

## SEPTEMBER NEWSLETTER 2025

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### Welcome to Recovery Month!

September is National Recovery Month — a time to celebrate courage, healing, and progress. Whether you're new to recovery or have been in it for many years, your story matters. This month is about hope, community, and honoring the journey.

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### A Message from Our CEO



**"The tongue is like a double-edged sword; it can heal or harm."**

**- Mayan Philosophy**

### **In Lak'ech**

by Luis Valdez

You are my other me.

If I do harm to you,

I do harm to myself.

If I love and respect you,

I love and respect myself.

In Mayan tradition, there is a greeting that many people working with Mayan wisdom know of. It is the law of In Lak'ech Ala K'in, which means I am another yourself (A modern-day interpretation). It also means I am you, and you are me (A traditional Mayan interpretation). We have come to understand that this Mayan greeting is an honor for each other. It is a statement of unity and oneness. In Lak'ech Ala K'in mirrors the same sentiment of other beautiful greetings, such as Namaste for East India, Wiracocha for the Inca, and Mitakuye Oyasin for the Lakota. It doesn't matter which culture you come from. But when one of these sacred greetings is given, there is always an action of placing the hands over the heart.

The more I walk the Mayan path, the more I understand the depth that In Lak'ech Ala K'in teaches. This greeting has become more than a simple, honorable Maya greeting. It has evolved into a moral code and a way to create a positive reality for all life. In today's political climate with all its doom and gloom prophecies, we have a moral obligation to Spirit to live the code of In Lak'ech Ala K'in.

It is common knowledge these days that every action we take in our lives affects all living things. We understand that if we act negatively, our actions impact all life negatively. When we act positively, we affect all life in a positive manner. When we live the Mayan code of In Lak'ech Ala K'in, we know that every action we take is out of respect for all life, and we are living and giving from our hearts.

We can give our hearts in a positive manner every day by saying In Lak'ech Ala K'in to each other, to the trees, to the sky, to the birds, and to the stars. You can greet each sunrise by saying "In Lak'ech Ala K'in. Each day we have together is sacred, so we acknowledge this day by giving it your heart. Remember when you give in this way, you are also giving to yourself! You are not giving your energy away to something separate from yourself. You are giving to another part of yourself

I understand the challenges in staying positive these days, where the energy is so compressed that we can hardly breathe, but there is one simple exercise that can turn it all around for us. Each day, simply walk in gratefulness. We can say In Lak'ech Ala K'in to that which gives us life every day, and that is the heart of the Great Spirit. Instead of solely taking from the Great Spirit by asking for insight and direction, give back your heart, love, and appreciation. You will be amazed at the results. If we open our hearts and send gratitude, it opens all doors that were previously closed to us. Remember, you are a part of Great Spirit! When you give to Great Spirit you are giving to yourself.

We can practice In Lak'ech Ala K'in tirelessly, because when and what we give to others is giving energy to ourselves. When we give, we receive. So how do we know if we are giving it right? It is simple. When we are energized by our giving, we know we are giving from our hearts and from the code of In Lak'ech Ala K'in. If we feel drained or exhausted, it is possible that we give out of fear, lack, obligation, ego, or a need to be accepted or liked. The more one practices In Lak'ech Ala K'in, the clearer we will become about our motivations regarding our actions, and the more we will receive.

Remember . . . what goes around comes around exactly the way it was sent out. If you don't like what life sends to you, look at what you are sending out to life. This then becomes a change within ourselves to send out a positive message to the Universe, allowing the Great Spirit to hear our humble selves align with the teachings of our ancestors.

A'HO!

— **[Hector Duran], CEO**

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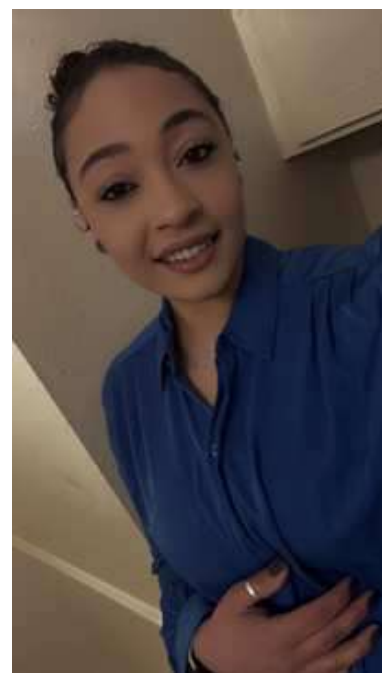
### **Meet Brittany – Alumni Coordinator**

Hi everyone! I'm Brittany, and I'm so excited to join LCRC as your Alumni Coordinator. My goal is to support you after treatment through events, check-ins, and connections.

