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let’s start the conversation.
Adopt Our Families
Spread holiday cheer by adopting a CFPA family during the holiday season. Each year, generous members of our community purchase gifts for families served by CFPA who are in need. A “family” might be a single person, a senior, a parent/guardian with children, or others. Donors can indicate the size of family for whom they would like to purchase gifts and help. Donations of gift bags, wrapping paper, tissue paper, and other wrapping items are greatly appreciated. If you would like to contribute this season or would like more information, please contact Celsy Young by Friday, November 8 at cyoung@centerforpreventionofabuse.org or call 309-691-0551. Keep an eye on our website and social media for updates!

Holiday Parades
Each year, CFPA participates in holiday parades in the Greater Peoria Area. This year, CFPA plans to walk in Peoria’s Santa Claus Parade on Friday, November 29 and the Pekin Winter Wonderland Parade on Sunday, December 1. If you would like to volunteer and walk on behalf of CFPA, please contact Kelly Ward at kward@centerforpreventionofabuse.org or call 309-691-0551.

Light 2020 | 4/1–4/2
This April, CFPA is hosting Light 2020: A Multistate Educational Conference on Human Trafficking. Light will bring together experts and industry leaders to share best practices, campaigns and technology, preventative efforts, survivor care, and strategies to help prevent, combat, and respond to the human trafficking crisis. We’re also offering a free community information night on the basics of human trafficking and how we’re helping locally before the conference, 5:00–6:30 p.m. on March 31. Register for the community event and the conference at www.centerforpreventionofabuse/conference.

I Run With Survivors 5K/1 Mile Walk | 4/11
Join CFPA on Saturday, April 11, 2020 in the Levee District in East Peoria for the third annual “I Run With Survivors” 5K run/1 mile walk in honor of April as Sexual Assault Awareness Month. All ages are invited to participate and the course is stroller, wheelchair, and pet friendly. The race begins at 8:00 a.m. Registration will open in February. If you are interested in sponsoring the event, please reach out to Celsy Young at 309-691-0551 or cyoung@centerforpreventionofabuse.org.
In Peace,

Carol Merna
Chief Executive Officer

In the same breath that we say “Happy 25th Birthday” to the Violence Against Women Act (VAWA), we may also be saying “goodbye.”

VAWA was a revolutionary piece of legislation that sought to improve criminal justice and community-based responses to domestic violence, dating violence, sexual assault, and stalking in the U.S. Congress have allowed it to lapse.

The passage of VAWA in 1994, and its bipartisan reauthorization in 2000, 2005 and 2013, redesigned the landscape for victims who often had their abuse derided and their anguish suppressed. Because of the provisions of VAWA, survivors of domestic violence, dating violence, sexual assault, and stalking have been able to access many needed services. And, thankfully, families and those within the criminal justice system have come to understand that domestic abuse and other forms of interpersonal violence are serious crimes that will not be tolerated. VAWA ushered in a cultural shift that had long been due.

VAWA provides funds and oversees numerous programs assisting survivors of domestic violence and sexual assault, like the Center for Prevention of Abuse’s offices for Orders of Protection and the area’s Family Justice Center. It also grants funding to CFPA’s highly successful Prevention Education programs where age appropriate, evidence based prevention education has been provided since 1984. Last year alone, CFPA reached more than 35,000 students. Among the many stipulations built into the law, VAWA created and sustains the National Domestic Violence Hotline, which is estimated to receive nearly 24,000 calls each month. There are other lesser known requirements in VAWA such as protecting individuals from unfair eviction due to their status as victims of domestic violence or stalking. It gives colleges more tools to educate students about dating violence and sexual assault. The law ensures that no victim of sexual assault will be required to pay for their own forensic exam, and so much more.

In all fairness, VAWA’s expiration does not prevent all of the programs contained within from being administered — according to The Washington Post, grants that have already been awarded under the law will not be affected until the grant duration also expires. But, payment requests for other programs that receive VAWA funding will effectively end until the law is resurrected.

By law, the policy is mandated to be reviewed and refreshed every five years with necessary and appropriate updates. It has now been six years since the last reauthorization of VAWA. A partisan version of the law did pass the U.S. House of Representatives earlier this year, but a number of its provisions are objectionable to the other side of the aisle. In our highly politicized society, the bill has become the proverbial “political football.” Sound policy of VAWA’s caliber, should never be placed in serious jeopardy because of a lack of willingness to work toward compromise. It is in VAWA’s storied history that political parties collaborate for the common good. Without compromise, that collaboration, and this legislation, die.

