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Connect with Carol

31st Annual Duck Race

Elder Abuse: How to Prevent & Help

Staff Spotlight: Kevin Nowlan

let’s start the conversation.
Duck Tagging – 8/21

Join us on Wednesday, 8/21 at EastSide Centre to get all 30,000 ducks ready for the Duck Race! From 5:30-8:30 p.m., volunteers and CFPA staff will remove the current stickers on the bottom of the rubber ducks and replace with this year’s race numbers. Dinner is provided. Reserve your spot at www.centerforpreventionofabuse.org/how-to-help/volunteer-opportunities.

31st Annual Duck Race – 8/24

NEW TIME!

FUN STARTS AT 4:00pm
RACE STARTS AT 6:00pm

Mark your calendars for CFPA’s signature fundraiser, the Duck Race! This event is now in its 31st year and raises funds to help CFPA build a safe and peaceful community. Beginning in early June, 30,000 rubber ducks are available for adoption for $5 each online and at various sales sites around the community. Join us for the Duck Race itself on 8/24 at EastSide Centre in East Peoria for food, live music, and racing the ducks down a giant water slide. In honor of the 31st year, the first 31 ducks to cross the finish line will win prizes for their owners! Prizes include cash, gift cards, experiences, fine jewelry, home goods, and more.

Annual Fish Fry to Benefit the Carol House of Hope

Join CFPA at the Moose Lodge at 2605 Broadway St, Pekin, IL 61554 for the annual Fish Fry to benefit the Carol House of Hope, CFPA’s emergency shelter in Pekin. The event features a 50/50 raffle, silent auction items, and a delicious meal of fried fish and fries, prepared by the Moose Lodge. Kids meal of a hot dog with fries is available. Purchase tickets at the door by cash or check, $10 for adults, $5 for kids. Date TBA.
Duck Race season is back! The Center for Prevention of Abuse (CFPA) is in its 44th year, and 31 of those years have included a duck race. That’s a giant flock of ducks! In 1988, the goal was a lofty 5,000 ducks sold. In 2018 we topped 30,000 ducks sold. This year, we hope to do the same and have doubled our grand prize to $10,000! The ducks bring home much needed donations every year, and the ducks also bring home the message of why CFPA continues to work on and grow in what has become our signature fundraiser.

At CFPA we focus on prevention as well as remediation of crisis, and we maintain a commitment to improving the overall quality of life in the communities we serve. Our mission to help all people live free of violence and abuse is well-worthy; it is worthy of time, attention and investment.

I have often been heard to say that sponsoring just two ducks, for a total of $10, will help buy fresh produce for a whole week for a family of four staying with us in one of our emergency shelters. That’s incredible! But, it is also important to know that buying $25 worth of ducks can help cover the expense of providing a very important medical advocacy for a survivor of sexual assault. Adopting a $50 package of ducks could help a child receive crucial therapy for the violence and abuse they have been subjected to, and more.

An investment in CFPA’s Duck Race this year is as important as ever; perhaps even more so. Our numbers of clients are increasing as people learn better how to reach CFPA through online access and also through our 24/7 Crisis Hotline (1-800-559-SAFE). Now more than ever, people are choosing to share word of their trauma with our counselors and/or master’s level therapists, and begin work toward recovery. Our Prevention Educators are reaching more young people, exceeding the previous year’s numbers, communicating CFPA’s key curricula on Anti-Bullying, Healthy Relationships, Child Sex Abuse Prevention, Anti-Human Trafficking and more. Every $1 spent on abuse prevention saves taxpayers $19 in abuse treatments, according to Illinois Partners for Human Services.

Sponsoring ducks is a cost effective investment! Plus, there is the added bonus of having the chance(s) to win the top prize of $10,000, second prize of $5,000 and 29 other marvelous awards.

Giving matters. For every duck you purchase, every single penny goes directly to client care. The rate of return on this investment is exceptional. To quantify the value of giving through CFPA’s Duck Race is to say 100% of your funds go toward helping people; helping perhaps family members, friends and neighbors. Having this knowledge, and recognizing that CFPA’s roots are right here in Central Illinois, truly does bring it home.

