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Photo Credit: Rachel Anders
The plaza fountain at the Peoria County Courthouse has turned purple in honor of Domestic Violence Awareness Month
DONATION NEEDS
Shelter Donations
• Women’s socks and underwear
• Hair brushes
• Children’s coats
• Non-perishable food items
• Coffee, powdered creamer, and sugar
• Full-size hand sanitizer
• Bottled water and healthy fruit juices
• Grocery store gift cards
• Pajamas (adult and child)
• Hygiene products
• Journals

URGENT NEED: DIAPERS (ALL SIZES) WIPES

Volunteer Opportunities

Medical Advocates
On-Call overnight shifts - requires The Center’s 63.5 hour Direct Service agency training.

Long Term Care Ombudsman

Holiday Meals
Every year different groups provide holiday meals for our clients who might otherwise spend the holidays alone. If your group would like to provide a “family” dinner for our shelter and long-term housing clients, please contact us.

Holiday Parades
Do you love parades? Would you like to represent The Center? Yearly, we participate in The Peoria Santa Claus parade and The Pekin Winter Wonderland Parade. If you would like to participate in either of these parades please contact The Center let us know!

Questions? Please contact Kelly at 691-0551 ext. 242 or kward@centerforpreventionofabuse.org

Calling For Peace

~Phone Rings~
Answer: “Center for Prevention of Abuse, how can I direct your call?”
Survivor: Pause... I need help...
Domestic Violence Crisis Hotline: “Are you somewhere safe where you can speak freely?”
Survivor: “I can’t talk for long. He could be back any minute. We were arguing and he punched me hard and slapped me in my face. This isn’t the first time... I’m tired. I just want to be safe.”

It is staggering to know that 20,000 calls of this nature come to the National Domestic Violence Hotline every day, nearing 5 million calls since its inception.

Calls that are made from our tri-county service area are relayed to The Center’s own hotline in Peoria (1-800-559-SAFE). It is a 24/7 occurrence. Our professional domestic violence and family-centered services staff works swiftly and with confidence to help provide lifesaving information, counseling, and the opportunity for a safe place to stay in one of our two emergency shelters. The Center provided nearly 7,100 shelter nights last year to women, men, and children looking for peace.

In October, we weave the signature color purple into our workplace and our activities. We celebrate survivors, mourn and remember those who were lost to domestic violence, and educate our communities about the basic human right of living safe, free from violence and abuse.

This year we have begun an incredible partnership with WMBD/WYZZ television. We are uniting in an effort to educate the viewing area about the indignity and inhumanity of domestic violence. Please watch for the Public Service Announcements that will air on their stations throughout the month of October. We are grateful to the leadership of WMBD/WYZZ for their willingness to help The Center stand with and care for our clients by shining a bright light on a dark topic.

Nearly one in four women and one in seven men will experience domestic violence in their lifetime. Every age, ability, sex, sexual orientation, race, religion, profession, or circumstance face the pain and fear. We are all impacted one way or another by domestic violence and it will take all of us to bring the injustice to an end.

Thank YOU for the role you play, supporting The Center, as well as the causes and the people we lift up each day.

A domestic violence victim is calling our hotline right now. With your help, we will always answer the call.

In Peace,

Carol Merna
Executive Director
Men Can Be Victims Too

By Sara Dillefeld, Director Domestic Violence Family-Centered Services

Fred* was the first male resident to stay in our shelter. He came to us after he was hospitalized for injuries received from an abusive family member. Fred lived outside of our service area, but was unable to obtain shelter from the domestic violence program in his community. Like many of our initiatives, The Center was a leader across the state in our response to sheltering men.

Prior to men staying with us, we provided counseling services and helped to make arrangements for a safe place to stay, but we didn't allow them to overnight in our shelter. But in the past two and a half years, 14 male and transgender survivors have found refuge with us. We shared our experiences with other domestic violence providers, who were not as quick to open their doors.