According to the American Bar Association, “The Senate is not expected to pass the House version of the legislation due to partisan differences...” Allegedly, Senator Diane Feinstein, Democrat member of the U.S. Senator from California, and Senator Joanie Ernst, Republican Senator from Iowa, are drafting a more bicameral version of VAWA. We hope that is fact, but have yet to see the proof. We have been waiting patiently for action to be taken. Please consider reaching out to your Federal legislators without delay and ask them to bring VAWA to the forefront and give it the serious and thoughtful consideration and collaboration it deserves.

To discover the Federal legislators who represent you and your family, please visit www.congress.gov and click on “Members.”
Interpersonal violence, commonly termed domestic violence, can involve verbal, emotional, financial, physical and/or sexual abuse. Domestic violence knows no boundary, shows no prejudice, and it can happen to anyone at any stage of life. Experts at the National Domestic Violence Hotline report that nearly 20 people are being abused in some form with each passing minute. It happens all around us and affects our loved ones, colleagues, and neighbors.

Our emergency shelters provided nearly 9,500 nights of safe shelter last year, the busiest in the last decade. Resources are crucial and awareness is paramount in saving lives affected by domestic violence.

Please join us in honoring and celebrating October as Domestic Violence Awareness Month! Wear purple in solidarity with survivors and to honor those we’ve lost, volunteer or participate in a donation drive, or follow along on CFPA’s social media to join the conversation. Please help educate and empower those who need a voice not only this month, but always. If you or someone you know is a victim of domestic violence, please call 1-800-559-SAFE (7233).

Sources: National Domestic Violence Hotline; NCADV

In honor of Domestic Violence Awareness Month, CFPA is partnering with the Village of Peoria Heights to raise awareness and support survivors in our community. On October 1, CFPA was joined by Deputy Chief Chris Ahart from the Peoria Heights Police Department for a press conference as the fountain was colored purple at Tower Park.

Pictured Above (left to right): Carol Merna, Chris Ahart, and Fran Reyes, Director of Domestic Violence Family Centered Services at CFPA.
Did you know that kindness is teachable? Dr. Richard Davidson from the University of Wisconsin likens the process to weight training, wherein the qualities of kindness and compassion can be enhanced with training and practice. He goes on to say, “Compassion and kindness training in schools can help children learn to be attuned to their own emotions as well as those of others, which may decrease bullying.”

The ripple effect of kindness extends well beyond the giver and the receiver to include anyone who witnesses the good deed. Realizing the power of kindness, this year for Bullying Prevention Awareness Month, we have challenged the classrooms we are working in to accept the “Kind Challenge” – extend twelve acts of kindness over the course of our programming period and report back on how the giver, recipient, and bystanders responded. We hope by encouraging students to exercise their kindness muscle, they will create a more respectful and supportive environment in which bullying will not be a significant issue.

What sorts of kindness are being extended? Simple gestures like smiling at everyone they meet, holding the door for someone behind them, and letting someone else go first in line. There are also students who mix it up at lunch and sit with someone new, offer a helping hand to their classroom teacher, and share sincere compliments with their classmates.

What effects have they noticed? Being kind to others boosted not only the recipient’s happiness but also the giver’s level of happiness. Even students who witnessed the kindness felt happy and were motivated to extend kindness, in their own way, to others.

Join us in taking the “Kind Challenge” this Fall. We can’t wait to hear the positive changes it brings. Tag us on Facebook and share the kindness!

“Be the change you wish to see in the world.”
—Mohandas Gandhi
Thank you to our sponsors, volunteers, food vendors, the City of East Peoria, EastSide Centre, the East Peoria Fire Department, and everyone who sponsored a duck to help support this year’s 31st Annual Duck Race! Thanks to our generous sponsors, 100% of the proceeds from duck sales go directly toward client services and help us continue to build a safe and peaceful community. See you in 2020!

Congratulations to our grand prize winner of $10,000 at the 31st Annual Duck Race: Donna Vogel of Tremont (pictured below)
Thank you Jessica Viergever (pictured above) for using your creative talents to make Duck Race bracelets and accessories for volunteers and patrons; and thank you Doghouse Daisy (pictured below) for providing our event with wonderful live music!

Thank you to all of the food trucks and vendors that joined us on Race Day! Special shoutout to Clink Mobile Bar (pictured below) for being with us for your first time set up in East Peoria!

* Photo credit: Paul Wilkinson & Austin Bertschy
At the Center for Prevention of Abuse, we are so thankful for the community support received through donations. We want you to know exactly where your money goes and how it impacts the lives of all who come to us seeking peace.

