



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

SPRING 2017

VOLUME 17 NO. 1

April is Child Abuse Awareness Month

Children of all ages, races, ethnicities, and socioeconomic backgrounds are at risk for physical abuse. Physical abuse affects both boys and girls across neighborhoods, communities, and countries around the world. Children ages 4-7 and 12-15 are at the greatest risk of being physically abused. Very young children are most susceptible to receiving serious injuries. (The National Child Traumatic Stress Network)

The United States has one of the worst records among industrialized nations – losing on average between four and seven children every day to child abuse and neglect. **In 2014, state agencies identified an estimated 1,580 children who died as a result of abuse and neglect — between four and five children a day.** However, studies also indicate significant undercounting of child maltreatment fatalities by state agencies — by 50% or more.

For more information go to www.childhelp.org or www.nctsn.org/



And Sexual Assault Awareness Month

No one deserves to be sexually assaulted, and April has been designated as Sexual Assault Awareness and Prevention Month (#SAAPM) in the United States. Over a quarter of a million people are sexually assaulted each year in the US.

It is never okay to force, pressure or trick someone into having sexual contact. Sexual Assault is a crime. It affects people of all ages, any gender, sexual orientation or ability. According to the National Violence Against Women Survey perpetrators of sexual assault can be friends, acquaintances, family members or strangers. Working together, we can raise awareness and help prevent sexual assault.

April 26th is Denim Day. Starting 18 years ago wearing denim is a symbol of protest against erroneous and destructive attitudes about sexual assault. #denimday

For more information go to www.rainn.org or NSVRC.org/SAAM

Green Dot

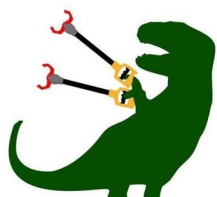
What's Your Green Dot?

Green Dot is a project aimed at engaging individual community members in preventing power-based violence in our communities. Power-based violence includes domestic violence, sexual assault, dating violence, stalking, elder abuse, child abuse and bullying. What we know for sure is that rates of all types of abuse are too high. What we know for sure is that rates of all types of abuse are too high in Alaska – our sisters, brothers, sons, daughters, neighbors and friends are being harmed at alarming rates.

We also know that most people don't want the next rape or act of domestic violence to happen. Our communities are made up of good people who want violence to end but may not know what to do about it or who have valid reasons they don't intervene. We call these reasons for not intervening "barriers." We all have barriers and that is ok! Green Dot helps us to discover lots of options for intervening when we see signs of violence (reactive Green Dots) as well as easy ways to begin to change our culture (Proactive Green Dots).

Green Dot is offering Overview Presentations Monthly and the full Bystander Training quarterly. Check out their Facebook Page: Green Dot Kenai or email them at: greenfotkenai@gmail.com.

UNSTOPPABLE



JUST HAD TO GET PAST MY BARRIERS

Community Awareness Workshop

The LeeShore Center will host their Community Awareness Workshop on domestic violence & sexual assault April 10h- 14th. There is a small fee of \$35 for the materials. You will learn about Cultural Sensitivity, Abuse Reporting, Domestic Violence Power & Control, Domestic Violence & Substance Abuse and much more.

Hear from invited speakers from the Office of Children's Services, Kenai Indian Tribe, Kenai Police Department, District Attorney's Office and learn more about The LeeShore Center's programs. You can earn 4 CEUs through the Kenai Peninsula College but you must contact them separately prior to April 7th. Along with the CEUs, 30 hours of volunteering for our agency must be completed and a police ride-along with KPD.

Call the Education and Training Assistant at 283-9479 to save your seat.



LeeShore's conference room

Our attendees and members of the community have the opportunity to stand in solidarity with sexual assault survivors at the annual candlelight vigil at Dena'ina Wellness Center.



Volunteer Opportunities

The LeeShore Center is in need of year round crisis and non-crisis programs. We are currently looking for individuals who enjoy making posters for the youth outreach program.

All volunteers who work directly with our clients must complete the Community Awareness Workshop on Domestic Violence and Sexual Assault.

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 electrical, plumbing, and carpentry. Donations are also very much appreciated.

If you are interested in volunteering, please call the Education and Training Assistant at 283-9479



June 15 is Elder Abuse Awareness Day



Currently, the world is undergoing significant demographic changes. Estimates indicate that by 2050, the global population of people above the age of 60 will exceed the number of younger people. These changes have led to a worldwide recognition of the problems and challenges that face the elderly. Research has shown that elderly abuse, neglect, violence, and exploitation is one of the biggest issues facing senior citizens around the world. World Health Organization data suggests that 4 to 6% of elderly suffer from some form of abuse, a large percentage of which goes unreported.

Elder abuse can happen anywhere - at home, in nursing facilities, or other institutions. There are no boundaries of status or background of people affected by elder abuse; both men and women are abused. Risk factors include mental health, dementia, and substance abuse of both the victims and abusers. Isolation can also be a risk factor.