According to the CDC, one in seven men in the United States are the victim of severe physical violence by an intimate partner. Each year, approximately three million men are victims of domestic violence. Male victims are more than twice as likely as women to keep the abuse a secret and not seek help. (ManKind) There are a variety of reasons why men are reluctant to reach out for help:

1) Men aren’t seen as victims of domestic violence. While it should be noted that domestic violence victims are still predominately women, statistics continue to show an increase in male victims.

2) They often don’t know resources are available to them. Since shelters have predominately been for women, many men don’t realize services are available.

3) They are afraid people won’t take them seriously or believe them. They are afraid of being ridiculed or laughed at. Male victims are often looked at as “less manly.”

Since 2015, we have also provided more than 3,000 direct service hours to adult males on an outreach basis. These services include individual counseling and education on the dynamics of domestic violence, legal advocacy, housing and employment advocacy, and information about their rights as a victim of a crime.

Fred stopped by The Center about a year ago to donate some clothing to help others like him. I don’t know how he is doing on a daily basis, but I do have a wish. My wish for him and all survivors of domestic violence is to live a life of peace. Peace in knowing they are safe. Peace in knowing they are cared for. Peace in knowing, should they ever need our help again, our doors are wide open.

*Name Changed

1 in 3 women and 1 in 4 men have been victims of domestic violence

US Troops killed in Operation Enduring Freedom 2,350

US Troops killed in Operation Iraqi Freedom 4,424

In the U.S., 5 people are physically abused by intimate partners every 15 seconds

20,800 calls to domestic violence hotline daily Since 9/11/2001

American women killed by their intimate partner 17,583*

2 WEEKS
Women are 70% more likely to be killed by their partner in the first two weeks after leaving than any other time in the relationship.

50,040
Domestic Violence victims served in shelters in Illinois in Fiscal Year 2016

49
DV related deaths in Fiscal Year 2016

Firearm and stabbing deaths accounted for more than 2/3 of all DV homicides in Illinois in Fiscal Year 16


*According to the CDC approximately 3 women are killed per day due to intimate partner violence.

“Why don’t they just leave?”

- The victim fears the abuser’s violent behavior will escalate if he/she tries to leave
- The abuser has threatened to kill the victim, the victim’s family, friends, pets, children, or him/herself
- The abuser has threatened to take the victim’s children away
- The victim loves his/her abuser and believes they will change
- The victim thinks the abuse is a normal part of the relationship
- The abuser doesn’t believe they are being abused
- The victim believes they are to blame for the abuse
- The victim’s religious and/or cultural beliefs preclude him/her from leaving
- The victim fears judgement from congregation or minister
- The abuser has told the victim that “God won’t love you.” or “You will go to hell if you leave.”
- The victim is financially dependent on the abuser
- The victim has nowhere to go if he/she leaves
- The abuser has moved the victim away from family and friends
- The abuser forbids the victim from going anywhere alone

IF YOU ARE IN AN ABUSIVE RELATIONSHIP AND NEED HELP:
CONTACT THE CENTER FOR PREVENTION OF ABUSE 309-691-0551 OR 1-800-559-SAFE (7233)
WE ARE AVAILABLE 24/7
ALL VICTIM SERVICES ARE FREE AND CONFIDENTIAL

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The Truth About Bullying: It Could Be Your Child
Recognizing Signs of Bullying Behavior

By Camille Yameen, Director of Marketing and Communications

Full disclosure: I’m not a parent. My days aren’t filled with packing lunches, choosing outfits, shuffling to and from school, sports, dance, cooking dinner, and preparing for bed…unless we’re talking about my own personal routines.

My days aren’t filled with chasing after children, but they are filled with a commitment to understanding and observing communication, connectivity, and interaction between people of all ages. Above all, my days are filled with figuring out who, at our core, we are as people, and how we respond to the world around us. So when it comes to bullying and what it looks like, it’s not our fault that after hearing that word, typical images of our perceptions of what adolescents seemingly go through at school flash through our minds. We can’t help that aside from our own experiences, scenes from Mean Girls and Billy Madison are our frame of reference. Bullying is viewed as an issue of “other,” something that could never happen to us or our kids or our families. It’s human to hope for the best in our kids. It’s human to assume they could never hurt another, could never exhibit bullying behavior or be targeted by other students. So it’s only human to assume bullying isn’t our problem — it’s one of our tragic flaws. And truthfully, it could be a fatal one.

