

THE LINK

A Publication of the Junior League of Albuquerque



JUNIOR LEAGUE OF
ALBUQUERQUE

A SNEAK PEEK INSIDE THIS ISSUE:

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Member Essentials+

New Members and Actives

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- Ignite Training
- Dollars for Diapers
- Bubbles & Ballots
- Cuidando Los Ninos
- AREA Training
- Giving Tuesday
- Lean In Circles

Diaper Bank Stats and Successes

Thanks You Diaper Bank
Supporters and JLABQ Sponsors!



2023-2024 Kick Off Party

The Junior League of Albuquerque 2023-2024 year is halfway through, and we have been busy as ever! From cleaning up our new office, to multiple trainings and socials, to Diaper Bank work shifts and a successful fundraising campaign, and behind the scenes working on bylaws and strategic planning, we have been working hard to make an impact on both our members and our community.

We are excited for the second half of our League year and look forward to celebrating our 90th year in the Albuquerque metropolitan area!

A MESSAGE FROM OUR PRESIDENT

The past few months of League activities have been full of fun, friends, and leaders!

Many members spent a lot of time over the summer cleaning up the office. Setting up meeting spaces, organizing the diaper bank, creating a cozy business office area, hanging pictures, so much work! We went through many of our files and purged paperwork that was no longer needed per the retention guidelines. We found some cool historical membership packets and worksheets! It was fun to see how far our League has come.

As our summer came to a close, we started to prepare for our kick-off party and regular volunteer opportunities. Many members, leaders, stepped up to plan fun events.



2023 Past President's Luncheon

The Kick-Off Party started with a 90s theme to help get members in the mood to celebrate our 90 wonderful years in the Albuquerque community. We've had fun days at Roadrunner Food Bank. We hosted a great Dollars for Diapers inaugural campaign in September, which correlated with Diaper Need Awareness Week. Members hosted many fun activities they wanted to do with each other from hikes to spa days.

As our fall went on, we were provided with some great opportunities. The first was receiving a gift from Optum Wellness, where they sent a representative for a photo op with the League. The most recent being the Albuquerque Journal reaching out to provide a quick article and expose on the amazing work we are doing in our community.

You are each amazing assets to the Junior League and our community at large.



How the Junior League of Albuquerque's diaper bank is keeping babies clean and healthy

2023-2024 LEADERSHIP TEAM



Michelle McMullan

President

president@jlabq.org



Natalia Griffin

President Elect

presidentelect@jlabq.org



Tassi Rodriguez

Nominating Chair

nominating@jlabq.org

Santina Reichow

Treasurer

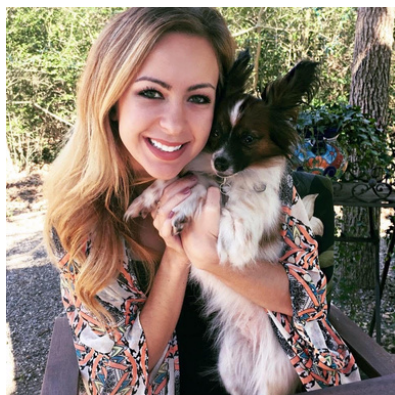
treasurer@jlabq.org



Tory Witt

Executive Vice
President

executivevp@jlabq.org



Lauren Martinez

Membership
Development
Vice President

membership@jlabq.org



Ashlee Wright

Community
Vice President

community@jlabq.org

90'S KICKOFF PARTY



Wow, the Rad 90s Themed Kickoff Party for the Junior League of Albuquerque's 90th anniversary was a blast! Held on the evening of August 8, 2023, at the Gravity Bound Brewing Company, it was a total success. We all embraced the 90s fashion - think scrunchies, flannels, and platform shoes - and it was a blast from the past. We chowed down on some fantastic bites and had a great selection of craft beers at our fingertips. But it wasn't just about the fun; it was also a fantastic opportunity to meet new people and learn more about the Junior League's community initiatives. This event truly captures what we're all about - celebrating our history, having a good time, and making meaningful connections. It was a gnarly night, and it was clear that everyone had a blast - it was "all that and a bag of chips!"

