



# 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*

SUMMER 2018

VOLUME 18 NO. 2

## SPECIAL POINTS OF INTEREST:

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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



## 31st Annual Run for Women

The LeeShore Center will host its 31st Annual Kenai Peninsula Run for Women August 11, 2018. 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 2018 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 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](http://www.raceentry.com) or you may download a registration form at [www.leeshoreak.org](http://www.leeshoreak.org).

Entry Fees: \$20.00 through Friday, August 10th and \$25.00 on race day.

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



Tides Yoga Team and runners getting the Warmed-Up.



The start of the 2017 Run for Women.



Awards and BBQ afterwards.

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

# Thank You Wells Fargo

The LeeShore Center was the lucky recipient of a recent Wells Fargo Housing Foundation (WGHF) grant. Grant funds are used to help renovate and repair transitional and/or shelter facilities service low-to-moderate income residents. Wells Fargo also provided volunteer staff time to help with the repair work—over 90 hours!

The LeeShore Center cannot overstate how much we appreciate Wells Fargo, whose continued support demonstrates the incredible kindness of our community.



These are just a handful of our wonderful Wells Fargo Volunteers



# Points on Prevention



In 2017 The LeeShore Center received a three year Primary Prevention grant through the Council on Domestic Violence and Sexual Assault. We are getting ready to conclude our first year. We hired a Prevention Coordinator and she has been busy building a Prevention Coalition with agencies and people interested in making our community a safer place, free from Power-Based Violence using an intersectional approach. The Peninsula Points on Prevention (PPOP) Coalition has conducted a Community Readiness Assessment using the Tri-Ethnic Model. That assessment is available on the LeeShore website in the Points on Prevention Section. The Coalition has also established a Mission and Vision Statement for going forward.

**MISSION STATEMENT:** To enact a positive change in our community's health and safety through collaborative prevention efforts in the Central Kenai Peninsula.

**VISION STATEMENT:** To ensure education and resources are readily available fostering a safe, supportive, and healthy community.

The Coalition meets on the second Monday of each month, if you are interested in attending or want more information please call the Prevention Coordinator, Renee Lipps at 283-9479.





## 9th Annual Choose Respect

The LeeShore Center hosted the community's annual *Choose Respect* event back in March, we had a great turnout and some fantastic sunny weather.

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, Soldotna Police Chief Peter Mlynarik, the Alaska State Troopers, Soldotna Mayor Pete Sprague, Kenai Mayor Brian Gabriel, Senator Peter Micciche and Erin Thompson from the Clarion, who did a great piece on the event.



## 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 a few. If you are interested in these and many related topics, please "Like" our page.



Hilcorp Energy Company

## Thank You Kurt A. Wellong and the HilCorp Giving Program

LeeShore would like to extend our sincerest gratitude to Kurt A. Wellong and the Greater Houston Community Foundation (Part of the Hilcorp Giving Program) for donating \$2,000 toward our prevention work.

We want to thank you for this generous gift that will help our work to prevent intimate partner violence in our community and make a positive difference.



# 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

## Support 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 and violence
- Nonviolent parenting skills
- Safety Planning
- Options and tools for changing negative lifestyle patterns.

The class is free.

Contact The LeeShore Center at 283-9479.



# Upcoming Events

**31st Annual Kenai Peninsula Run for Women: August 11th**

**Community Awareness Workshop: October 2018**

Office Closures:  
July 4th - Independence Day



August 6th - To adjust for the run

September 3rd - Labor 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 clients to complete the Community Awareness Workshop on Domestic Violence and Sexual Assault and other training relevant to the position. 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 each spring. They also volunteered for our Annual Meeting in 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 Hannah Titus as Volunteer of the Quarter for

**July - September, 2018.** Hannah is a member of the youth group at Kenai Grace Brethren Church and has volunteered with us for the last couple of years with the youth group. They sweep the parking lot in the Spring (Pictures on page 5) and volunteer at our Annual Meeting in December. Congratulations and thank you Hannah for volunteering!

Currently we are looking for volunteers to help with our Run for Women which is August 11th. We have positions available at our water tables, food, timing 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.

