

NMCAADV Spotlight

Member Spotlight COMMUNITY AGAINST VIOLENCE

Advocate of the Month
ALL CAV ADVOCATES!



JOELLA MONTOYA
CO-EXECUTIVE DIRECTOR



Member Spotlight

COMMUNITY AGAINST VIOLENCE

JOELLA MONTOYA

My name is Joella Ann Montoya, and I was born and raised in the small community of Taos, New Mexico. I come from a large family and have deep roots and connections here. I graduated from high school in 1999 and hold a bachelor's degree in psychology from the University of New Mexico. I am currently serving as one of 22 LEAP (Leadership, Education and Advancement for Professionals – a project of ValorUS) Fellows for 2023.

I am the proud mother of two daughters who are 23 and 18. After graduating from high school I left Taos and returned in 1995. Since I moved back I have held several jobs in the non-profit sector in order to give back to the community that raised me.

So what makes us unique is that we are serving a multitude of clients that are having different things happen. And we're not just addressing domestic violence or just addressing sexual assault. We're taking it all and addressing it together. And I think that makes us unique."

In 2022 I was approached and offered the opportunity to be part of the transition plan for the Community Against Violence in Taos. I couldn't be prouder and more humbled to be moving into the role of Executive Director. Everyday we are making a difference and changing the narrative of how people talk about domestic violence in a small community. The stigma is being removed by how we as an agency serve our community and how each of us individually normalize the conversation. I know that my experience is bringing about change daily whether on a small scale or a larger scale and with that knowledge I know that I have found my space and the way I will make a difference in my community, to my family and neighbors and to the greater world around me.

Learn more about Community Against Violence at taoscav.org.



Listen to their podcast interview releasing September 23!

<https://anchor.fm/nmcadv>



Advocate of the Month

ALL CAV ADVOCATES

When asked about selecting an advocate of the month for Community Against Violence, Joella expressed that she couldn't just pick one.

“So CAV is going through some transition right now and restructure. My role right now is Co-Executive Director as our current director, Malinda Williams, who’s been Director for 26 years, prepares to move on to her next life adventure. So come January 1st, I will be the sole executive director.

And in doing that, what we’re recognizing is that staff is working really hard in having patience with this transition that we’re moving through, and we have positions available. Several of those positions now are within our advocacy staff. So our advocacy staff is working really hard to continue to offer services to our clients.”

So this month, we want to thank the entire CAV advocacy staff for their hard work and dedication to their community.

- Sarah Jeantette - NNMCAC Advocate
- Dolores Lewis - SA Advocate
- Lora Ludvigsen - Shelter Advocate
- Gaylene Martinez - Legal Advocate
- Sheila Martinez - Shelter Advocate
- Amanda Munoz - Family & Child Advocate
- Sandra Renteria - NNMCAC Advocate
- Vanessa Solis - Transitional Housing Advocate
- Michelle Trujillo - Shelter Advocate
- Debra Varos - Shelter Advocate



Listen to their podcast interview releasing September 30th!

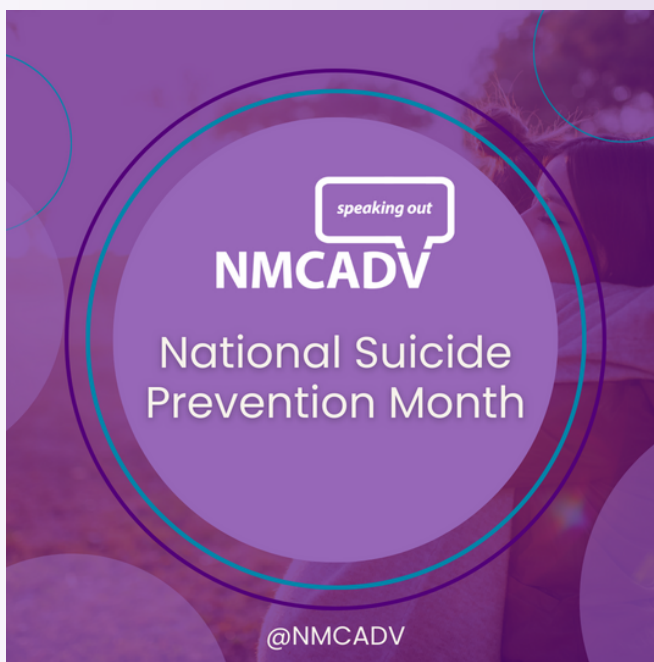
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This Month's Toolkit

SEPTEMBER 2023

- **Self-Care Awareness Month**
- **National Suicide Prevention Month**
- **National Suicide Prevention Week (9/10 – 9/16)**
- **World Suicide Prevention Day (9/10)**
- **International Day of Charity (9/5)**
- **International Day of Peace (9/21)**
- **Hispanic Heritage Month begins (9/15 – 10/15)**



Take Care

GET PEACEFUL

In our fast-paced world, finding inner peace is crucial. It's not just about being calm; it's about achieving balance, contentment, and overall well-being. Let's explore how to attain peace in your life and why it's essential.

WHY PEACE MATTERS

- 1. Mental and Emotional Health:** Peace reduces stress and anxiety, improving our mental and emotional well-being. It equips us to handle life's challenges.
- 2. Enhanced Relationships:** Peacefulness enhances interactions with others, fostering healthier relationships and effective communication.
- 3. Improved Productivity:** A peaceful mind is a focused mind, boosting productivity and decision-making.
- 4. Physical Health Benefits:** Peace is linked to lower blood pressure and better overall health, contributing to longevity.

HOW TO CULTIVATE PEACE IN YOUR LIFE

- 1. Practice Mindfulness:** Be present without judgment. Try meditation, deep breathing, or full engagement in daily activities.
- 2. Declutter Your Space:** Tidy surroundings promote calm and order.
- 3. Set Boundaries:** Say no when needed, setting healthy limits.
- 4. Nurture Positive Relationships:** Surround yourself with supportive people.
- 5. Relaxation Techniques:** Enjoy activities that relax and rejuvenate you.
- 6. Gratitude:** Regularly reflect on things you're thankful for.
- 7. Let Go of the Past:** Forgiveness liberates and brings peace.

Peace isn't a destination you reach; it's an ongoing journey. By incorporating these practices into your daily life, you can gradually cultivate a greater sense of peace and well-being. Remember that peace isn't the absence of challenges but the ability to navigate them with grace and serenity. Embrace the pursuit of peace, for it can lead to a happier, healthier, and more fulfilling life.

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“Every breath we take, every step we make, can be filled with peace, joy and serenity.”

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Feedback? Email Rochelle@nmcadv.org