

ECMAA Newsletter

APRIL 2020



FEATURED EVENTS

NEW: ECMAA OFFICE HOURS

ECMAA will have Zoom office hours on Sundays and Thursdays. We will answer COVID 19 related questions and help complete benefit forms. We're also available to discuss any topics of interest.

Sundays - 3-5 pm
Zoom call ID 409-087-377
Thursdays - 4-6 pm
Zoom call ID 397-580-283
or call at (201) 870-0335

WEEKLY CHILDREN'S VIRTUAL STORY HOUR - Tuesdays

Keeping kids entertained during the lock-down can be challenging. ECMAA is starting a Weekly Virtual Children's Story Hour, for kids ranging 3-12 yrs old.

The story hour will be led by experienced teachers and story tellers. We will read both Amharic and English children's books and other activities to ward off cabin fever! Begins April 21st.

Zoom Call ID # 848-7978-6703

From the Board

ECMAA is Collaborating with Ethiopian Associations in Connecticut and Massachusetts

The coronavirus (COVID-19) continues to spread claiming lives and causing economic havoc across the world. In order to beat this pandemic, each and every one of us has to put extra effort to curtail our movements, practice social distancing, and follow the guidelines of [CDC](#) and [DOHMH](#). We as a community must stay strong and support one another here in the US, as well as our brothers and sisters back home in Ethiopia.

ECMAA is working with the Ethiopian Community Associations of Connecticut (ECAC), the Massachusetts Ethiopian Support Association (MESA) and Tadias Magazine to leverage resources, provide information, and address the needs of our community here and in Ethiopia collectively and in coordination with each other. It's been a wonderful working relationship. Attached is a result of the work, a resource sheet on the stimulus package.

While still focused on addressing the needs of our community in the US, we have also identified the fundraising efforts below to fight against COVID-19 in Ethiopia:

- [Ethiopian Diaspora Trust Fund](#) -
- [Support Ethiopians Against COVID-19](#)
- [Ethiopian Diaspora COVID-19 Pandemic Medical Supplies Relief Fund](#)

With a fragile healthcare system and inadequate resources, the COVID pandemic is going to have a devastating impact on Ethiopia that will be felt for years to come. We have to do whatever we can to support the fight against COVID-19 and stop it from taking a foothold in Ethiopia. This initiative comes at an opportune time. Please consider contributing some or all of the economic impact check you receive to this end.

ECMAA PERSONAL FINANCE CONVERSATION - COVID EDITION

Date To Be Confirmed by email

In this informative and empowering conversation, we will talk about auditing our current personal/family finances and finding opportunities to cut cost, save money, and develop healthy habits to last us well past COVID. Come prepared to jot some notes and walk away with actionable strategies you can implement right away. Couples join together!

ZOOM CALL ID# 813-8473-8062

BOOK CLUB- Early May

Join us as we launch our first virtual book club. The first book is The Shadow King, by Meaza Mengiste. It's available on amazon. This is a perfect time to escape in a great story and to connect with each other. Start reading, we'll share the date for discussion soon.

ZOOM CALL ID# 873-7624-6588

OTHER RESOURCES

Please visit www.ecmaany.org for ongoing updates about resources shared to date. Also follow us on [Facebook](#) and [instagram](#) for more updates.

You can find more immediate food and other assistance in [New York](#) and in [New Jersey](#).

Become an [ECMAA member](#) by signing up and providing the annual membership fee of \$30. You can pay on Venmo to ECMAA NY or on our [website](#).

Yelugnata and Gemena Follow up

Our Yelugnata and Gemena Workshop is more relevant than ever. We had a day filled with information, community and resources. We thrive when we lean on each other. It takes courage and strength but we've got it. However much we are all affected by COVID 19, some parts of our community may struggle even more:

For parents of children on the autism spectrum [REACH](#) hosts monthly conference calls. For those experiencing intimate partner violence, [Sanctuary for Families](#) is still available. All of us are figuring out how to manage through this crisis while managing our emotional and mental well-being. Find out more about how best to do that with [Dr. Amanuel Haile](#) a professor in Counseling on an interview with ECAC and MESA. [NYC Well](#) is also available for those experiencing a mental health crisis.

Finally, there will be many different ways to get through this difficult time. Remember to take care of yourself, so you can take care of everyone else too. Take some time to meditate, to walk, to pray to talk on the phone to watch something silly - whatever helps you. For those of you who like having something to look forward to... Consider preparing for an ECMAA sponsored 3K, 5K or 10K walk/run. We'll have prizes by age group.

Message from the Ethiopian Mission- Materials Needed to Support Ethiopia's Fight Against COVID-19

As bad as things are here in the US, the situation is going to turn dire in Ethiopia. The Ethiopian Mission has circulated a letter asking for support. They are asking for Personal Protective Equipment. Such as gloves, masks for healthcare professionals and front line staff. The full list of items the Mission asking for is attached. You can have the items shipped to the mission or they can pick it up from your house if you live in the the tri-state area.

Financial and Other Assistance for the Most Vulnerable

Members of our community who are undocumented are the most vulnerable. They do not have access to financial assistance and are afraid of seeking healthcare when necessary. Possible resources can be found [here](#). Additionally the Mayor's Office for Immigrant Affairs (MOIA) has information about [health related and other benefits](#) for members of our community.