Parker, one of the Co-Executive Directors at UVNR. Veronica was born in Embudo, NM and raised in Las Trampas. She earned a Bachelor of Science in Nursing from the University of New Mexico, and she was a die-hard bedside nurse for over 45 years. At the time of her passing, she was working in the Cardiac Critical Care unit at Presbyterian Hospital. Veronica was outgoing and welcoming to all. She was funny, generous and non-judgmental, and she was always one of the first people to donate to a cause or help people in need. UVNR's Rice and Bean Project would have caused much excitement for her. Veronica loved to cook, and outside of work, she loved making delicious food and filling the bellies of people she loved. This brought her much comfort and joy. Veronica's "special rice", lemon chicken, and chicken pot pie are popular favorites that will be missed by her family and friends. UVNR would like to express the deepest gratitude for the first ever contributor of the R&B Project - Veronica!



Collaborative Study Aims to Strengthen NM's Workforce Through Newcomer Inclusion

UVNR is partnering with UNM Health Sciences Center on the NM Immigrant Workforce Study— an important effort to understand and improve the workforce experiences of newcomers across the state. Through upcoming focus groups held during Tea Circles on November 15th, participants will share their perspectives on work and education: the jobs or training they had before coming to the U.S., the challenges they face finding employment or using their professional skills here, and what support would help them continue in their chosen fields.

The insights gathered will help shape programs and policies that make it easier for immigrants, refugees, and asylum seekers to build their careers and contribute their skills in New Mexico.

Stay tuned for more details. And scroll down to view the resource list.



Giving Tuesday

December 2nd



A Global Tradition of Generosity

Each year, after the bustle of Thanksgiving, Black Friday, and Cyber Monday, a different kind of day arrives—Giving Tuesday. Born in 2012 from a simple idea in New York, Giving Tuesday began as a movement to celebrate generosity and to encourage people everywhere to give back to their communities. What started as a small, local campaign has grown into a global tradition observed in over 80 countries, reminding us that kindness and collective action can truly change the world.

Unlike the shopping days that come before it, Giving Tuesday isn't about what we can get—it's about what we can give. Whether it's time, money, resources, or simply compassion, millions of people come together on this day to support causes that strengthen their communities and uplift those in need.

At UVNR, Giving Tuesday holds a special place in our hearts. Each gift made to UVNR directly supports newcomers—families and individuals building new lives here in New Mexico. Your support helps us provide language assistance, access to health and legal resources, mentoring programs, and spaces for community connection.

This year, we invite you to join us in honoring the spirit of Giving Tuesday by contributing to UVNR's mission. Every donation, no matter the size, is an act of welcome and a statement of solidarity with newcomers who are working hard to make New Mexico home.

Día de los Muertos

Written by Spanish Community Advocates

Litzy Miranda and Mariana Santos Lezama

Día de los Muertos (Day of the Dead) is a cherished Mexican tradition, celebrated on November 1st and 2nd to honor the spirits of loved ones who have passed away. The celebration begins on October 31st, when families set up ofrendas (altars) decorated with favorite foods, photos, hobbies, sugar skulls, pan de muerto, and personal items representing the departed.

The tradition dates back to pre-colonial times, practiced by the Aztecs and Mayans, and remains an important part of Mexican culture. A key symbol is the cempasúchil, or marigold, known as the “flower of 21 petals.” Its strong scent is believed to attract spirits, and petals are arranged on steps or paths to guide them back to the afterlife.

November 1st, Día de los Angelitos (Day of the Little Angels), honors the souls of children, while November 2nd is dedicated to adults. Colors carry meaning—soft tones for children’s innocence, darker tones for adults’ wisdom.

During these days, families pray, attend Mass, and celebrate the lives of those who have passed, blending pre-Hispanic beliefs with Catholic rituals into a meaningful tradition that connects generations.



Image of the ofrenda



Pan de muerto

Employee of the Month: Litzy Miranda

Having experienced firsthand the resilience and determination it takes to build a new life, I've learned the value of perseverance, gratitude, and purpose from my parents' example. Their strength and sacrifices have taught me to approach every challenge with courage and to see opportunity in adversity. They are the foundation of my drive to succeed and to create meaningful change not only for myself and my family, but for my community as well.