MASH	
DRAW THE MAGIC SQUARE HERE	
EVENT	Council Meeting GMM SLO Social
LOCATION	JLA Office Flying Star Conference Room Casa Rodeita
ACTIVITY	Guest Speaker Self Care Personality Test Fundraising

MAGIC NUMBER: _____

A NEW ONLINE SYSTEM ON THE WAY!

In mid-December, our League will be moving to a new online membership software platform, called Member Essentials! This platform is managed and supported by our parent organization, the Association of Junior Leagues International (AJLI) and is designed to help Leagues like ours manage our membership, placements, and a variety of other League functions. This member portal is also **the central location** for information about what's happening in our League. You will be able to:

- Read the latest news and reminders
- Visit the Member directory to connect with other Members
- Check our calendar for upcoming events and meetings
- Sign up for shifts
- Access League documents
- Pay member dues online

Why are we using a new membership portal?

There are several reasons why our League decided to make the switch, including:

1. **Lower cost for Leagues** - With a common platform, AJLI is able to provide lower cost to Leagues for startup and monthly hosting/support.
2. **Dedicated support** - AJLI has a support team dedicated to Junior League administrators and members. That means your team gets not only the technical support you need, but quick access to organizational advice and support as well. Junior League best practices are built into the platform, so you won't need to figure out new processes every League year.
3. **Increased efficiency** - Our League is no longer tasked with finding the "best" solution and negotiating with 3rd party vendors. This option will allow our League to streamline its processes and communications and have a smoother turnover each year. This platform will also make it easier to update content and calls to action regularly.

Email us at website@jlabq.org if you want more information.



**MEMBER
ESSENTIALS**

AJLI'S MEMBER MANAGEMENT SERVICE

2023 GENERAL MEMBERSHIP MEETINGS

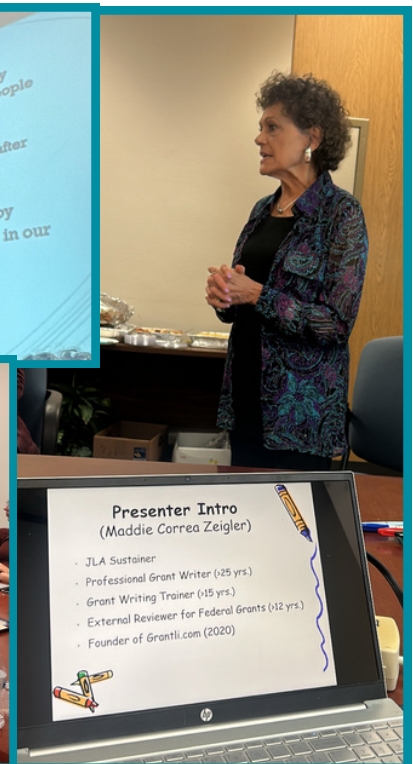
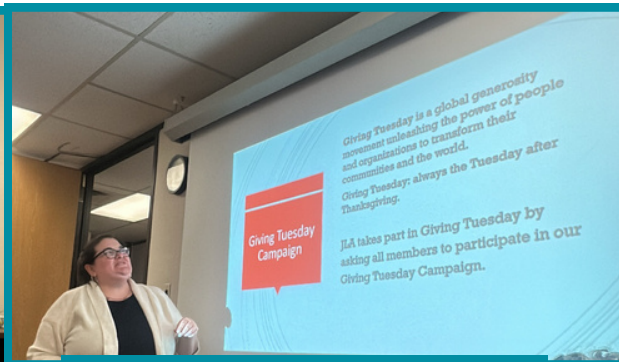
September

We prepared for our new Dollars for Diapers campaign and discussed changes in the League's leadership structure after a fun icebreaker involving balloons!



October

Thank you to Sustainer Maddie Zeigler, and Actives Kelley Tredwin and Ashlee Wright for putting the FUN in fundraising! We learned about grant writing, empowering women through finances as well as fundraising for The League.



WELCOME THE 23-24 JLABQ NEW MEMBERS!

Cindy Arellano
Shawna Cunningham
Victoria Perko

Kristi Bobonea
Robyn Kleinpeter
Ericca Peterson

CONGRATS TO OUR NEW ACTIVE MEMBERS!

