

ECMAA Newsletter

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From the Board

Happy New Year!

We have had a chaotic start to the new year with rising COVID cases and mask mandates returning, so it can only get better from here. The 2022 ECMAA board and advisory council has already begun organizing this year's calendar of events and we are excited to share what we've been working on. You will also notice some changes to the ECMAA website and membership process - our goal is to make things more seamless and user-friendly. Stay tuned for special interest groups, more volunteer opportunities and perks from our community partners. Your continued support as an ECMAA member does not go unnoticed.

To close out 2021, we brought back the popular singles mixer, Enetewawek, where people got the chance to mingle at Ginjan Cafe, located at 85 East 125th St. This is a trendy and cozy place for coffee, tea and pastries - check them out! For other featured businesses, you can refer to our holiday gift guide from last month's newsletter on the [ECMAA website](https://www.ecmaany.org). As always, please send any recommendations for local businesses you would like to see featured in this newsletter to ecmaany@gmail.com.

Mark your calendars for one of our most anticipated events: The Commemoration of the Yekatit 12 and the Battle of Adwa scheduled for March 6 (Zoom). More information about the event can be found on [page 6](#).

We would also like to wish safe travels to those who returned to Ethiopia for the one million diaspora campaign during the holiday season.

Lastly, we would like to extend our deepest gratitude to the outgoing executive and general board members who have set the platform for an enriching ECMAA experience. We hope we can live up to the great leaders and organizers you are.

Reality Check: Keeping Your New Year's Resolutions Achievable

"I really want to arm people with the knowledge and the tools to take ownership of their fitness." -Eyosyas "Yosh" Tadesse, Certified Personal Trainer



The New Year is synonymous with many of us wanting to change something - the most popular being shedding some pounds and leading a healthier lifestyle. However, those well-intended wishes are more likely to fizzle after a few weeks. A [study](#) conducted by the University of Scranton found that 23% of people quit their resolution after just one week. According to the study, only 19% of people stick to their goals long term (two years).

Eyosyas "Yosh" Tadesse, a Certified Personal Trainer based in Astoria/Upper East Side, believes this has to do with the way fitness is being packaged and sold. Yosh studied lifestyle coaching and believes in a tailored approach to fitness. "We all have different goals and limitations. I do not believe in the cookie-cutter approach."

His advice to others is to learn fitness and to focus on getting stronger, moving better, running (or cycling) more efficiently. "Like most things in life, falling in love with the process helps you stay on the path to getting to the end result. I really want to arm people with the knowledge and the tools to take ownership of their own fitness."

Finding his purpose

Yosh, who is Certified through National Academy of Sports Medicine (NASM), says he has "always been an athlete." But there was a time in his life when he gave up sports. "I dealt with significant sports injuries in high school and fell into a dark place." In 2011, he was diagnosed with aplastic anemia, a rare condition in which the bone marrow does not produce adequate number of new blood cells, and needed a bone marrow transplant. Luckily, Yosh's brother was a perfect match.



After that experience, Yosh decided to get back into sports and was finally introduced to proper strength training. "I played college baseball while studying personal training. In 2016, I decided to fully invest my time to personal training." That year, he began working at Equinox and after three years, he was promoted to Tier X Coach - the highest Tier (available at limited locations). There, he learned lifestyle coaching and how to develop habits to address all areas of fitness (mindset, movement, nutrition, and regeneration). "I learned a lot about human psychology, and what it takes to get people to commit to an active and healthy lifestyle. The human body needs to be strong (muscular endurance, hypertrophy, strength and power), mobile (flexibility within the muscles and mobility within the joints) and needs a well-functioning cardiorespiratory system (both aerobically and anaerobically). Layering that with proper nutrition and regeneration habits can take the human body further than you ever expected."

Reality Check: Keeping Your New Year's Resolutions Achievable (cont'd)



After leaving Equinox, Yosh invested in gym equipment (barbells, plates, portable squat racks, kettlebells, etc.) He trains people virtually and at his building's gym/rooftop (of course when the weather isn't so cold).

And in terms of sticking to those New Year goals? According to Yosh, after identifying your goals, you must validate their importance. Then, a structured program is necessary so that you are continuously challenged, and you get better and stronger as time passes.

"We have to be real with ourselves and ask if we know the skills to accomplish our goals. We also have to be real with our limitations and not hide from them."

For more information, including consultations, you can find Yosh on Instagram **@theyoshlife**.

Reminder to Renew Your ECMAA Membership

Thank you for your continued membership and support. Over the past couple of years, we have witnessed unprecedented times but our passion to serve our community is what keeps us going.

We would like to use this opportunity to remind you to please renew your membership, if you haven't already, by completing [this form](#) and making a payment of \$30. Memberships must be renewed annually.