I aspire to become an attorney or paralegal and am proud to be pursuing that path by starting as a Spanish Community Advocate at UVNR. This role, along with collaborations with other organizations, has given me valuable opportunities, experiences, and guidance that continue to shape my personal and professional growth and lead me closer to my goal.

Outside of work, I am passionate about giving back to my community through food drives, fundraisers, and sponsorships that support those in need. In my free time, I enjoy spending time with my family, going to church, and being with my dog—moments that keep me grounded and remind me of the values that inspire my passion for leadership and empowerment.





UVNR

**WE'RE
HIRING!**

**PROJECT
DIRECTOR
FOR SAMHSA RECAST GRANT**

**CLICK BELOW FOR JOB
POSTING**

Position Title: Project Manager – SAMHSA ReCAST Grant

Reports to: Co-Executive Director (Programming)

Employment Type: Full-time, grant-funded position through September 2026 (renewal possible depending on funding)

Location: Albuquerque, NM (Hybrid: in-person and remote)

Start Date: Position needs to be filled immediately.

Salary Range: \$55,000-\$60,000

About Organization

United Voices for Newcomer Rights (UVNR) is a 501(c)(3) nonprofit organization focused on providing advocacy and support to better the mental health and well-being of newcomers living in New Mexico. UVNR works to defend and advance the rights of newcomers, including refugees, immigrants, asylum-seekers, and others new to the United States, through programs and services designed to increase community engagement and capacity-building, policy advocacy, and direct support.

Position Summary

The Project Manager will coordinate and oversee implementation of UVNR's SAMHSA *Resiliency in Communities After Stress and Trauma* (ReCast initiative, which focuses on newcomer youth and their families' mental health and well-being through a holistic, community-driven approach. This project promotes trauma-informed, culturally responsive, and strength-based programming that supports youth leadership, civic engagement, and system change. This is a grant-funded position through September 29, 2026, with the possibility of continuation depending on future funding and organizational needs.

Key Responsibilities

Program Management and Coordination

- Oversee the daily operations of SAMHSA project's programming, ensuring deliverables are met on time and within budget.
 - Support staff and facilitate communication across program teams.
 - Maintain program documentation and ensure accurate reporting through shared systems (e.g., OneDrive, Apricot).
- Attend all UVNR and REFRAME team meetings

ReCAST/REFRAME Project Oversight

- Plan and manage quarterly coalition meetings and mental health training.

- Coordinate logistics, attendance tracking, and participant communication.
- Assist with outreach and training schedules.

Data and Evaluation

- Work with the UVNR/UNM evaluation team to track program progress and outcomes.
- Ensure accurate and timely data entry and reporting.
- Help build the data software's functionality to support program monitoring.
- Help analyze data for community reports or policy briefs.

Community Engagement

- Represent UVNR in community coalitions, advocacy and outreach efforts.
- Support initiatives like World Refugee Day and other awareness events.

Professional Development & Other Duties

- Participate in professional development opportunities as needed.
- Support other UVNR programs, activities, and events as needed.

Qualifications

- Bachelor's degree required in Public Health, Sociology, Psychology, Social Work, Education or related field. (Master's degree is preferred.)
- 2-3 years of experience managing community-based projects. (Experience managing federally funded projects is preferred)
- Must have very strong interpersonal, communication, organizational, and supervisory skills.
- Experience working within nonprofit organizations and multicultural environments.
- Must be able to multi-task.
- Experience with trauma-informed and culturally responsive practices, particularly within the mental health field
- Commitment to diversity, equity, inclusion, empowerment, and strength-based approaches, especially among newcomers.

Compensation:

A competitive compensation package commensurate with experience, including health benefits, a retirement plan, and leave.

How to Apply:

Interested candidates should submit a cover letter and resume or CV outlining their qualifications and experience. Please send applications to both danielle@uvnr.org and ryeora@uvnr.org

List of Resources

We want to ensure that everyone has support. We recommend that you contact any of these services if you need to.