#### **Fun Facts About Me:**

- Love reading & family time
- Big fan of game nights & movie marathons
- Cat mom to Cheeto & Chloe 🐾
- Always trying new recipes

I'm here for YOU — reach out anytime on the CaredFor app or stop by and say hi!



## 📱 Stay Connected with the CaredFor App

Want updates on alumni events, meetings, and daily motivation?

**Download our CaredFor app** and stay plugged in!

👉 Need help getting started or updating your **contact info**?

Reach out to Brittany!

☎ **[Brittany - 505-644-3206]**

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## 🌟 Recovery Stories Challenge

We're celebrating alumni journeys through written stories, videos, or photo essays. Share your recovery story to inspire others and be recognized!

### Submission Types:

- Written (500–800 words)
- Video (2–5 minutes)
- Photo essay with captions

### Story Prompts:

- Life before treatment
- What helped at LCRC
- Life after treatment
- Your message for others in recovery

### Prizes & Recognition:

🏆 1st Place – Trophy, framed certificate, newsletter & social feature, event invite, VIP recognition

🏆 2nd Place – Certificate, social spotlight, event recognition, recovery keepsake

🏆 3rd Place – Certificate, social mention, swag bag

📌 Submissions open for 3–4 weeks via email, online form, or in person.

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## ★ Staff Spotlight – Frank Rios – Director of Nursing



My name is Frank E. Ríos, and I have proudly served in the nursing profession for 18 years. I hold an Associate and a Bachelor of Science in Nursing and a Master of Business Administration. Over the course of my career, I have served at multiple levels of healthcare—first as a Certified Nursing Assistant (CNA), then as a Licensed Vocational Nurse (LVN), and later as a Registered Nurse (RN). The majority of my experience lies in emergency and critical care medicine, though I have also had the privilege of serving as an Acute Dialysis Nurse and as a Senior Investigator with the Texas Medical Board, where I contributed to advancing professional standards and patient safety. In addition, I have over 16 years of formal leadership experience, guiding teams with vision, accountability, and compassion.

My personal and professional values are rooted deeply in my family upbringing. My grandfather, a pastor, instilled in me faith, forgiveness, compassion, and the responsibility to serve God and others. My grandmother, a nurse, taught me the meaning of sacrifice and the importance of delivering high-quality, compassionate care in times of need. My father, a retired detective, modeled discipline and an unwavering work ethic, while my mother, an entrepreneur, gave me business acumen, perseverance, and the courage to pursue my dreams through higher education. Together, they all instilled in me love and strong family values, which continue to guide my life and leadership today.

I am also the proud father of three daughters and one son, whom I love with all my heart and soul. They inspire me daily to work hard, lead with integrity, and never lose sight of what matters most. In my free time, I enjoy serving God as a lead usher in my church, spending time outdoors, hiking, camping, riding horseback and ATVs, and more recently, going to the gym. I also have a deep love for live music, especially country and Spanish music concerts, and I never miss the chance to dance.

Looking ahead, I aspire to further my education and earn a Doctorate to become a Certified Registered Nurse Anesthetist (CRNA), with the mission of continuing to serve underserved communities. I give all glory to God for His mercy, grace, and forgiveness, and I pray that He continues to guide my steps so I may be a blessing to those in need.

Today, I am beyond blessed to serve as the Director of Nursing at Las Cruces Recovery Center, where I fully embrace our mission to improve the lives we touch. Nursing is not just my career, it is my calling, and I am honored to live it every day.

We're grateful for your dedication and heart!

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## 🏆 Employee of the Month – Jessica Zion

Jessica Zion is a great employee with an amazing work ethic and customer service that is unmatched. Not only does she come to work with a smile on her face every day, but she comes motivated and with the drive to help as many people as she can. She has grown a lot from her first day at Las Cruces Recovery, and I am proud of how far she has come. This honor is truly deserved, and I am grateful to have her in the admissions department. Thank you, Jessica, for making such a positive impact at LCRC!

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## 👋 Welcome New Team Members



We're excited to welcome new staff to the LCRC family! Their passion and dedication make our community even stronger.

### **This month, we welcome:**

Sarah Brown, BHA  
Josue Leon, Counselor  
Patty Hernandez, LPN  
Frank Rios, Director of Nursing  
Daikaira Starks, LPN  
Brittany Scott, Alumni Coordinator  
Yoshigei Gloria-Esquivel, BHA

Be sure to say hello and introduce yourself when you see them around!

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## 🏈 August Recap – Kickball & Connection



Our August Kickball Game was a huge success! 🎉 With one of our best turnouts yet, alumni and staff shared an afternoon full of laughter, teamwork, and connection. The energy on and off the field was incredible — a true reminder of the joy and strength in our recovery community.