Las Mujeres Valientes & The Pandemic

A Data Story from History Colorado’s *History in the Making COVID-19* Survey

Las Mujeres Valientes Statewide Fellowship was created to reduce ageism, promote health and well-being, create shared learning environments and transfer knowledge and wisdom so that all generations of Latinas can thrive.

Members of Las Mujeres Valientes shared with History Colorado their thoughts about how the COVID-19 pandemic has impacted their lives.

Here is a snapshot of their experiences during the first three months of the pandemic:

They were concerned.

and they were mostly concerned about:

- **The Virus Spreading**
- **Health Issues**
- **People Losing Their Jobs**
- **Keeping Their Loved Ones Safe**
- **People Not Taking the Pandemic Seriously**
- **The Uncertainty of The Future**
“My biggest concern is the health and safety of my family and friends.”

“My greatest concern is that this will last through next year and people will continue to be impacted.”

“It is going to be a very different America”

“I'm very concerned about people's impatience and that they will stop practicing social distancing. Unfortunately this will unnecessarily continue to spread the virus. Because of this, the pandemic will continue to get worse due to people's selfishness.”

“Life has changed we will never go back to being normal the way it used to be, and my greatest concern is that people did not learn from this virus.”
For those members who are not retired, 40% continued to have job stability, though many were uncertain about what the future would hold.

Overall, they were coping and adapting well, keeping their minds occupied with:

- Self-care
- Family-care
- Home crafts/projects
- Virtual forms of community engagement
- Connecting with family and friends

But they were struggling, in part because they were all following social distancing and CDC guidelines:

“So as a Latina, it is going to be very difficult when I refuse to hug anybody in public, even after the vaccine.”

“I never realized how much personal touch fed my soul.”

“I felt confused and afraid.”

“Having to distance myself from loved ones and the thought of having that distancing become total separation leaves a cold feeling in my gut.”
Las Mujeres Valientes are predominantly thinking about community—and in multiple ways:

"I am concerned that the disparity in our communities of color will continue to grow. It is hard to believe that just one person can make a difference because it is easy to become camouflaged in confusion and uncertainty. I believe that we must be stronger in numbers."

"I am concerned about what is next to come and how human race is still too far away from being kind and willing to learn and gain that sense of community. It feels that humans just want to destroy themselves and others too."

"My greatest concern is how families without this level of privilege will make it through this pandemic ... To this end, my biggest concern is that the current administration will continue to marginalize efforts, thus excluding those in greatest need."

"I am staying engaged with my community to try and help those in need."
Despite the challenges of the pandemic Las Mujeres Valientes also saw the pandemic as opportunities for:

“Empowerment + Inspiration
Connecting with Culture
Learning
Social Change”

“This is a game changer to ground us back to our values and roots.”

“I think that this is a time for Latinas to exercise the things that our mothers were taught from our grandmothers because they were survivors. ”

WE ARE PLANNERS PROVIDERS THE BACKBONES OF FAMILIES
“I pray that we don't go back to our self-centered ways. That good prevails and that we drive less, are less politically divided and that we honor and care for all of those who held this country together during these times.

Pay teachers, EMTs, grocery workers, nurses, food workers, farm workers, everyone who earns a barely livable earning wage with little health care benefits.”

"I truly hope that my answers inspire others."