



# 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*

SPRING 2016

VOLUME 16 NO. 1

## SPECIAL POINTS OF INTEREST:

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

## INSIDE THIS ISSUE:

Sexual Assault Awareness Month	1
Community Awareness Workshop	2
Meet Our Board	2
Elder Abuse Awareness Day	3
Upcoming Events	4
Thank You	5
Volunteer of the Quarter	6

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

## April is Sexual Assault Awareness Month

Your voice. Our future.  
Prevent sexual violence.

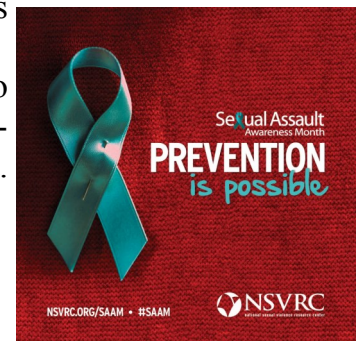


No one deserves to be sexually assaulted, and April has been designated as Sexual Assault Awareness and Prevention Month (#SAAPM) in the United States. Over a quarter of a million people are sexually assaulted each year in the US.

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.

### Things You Can Do:

- **Reach out to a Loved One.** It's never too late to let a survivor in your life know that you care. In Alaska 30 out of every 100 women have been victims of sexual assault. The National Sexual Assault Hotline can provide you and your loved one with confidential help. 1-800-656-HOPE
- **Make your Voice Heard.** Legislators (local and national) need to hear from you about your support for legislation to improve the justice system, support survivors and bring sexual predators to justice. You can visit the RAINN Action Center to learn about national legislation that is important to survivors.
- **Get Social.** With a "share" or "RT" you can educate your networks about sexual violence prevention and recovery. Tag your posts #SAAPM or #SAAM to follow the conversation.
- **April 27th is Denim Day.** Starting 17 years ago wearing denim is a symbol of protest against erroneous and destructive attitudes about sexual assault. #denimday



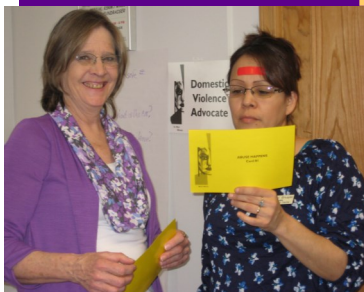
For more information go to [www.rainn.org](http://www.rainn.org)  
or [NSVRC.org/SAAM](http://NSVRC.org/SAAM)



Nicki McTrusty



Two attendees learning about the process and obstacles a victim of domestic violence may experience



Learn about Cultural Sensitivity, Abuse Reporting, Domestic Violence Power & Control, the effects of Domestic Violence on Children Abuse and much more.

## Meet Our Board

Meet Nicki McTrusty. She's been on the Board since spring of 2015. She previously worked at Leeshore as a legal advocate and as the manager of our Transitional Living Center. She moved from Montana in 2009 but grew up in San Diego. She has a degree in Forensic Psychology and is pursuing a Masters in Public Administration. She has two children, Malcolm who is 11 and Josie who is 9, and she volunteers at The Leeshore Center and the Food Bank. Her hobbies include collecting treasures at the beach, hiking and everything else outdoors!

She has also worked as a case manager for mentally ill adults, which is where her strongest advocacy passion lies alongside victims of domestic violence. She is currently a PCA for her dad who suffered a stroke, and also homeschools her kids. She says, "I am continually grateful to support the mission at Leeshore alongside such strong, enthusiastic women".

## Community Awareness Workshop

The LeeShore Center will host their Community Awareness Workshop on domestic violence & sexual assault April 11th- 15th. 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 8th. 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.



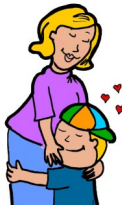
LeeShore's conference room



## Rasmuson Foundation Grant Helps Homeless Women and Children in Transition



Thank you to the Rasmuson Foundation for a \$25,000 grant for upgrades to our Transitional Living Center (TLC). Upgrades included new doors for the bedrooms and bathrooms, new flooring both carpet and vinyl, replacing the outdoor lights with LED for better visibility, window treatments for all the windows and the parking lots will be paved at TLC and it's adjoining apartment complex, the Independent Living Center.



The TLC program is a 25-bed shelter for women and their children who are homeless. They can stay up to two years, and the goal is to help them achieve safe, stable, permanent housing.



## Elder Abuse Awareness Day June 15

If you suspect elder abuse, call Adult Protective Services at 1-800-478-9996 or 911

Current data has shown that elderly abuse, neglect, violence, and exploitation are one of the biggest issues facing senior citizens around the world today. World Health Organization research suggests that 4 % to 6% of the 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. While one sign does not necessarily indicate abuse, here are some signs there could be a problem.