$5 could provide personal hygiene products for one person staying in our emergency shelter
$10 could provide fresh produce for a week’s worth of healthy meals for a family in our emergency shelter
$25 could provide a gas card to help outreach clients get to and from appointments with our counselors
$50 could help survivors afford their monthly medications
$100 could cover the cost of one hour-long classroom presentation on violence prevention education
$350 could cover the cost of our 24/7 crisis hotline operation for one day
$500 could provide funding for an Adult Protective Services caseworker to investigate possible abuse in the home of an elderly individual
$1,000 could provide six hours of language translation for a trafficking survivor whose native language is not English
$2,500 could provide one month in safe shelter for an individual fleeing a violent or abusive situation
$5,000 could provide two months of therapy for one sexual assault survivor
$10,000 could cover the cost of Safe From the Start for one month, a violence intervention program for children ages 0–5 who have witnessed or experienced an act of violence at home or in the community

Give the gift of peace today by making a monetary donation. Donations can be designated to specific services or as a general donation.

Honorariums and Memorials
Honorariums may be made to celebrate a special occasion and memorials may be given to acknowledge a lost friend or loved one.

Stock, Real Estate, and Insurance Policies
Donations can be made in the form of capital assets.

Donations that Leave a Legacy
Remembering CFPA in your estate plans can save and change lives for many years to come. A bequest can be designated to a certain program of CFPA or used at CFPA’s discretion. However, if a donor wishes, a bequest can be designated to one of two endowment funds. The Slane Endowment Fund supports the general operations of The Center and the McPheeters Endowment Fund supports the Prevention Education program.

For more information about monetary donations, honorariums, memorials, capital assets, and legacy donations, please call 309-691-0551.
Princeville State Bank is proud to support the Center for Prevention of Abuse!

A $.05 donation will be given to the Center for Prevention of Abuse with every debit card transaction.

A $.05 donation will be given to the Center for Prevention of Abuse for every debit card purchase to post and settle, and $.05 cash back will be deposited into the customer account for every debit card purchase to post and settle. To qualify a minimum of 10 debit card transactions must post and settle per qualification cycle (a qualification cycle begins 1 day prior to the statement cycle through the last day of the statement cycle). $6 maintenance fee (waived with e-statements)
register today!

light 2020: a multistate educational conference on human trafficking

April 1 – 2, 2020
par-a-dice hotel casino | east peoria, il

centerforpreventionofabuse.org/conference

shelter needs.

Fresh meat, eggs, milk, and fresh produce
Canned tuna and chicken
Coffee, cream, and sugar
Oatmeal
Microwavable rice, pasta, and other sides
Peanut butter and jelly
Bottled water and juice boxes
Cereals, granola bars, Pop-Tarts
Healthy snack items for children
Canned fruits and vegetables
Canned soups, stews, and pastas
Cleaning supplies: Antibacterial wipes, bleach-free cleaner, sponges
Pajamas for a variety of ages and genders
Packaged socks and underwear (new)
Deodorant
Shaving cream – women’s and men’s
Full-sized toiletries
Disposable razors
Toothbrushes, toothpaste, floss
Diapers and baby wipes
Baby formula
Laundry detergent and dryer sheets
Paper towels and toilet paper
Dish and hand soap
Assorted sizes of Ziploc bags
Full-size hand sanitizer
Cling wrap, wax paper, and aluminum foil
Cotton swabs
Large garbage bags

volunteer opportunities.

Medical Advocates

When someone presents as a victim of domestic violence or sexual abuse/assault in local emergency departments, the hospital calls CFPA for a medical advocate. Our medical advocates go to the hospital to assist with the individual’s immediate needs and provide information about their rights as a victim. CFPA is currently in need of second and third shift volunteers.
The Light is Coming

We are proud to host Light 2020: A Multistate Educational Conference on Human Trafficking, CFPA’s inaugural anti-trafficking event, on April 1 and 2, 2020. Experts within the anti-trafficking movement will share best practices, innovative campaigns and technology, prevention efforts and measures, and survivor care and strategies to help prevent, combat and respond to the human trafficking crisis.

We’re also offering a free community information night on the basics of human trafficking and how we’re helping locally before the conference, 5:00–6:30 p.m. on March 31.

This conference will connect stakeholders from many disciplines and offer opportunities for dialogue, information sharing, and networking. Light 2020 will shine a light on the complexities of human trafficking and the work currently being done in the United States.