Agencies or Organizations	Services	Contact
Catholic Charities (Albuquerque, Gallup, Las Cruces)	Support services for immigrants and refugees. They offer adult education, housing services, and immigrant services.	Albuquerque: (505)-724-4670 Las Cruces: (575)-527-0500 (505)-933-7032
Lutheran Family Services: Refugee Resettlement Program (Albuquerque and Las Cruces)	Support services for refugees recently resettled in Albuquerque.	
University of New Mexico Southeast Heights Clinic (Albuquerque)	Primary health care services	(505)-272-5885
University of New Mexico Early Childhood Health Center	Healthcare services for families with children from birth through adolescence	(505)-272-9242
Molina Healthcare (statewide).	Primary health care services	Albuquerque: (505)-342-4660 Outside of Albuquerque: 800-377-9594
Casa de Salud (Albuquerque)	Provides same-day and after-hours access to medical services based on the dignity of conventional, natural, and traditional health traditions.	(505)-907-8311
OneHope Clinic (Albuquerque)	Six medical clinics per month, staffed by volunteer physicians and medical and pharmacy students from the University of New Mexico. Weekly dental clinics. A monthly diabetes prevention and peer support group offering treatment, education, fitness activities, nutritional advice, and encouragement.	(505)-256-1100
English as a Second Language classes for adults (Albuquerque)	English classes provided by the Community College of New Mexico (CNM) for adults at all levels of English.	(505)-224-4282
Ethos Literacy (Albuquerque)	Tutoring for adults in reading, writing, math, computer skills, and English as a second language.	(505)-321-9620 Street: 400 Gold Avenue SW, Suite 210, Albuquerque NM 87102 (505)-247-2920
Encuentro	Adult education programs that include English as a Second Language classes with a focus on civic engagement and digital skills. Home health care programs Help and advice navigating complex systems such as public benefits, health care, and legal services.	Website: https://encuentronm.org/
HopeWorks (Albuquerque)	Life skills training, food, clothing, support groups, and employment support for homeless families.	Principal: (505)-242-4399

		Shelter: (505)-843-9405 Behavioral health: (505)-764-8231
Fundación Barrett, INC. (Albuquerque)	Provides shelter, housing, and support services to homeless women and children.	General: (505)-246-9244 Direct to Shelter: (505)-243-4887
The Storehouse (Albuquerque)	Provides clothing, household items, and emergency food to those in need (New Mexico ID and children's documents required). Assists with water bills. Open Wednesdays, Fridays, and Saturdays from 9:00 a.m. to 12:00 p.m.	(505)-842-6491 Street: 106 Broadway SE, Albuquerque NM
Community Clothing Bank APS (Albuquerque)	Students can receive shoes, jackets, sweaters, socks, and underwear, and up to nine outfits each year.	Contact your child's school counselor.
New Mexico Legal Aid (statewide)	Help with legal matters: <ul style="list-style-type: none"> - Access to benefits - Consumer rights - Employment and income maintenance - Family law and domestic violence - Housing, foreclosure, and landlord/tenant issues 	Albuquerque: (505)-243-7871 Outside of Albuquerque: 1-833-545-4357 Monday to Thursday from 10:00 a.m. to 3:00 p.m
New Mexico Immigrant Law Center	Provides free legal assistance and resources for immigrants in the state of New Mexico.	(505)-247-1023
EL CENTRO de Igualdad y Derechos	It is an organization that helps defend the rights of immigrants, ensuring and protecting labor justice.	(505)-246-1627 Street: 714 4th St SW Albuquerque Website: https://www.elcentronm.org/
Enlace Comunitario	Provides cultural and linguistic intervention services to the Latino and immigrant community, including case management, legal and housing assistance, and support groups.	(505)-246-8972 Street: 2425 Alamo Ave SE, Albuquerque Website: https://www.enlacenm.org/
New Mexico Department of Workforce Solution	Provides assistance and information on workers and Human Rights. Ensures that workers' rights regarding wages, working hours, and human rights are upheld.	1-800-566-9471 Street: 401 Broadway NE, Albuquerque Website: https://www.dws.state.nm.us/en-us/
Centro Savila	Resources to support mental health with compassionate and culturally respectful services for children, adolescents, adults, and families.	(505)-312-7296 Website: https://www.centrosavila.org/
New Mexico Summer Food Service Program (statewide)	Provides free lunches to children 18 and under during the summer.	1-800-328-2665
Roadrunner Food Bank	Provides help with food assistance	Food assistance: (505)-349-5340 Albuquerque: (505)-247-2052
Curb-to-curb van transportation (Albuquerque)	Provides transportation for people aged 60 and over.	(505)-764-6464
WORLD Education Services	Foreign credential evaluation services in the United States.	Website: https://www.wes.org/
New Mexico Medical Board	Licenses qualified Physicians, Physician Assistants, Anesthesiologist Assistants, Genetic Counselors, Doctors of Naprapathy, Physician Supervisors of Pharmacist Clinicians, Polysomnographic Technologists, Naturopathic Doctors, and Podiatric Physicians.	Website: https://www.nmmb.state.nm.us/licensing/