Please go online at www.duckracepeoria.com to sponsor ducks, or use the envelope enclosed in this copy of the CenterPeace, or buy in person when you see one of the CFPA duck tables at the Farmer’s Market, one of the area’s grocery stores or more.

In Peace,

Carol Merna
Chief Executive Officer
Thank you for joining us at our kickoff party for the 31st Annual Duck Race on June 6! Thanks to our media sponsors, Mix 106.9 and WMBD/WYZZ, and Kelleher’s on Water for their partnership and years of friendship! We sold more than 1,000 ducks and raised more than $5,000! Visit duckracepeoria.com or fill out the entry form inside this issue to sponsor your duck today!
31ST ANNUAL
DUCK RACE
BENEFITTING center for prevention of abuse.

FUN BEGINS AT 4:00 PM
RACE BEGINS AT 6:00 PM
FOOD TRUCKS!
LIVE MUSIC!
FUN FOR THE WHOLE FAMILY!

SATURDAY, AUGUST 24TH
EASTSIDE CENTRE, EAST PEORIA
$10,000 GRAND PRIZE

SPONSORED BY

AssociatedBank

FOR MORE INFORMATION & TO ADOPT A DUCK, VISIT DUCKRACEPEORIA.COM

THANK YOU TO OUR SPONSORS
The National Center on Elder Abuse reports that elder abuse lags as much as two decades behind child abuse and domestic violence research – and yet, the Illinois Department on Aging received nearly 16,000 reports of elder abuse in 2018. Individuals who have low social support or small support systems, dementia, functional impairment, poor physical health, or previous traumatic events are at a higher risk for abuse, but anyone can be a victim.

If someone you know who is a senior or an adult living with a disability is being abused, neglected, or financially exploited, here’s how you can help:

**Do:**

- Approach the person at a time and place that is safe and confidential.
- Start by expressing concern, such as, “I am worried about your safety, I am concerned someone is hurting you, I am concerned someone is taking advantage of you.”
- Take the time to listen and believe what they say.
- Tell them good things about themselves. Let them know you think they are smart, strong, and brave. Their abuser may be tearing down their self-esteem.
- Call and visit as often as you can, isolation is a major risk factor of abuse.
- Be patient. Self-empowerment may take longer than you want. Go at their pace, not yours. They also may be abused by someone they know, love, and trust, such as an adult child, a spouse, or a caregiver.
- Communicate that you care about their safety, that they do not deserve to be hurt, and that the abuse is not their fault.
- Consider calling CFPA to learn more about the kinds of help available, to ask questions specific to the situation, and to learn how you can be an effective and supportive ally.
- Consider making a report if you suspect abuse. Often times, the individual may not recognize they are being abused, but you can make a report 24/7 by calling the Adult Protective Services hotline at CFPA at 309-637-3905 or 1-800-559-SAFE.
- If they live in a long-term care facility such as a nursing home, assisted or supportive living, a developmentally disabled home, etc., consider calling CFPA’s Long Term Care Ombudsman program at 309-272-2917.

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**Emerging Leader, Camille Yameen!**

CFPA’s Director of Marketing and Communications, Camille Yameen, won the “Emerging Leader” Award from the Women’s Fund of Central Illinois and the Community Foundation of Central Illinois at the 2019 Women to Women Leader Luncheon Awards. Camille was recognized for her contributions to CFPA, Central Illinois, and her past work in the Peace Corps.

Photo credit: Blissful Images
Do Not:

• Do not accuse, diagnose, or judge their choices, do not draw conclusions about what they may be experiencing or feeling, and do not judge or criticize their abuser, since it might be someone they have a relationship with (this can cause the victim to defend the abuser).

