

SPECIAL

**POINTS OF** 

INTEREST:

### The LeeShore Lighthouse



A Quarterly Publication of The LeeShore Center http://www.leeshoreak.org Services for Victims of Domestic Violence and Sexual Assault

WINTER 2023

**VOLUME 22 N0.4** 

### Annual Meeting and Volunteer Appreciation

- Did You Know
- 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

# LeeShore's Annual Meeting and Volunteer Appreciation a Success!

The LeeShore Center celebrated it's 37th year and held its annual board meeting and volunteer appreciation in late November. Attendees enjoyed delicious prime roast and roasted turkey, from Kenai Catering, and had a wonderful evening. For those who were unable to attend the Award recipients are;

The Polaris Award (Volunteer of the Year): Elijah Stafford
Mt. Redoubt Award (Staff Member of the Year): Doreen Potterton
The Anchor Award (Outstanding Business): Wells Fargo
Safe Harbor Award (Person of Distinction): Leslie Byrd

Thank you to all and see you next year!













First Row: (Left to right) Board Treasurer Lannette Nickens reading a letter from Mary Peltola, who couldn't be with us in person, but in spirit. And Doreen Potterton, the manager at TLC received the Mt. Redoubt Award

Second Row: Becky Hall, Board Secretary presenting the Safe Harbor Award to Leslie Byrd. And our Volunteer Coordinator Ashley with Leslie and two of our volunteers, Emily Alvey and her Service Dog Backup.

Third Row: Quincy Blatchford, Board Vice President presenting the Polaris Award to Elijah Stafford, a long time volunteer of LeeShore. And Lannette Nickens presenting the Anchor Award to Nathan Grilley on behalf of Wells Fargo.



Special Thank You to the young men Dalton and Eli that volunteered for the evening, we are incredibly grateful.



# Thank you for your support



It's the new year, and time to sign up for your Permanent Fund Dividend. Please take a moment to think about all the good you can do for others as well. Last year the LeeShore Center received \$5,975.25 from generous people like you.

If you give... and your neighbor does... and another... it will add up quickly. With one donation at a time, we can continue to support victims of domestic violence and sexual assault. We appreciate any and all donations.



*Fred Meyer Community Awards*: Sign up for the Community Rewards program by linking your Fred Meyer Rewards Card to The LeeShore Center.

Log into your Fred Meyer account. Then you can search for us by our name or by our code: QL251 Then, every time you use your rewards card, Fred Meyer will make a donation to The LeeShore Center.

## Alaskans Choose Respect

Starting in 2008, through a partnership between the Council and the Alaska Network on Domestic Violence & Sexual Assault, the "Real Alaska Men Choose Respect" campaign was born in an effort to engage men in the work of ending domestic violence and sexual assault.

Your efforts and participation will help educate and put an end to domestic violence in our community.

The LeeShore Center cordially invites you to join us for an "Alaskan Choose Respect" Awareness Event in person in March 29th 2023 in support of state wide efforts to raise awareness of domestic violence and sexual assault. Meet us in Kenai on the Frontage Road in front of the clock tower at Leif Hansen Park at noon and walk to the Kenai Visitors and Cultural Center. Refreshments will be served until 2 pm.

For more information contact the Education and Training Assistant at 283-9479.

# CHOOSE RESPECT

Alaskans ending the epidemic of domestic violence and sexual assault

WINTER 2023 PAGE

# Community Prevention Updates Southcentral Alliance for Family Resilience "SAFR"

SAFR is a local Alliance on the central Kenai Peninsula with a mission to support families, improve child welfare, and educate our community on adverse childhood experiences "ACEs", and the power behind resilience building within ourselves, our homes, and our communities. We continue to grow and see new members attend our meetings and show interest in our community prevention projects. Currently, our focus has been on developing, promoting, and supporting the following projects:

### **SOAR Into Parenting**

This program is FREE and for any family living in the central Kenai Peninsula area that is expecting a child (or recently had one), whether that's their first or subsequent child. The mission behind SOAR is to celebrate a new birth, engage with families as they journey through this major transition, and connect local families to helpful resources. Enrollment is a simple 2-step process: watch a video, here, and complete a short survey. Upon enrollment, each family will receive a welcome basket full of helpful and adorable items for mom, family, and baby. Contact Abby Struffert with any questions, at southcentralconsultingak@gmail.com

#### 100% Alaska: Central Kenai Peninsula

We launched a community-wide survey in October which contains questions surrounding access to 10 vital services in our community. This survey will provide us with updated data which will serve as the foundation for strategic planning and community intervention projects throughout 2023, and beyond. After the survey collection, we will develop and launch a workgroup of professionals, agencies, volunteers, and stakeholders in our community for each of the 10 vital services that are being assessed. Then, the real work begins. If you are interested in learning more about 100% Alaska: Central Kenai Peninsula, please reach out to Abby Struffert at southcentralconsultingak@gmail.com. If you have not completed the 6-minute survey, please do so here: https://questionpro.com/t/ALQLVZuzMf

## Upcoming Events



Alaskans Choose Respect March 29th, 2023

Community Awareness Workshop April 2023

The Run for Women will be back! August 12th, 2023





#### **Office Closures:**

February 13th March 27th







### POTENTIAL LONG-TERM CONSEQUENCES



#### Substance Misuse Risky Behaviors

 Teen Pregnancy · Long-Term Health **Disparities** (Mental/Physical)



- Eating Disorders
- Violent Behaviors Suicide/Death

# Substance Misuse

- Long-Term Health Disparities
- (Mental/Physical)
- Post Traumatic Stress Suicide/Death



- Substance Misuse
- · Long-Term Health Disparities (Mental/Physical)
- Post Traumatic Stress
- Suicide/Death



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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 Abby Struffert as Volunteer of the Quarter for **January - March**, **2023**. Abby facilitates the Southcentral Alliance for Family Resilience, helps families with the Help Me Grow program, the SOAR program and helps get people diagnostic screenings for breast and cervical cancer. She's also helping with the 100% Alaska Community Needs Survey. Congratulations and thank you Abby for volunteering!

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