### Warning Signs of Abuse

- Changes in bruising, pressure marks, broken bones, abrasions, and burns may indicate physical abuse, neglect or mistreatment.
- Sudden changes in alertness and unusual depression may be indicators of emotional abuse.
- Sudden changes in financial situations or the caregiver having new and expensive items they couldn't afford before may indicate exploitation.
- Bedsores, unattended medical needs, poor hygiene and unusual weight loss are indicators of possible neglect.
- Behavior such as belittling, threats, and other uses of power and control by spouses or those who should be a position of trust are indicators of verbal or emotional abuse.

It's important to remain alert. The suffering is often in silence. If you notice changes in personality, behavior, or physical condition, you should start to question what is going on.

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.



(sources: <http://www.un.org/en/events/elderabuse>, <http://www.ncea.aoa.gov>)

# 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

## 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

## FOOD ITEMS

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

## Upcoming Events

### Alaskans Choose Respect Awareness Event

March 31st at the Leif Hansen Memorial Park noon—2 pm.

Community Awareness Workshop  
 April 11th - 15th

29th Kenai Peninsula Run for Women - August 13th

Office Closures:  
 Memorial Day - May 30th

Independence Day - July 4th

In preparation for the Run for Women  
 - August 8th

Labor Day - September 5th

## Class Schedule

**Tuesday - Changing Patterns**  
 1:00 - 3:00

An educational support group for women experiencing negative emotional patterns in their daily lives, which may be due to victimization (domestic violence/sexual assault) or substance abuse.

**Thursday - Parenting for Women**  
 1:00 - 3:00

An educational support group focusing on child development, logical and non-violent consequences for behavior and how to be a kind, yet firm parent.

**Friday - Domestic Violence Support Group**  
 1:00 - 3:00

The group is for women who are currently in an abusive relationship or who have experienced domestic violence in the past.

Classes are free of charge.



The 2015 Choose Respect Event



The 28th Annual Run for Women warm-ups



## 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?

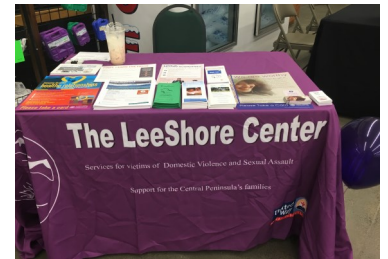
Fundraiser and Awareness Events: Volunteers help out at the Kenai Peninsula Run for Women.

### **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

## 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 5<sup>th</sup> Annual Ladies Night in February. Thank you also to the vendors who donated the gifts for the auctions. A total of \$3,229 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!



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

## Thank You For Your Support & Donations

Thank you to everyone renewing their membership or becoming a member for 2016. Some have chosen to remain uncredited. Thank you to our lifetime members: Mariah Bartlemay, Stephen Brown from the Kenai New Life Assembly of God, Jeannette Desimone, Tanya Dickinson, Mike Dimmick, James Fisher, Dorothy Gray, Joe & Billie Hardy, Charlotte Legg, Twyla & Wayne Mundy, Art & Irene Robinson, Charles & Patty See, Maria Sweppy, Jennifer Ticknor, Marjorie Van Kooten, Leila Wise, and Steven P. Wright. Thank you to our 2016 members: Leslie Baker, Bobbie Behrens OB/GYN, Ashley Blatchford, Renie & Peter Cannava, Rosie Clement, Ana & Clyde Crandall, Greg & Jan Daniels, Judy and Gary Fandrei, Kathy Gensel, JoAnn Hagen, Jon Lillevik, June Harris, Marge Hays, Rita Hemphill, Kim & Patsy Hobeck, Charlissa & Ned Magen, Georgia Poyner, Georgia Putney, Richard & Gale Ross, Cheri & Barney Smith, Pete Sprague, Barbara Waters and to all who donated through Pick.Click.Give in 2016, to all who gave monetary donations, Ron Horvath, Lucy Barton, Grant and Jonna Encelewski, to all who donate to our community clothes closet, to our wonderful volunteers. We are appreciative of each and every person helping our cause to end violence.





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

**NON PROFIT ORG.**  
**US POSTAGE PAID**  
**KENAI, AK**  
**PERMIT NO. 3**



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 Quincy Blatchford as Volunteer of the Quarter for **January - March 2016** Quincy works for the City of Kenai at the Waste water Treatment plant down the road from LeeShore. Quincy helps us when we need heavy lifting done, which is no small task.

Congratulations and thank you Quincy 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.