• Do not pressure them to sever ties with the person who is abusing them, such as their child or their caregiver. There are many reasons they may choose to continue that relationship. It is possible their abuser has threatened to hurt them or their children if they try to leave. The abuser may control all of their finances and may have isolated the victim from friends and family, leaving them with very few resources of their own. The abuser may be related to the victim or employed by the victim. It is never as simple as encouraging a victim to “just leave” but you can communicate to them that help does exist, and that people in their community care about them and their children and want them to be safe.

• Do not feel the need to be an expert. Do not try to provide counseling or advice, but do connect them to trained people who can help. CFPA staff are available 24/7 to take a call.

Seniors and adults with disabilities may be victims of abuse in their own home or in their long-term care facility. CFPA’s Adult Protective Services can assist in investigating abuse in the home and can be reached at 309-637-3905 and CFPA’s Long-Term Care Ombudsman program can assist in investigating abuse in a long-term care facility and can be reached at 309-272-2917.

Sources: National Center on Elder Abuse, Illinois Department on Aging

by the numbers.

CFPA FY19 numbers:

- 900+ cases of elder abuse.
- More than 19,000 client service hours.
- 100 cases of self-neglect.
- 6 counties served: Peoria, Stark, Tazewell, Woodford, Marshall, Fulton

overall elder abuse numbers:

- 1 in 6 seniors experience elder abuse.
- 1 in 24 cases are ever reported.
- 300% seniors who experience even modest abuse increase their risk of death by
- 80% abusers are someone the victim knows, loves, and trusts.
- 1 in 24 cases are ever reported.
- 300% seniors who experience even modest abuse increase their risk of death by
- 80% abusers are someone the victim knows, loves, and trusts.

Sources:
World Health Organization, Illinois Department on Aging, National Center on Elder Abuse, National Council on Aging
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. Since 1989, CFPA has held its annual signature fundraiser, the Duck Race. Since then, there have been more than 400,000 ducks sponsored generating more than $2,000,000 that stayed right here and helped us build a more peaceful community. 100% of duck sales go directly to client services.

### What’s in a Duck Donation?

<table>
<thead>
<tr>
<th>Number of Ducks</th>
<th>Donation Amount</th>
<th>What it Provides</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 duck</td>
<td>$5</td>
<td>could provide personal hygiene products for one person staying in our emergency shelter</td>
</tr>
<tr>
<td>2 ducks</td>
<td>$10</td>
<td>could provide fresh produce for a week’s worth of healthy meals for a family in our emergency shelter</td>
</tr>
<tr>
<td>4 ducks</td>
<td>$20</td>
<td>could provide a taxi to transport a survivor from a violent or abusive situation to one of our 24/7 emergency shelters</td>
</tr>
<tr>
<td>5 ducks</td>
<td>$25</td>
<td>could provide a gas card to help outreach clients get to and from appointments with our counselors</td>
</tr>
<tr>
<td>10 ducks</td>
<td>$50</td>
<td>could help survivors afford their monthly medications</td>
</tr>
<tr>
<td>20 ducks</td>
<td>$100</td>
<td>could cover the cost of one hour-long classroom presentation on violence prevention education</td>
</tr>
<tr>
<td>50 ducks</td>
<td>$250</td>
<td>could cover the cost of two hours of therapy for a child survivor of sexual abuse</td>
</tr>
<tr>
<td>100 ducks</td>
<td>$500</td>
<td>could provide funding for an Adult Protective Services caseworker to investigate possible abuse in the home of an elderly individual</td>
</tr>
</tbody>
</table>

### 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 CFPA 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.
happy retirement,
Joyce DeRenzy!

In May, CPFA celebrated the retirement of Chief Operating Officer, Joyce DeRenzy, at Par-A-Dice Hotel Casino. Staff, friends, and family joined together to honor Joyce’s 23 years of service and heartfelt dedication to CFPA.

Photo credit: CFPA

Illinois American Water and human trafficking training.