Elder abuse can be defined as "a single, or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust which causes harm or distress to an older person". There are many forms of elder abuse such as physical, emotional, sexual and financial abuse. It can also be the result of neglect, intentional or unintentional.

If you suspect elder abuse, report it to Adult Protective Services by calling 1-800-478-9996. If you believe the abuse is life threatening, call 911 immediately. For more information on elder abuse go to the National Center on Elder Abuse at <http://www.ncea.aoa.gov>

(sources: <http://www.un.org/en/events/elderabuse>, <http://www.ncdhhs.gov/aging/eaday/>)

LeeShore's Wish List



HOUSEHOLD PRODUCTS

Liquid dish detergent Toilet Paper
 Laundry Soap Mops
 Paper Towels Brooms
 Dryer Sheets Color Safe
 Comforters Bleach
 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 Pots and Pans
 Glassware Baking Dishes
 Kitchen Towels Coffee Mugs
 Food Storage Containers

FOOD ITEMS

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

TOILETRY ITEMS

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

CLOTHING (ADULT, TEEN, & CHILDREN)

Hats Gloves Scarves Socks Underclothes
 Boots Shoes Coats Sleepwear Slippers Robes



The 2016 Choose Respect Event

Upcoming Events

Alaskans Choose Respect Awareness Event

Community Awareness Workshop
 April 10th - 14th

30th Kenai Peninsula
 Run for Women - August 12th

Office Closures:
 Memorial Day - May 27th

Independence Day - July 4th

In preparation for the
 Run for Women
 - August 7th

Labor Day - September 4th



The 29th Annual Run for Women

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 tool for changing negative lifestyle patterns.

The class is free.





Kitchen Remodel and Upgrades Complete

We want to give a big Thank You to several organizations that came together to help with the Shelter Deferred Maintenance Project.

Thank you to:

Rasmuson Foundation, State of Alaska, Mat-Su Health Foundation, Wells Fargo, Alaska Mental Health Trust Authority, Verizon Foundation, Denali Commission, Murdock Charitable Trust, Bethel Community Services Foundation and the Qatar Ambassador.

The upgrades included a Kitchen and Pantry remodel with a walk-in refrigerator and freezer, new kitchen flooring, dishwasher, new ceiling and island, The project also included a commercial laundry, replacement of an exit stair, new toilets, updated electrical panel, new shelter gate, exterior and bathroom doors and lighting upgrades. Thanks to donation from Verizon, we were able to provide a catered evening meal for residents during the kitchen remodel.

Thank you to Sportsman's Warehouse

The LeeShore Center would like to give our thanks to Sportsman's Warehouse for donating the bucket and silent auction proceeds to our agency from their Annual Ladies Night in February. Thank you also to the vendors who donated the gifts for the auctions. A total of \$2,275 was donated, which helps tremendously in our work to provide safe shelter and services to victims of domestic violence and sexual assault in our community. We greatly appreciate your support!

Thank You For Your Support & Donations

Thank you to everyone renewing their membership or becoming a member for 2017. Some have chosen to remain uncredited. Thank you to our lifetime members: Leslie & Robert Baker, Mariah Bartlemay, Stephen Brown from the Kenai New Life Assembly of God, Scott & Dena Cummings, Jeannette Desimone, Tanya Dickinson, Mike Dimmick, James Fisher, Dorothy Gray, Joe & Billie Hardy, Betsy & Jerry Kanago, Charlotte Legg, Loyal Order of the Moose #1942, Twyla & Wayne Mundy, Art & Irene Robinson, Charles & Patty See, Maria Sweppy, Jennifer Ticknor, Leila Wise, and Steven P. Wright. Thank you to our 2017 members: Rebecca Anderson, Barbara Beeman, Ashley Blatchford, Maureen & Dr. Peter Cannava, Jim & Nedra Evenson, Judy and Gary Fandrei, Carol Freas, Aurora & Gary Graves, June Harris, Marge Hays, Jennifer Joanis, JoAnn Hagen & Jon Lillevik, Charlissa & Ned Magen, Richard & Gale Ross, Ron & Marie Rozak, Ann Lillian Schell, Cheri & Barney Smith, Pete Sprague, Jan & David Stein, Karen Stroh, Marjorie Torgerson, Barbara Waters and to all who donated through Pick.Click.Give so far in 2017, to all who gave monetary donations, to all who donate to our community clothes closet, and to our wonderful volunteers. We are appreciative of each and every person helping our cause to end violence.





The LeeShore Center
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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 as Volunteer of the Quarter for

January - March 2017 Stacy works for the Kenaitze Indian Tribe in their Na'ini Social Services program. Stacy is an advocate that works with our Alaska Native/American Indian clients in shelter.

Congratulations and thank you Stacy for volunteering!

The LeeShore Center is currently looking for a maintenance person. Is your best friend your tool box? We could always use a volunteer to help with the electrical, plumbing and carpentry.

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

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

