



The LeeShore Lighthouse



A Quarterly Publication of The LeeShore Center
<http://www.leeshoreak.org>

*Services for Victims of Domestic Violence and Sexual Assault
Support for the Central Peninsula's Families*

SPECIAL POINTS OF INTEREST:

- LeeShore's Wish List
- Upcoming Events
- Class Schedule
- LeeShore's Clothes Closet

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The Crisis Line is available 24 hours
283-7257

Office hours for
The LeeShore Center
Monday - Friday
9 am - 5 pm.
283-9479 phone
283-5844 fax

SUMMER 2017

VOLUME 17 NO. 2

30th Annual Run for Women



The LeeShore Center will host its 30th Annual Kenai Peninsula Run for Women August 12, 2017. To promote healthy families, we are encouraging participation of male youth age 17 and under.

Starting time: 10:00 a.m. with a maximum finish time of 2 hours. The Run for Women consists of two certified races: 5K and 10K courses on a multi-looped, paved road winding through the streets of downtown Kenai.

Courses are wheelchair accessible.

The Start/Finish Line is located at the Kenai City Park on Main Street Loop across from First National Bank Alaska.

Each entrant will receive a 2017 Run for Women t-shirt and promotional bag with valuable items and samples. Park at First National Bank/Mall lot. Check-in is from 8:30 a.m. to 9:30 a.m. on race day; although early check-in is encouraged.

A group stretch and warm-up will be held at the park at 9:45 a.m.



The start of the 2016 Run for Women



Tides Yoga Team and runners getting the Warm-Up



The Awards ceremony will be held at noon.

For more information or to register call The LeeShore Center at 283-9479, you can register online at www.raceentry.com or you may download a registration form at www.leeshoreak.org.

Entry Fees: \$20.00 through Friday, August 11th and \$25.00 on race day.

Come and support our efforts in the Race to End Violence.
Volunteers are also needed, call 283-9479.

We are
appreciative of
each and every
person helping
our cause to
end violence.



Thank You Wells Fargo

The LeeShore Center is very grateful for the generosity of Wells Fargo whose \$1,000 grant assists us in providing safe housing for women and their children who have been victimized by domestic violence and sexual assault.

The LeeShore Center appreciates Wells Fargo, whose continued support demonstrates the incredible support of our community.



8th Annual Choose Respect

The LeeShore Center hosted the community's annual **Choose Respect** event back in March, we had a great turnout despite winter trying to dissuade us.

We'd like to say thank you to the many individuals and guests who helped make the event a success: Kenai Police Chief David Ross, the Alaska State Troopers, Soldotna Mayor Pete Sprague, Kenai Mayor Brian Gabriel, and Megan Pacer from the Clarion, who did a great piece on the event.





Thank You LuLaRoe

In June several LuLaRoe representatives came out and held a fundraiser for LeeShore. A portion of all of their product sales that day (and the next online) were donated.

We would like to thank:

Katrina Holmquist
 Sarah Castimore
 Mairiah Ross
 Rachel Nelson
 Marie Clark
 Lacie Hansen
 Brianna Redfern



For spending a beautiful sunny day at the Kenai Park Strip with us. Together they raised over \$200 Half of which will be matched by LuLaRoe corporate. Also, they had a drawing for LuLaRoe merchandise for all of those that brought in items from our wish list.

Thank You!



Love

Check Us Out on Facebook!



If you haven't had a chance yet, you can like us on Facebook. We have updates on our upcoming events, which is currently the Run for Women. Photos from past events and volunteering opportunities. We have been bringing you articles and resources about various topics relating to domestic violence, teen dating violence, stalking, sexual assault, and child abuse to name of few. If you are interested in these and many related topics, please "Like" our page.



Like



Love



Haha



Wow



Sad



Angry



LeeShore's Wish List



HOUSEHOLD PRODUCTS

Liquid dish detergent
Mops & Brooms
Toilet Paper
Laundry Soap
Paper Towels
Dryer Sheets
Color Safe Bleach
Comforters
Towels / Washcloths Pillows
Twin Sheets / Twin Mattress
Pads

Miscellaneous

Diapers / Pull ups
Baby Wipes
Phone Cards Gas cards
Alarm clocks Batteries
Gift Certificates (haircuts,
etc.)