FREE Groceries

For low income seniors



Seniors 50+

One box per household.

Participants can attend 2 food pantries per month.

Food pantries end when the food runs out.

Doors open 30 minutes prior start of pantry.

All veterans welcome with proof of Veteran status.

Raymond G. Sanchez Senior Center- 9800 Fourth St. NW
10:30 a.m.-12:00p.m.

Held the 1st Tuesday of every month.

County Extension Building - 1510 Menaul Blvd. NW, 87107
12:30p.m. 2:00 p.m.

Held the 2nd Wednesday of every month.

South Valley Multi-purpose Senior Center-2008 Larrazolo Rd. SW, 87105
12:30 p.m.-2:00p.m.

Held the 2nd Friday of every month.

Tijeras Senior Center- 10 Tijeras Ave, Tijeras, NM 87059
10:00 a.m.-11:30a.m.

Held the 3rd Tuesday of every month.

Paradise Hills Senior Center- 6001 Paradise Blvd. NW
10:00 a.m. 11:30a.m.

Held the 3rd Saturday of every month.

Rio Bravo Senior Center -3910 Isleta Blvd. SW, 87105
12:30p.m. 2:00 p.m.

Held the 4th Wednesday of every month.



For questions please call (505) 314-0425

Restaurants around New Mexico announced Monday they are offering free meals for kids, as a response to potential SNAP benefit expirations due to the government shutdown.

Albuquerque

- **Burrito Baby**

- Starting Nov. 1
- Child must be present (one meal per child)

- **Burrow Cafe**

- Starting Nov. 1
- Child must be present (one meal per child)

- **Chicken Salad Chick** (all locations)

- Child must be present (one meal per child)
- Dine-in

- **Meraki Coffee Market**

- Free breakfast sandwich (one meal per child)

- **Mrs. Sprinkles Ice Cream**

- Starting Nov. 1
- Free mini scoop (sprinkles included)
- Child must be present

- **Richie B's**

- Starting Nov. 1
- Children 12 and under
- Child must be present (one meal per child)

- **Rio Grande Social**

- Starting Nov. 1
 - School-aged children
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- **TacosPita**
 - Starting Oct. 28
 - Children and senior citizens
 - 1 meal per child/elder
 - Children and seniors must be present
 - **Tasty Pot NM**
 - Starting Nov. 1
 - Child must be present (one meal per child)
 - Mention "Tasty Kid's Special" for dine-in
 - **The Homestead Cafe**
 - Children must be present
 - **The Le Bakery**
 - Starting Nov. 1
 - **The Yeller Sub**
 - Starting Nov. 1
 - Child must be present (one meal per child)
 - Mention "Got your kids back special"
 - **Urban Hotdog Company** (all locations)
 - Starting Nov. 1
 - Child must be present
 - Mention "UHDC Kids Special"

Rio Rancho

- **The Hopper Pub & Pizzeria**
 - Starting Nov. 1
 - Child must be present
-

Santa Fe

- **Yin Yang Chinese Restaurant**
 - Starting Nov. 3
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