CFPA’s Director of Human Trafficking Services, Sara Sefried, trained Illinois American Water employees on June 11 and 12 on signs, indicators, and red flags to human trafficking and how to safely make a report. Utility workers are in a unique position to spot signs of human trafficking because they are often invited into people’s homes or businesses.

Photo credit: CFPA

Pictured: Sara Sefried, Director of Human Trafficking Services at CFPA; Eric Larson, Superintendent of Field Operations at Illinois American Water
What an incredible season we had this year for our Adopt Our Families Campaign. This year we were able to provide gifts to nearly 70 families, all of our shelter residents, all of our apartment tenants, and were even able to share some of the wealth with Friendship House. We cannot thank all of our generous donors and volunteers enough for their outpouring of gifts, monetary donations, and their precious time. We could not do the things we do without you!

Become a volunteer medical advocate for the CFPA
When someone presents as a victim of domestic violence or sexual abuse/assault in local emergency departments, the hospital puts a call in for our medical advocates. Our medical advocates go the hospital to assist with the individual’s immediate needs and provide information about their rights as a victim.

Volunteer Training
To protect those in our care, all medical advocates must complete a screening process and our 63.5 hour Domestic Violence and Sexual Assault training.

Contact Us
If you are interested in becoming a Medical Advocate, contact us at 309.691.0551 or visit centerforpreventionofabuse.org for more information and training details.

31st Annual Duck Race
For information about how to volunteer at this year’s Duck Race, please visit centerforpreventionofabuse.org/how-to-help/volunteer-opportunities.
Carolyn Luthy has volunteered for the Center for Prevention of Abuse for more than 14 years, starting nine months after retiring from Morton Metalcraft where she was employed for 26 years as a buyer. Carolyn began volunteering at the Carol House of Hope in Pekin and now volunteers in Peoria for our Family Violence Intervention Project. As a victim of abuse from a previous marriage during a time CFPA resources weren’t available like they are now, Carolyn is eager to be a part of changing survivors’ lives for the better.

Ever since Carolyn started volunteering for CFPA in January of 2005, she says the things that keep her coming back are the people she volunteers with and how appreciative they are of her help. “Also knowing that my volunteering can help break the cycle [of violence and abuse] in an indirect way is something that keeps me coming back,” she adds.

Some of Carolyn’s favorite parts of volunteering for CFPA include using her clerical skills to help people in a positive way. Luthy states, “I am also very proud of when I am told I get so much done in the time allotted. I use the same work ethic in volunteering as when I was working.” While she does not foresee any big projects or tasks coming up on her volunteering agenda, Carolyn says, “I’m happy with what I’m doing but I’m always open to new things!”

When Carolyn isn’t spending some of her time volunteering at CFPA, she likes to travel and visit family and friends across the country. She also enjoys gardening, reading, shopping, exercising, eating out, and trying new places.

Thank you Carolyn for the past 14 years of service at CFPA. Your dedication to our mission is greatly appreciated!

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

This spring, Two Men & a Truck collected more than 1,300 items and toiletries for CFPA shelters in honor of Mother’s Day as part of their Movers for Moms campaign! We are thankful for their partnership and the generous $500 check! They delivered three trucks full of furniture donations to The HOPE Chest in Pekin in honor of CFPA.

Photo credit: CFPA

Thank you to all of our wonderful donors! Your gifts, kindness, and compassion to CFPA help us build a safe and peaceful community everyday!

If your organization, business, club, or group is interested in doing a food or donation drive to benefit CFPA, please call Kelly at 309-691-0551 to find out about our immediate or mass donation needs.
Even though Kevin Nowlan is our new Chief Operating Officer, he is no stranger to CFPA. Design and Communications Coordinator Clayton Frankel sat down with Kevin to get a glimpse into his past at CFPA and what this new position has in store.

Clayton Frankel (CF): When did you start working at CFPA? Can you give us an overview of the different positions you’ve held over the years?

