



# 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 2018

VOLUME 18 NO. 1

## 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



I BELIEVE AND SUPPORT SURVIVORS.  
Sexual Assault //SAAM

## April is Sexual Assault Awareness Month #Embrace Your Voice

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.

Our words shape the world around us. How we talk about sexual violence matters. Once engaged, how can individuals and communities use their voice to make a true impact and become an agent for change?

### How to Embrace Your Voice

There are many ways to embrace one's voice, from practicing or providing consent to speaking out against stereotypes or gender biases. This campaign will provide the tools and resources needed for individuals and communities to take actionable steps toward ending sexual violence once and for all. And it starts with recognizing the power of one's voice.

We all have a unique role to play in prevention and changing the culture. When we reflect on and change how we think and talk about the issue of sexual violence and consent, we can create a culture of respect, equality, and safety. All of our voices have power. It's time for everyone to find that voice and embrace it.

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

## Thank You Alaska USA Federal Credit Union

The LeeShore Center is very grateful to Alaska USA Federal Credit Union for their generous grant contribution of \$1,000 from their Community Support Grant Program. This funding will assist us in food costs to help feed the women and children in our emergency shelter facility. Alaska USA is a long-time supporter of The LeeShore Center and our mission provide a safe haven for victims of domestic violence and sexual assault. We are grateful Alaska USA plays an important role in that effort by supporting our mission to promote healthy families and a violence-free community!



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.

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

## Community Awareness Workshop

The LeeShore Center will host their Community Awareness Workshop on domestic violence & sexual assault April 9th- 13th. 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 6th. 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

## 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.



## June 15 is Elder Abuse Awareness Day



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.

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.

### 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>)

## Points on Prevention

Thank you for "PoPing" in to check out the latest efforts that are occurring in our community and how individuals can help make our community safer.

### From the Re-Entry Coalition: Community Partnerships Conference

**September 10-12, 2018 at the Soldotna Sports Center**

The intent of this event is to gain a better understanding of the services that our communities already provide and to find new and innovative ways of working together to create a truly collaborative system of care. It will be an annual event so that we can revisit action plans, determine what is/isn't working, develop next steps, and move forward with a deeper understanding of the community and how we can address needs together versus separately.

# 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 Razors/Cream

## CLOTHING (ADULT, TEEN, & CHILDREN)

Hats Gloves Scarves Socks Underclothes  
 Boots Shoes Coats Sleepwear Slippers Robes



The 30th Annual Run for Women Warm-Up



The 2017 Choose Respect Event

## Upcoming Events

### Alaskans Choose Respect Awareness Event

Community Awareness Workshop  
 April 9th - 13th

31th Kenai Peninsula  
 Run for Women - August 11th



### Office Closures:

Memorial Day - May 28th

Independence Day - July 4th

In preparation for the Run for Women  
 - August 6th

Labor Day - September 3rd

## 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.



## Thank you to Sportsman's Warehouse

This year the event was Mardi Gras themed and it was a great time. The LeeShore Center would like to give our thanks to Sportsman's Warehouse for donating the Mardi Gras beads, bucket and silent auction proceeds to our agency from their Annual Ladies Night in February. There were games like Bog Pong, The Price is Right and the always hilarious Musical Luggable Loo. Thank you also to the vendors who donated the gifts for the auctions. A total of \$2,844.00 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 and hope to see you next year!



**Laissez le bon temps rouler!**

## Thank You For Your Support & Donations

Thank you to everyone renewing their membership or becoming a member for 2018. 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 2018 members: Barbara Beeman, Ashley Blatchford, Maureen & Dr. Peter Cannava, Anna & Clyde Crandall, Jan & Greg Daniels, Kathy & Dan Gensel, Laraine Hanson, June Harris, JoAnn Hagen & Jon Lillevik, Richard & Gale Ross, Ann Lillian Schell, Cheri & Barney Smith, Susie Stafford, Jan & David Stein, Marjorie Torgerson, and Art & Barbara Waters and to all who donated through Pick.Click.Give so far in 2018, 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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*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 as Volunteer of the Quarter for

**January - March 2018 is Sarah Peck**, she has volunteered in our clothing closet, around the office and for our Annual Board Meeting and Volunteer Appreciation.

Congratulations and thank you Sarah 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.

