

# NMCA DV *Spotlight*

A monthly celebration of  
the work happening  
throughout our  
Coalition!

## *Advocates of the Month*

**YUKO KOBAYASHI  
& MAHBOOBA PANNAH**

## *Member Spotlight*

**NEW MEXICO ASIAN  
FAMILY CENTER**



# NMCADV

## Word Cloud of the Month

"What words would you use to describe what you find most meaningful about your work?"



**NEXT MONTH'S WORD CLOUD**

"What is your go-to self care activity?"

Participate [HERE](#) 

# Member Spotlight

## NEW MEXICO ASIAN FAMILY CENTER

### CHEARIE ALIPAT

"Its a good group to be in and I'm honored to be in the space with very very powerful and very talented community members who are doing this at Asian Family Center."

**"We don't deserve to be victims of crime—or any hate crime—or anything that continues to push our community back.**

**You heard the resiliency of our advocates and part of that is just what they do but they also do a lot of the things that they do in the community plus the work that they do."**

"Just the story of the women that formed New Mexico Asian Family Center—It was because of a woman that did not report, that did not seek services. And most of the cases that we have are because of the marginalized communities underreporting and not being able to have a voice. but when they do report there is no one to talk to and there's nobody that they can trust. We need those community partners and the gate-keepers and systems to be ready to receive us and help us."



Listen to their full podcast interview releasing May 10th!

<https://anchor.fm/nmcadv>



# Member Spotlight

## NEW MEXICO ASIAN FAMILY CENTER

### CHEARIE ALIPAT

**Chearie Alipat** (she/her) is the Ending Gender Based Violence Coordinator at the New Mexico Asian Family Center. Has attended and received Bachelor's degree from University of New Mexico in Political Science and Sociology and Master's in Justice and Security from University of Phoenix.

A naturalized citizen and first-generation immigrant from the Philippines, she speaks Tagalog, Visayan(from the province of Iloilo). Born in Manila, Philippines, she is the eldest daughter of four children of first-generation immigrant, a Filipina nurse/caregiver/business woman, and a Filipino overseas contract worker and Filipino merchant marine for import/export in Europe, Middle East, and North America. Chearie has been a resident of New Mexico for 23 years and also actively serves as a board member of the Filipino American Foundation of New Mexico. She is married and have two children and two pups.

Chearie has had 19 years of experience with New Mexico's Judicial District Courts(First and Second), NM Human Services Department, NM Department of Health, Federal Probation and Pretrial Services, Juvenile Justice of Children Youth and Families Department, and a care coordinator for Managed Care Organization.

Chearie is passionate about serving in her role at NM Asian Family Center and service to her community against gender-based violence and trauma-informed work for survivors of domestic violence and sexual assault and hopes to continue to work on collaborations between systems and community for intentional and mindful changes.



Listen to their full podcast interview releasing May 10th!

<https://anchor.fm/nmcadv>



# Advocate of the Month

**YUKO KOBAYASHI**  
of New Mexico Asian Family Center

**"I always loved supporting the community and sharing all that I have learned. I love to reach out to those in need and make them smile."**

**Yuko Kobayashi** was born in the Gunma prefecture in Japan and arrived in the United States in 2001.

She has spent much of her life providing care for others in the community and in 2018, she joined the amazing team at the New Mexico Asian Family Center and became a case manager. Yuko has a passion for reaching out to those in need and helping them find solutions for the problems that they may be facing.

Yuko enjoys spending time with her two amazing children and enjoys gardening and swimming when she is able.

**"I have seen and experienced many difficult things in my life. At the time I couldn't see any way forward, but advocates like me reached out and helped me to be strong and resilient."**

Want to submit your amazing advocate? Use the link below to fill out our online form:

<https://forms.gle/VIGi9HLVPK1Sv7W66>

Listen to her full podcast interview releasing May 17th!

<https://anchor.fm/nmcadv>



# Advocate of the Month

## MAHBOOBA PANNAH

of New Mexico Asian Family Center

**"...growing up in a country where there is war and women don't have rights. I always was the advocate. I just wanted to voice up and fight for my rights and for other women's rights."**

**Mahbooba Pannah** is from Afghanistan. She survived the Taliban 22 years ago and immigrated to the United States. As soon as Mahbooba learned a little English she tried to help her community with interpretation and navigating the US system.

Mahbooba started her advocacy job in 2016 and since then she has been helping her clients to get independent. Mahbooba's goal is to empower her clients to be the stronger.

**"When I'm here and I'm a voice for my community... They can open our agency's door and know that they belong here. When they walk in and they feel like it's a family here... it makes me proud that they have something that I didn't have 20 years ago."**

Want to submit your amazing advocate? Use the link below to fill out our online form:

<https://forms.gle/VIGi9HLVPK1Sv7W66>

Listen to her full podcast interview releasing May 24th!

<https://anchor.fm/nmcadv>



# Take Care

## GET BOUNDARIES

### Learning to say no...

Saying “yes” to everything and everyone means saying “no” to yourself – you need to plan for self care time. If you want to be accountable to others, take care of yourself and only agree to essential promises of your time and energy.

**Say YES to what fills you up and NO when you need to.**

**Boundaries are an essential tool to protect yourself, your clients, and your agency.**

For more information on why boundaries are important [read this article](#).

Struggling on how to set those boundaries? Read ["10 Ways to Build and Preserve Better Boundaries"](#)

# Stay Connected



- [Website](#)
- [Facebook](#)
- [Instagram](#)
- [Twitter](#)
- [YouTube](#)
- [Podcast](#)



"When the whole world is silent, even one voice becomes powerful."

MALALA YOUSAFZAI

Feedback? Email [Rochelle@nmcadv.org](mailto:Rochelle@nmcadv.org)