We have a fantastic lineup of highly respected experts and industry leaders who will serve as our keynote speakers and general session leaders, including:

- Brad Myles, Chief Executive Officer, Polaris
- Dr. Hanni Stoklosa, Co-Founder and Executive Director, HEAL Trafficking
- Jean Bruggeman, Executive Director, Freedom Network USA
- Lockey Maisonneuve, A Girl Raised by Wolves: Survivor of Child Sex Trafficking

Additional experts will cover a variety of topics in our breakout sessions aimed at professionals in education, mental health and counseling, healthcare, law enforcement, social work, prevention, legislative, criminal justice, and more.

If you are passionate about human trafficking, a longtime CFPA supporter, or curious about how you can get involved, we welcome you to join us.

For more information and to register for the conference and/or the free community information night, visit centerforpreventionofabuse.org/conference.
Meet Lauren Auer, who started at CFPA as a therapist and now serves as our Clinical Director. Design and Communications Coordinator Clayton Frankel sat down with Lauren to get a glimpse into her work at CFPA.

Clayton Frankel (CF): When did you start working at CFPA? Can you give us an overview of what you did prior to becoming Clinical Director?

Lauren Auer (LA): I started working at CFPA in January 2014. I started as a counselor at Carol House of Hope, and eventually transitioned to the therapy department part-time after receiving my master’s degree in 2015. I also worked at ABC Counseling as a therapist specializing in child sexual abuse and youth with sexually problematic behaviors. When a full-time position opened up in the therapy department at CFPA, I jumped on the chance to work full-time at an agency I had grown to love.

CF: What are your favorite things about working for CFPA?

LA: I love the people here. The entire organization is full of motivated and passionate individuals. I especially love my department. My co-workers feel like family and I love how everyone is willing to celebrate successful stories with each other, as well as lend a hand or an ear for support whenever needed.

CF: Do you have a personal philosophy that helps guide you through your work in therapy?

LA: There isn’t a person you wouldn’t love if you could read their story. Trauma leaves lasting impacts and changes us, but I also believe that everyone has the potential to find healing and become their authentic self if someone is willing to meet them where they allow them the space to heal.

CF: Is there anything specific you’re looking forward to as Clinical Director? Anything you’re hoping to accomplish for you or your department?

LA: I love that the cultural stigma around therapy is breaking and that people are finding more and more courage to take the leap to work on healing. I know that our department will grow as I work in my role as Clinical Director and I am excited to continue to find creative and effective ways to make sure that our services are readily available to anyone in our community when they need it. I’m also excited to continue to facilitate groups and partner with other community agencies to expand our outreach counseling capabilities.

CF: Outside of work, what do you like to do when you have some free time?

LA: I love spending time with my husband and my little boy. We love being out in nature and doing just about anything outside. My husband and I are also foodies. We love exploring cool food spots in our own community and in new cities.
Sonya Bolden has always had a passion for helping those in need, specifically, survivors of domestic violence. As a college undergraduate, she held a domestic violence internship at North Carolina A&T State University and had opportunities to travel to both local and national domestic violence conferences. Through an affiliation with the Ward Chapel AME Church Women’s Missionary Society, Sonya initiated her work with CFPA, assisting with donations and selling ducks for their Annual Duck Race. “I’ve kept CFPA as one of the local agencies I would like to continue to support because of the many great things they are doing for women, men, and children in the Peoria area,” Sonya remarked.

Sonya’s fondest experience of volunteering has been her involvement with the Duck Race. Sonya said, “I’ve always brought my two eldest children to help with [Duck Race] volunteering efforts. I am encouraging them to learn about community service as they are growing into their adolescent years.” Sonya and her children also enjoy walking in holiday parades representing CFPA and participating in the annual Adopt Our Families program. Her sons really enjoy the parades because CFPA teaches them to serve others.

After the birth of her firstborn in 2006, Sonya donated nearly 2,000 oz. of breast milk to help African babies born with HIV/AIDS. This segment was featured on the Oprah Winfrey show with a gallery of mothers across America donating their milk.

Thank you Sonya for your service at CFPA and for being an advocate to help those in need. Your dedication to our mission, our community, and our world is greatly appreciated!

If you are interested in becoming a volunteer for the Center for Prevention of Abuse, please contact Kelly Ward at 309-691-0551.

*Photo credit: CFPA
Thank You!

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Reverend William Appleyard-Pekich
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CFPA was awarded a grant for $20,000 from Ameren Illinois towards Prevention Education
Eureka Area United Fund presented CFPA with funds towards Woodford County Court Advocacy
CFPA received a grant of $76,500 from the Caterpillar Foundation for shelter services
Universalist Unitarian Church gave CFPA funding as part of the Share the Plate Fund

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Leah Burdette
Nora Sullivan
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Jan Thomas

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