

NMCA DV *Spotlight*

Member Spotlight

ROSWELL REFUGE



VALERIE WARD
SHELTER DIRECTOR

Advocate of the Month
RACHEL AGUILAR



Member Spotlight

ROSWELL REFUGE

VALERIE WARD

Valerie Ward was born in Iowa. When she was four, her and her mother moved to Mexico so she could continue her schooling submersed in the culture she was studying. They lived in Mexico City for a few months, then moved south to a small town in southern Mexico for the remaining 2 ½ years. They then returned to Iowa for 5 years, and then moved on to Albuquerque New Mexico. She spent 20 years in Albuquerque and later moved to Roswell, where she still lives today.

Throughout her life music has been a great influencer. Her mother and all of her sisters have amazing singing voices and harmonize beautifully. She loves to sing (and later found out that singing releases endorphins and makes you happy)! While in grade school, she participated in concert choir (performing her first solo) and learned to play the flute, clarinet, and violin. At age twelve, she started to play guitar and piano, which she still enjoys today. During her youth she was in a few bands, recorded at 3 studios and has been on the radio once. After moving to Roswell, she was in a Mexican Trio with her mother and step-father.

She studied computer accounting after high school and ended up getting her Associates Degree in University Studies at ENMU-R. She has worked in several fields and has a broad range of skills.

Today, she is the Operations & Shelter Manager for the Roswell Refuge. The Refuge has been the most fulfilling challenge she have ever faced and she's hoping to be there for many years to come.

" I can tell when the clients arrive, they are uncomfortable and displaced, but it doesn't take a week even for them to feel very comfortable.

And we're all a big family there. They can come ask us for anything they need, and if it's not a safety hazard, we'll try to provide that service. "



Listen to their podcast interview
releasing May 9th!

<https://anchor.fm/nmadv>

Advocate of the Month

RACHEL AGUILAR

Rachel Aguilar was born in Hagerman, New Mexico. She lived on a ranch until the age of 11. Rachel attended Penasco Schools. Rachel and her family moved to Roswell where her parents made their home. They had several homes until they settled on W. College. Rachel attended Goddard High School, and graduated in 1967. Rachel then attended Eastern New Mexico University and New Mexico State.

She retired in 2009. Upon retirement she worked at Esperanza Developmental Services as a Program Coordinator working with individuals with disabilities. She also worked at Eastern New Mexico Medical Center. Rachel first worked as a PBX Operator then worked at Sunrise Behavioral Center, which gave her a lot of knowledge with individuals with difficulties.

Rachel has been with the Roswell Refuge for 13 very memorable months. Rachel loves her job as she gets to meet individuals from all walks of life that come to The Roswell Refuge with different issues that make each one special in their own way.

She has two children, a son, 51 and a daughter, 48. She also has 8 grandchildren and one great granddaughter.

" It's really important to me to do a good job at the Refuge. You know, and all our advocates that work there are just amazing.

I think we're all a big happy family there. And our clients are all happy and we haven't had much complaints at all, cuz we really tried to work with them and their needs to succeed and stay safe. "



Listen to her podcast interview
releasing May 16th!

<https://anchor.fm/nmcadv>



Meet Our New Staff

YASMIN AKIN

ADMINISTRATIVE TRAINING COORDINATOR

Yasmin Akin has three beautiful and messy boys that keep her on my toes daily. She grew up in Los Angeles, CA and moved to Roswell when she was 15. She graduated from Roswell High School in 2007 and then went on to complete her Associates Degree from ENMU-R for Media Arts in 2011.

She started working for the Courts in Roswell in 2016 where she was lucky enough to gain valuable experience within the Domestic Violence field and learned how to better serve the members of her community.

She is super excited to join the team here at the NMCADV!

"It's always something that I wanted to do, working for a nonprofit organization.

I think that's really fulfilling for me because you're helping someone.

This is actually doing some good out there and helping people that really need it and letting them know that there's a lot of places, a lot of resources that are willing to, can, and will help them."



Listen to her podcast interview
releasing May 23rd!

<https://anchor.fm/nmcadv>

Meet Our New Staff

MELISSA ENDEAN

ADMINISTRATIVE MEMBERSHIP COORDINATOR

Melissa Endean has been working with underserved segments of the population for over ten years. She began as an administrator and case manager in a substance abuse counseling office. She then served as Operations Director for the Endorphin Power Company; a transitional living program located in Albuquerque. Melissa has also worked as an independent contractor for The Life Link on projects serving consumers of behavioral health services and their family members.

In 2021 she was awarded the NM Behavioral Health Star award for her work with an Albuquerque based non-profit whose mission is veteran suicide prevention. Melissa studied Social Work at NM Highlands University, has earned a certificate in emotional intelligence and has been trained as a trainer for QPR Gatekeeper Suicide Prevention, Supportive Housing and Veteran Endorsement trainings.

She is excited to be a member of the NMCADV team. Outside of the office, Melissa enjoys spending time hiking, exploring the bosque and spending time with her partner, an Army veteran of OIF and his teenage son. Together, they are slowly growing an urban farm. Currently home to their three beloved dogs, four hens and very robust rooster.



Listen to her podcast
interview releasing May 30th!

<https://anchor.fm/nmcadv>

Take Care

GET MELODIC

"Music boosts our mood and well-being, and music therapy may help during treatments for certain health conditions." – Harvard Health Publishing

Valerie Ward is the inspiration for this month's Take Care!

Humans respond to music on a deep and fundamental level — music is part of being human. Music affects our bodies and brains in many ways. Music can increase dopamine levels, which instantly improves mood. Music also affects breathing and heart rate.

"Music has real health benefits. It boosts dopamine, lowers cortisol and it makes us feel great. Your brain is better on music." – Alex Doman, Entrepreneur & Music Producer

Using music intentionally as self-care can look lots of different ways:

- Sing your favorite song at the top of your lungs!
- Have a dance party!
- Put on a song that helps you emote and release negative difficult emotions.
- Create a playlist of songs that have a positive association for you.
- Listen to songs with a slower tempo to help to calm nerves or anxiety.
- Take a music class or join a choir/band/dance group!

Share your favorite music with us on social media! Tag or DM @NMCADV on Instagram.

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"Music brings us pleasure and releases our suffering. It can calm us down and pump us up. It helps us manage pain, run faster, sleep better and be more productive."

ALEX DOMAN

Feedback? Email Rochelle@nmcadv.org