**Alicia
Lopez**



Alicia Lopez is an Indigenous Mexican American happily married mother of 2 amazing kids and 2 rowdy dogs living and working in Albuquerque, NM. She and her family enjoy running and hiking with friends and love a good game or movie night. She has a passion for serving the community through volunteer work and loving service which made the decision to join Junior League of Albuquerque an easy one. After 10 years as a full-time stay at home mom, she has recently rejoined the workforce. Professionally her current role as outreach coordinator for Native Health Initiative, a local non-profit puts her skills in engaging and making connections to good use. She loves to plan and host events and can make a case to turn anything into a valid reason to have a party. She does her best to be present for those she cares for and will often be heard saying "its ok we have done more with less!" when facing adversity. She has a heart for people and is excited to join an awesome group of ladies with similar passions.

**Natasha
Olander**



Tasha Olander is an Albuquerque native who loves the scenery and beauty that New Mexico offers. She received her Bachelor's of Business Administration, concentrating in Human Resources and Organizational Leadership in 2016 from UNM. She most recently received her Masters in Human Resources Management, specializing in Organizational Leadership and Change Management in 2022 from Colorado State University. While she has worked in various industries and roles, she currently works as a Senior Employee Relations Specialist for both Dion's and Tula's Kitchen.

Outside of work, Tasha enjoys spending time with her husband, Andy, and their sweet fur baby Sokka. She takes every opportunity to travel and enjoy concerts of her favorite artists. In addition, Tasha is always looking for ways to get involved in her community and is grateful for both the learning opportunities and work of the Junior League in positively impacting women and the community.

HOW THE JUNIOR LEAGUE OF ALBUQUERQUE'S DIAPER BANK IS KEEPING BABIES CLEAN AND HEALTHY

By Gino Gutierrez / Albuquerque Journal Staff Writer

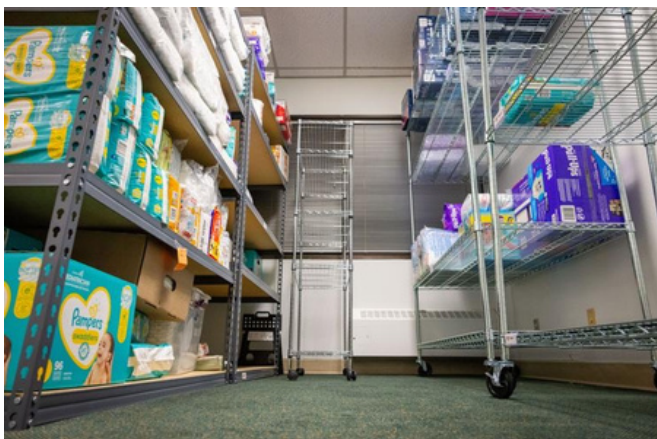
As she was growing up in Savannah, Georgia, Michelle McMullan can still remember attending Junior League meetings with her mother, "always sitting in the back of the meetings, just listening to the things that were doing in the Savannah community."

She moved to Albuquerque in 2014 after graduating from Georgia College & State University with a bachelor's degree in psychology, then took a couple of years to establish herself in the community before deciding to join the Albuquerque chapter of the Junior League in 2016. "I felt like it was time for me to give back myself," she said.

Founded in 1934, the Junior League of Albuquerque is a volunteer-run organization of women whose mission is to advance women's leadership for meaningful community impact through volunteer action, collaboration, and training.

The Junior League has been involved in numerous projects throughout its nearly 90-year history, including with Albuquerque Public Schools and Albuquerque Police Department.

Recently, it has focused on a unique area of need: diapers. According to the National Diaper Bank Network's 2023 Diaper Check, 1 in 3 families in the United States reported "diaper need." That is defined as a family that cannot afford a supply of diapers adequate for changing at healthy intervals, which on average is every two to three hours.



Babies who remain in soiled diapers for too long risk skin irritation, infections or allergies.

In addition to the health risks, families experiencing diaper need also report cutting back on expenditures such as food or utilities in order to afford diapers. They also have said they missed work or school because they didn't have enough diapers to drop their child off at a childcare facility, according to the network's report.

Federal and state safety net programs like WIC or SNAP do not allow its recipients to buy diapers with those funds.