KITCHEN / COOKWARE

Dishes
Kitchen Towels
Glassware
Baking Dishes
Coffee Mugs
Food Storage Containers
Pots and Pans

FOOD ITEMS

Rice / Beans
Turkey / Ham
Flour / Sugar
Baby Food
Dry Soup Mix
Formula
Coffee / Tea / Creamer

TOILETRY ITEMS

Combs / Brushes Body Lotion Shampoo
Toothpaste / Toothbrush Q-Tips
Conditioner Tampons & Pads
Hand Cream Razors / Shaving Cream

CLOTHING (ADULT, TEEN, & CHILDREN)

Hats Gloves Scarves Socks Underclothes
Boots Shoes Coats Sleepwear Slippers
Robes

Class Schedule

Group for Women Thursdays - 2:00 pm

The goal of this ongoing group is to support women wishing to live healthy violence-free lifestyles.

Topics will include:

- Definitions of Domestic Violence and Sexual Assault
- Cycle of Abuse and the continuum of abuse
- The difference between healthy and unhealthy relationships
- Impacts of violence on children and families
- The relationship between substance use/abuse and violence
- Nonviolent parenting options
- Safety Planning
- Options and tools for changing negative lifestyle patterns.

The class is free.

Contact The LeeShore Center at 283-9479.



Upcoming Events

30th Annual Kenai Peninsula Run for Women: August 12th

Community Awareness Workshop: October 2nd to October 6th

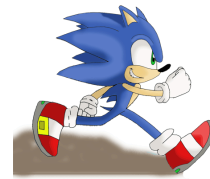


Office Closures:

August 7th - To adjust for the run

September 4th - Labor Day

October 16th - Alaska Day



We Believe

In treating all people with respect while empowering and supporting women;

In creating an educated and aware public; and

In striving to eliminate domestic abuse, sexual assault and associated societal oppression.



Volunteers Helping Out

Non-Crisis Volunteer Opportunities

Activities with women and children:

Would you like to teach crafts, do cooking projects, demonstrations, story time for children, teach aerobics?

Fundraiser and Awareness Events:

Volunteers help out at the Kenai Peninsula Run for Women.

Handy Person:

Is your best friend your toolbox? Do you have a garage full of building materials that aren't being used? We could always use a volunteer to help with the electrical, plumbing, and carpentry. Donations are also very much appreciated.

If you would like to volunteer, call the Education & Training Assistant at 283-9479.

We require all volunteers who work directly with our clients to complete the Community Awareness Workshop on Domestic Violence and Sexual Assault and other training relevant to the position. The LeeShore Center provides such training. The LeeShore Center is in need of year-round volunteers for crisis and non-crisis programs. We are currently looking for individuals who enjoy tracing pictures and coloring banners for our school presentations.



We appreciate the youth group at the Kenai Grace Brethren Church. Recently they stopped by to sweep the parking lot at LeeShore. It is a tremendous job and they come to volunteer in the spring. They also volunteered for our Annual Meeting last November.



Thank you for your support



The LeeShore Center
325 S. Spruce St.
Kenai, AK 99611
www.leeshoreak.org

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LeeShore is a member program of the Alaska
Network on Domestic Violence & Sexual Assault

LeeShore's Clothes Closet

The LeeShore Center has a clothes closet available to everyone in our community.

Hours are: Open to Public - Tuesday and Wednesday 9:00 am - 4:00 pm.

Drop off donations - Thursday and Friday 9:00 am - 4:00 pm

Please call 283-9479 for more information.

Volunteer Corner

Volunteer of the Quarter

The LeeShore Center announces Lori Engler as Volunteer of the Quarter for

July - September, 2017. Lori works at the Independent Living Center, they help seniors and people with disabilities. Lori presents at our Community Awareness Workshop in the spring and fall, and provides training to our staff as well.

Congratulations and thank you Lori for volunteering!

Currently we are looking for volunteers to help with our Run for Women which is August 12th. We have positions available at our water tables and safety positions (Flagging). To volunteer for a Safety position requires volunteers to take a short class a couple days prior to the Run.

If you would like to volunteer, call the Education & Training Assistant at 283-9479.

The LeeShore Center is proud to be a United Way agency.