The sooner we understand the warning signs of bullying behavior, the sooner we can save our children, from one another and yes, occasionally, sometimes from themselves.

It’s difficult to recognize aggressive tendencies in our children, so keeping an eye out for some of the warning signs supplied by www.adl.org/combatbullying is a good place to start:

- A need to be in control
- A history of depression or anxiety
- Easily angered or frustrated
- Quick to blame others and feel justified in negative behavior
- Unwilling to accept responsibility for actions
- Has been the target of bullying
- Often in disciplinary trouble at school
- Has extra money or new belongings without an explanation
- Overly interested in violence or unaffected by violence
- Tries to fit in with peer groups that encourage bullying

If those behaviors sound familiar and set off any alarms or even sound vaguely familiar, there are steps to take compiled from the Anti-Defamation League to help start the conversation with your child.

1. Initiate dialogue and assess the causes – Remain objective without being accusatory and encourage them to share how they feel. Try not to scold right away, but rather, open the doors that encourage them to open up with you. It’s not enough to just know that your child is exhibiting this behavior. It’s important to dig deeper and solve the “why” or the “cause” of the behavior. Some things to consider:

   - Does your child have a behavior or learning disability?
   - Did your child recently go through a trauma?
   - Has your child been recently bullied by others?

2. Treat the problem seriously – Let your child know you won’t tolerate any cruel or aggressive behavior, then help your child understand bullying hurts everyone involved.

3. Develop clear guidelines – Establish clear rules and expectations for behavior on and offline with praise for when rules are followed, and rational consequences for when they aren’t. Such as:

   - Apologizing to the targets of bullying and taking concrete actions to make up for the harmful behavior
   - Removing or limiting internet and cell phone privileges
   - Taking away a privilege that can be earned back with positive behavior

4. Monitor behavior – Carefully look after your child’s on and offline activities and especially their social interactions. Learn who your child is spending time with and reinforce kindness and resisting negative peer pressure.

5. Seek support – Don’t be afraid to ask for help from your child’s doctor, principal, or guidance counselor. We have to remember that changed behavior takes time and we can’t expect it to correct overnight. Making some small adjustments along the way and then teaching and demonstrating positive, kind, understanding behavior can have big payoffs. It’s not an easy thing to grow up in today’s world — but loving our kids through it and being patient as they, too, learn how to navigate its tricky ins and outs, is a good place to start.

References:
- www.adl.org/combatbullying

Copyright 2012 Anti-Defamation League
Thank you to our sponsors, supporters, and volunteers for yet another successful Duck Race. We couldn’t have done it without you, our local heroes. We are looking forward to next year when we celebrate 30 years of Duck Races, the longest running Duck Race in the country!

Let’s Get Social

October is Domestic Violence Awareness Month and to honor all of the victims, survivors, and clients we serve, we have launched “Humans of The Center, Stories of Survival.” It’s a series of interviews and photography, and it highlights our clients and our staff as they navigate domestic violence. We hope you follow along as we post stories, quotations, and images on our Facebook and Instagram, share our social media pages with your friends, and of course, that you’ll feel even closer to the individuals we serve every single day who are seeking peace.

HUMANS OF THE CENTER
Stories of Survival: Domestic Violence

Follow Us!

Do you want to keep up with Center events? Are you curious about how new legislature affects us? Do you love hearing success stories? Want to know how to get involved at The Center? Follow us on social media!

Facebook.com/centerforpreventionofabuse
Twitter.com/PreventAbuse309
Instagram.com/PreventAbuse309

Thank You For Your SUPER Support

Thank you to our sponsors, supporters, and volunteers for yet another successful Duck Race. We couldn’t have done it without you, our local heroes. We are looking forward to next year when we celebrate 30 years of Duck Races, the longest running Duck Race in the country!
Grainger Foundation
The Grainger Foundation, an independent, private foundation located in Lake Forest, Illinois, has donated $5,000 to The Center. The funds will help keep the pantry full for both of our emergency shelters, as well as provide fresh and healthy food options for our clients.