Now the president of the Junior League of Albuquerque, McMullan said that in 2017 the league looked at ways it could help more in the community and saw that diaper needs were a growing area of concern. So it launched its own diaper bank in 2018. It is the only one in the metro area and collects, buys and packs diapers to send to community partners, who place monthly orders and receive diapers at no cost. Those partners then distribute the diapers to those in need.

One of those partnerships, struck recently, is with NAPPR, also known as Native American Professional Parent Resources. NAPPR Executive Director Elaine Sanchez said the diapers they receive and distribute help families enrolled in its early intervention program across the four counties: Bernalillo, Valencia, Socorro and Sandoval.

"Diapers, wipes — those kinds of things are not cheap, and they're not always readily available," Sanchez said. "(Diapers) are a disposable item that needs constant replenishment, so to have a resource like [the diaper bank] is huge."

Since fall 2021, the diaper bank has distributed 51,380 diapers, as well as wipes and feminine hygiene products, to their community partners. "It's really lovely and uplifting," said Ashlee Wright, community engagement vice president at the Albuquerque Junior League. "I think one of the most special parts is the number of people that just find us and want to give us their diapers. It really creates a broad community impact and connection."

In addition to donating diapers, people can access the Junior League website, jlabq.org, and find links to make monetary donations to the diaper bank, shop its Amazon wish list or apply to host a diaper drive at work or school. Currently, the diaper bank is in urgent need of diapers in sizes 4, 5 and 7.

"You know, diapers are not something that's top of mind when you think of donating items," said Tory Witt, executive vice president at the Albuquerque Junior League. "But it's a necessity. Every baby needs some sort of diaper."

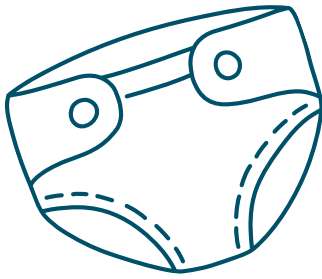


GIVING TUESDAY

Giving Tuesday took place on November 28, 2023. JLA members participated in this annual virtual campaign designed to promote generosity, collaboration, and grassroots support for JLA's mission including the JLA Diaper Bank. Giving Tuesday has become a key fundraiser for our organization – this year our members brought in thousands of dollars to support JLA's mission.

JLA focuses on training and empowering women. When you invest in women you are investing in generational change. Your investment not only pays off by training women in our community today – it creates a positive impact on our community for decades to come. Please consider donating today: **[DONATE HERE](#)**

#GIVING
TUESDAY



Junior League of Albuquerque **Diaper Bank**

By the Numbers

14K

14,297 Diapers
put into the
community

7k

7,661 Diapers
Donated to Diaper
Bank

3

Distributed Diapers
to 3 Community
Partners

20+

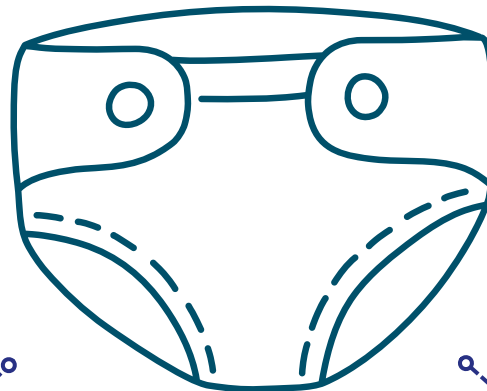
More than 20
individuals
donated diapers

6

6 Diaper Drives
were held by the
community

4

Onboarded 4 new
Community
Partners



From June 1, 2023 - December 1, 2023

Albuquerque Regional Economic Alliance

SUMMER/FALL 2023 TRAININGS

What a night it was with Danielle Casey! It's safe to say the event was a big hit, leaving everyone in high spirits and motivated to support the mission of the Junior League of Albuquerque. Danielle, as the President & CEO of the Albuquerque Regional Economic Alliance, brought a wealth of knowledge and experience to the table. Her presentation wasn't just a deep dive into her impressive career but also a spotlight on how the Junior League makes a real impact by empowering individuals and giving back to the community. The Junior League's mission of community enrichment and empowerment was shining bright that night!