Kevin Nowlan (KN): I started working at CFPA in 2001. Prior to CFPA employment, I worked with sexually aggressive youth. I came to CFPA to be a part of an organization that worked in preventing abuse and helping individuals heal from abusive situations. My previous positions here at CFPA include Prevention Educator, Prevention Department Coordinator, Next Step Transitional Housing Supervisor, Residential Services Supervisor, Domestic Violence Services Director, and Associate Executive Director.

CF: After leaving CFPA, where did you go to work and what did you do?

KN: While working at CFPA, I led the activities of the Heart of Illinois Homeless Continuum of Care (CoC). The CoC is responsible for coordinating the efforts of homeless services providers in Peoria, Tazewell, Woodford, and Fulton counties to prevent and end homelessness. I was responsible for writing grant applications, coordinating the local homeless point in time counts, and data reporting to city, state, and federal governments.

In 2016, the CoC steering committee asked the Heart of Illinois United Way to take on the leadership of the CoC. The United Way agreed and hired me to lead the efforts of the CoC as a full-time employee of the United Way.

CF: What made you want to come back to CFPA?

KN: While I was able to create a coordinated homeless response system and a single point of access for all available services for those experiencing homelessness, I missed the work of CFPA.

CF: Is there anything specific you’re looking forward to now that you’re back at CFPA? Anything you’re hoping to accomplish?

KN: I look forward to being part of the CFPA’s Human Trafficking advocacy efforts. This department is new to me and was created while I was working at the United Way. I see this as a natural extension of the work of CFPA.

I hope to streamline protocols so CFPA departments can spend more time focusing on providing services to those who have experienced abuse.

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

KN: Outside of work, I spend most of my time with my three children. Between school, softball, girl scouts, and hockey, my days and weekends are jam-packed. I would not have it any other way.
Outstanding Youth Leader in Violence Prevention

For the second year in a row, CFPA is proud to recognize this year’s “Outstanding Youth Leader in Violence Prevention” award winner. This award started with the intention to honor the commitment young people in the Greater Peoria Area have to peace, nonviolence, and preventing abuse in their schools, communities, and workplaces.

Gus Steinberg-Jones of Richwoods High School won the 2019 award for his leadership, his passion for nonviolence, and his commitment to building a safer school for his peers. We surprised Gus in front of the student body at Richwoods High School with the help of Richwoods’ Principal Brett Elliott. CFPA CEO Carol Johnston Merna spoke on behalf of CFPA and recognized Gus and his hard work with the award. We presented the “Outstanding Youth Leader in Violence Prevention” award with our longtime Prevention Education supporter, Verizon.

For the second year in a row, a Richwoods High School student won the award for Peoria County.

Thank you to everyone who nominated a youth leader! We are proud to serve this community and continually impressed by the young people who help keep Central Illinois peaceful and safe. We can’t wait to see what next year’s students have in store.

Pictured top to bottom: Richwoods High School Principal Brett Elliott; CFPA CEO Carol Merna; Carol Merna and Brett Elliott with OYLIVP award winner Gus Steinberg-Jones.

Photo Credit: CFPA
March 1, 2019 – May 31, 2019

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CFPA was awarded a grant from the Morton Community Foundation for A/V Equipment for the CFPA Gathering Room

CFPA was presented a grant from Grace & Peace Lutheran Church for transportation assistance

CFPA received a grant from the Heart of Illinois United Way Youth Committee towards Prevention

CFPA was given a grant from Pekin AMBUCS for the Carol House of Hope

CFPA received a grant from First Federated Church for the Keeping My Body Safe curriculum of Prevention

CFPA was awarded a $325,500 grant from the Heart of Illinois United Way to go towards CFPA’s Domestic Violence, Sexual Assault, Prevention Education, and Adult Protective Services programs

Thank You!
IN HONOR OF:

Liberty Village Staff of Peoria
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Nora Sullivan
Honorable and Mrs. Rick & Ann Grawey
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Martha Herm
Lisa & Burt Raabe
Nora Sullican
Judy Bradford
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Shirley & Roger Cunningham
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IN MEMORY OF:

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Mary Beth & Tony Jackson
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