Denise Johnson
Congratulations to our former board member, Denise Johnson, group president at Caterpillar, on being named one of Fortune’s “10 Most Powerful Women to Watch.” She is a member of a select group of strong-willed, hardworking, and purpose-driven group of women. Women who are innovative and compassionate, problem-solvers, philanthropists, civic leaders and caregivers. We are proud to have worked alongside her while she served on our board.

Shirley Patterson - Honor Award
Our very own Shirley Patterson was given the Honor Award for Public Service by the American Police Hall of Fame. She is dedicated to civic engagement and our mission and we congratulate her for this prestigious award.

The Plaza Fountain Turns Purple for Domestic Violence Awareness Month

The plaza fountain outside the Peoria County Courthouse has turned purple this October in honor of Domestic Violence Awareness Month. Peoria County teamed up with The Center for Prevention of Abuse for a press conference to announce the month-long campaign, remember victims, support survivors, and join forces in the community to fight against domestic violence. A special thank you to the Honorable Kate Gorman for joining us, speaking, and supporting our mission.
Thank you to Uftring Jaguar Land Rover for their huge clothing donation. They had a clothing drive to benefit The Center and brought us quite the haul!

We are so grateful to Anshai Emeth for their donation of over 85 bags of groceries and over $200 worth of gift cards to our food pantry.

Congratulations to Jean Kenney of Peoria for winning the $5,000 Grand Prize, sponsored by Associated Bank, at this year’s Duck Race. Thank you for your support, Jean!

Thank you to the ladies from Caterpillar who came out for the United Way Day of Caring. They spent time landscaping, staining shelter furniture, and painting our patio tables. Thank you so much for all of your hard work!

We are so grateful to Anshai Emeth for their donation of over 85 bags of groceries and over $200 worth of gift cards to our food pantry.

Congratulations to Gloria Clark and Caroline Banwart for being our 2017 Duck Race Volunteers of the Year! Gloria is the Staff Volunteer of the Year as she worked tirelessly on weekends this summer selling ducks. Caroline is the Community Volunteer of the Year as she clocked a near 40 hours a week in the month of August helping with Duck Race. Thank you ladies for all of your help!

NEED A SPEAKER?
The Center has speakers available to share information about our programs and the issues our programs address.
All speaking engagements are free.
Contact Celsy Martindale 691-0551 for more information

TRAINING INSTITUTE
The Center provides educational opportunities for professionals, churches, businesses and community members on abuse and its effects on everyday life.
Contact Carol Hennon 698-2874 for more information
June 1, 2017 - August 31, 2017

Pekin First Church of God
Pekin Rotary Club
Peoria Public Schools District 150
Josh Peters
Richard Podido
Nancy Probst
Tara Purcell
Gil Ramirez
Robby Respress Redbrand Credit Union
Colleen Reynolds
Anonymous
JoAnne Richardson
Mary & Gary Richter
Nancy Ridgeway
Adam Robinson
Joyce Rosenberger
Colleen and Dave Rouzer
Judy and Dale Ryan
Thom Ryan
Salem Lutheran Church
Lyndse Schinkl
Ashley Schrank
Second Reformed Church
Ann Seft
Garnett & Henry Skopal
Lauren Smagacz
St. Mark's Lutheran Church
Carolyn and James Stagg
State Farm Companies Foundation
Elaine and Roger Stein
Linda and Denny Stien
Shirley and Ron Stieb
Kelly Sturman
Hatfield Swagner
June and Richard Swartz
Joanne Bannon and Edward Tarbuck
June & Richard Swartz
LeAnn Sturman
Kris Uhler
Uftring Auto Mall
Ann Tunis
The Grainger Foundation
The Forck Charitable Trust
Joanna Gardner, MD, WMBD/WYZZ
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June and Richard Swartz
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June & Richard Swartz
LeAnn Sturman
Kris Uhler
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Ann Tunis
The Grainger Foundation
The Forck Charitable Trust
Joanna Gardner, MD, WMBD/WYZZ
Bonnie Schofield
Community Volunteer
Glenn Walker, CEFCU
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Opening Doors • Changing Lives

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