Bubbles & Ballots

On October 26th, the League of Women Voters of Central New Mexico and the Junior League of Albuquerque hosted the lively "Bubbles & Ballots 2023" event at Goodwill Industries of New Mexico. The evening educated attendees on how to vote, understand elections, and dive deep into 2023 ballot measures. Knowledgeable speakers explained each proposition, its financial impact, and arguments from both sides, equipping guests to make informed decisions.



SUMMER/FALL 2023 TRAININGS

The insightful Q&A session allowed thoughtful discourse and addressed outstanding questions. With Official Voter Guides in hand and bubbly refreshments enriching meaningful connections, the event empowered all who attended with a comprehensive grasp of the 2023 elections. By collaborating to enlighten our community, we helped progress the democratic process in New Mexico. Thank you to the League of Women Voters, the speakers, and all guests who made this evening of election education engaging and successful!

Ignite Training

On November 18th, the Junior League of Albuquerque hosted an impactful Ignite Training Event at the Goodwill Conference Room. The inspiring morning featured a presentation by our own Alicia Lopez on the innovative concept of Community Asset Mapping (CAM) - a strengths-based approach to community development that empowers communities to recognize their own assets. Ms. Lopez provided critical insights into how CAM fosters collaboration, positive change, and lasting improvements. The event included collaborative learning, an insightful interactive activity, and delicious refreshments. By discovering the transformative power of CAM together, we helped progress a movement towards community engagement that harnesses inherent strengths within our communities to build a more resilient Albuquerque. This enlightening event ignited positive change as we learned how to leverage our assets to reach new heights. Thank you to all members who attended and made this community-focused training a resounding success!



SOCIAL TIME!



barre3 Halloween workout



Trivia Night



Barbie Movie



Ojo Calienta Spa Day



Hiking



Girl Scouts Trunk or Treat Recruitment Event



Craftroom Recruitment Social



Escape Room

Celebrating Success: Dollars for Diapers Campaign Exceeds Expectations



We are overwhelmed with gratitude and pride in the success of our annual "Dollars for Diapers" campaign. This year, the JLA Diaper Bank embarked on a mission to address the critical issue of diaper need in the US. While we did not quite meet our ambitious goal, we want to emphasize the overwhelming sense of gratitude and positivity that fills our hearts.

Diaper Need: A National Concern

National Diaper Need Awareness Week serves as a poignant reminder that one in two U.S. families struggles to provide enough diapers to keep their little ones clean, dry, and healthy. This year, the JLA Diaper Bank took a bold step to make a tangible impact during this awareness week through our "Dollars for Diapers" campaign.

Embracing the Positivity

Our goal was to fill our Diaper Bank with 25,000 diapers or raise \$10,000, and we fell short of that mark. However, it's important to acknowledge the tremendous effort and support that we've received. The enthusiasm and kindness demonstrated by our community have left us feeling grateful and upbeat, reminding us that even in the face of challenges, there is a resilient spirit that unites us. The outpouring of support has been nothing short of inspiring, and it reaffirms our belief in the power of collective action.

Joining a Growing Movement Across the U.S.

Your participation in the "Dollars for Diapers" campaign means more than just numbers—it signifies your commitment to a growing movement across the U.S. By engaging in real talk and simple actions, we are collectively working towards ensuring that all babies have access to clean diapers and other basic necessities required for them to thrive and reach their full potential.

Teams Challenge: A Community Uniting for Change

We are elated to announce the success of our Teams Challenge. 10 teams, fueled by passion and determination, participated in this collective effort. Together, these teams raised an incredible \$3,000+ and brought in 1,000+ diapers. Their enthusiasm and dedication exemplify the strength of community-driven initiatives, and we are grateful for each team's role in making a positive impact.

A Heartfelt Thank You

To everyone who contributed, volunteered, and supported the "Dollars for Diapers" campaign, we extend our heartfelt thanks. Your generosity has not only filled our Diaper Bank but has also filled the hearts of families in need with hope and relief.

Moving Forward: Sustaining the Impact

As we celebrate the success of this year's campaign, let us also look towards the future. The need persists, and our commitment to supporting families facing diaper need remains unwavering. Your continued support will play a vital role in sustaining the impact we have achieved and expanding our reach in the years to come.

Once again, thank you for being a crucial part of the "Dollars for Diapers" campaign. Together, we are making a difference and creating a community where every child has the opportunity to thrive.

