



January-March 2024

# MANA

## SPRING NEWSLETTER

### FROM THE DIRECTOR:

*Happy Spring! As Max Muller said, "A flower can't blossom without sunshine, and [humans] can't live without love." Thank you so much to our wonderful partners, volunteers, foundations and individual donors for loving and supporting our work!*

*Yvette Unezase*



**Now planning for summer 2024!  
Stay tuned!**

### DOWNHILL SKIING

We had a perfect day for spring downhill skiing. A huge thank you to our friends at Mt. Abram Ski Area for the warm welcome! We had a blast and were happy to help you close out the season! Can't wait for some summertime adventures!



### ICE FISHING

We had the pleasure of being hosted by Maine Fish and Wildlife and the Maine Department of Agriculture, Conservation & Forestry. We had a blast on the ice at Range Pond State Park and caught some yummy fish to cook!

## #WEOUTSIDE WINTER EDITION IS A WRAP!

### NORDIC SKIING

We had such a blast venturing into cross-country skiing for the first time with the Loon Echo Land Trust at Five Fields Farm in Bridgton. A big fist pump for our partners at Maine Appalachian Land Trust. We cherish and value our shared commitment and partnership in providing outdoor access to our communities!



**A special thank you goes to the Maine Appalachian Land Trust for partnering with MANA.**



## #GOALS FOR TOMORROW'S LEADERS

#GOALS partners with state and local organizations to create indoor and outdoor experiences for immigrant youth that expand their understanding of themselves in this new place they now live. The youth practice reflection, inter-personal and group communication and self-care skills which connect them with their inner strengths and potentials. They also interact closely with trendsetters in BIPOC communities who are devoted to sharing their experience and inspiring tomorrow's leaders.

### Environmental Leadership

Weekend retreats in lodges run by Maine non-profits allow students rare time to hear and articulate their thoughts, to interact informally with climate activists, naturalists, outdoor educators and Maine tribal members, and to try things like snowshoeing!



### Dear Future ME...

Words are powerful. On the first night of retreats, we open with our "Golden Letter Ceremony." Students write a sacred letter to their future selves, sealing their intentions into a golden envelope with warm wax.

### Expression and Enrichment



Students meet with business and non-profit leaders who feed the soul of our community by creating spaces where we can all express and enrich our spirits. Destigmatizing mental health with a focus on intergenerational trauma is our #GOALS.



### Community Development



Inspirational conversations with political leaders leads to challenging questions around how to set future goals and achieve them, how to tap into your lived experience, how to create programs that address the needs in the community, and how to take care of yourself while you do it!





## WHAT IS THE IMPORTANCE OF COMMUNITY WELLNESS?

In commemoration of Women's History Month, two members of our Wellness Team, Moon Machar, Wellness and Peer Support Program Coordinator and Marieta Fuca, Wellness Partner, went live on Instagram discussing women's wellness and our new group "Things She Carries" which aims to provide space for us, as women, to symbolically dump out the contents of our bags! Info for joining this program below!

### Nurture Selfcare

- Yoga
- Spa Day
- Painting/Pottery Making
- Journaling
- Walks in nature



### Reduce Stress

- Understand ourselves
- Practice compassion
- Embrace imperfection
- Develop work-life balance
- Discover new healthy habits



### Prevent Loneliness

- Socialize and network
- Explore similarities/differences
- Discuss difficult topics like domestic violence or parenting in different cultures



Scan To Sign Up Now!



**Things she Carries**

**Every 2nd and 4th Thursday from 5:30-7:30pm.**

Join us to toss out what no longer serves us, do wellness activities to fill our cups, and make connection with peers. Let's unpack our bags together!

All women are welcome!



## WELCOMING THE STRANGER WITH FRIENDSHIP

MANA's Welcoming The Stranger Program (WTS) matches volunteers with asylum seeking individuals or families, to provide a warm welcome to the Greater Portland Community. If you're interested in being a volunteer mentor, please email [info@mana-maine.org](mailto:info@mana-maine.org). You can also learn more on our website, see link below.

April 28, 4-7pm  
**WTS Spring Fling**  
 at Gilsland Farm Audubon Center

Join us for a spring celebration, with food, activities, conversation, games and prizes!

RSVP:  
 Open to current mentors and mentees and anyone interested in learning more about WTS! For more info email: [info@mana-maine.org](mailto:info@mana-maine.org)

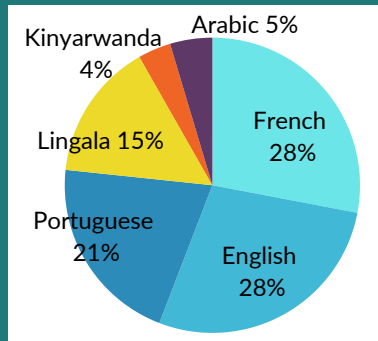
## TRANSPORTATION PROGRAM HIGHLIGHTS

“Happiness, long life and goodness of God to all your team members. Thank you for all you do.”

~Message from a participant

### Ride Data Jan - March 2024

- 3161 Ride Requests
- 5023 Individual Riders
- 2229 Medical Rides
- 579 Social Service Rides
- 138 Rides for Groceries
- 126 Rides to Immigration



### Other Transportation Partnerships:

- South Portland Schools
- Portland Palavers
- Strings Afterschool Program



## WELCOME NEW STAFF! **Sosanya Pok**

Please help us give a warm welcome to our newest Wellness Partner, Sosanya Pok (she/her). In the photo on the right, Sosanya and MANA Executive Director Yvette Unezase joined a gathering of outdoor-education organizations at REI Westbrook.