If you have any questions regarding the renewal process, or if you would like to share your feedback, please contact us at **ecmaany@gmail.com**.



Q&A: Health Plans Must Cover COVID-19 Tests

On January 10, 2022, the Biden-Harris Administration issued guidance requiring health insurance companies to cover the cost of over-the-counter (OTC) in-home COVID-19 tests for their members. Members are covered for two tests per week – up to eight tests in a 30-day period (one kit may contain two tests). Keep your receipt to submit for reimbursement (up to \$12 per individual test). Read below to learn what this means for you.

Where can I find OTC in-home COVID-19 tests?

You can find tests at pharmacies, retailers and online vendors. Supplies are limited and finding tests can be challenging. For this reason, the Biden administration plans on distributing free home tests soon. Additionally, you can visit covidtests.gov starting on January 19 to order tests. Tests will ship seven to 12 days of being ordered.

Will I have to pay a copay or deductible?

No. Tests won't be subject to copays or deductibles.

Do I need a doctor's order or prescription?

No. You will not need to visit a doctor to get the free tests.

What about tests purchased before Saturday, January 15? Will I get reimbursed for them?

No. Only tests bought on January 15 will qualify for reimbursement. Make sure to keep your receipt.

What if I don't have any health insurance?

You will be able to obtain free home tests from certain community health centers. You can also visit covidtests.gov starting on January 19 to order a test.

Where can I find more information?

For more information, visit the following resources:

- [CNN - Here's how you can get free home Covid-19 tests](#)
- [CNET - 'Free' at-home COVID tests are here](#)

Order Your Free At-Home COVID-19 Tests

The United States Postal Service is sending out free at-home rapid COVID tests. Residential households in the U.S. can order one set of four free at-home tests from USPS.com.

Here's what you need to know:

- Limit of one order per residential address
- One order includes 4 individual rapid antigen COVID-19 tests
- Orders will ship free starting in late January
- Visit special.usps.com/testkits and complete the form to order your tests



How You Can Help Victims of the Bronx Fire

As Ethiopians, our hearts go out to those impacted by the recent Bronx fire. As New Yorkers, this tragedy hits home. We are in mourning over the devastating loss experienced by those affected.

The blaze has been described as the deadliest apartment fire in 30 years and claimed the lives of seventeen people. The victims ranged in age from 2 to 50. Eleven of the victims were from Gambia.

The stories surfacing on the web are heartbreaking. Hagi Jawara and his wife, Isatou Jabbie, leave behind four children. Fatima Drammeh lost her mother, brother and two sisters. Five members of the Kamara family, including their mother and her four children, ranging from 9 months to eight-years-old, are in critical care.



Hagi Jawara and his wife, Isatou Jabbie, leave behind four children. Source: gothamist

Now is the time to turn our prayers into action. New Yorkers are known to stand in solidarity during unprecedented times and now is no different.

Please consider helping those affected by donating to:

- One of the [verified fundraisers](#) on GoFundMe
- [The Mayor's Bronx Fire Relief Fund](#)
- [The Salvation Army's Bronx Fire Relief Fund](#)
- [The Fat Joe Bronx Fire Relief Fund](#)

Please check with your employer to find out if your donation will be matched.

To learn more about the families impacted, [click here](#).

Tezeta "Tez" Roro Receives the Martin Luther King Jr. Distinguished Service Award



Congratulations to ECMAA's very own Tezeta "Tez" Roro for receiving the Martin Luther King Jr. Distinguished Service Award from the West Orange Human Relations Committee. Tez was presented this award during the town's annual MLK program on Monday, January 17.

Tez is currently in Ethiopia, but her husband Michael Girma accepted the award on her behalf.

Tez wears many hats, including mom, Real Estate Professional, and President of the West Orange Council of PTAs. In the [video](#), Tez mentions the one question she gets asked frequently - how she does it all. To which she answers, "When I am passionate about the causes I am giving my energy to, it actually energizes me. It does not feel like work."

Save the Date: ECMAA's Annual Remembrance of the Battle of Adwa and Yekatit 12

On March 1, 1896 (126 years ago), Ethiopian forces defeated the Italian invading army near the town of Adwa, and the rest is history. Farmers, soldiers - including women - prevailed in sealing Ethiopia's independence and making it the only African country never to be colonized.

Yekatit 12, a date in the Ge'ez calendar, marks the massacre of Ethiopians by the Italian forces.

To mark this year's anniversary, ECMAA will hold a virtual event on **March 6, 2022**. Renowned scholars and subject matter experts will present on this historical battle and discussions will follow. The event will be open to the public. Additional details will be announced at a later date.



Statue erected in remembrance of more than 30,000 Ethiopians killed in three days during the Italian invasion.