Warm regards,
Dollars for Diapers Committee



UPTOWN EATS

Exploring our new office neighborhood through food!



Nominating Committee at Buca di Beppo



Membership Council at Bravo!



Board at Takumi



Membership Council at P.F. Chang's



Board at Fork & Fig



Office work shift with Saggio's

Service Learning Opportunities at Cuidando Los Ninos

This October we learned about Cuidando Los Ninos. They are a non-profit here in Albuquerque whose mission is to end child homelessness. Mia, a development associate with Cuidando Los Ninos, came to speak with us about the work they do for the community. They not only help the children, but also provide resources for parents. They provide early childhood education, nutritious meals, transportation, parent education, housing assistance, and are advocates for these families. We were able to put together hygiene kits for 25 children that included everything from toothpaste to coloring books.



**THANK YOU
LEAGUE
SPONSORS!**



LEADERSHIP TEAM RAGE ROOM



SUSTAINER HAPPY HOURS



Bridging the Gap: JLA Diaper Bank's Impact on Diaper Need in Albuquerque Metro

Today, we want to shine a spotlight on a vital JLA project that has been making a significant impact on the lives of families in our community—the JLA Diaper Bank. Founded in 2018, the JLA Diaper Bank is the sole diaper bank serving the Albuquerque Metro area, providing a crucial resource that often goes overlooked.

Diaper Need: A Silent Struggle for 1 in 2 Families

Diaper need is a silent struggle affecting one in two families in our community. The lack of a sufficient amount of diapers can hinder a baby's ability to stay clean, dry, and healthy, posing challenges for families already facing various socio-economic pressures. Recognizing the severity of this issue, the JLA Diaper Bank has been tirelessly working to bridge the gap and provide essential support to those in need.



Partnerships Powering Change

The JLA Diaper Bank operates through strategic partnerships with community organizations, enabling them to fulfill monthly orders and distribute diapers at no cost to their clients. These partnerships have been the driving force behind the JLA Diaper Bank's ability to distribute thousands of diapers annually. From June 1 through December 1, we are proud to report that the JLA Diaper Bank has distributed an impressive 14,297 diapers into the community.

Community Support: A Pillar of Success

Individuals like you have played a crucial role in supporting the JLA Diaper Bank's mission. In the current league year, a total of 7,661 diapers were generously donated by compassionate members of our community. Your contributions have directly impacted families facing diaper need, making a difference in the lives of the youngest members of our community.



Growing Impact: Welcoming New Partners

The JLA Diaper Bank continues to expand its reach and impact by onboarding four new community partners. These partnerships strengthen the network of support, ensuring that more families have access to the diapers they need for their little ones. The collaborative efforts of existing and new partners amplify the bank's ability to address diaper need on a broader scale.



How You Can Help

Your continued support is vital in sustaining the JLA Diaper Bank's efforts. Consider organizing diaper drives, spreading awareness about diaper need, or making a monetary donation to support their ongoing initiatives. Together, we can make a lasting impact on the lives of families in our community.

As we reflect on the accomplishments of the JLA Diaper Bank, let's celebrate the positive change that has been achieved and look forward to a future where every family has the resources they need for their children to thrive.

**Thank you for being a part of
this impactful journey.**

Warm regards,

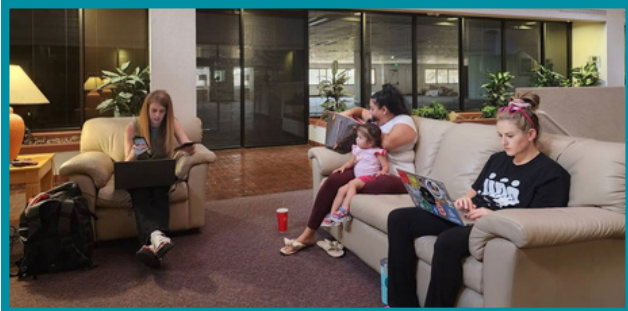
JLA Diaper Bank Committee



Junior League of
Albuquerque
Diaper Bank

LEAN IN CIRCLES

This fall, members of the League have been participating in the AJLI Lean In Circles. Lean In Circles are small peer groups focused on professional development, connection, and networking. We've covered topics such as work-life balance to managing our inner critic to inclusive leadership. We've learned new skills and gained valuable peer- to-peer mentorship from other League members. We are proud of the Circle we've created providing a safe space for women to grow and work through the challenges that face us every day.



COOKBOOKS!

Don't forget, JLA Cookbooks are sold online and throughout Albuquerque! We also have many other League's cookbooks on sale online for our members. Contact cookbooks@jlabq.org for more information.

Seasoned with Sun, El Paso
Saint Louis Days/Saint Louis Nights, St. Louis
Pomegranates & Prickly Pears, Phoenix
Virginia Hospitality, Hampton Roads
Cooking from the Coast to the Cascades, Eugene
Dining in the Smoky Mountains, Knoxville



2023-2024 DIAPER BANK SPONSORS

Lovelace Health System

Lovelace Health System (Lovelace) is committed to the health and wellness of our community. Our goal is to provide the highest quality of care to our patients, close to home. We continue to invest in our community, providing more than \$81 million in unfunded care and supporting local nonprofit and community organizations with more than \$357,000 in charitable contributions and community support and gave over \$81 million in uncompensated care to patients in need in 2022. Since 2023, nearly \$484 million has been invested into Lovelace hospitals, services and technology with the goal of providing New Mexicans the most advanced technology and treatment without having to leave our state to seek care.

We recently celebrated our 100th anniversary, marking a century of caring, change and progress while continuously improving the practice of medicine. Lovelace is comprised of Lovelace Medical Group/New Mexico Heart Institute, Lovelace Women's Hospital, Lovelace Medical Center, Heart Hospital of New Mexico at Lovelace Medical Center, Lovelace Westside Hospital, Lovelace Regional Hospital and Lovelace UNM Rehabilitation Hospital. Across our six hospitals, 33 health care clinics and seven outpatient therapy clinics, we have 619 inpatient beds and employ a team of more than 3,450, including over 280 health care providers. From the first and only hospital in New Mexico dedicated to women's health to the state's only hospital devoted exclusively to cardiovascular care, we are a leader in meeting the healthcare needs of this region.

Lovelace is committed to quality. From being named a New Mexico Family Friendly Business to making Best Hospital lists, our focus is always on providing top care to our patients and to being the best co-workers to our fellow employees. Click [here](#) to learn more about our recent awards and our dedication to meeting the highest standards of excellence in our fields.

2024 is a bright year for us! Lovelace Westside Hospital will be celebrating its 40th birthday, growing from a small community hospital into a thriving, 92-bed acute care facility committed to delivering high quality, convenient care for Rio Rancho and Albuquerque's Westside residents. We are committed to adding health care providers and service lines next year and to continuing to see patients in about 30 minutes or less in our emergency departments.

To learn more about our state-of-the-art treatment options, innovative health care providers and award-winning quality initiatives, visit [lovelace.com](https://www.lovelace.com).

2023-2024 DIAPER BANK SPONSORS

Optum Rx®



COLEMAN
V I S I O N
colemanvision.com

If you have ideas of organizations that can host a diaper drive or want to support our cause, submit information to community@jlabq.org



Est. 1934

6121 Indian School Road NE #120
Albuquerque, NM 87110

Website: jlabq.org
Phone: 505-260-0199
Fax: 505-260-0199
Email: info@jlabq.org

We are proud members of the
Association of Junior Leagues
International
Website: ajli.org
Email: info@ajli.org

*The Junior League of Albuquerque
reaches out to women of all races,
religions, and national origins who
demonstrate an interest in and
commitment to voluntarism.*

Follow Us!



Our Mission

The Junior League of Albuquerque is an organization of women whose Mission is to advance women's leadership for meaningful community impact through volunteer action, collaboration, and training.

Our Vision

Women around the world as catalysts for lasting community change.

Become a Member today!

If you're interested in joining the League, applications are always open on www.jlabq.org or learn more about upcoming recruitment events by emailing membership@jlabq.org



SHARE A HUGS TODAY!

Help. Us. Give. Support



submit a HUG here

HUGS@jlabq.org

JOIN FOR THE VOLUNTEERING. STAY FOR THE FRIENDSHIPS.