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Light 2020 | 3/31, 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. CFPA is 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.

32nd Annual Duck Race | 8/29

The Duck Race is CFPA’s signature fundraiser and the success of the race is essential in raising funds to help all people live free from violence and abuse. CFPA’s Duck Race is the longest running Duck Race in history and this year, we celebrate the 32nd anniversary. On August 29, we will once again have 30,000 rubber ducks race down a giant water slide at EastSide Centre in East Peoria and the first 32 ducks to cross the finish line win a prize for its owner. Prizes range from a cash grand prize, to travel packages, fine jewelry, gift cards, technology, and more. Ducks are available for purchase beginning early June. Stay tuned for more information.
“Two heads are better than one.” John Heywood, an English writer, coined that phrase nearly five centuries ago. King Solomon, biblically known to be the wisest man to ever live, wrote, “Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble.” President Barack Obama once said, “The best education I received was working with people in the community on a grassroots basis. Because what it taught me was that ordinary people, when they are working together, can do extraordinary things.”

Collaboration, partnerships, togetherness is not a new concept. But it seems that it can be too easily forgotten. At some point – in all of our lives – we have likely assumed that doing it alone would bring quicker success and we would shine brighter than everyone else. It takes time to learn the real value of coming together.

Within the Center for Prevention of Abuse, we celebrate, and often succeed, because of our differences, varied skillsets, cultural diversity, concepts and ideas, yet we operate with a common vision. Our vision at CFPA is to help create and sustain peace. I like to think we are like the flock of geese that fly in the V formation. Did you know that it takes 40% less energy for geese to fly together like that? They can and do fly on their own, but they understand this principle – they won’t go as far – if they fly solo. It’s the same with all of us really. There is power in working together; moving faithfully in one direction – in the direction of justice, equality, healing, and kindness.

For us to be able to advance that infinite vision that is bigger than ourselves, we cannot do it alone. We need you to help us create new relationships – meaningful alliances with those who will share our mission to help all women, men, and children live free from violence and abuse. While increased revenue to benefit clients is always a priority, good relationships are about more than allocating resources.

As we enter this new decade, we very much want to help you inspire your friends, family, neighbors, coworkers, your employer, and others, to get involved, to give back to the community, and to have a better understanding of CFPA’s mission and social impact.

We provide opportunities for volunteerism, leadership possibilities, and the genuine chance to be an enthusiast and agent for change. If you would like to introduce CFPA to those who are important to you, we invite you to email us at info@centerforpreventionofabuse.org. We’ll work with you to educate and inspire. There is room at the table for all who wish to work with us to further peace and goodwill.

We believe in your ability to work with us to bring change and to build a safe and more peaceful community. We are better together.

In Peace,

Carol Merna
Chief Executive Officer

If you would like to introduce CFPA to those who are important to you, we invite you to email us at info@centerforpreventionofabuse.org.
Human trafficking thrives in the shadows. Traffickers operate anonymously hiding behind lies, deceit, or fake online accounts. Their victims too live in the shadows. Their suffering goes unnoticed and too often they fall through the cracks of a society unfamiliar with the crime of human trafficking. But there is hope.

Since CFPA opened its Human Trafficking Services department in January of 2018, we’ve helped more than sixty human trafficking survivors reclaim their freedom. This is cause for celebration. The services we offer – housing, case management, therapy, financial assistance, and referrals – all play a critical role in the lives and recovery of our clients. However, there is much more work to be done. Polaris estimates that only one percent of human trafficking victims are ever identified. This means that in Central Illinois alone, there are hundreds, if not thousands, of human trafficking victims living in the shadows. These survivors need our help. Light is needed now more than ever to help identify these victims and bring them out of the darkness.

CFPA is proud to host the inaugural human trafficking conference, “Light 2020: A Multistate Educational Conference on Human Trafficking,” April 1–2, 2020 at Par-A-Dice Hotel Casino in East Peoria, IL. The conference will shine awareness, educate, and build community support to help bring an end to human trafficking in Central Illinois. It will feature speakers from across the country – experts in education, health care, and law enforcement – as well as breakout sessions and a free community awareness event on March 31, 2020. For more information or to register, please visit www.centerforpreventionofabuse.org/conference.

CFPA received a $20,000 grant from Ameren Illinois through the “Ameren Cares” initiative to help fund the expansion and continuation of our human trafficking prevention education programming in Peoria Public Schools District 150 and other area high schools. This program teaches high school students, who are one of the most vulnerable populations to fall victim to trafficking, about red flags and indicators, warning signs of unhealthy relationships, recruitment tactics for traffickers and top venues, and how to safely report suspicious activity or access services. Last year, our pilot program reached more than 600 students in seven schools.

Cxt Partnership

CFPA is partnering with Cxt Roasting Company in honor of January as Human Trafficking Awareness Month! They’re donating $0.10 from every drink and $0.50 from the blue pour over to support CFPA’s Human Trafficking Services department! Each cup features a unique coffee sleeve with trafficking statistics and information about our upcoming trafficking conference, Light 2020.

*pPhoto credit: CFPA
light 2020

A MULTISTATE EDUCATIONAL CONFERENCE ON HUMAN TRAFFICKING

INAUGURAL HUMAN TRAFFICKING CONFERENCE BY

center for prevention of abuse.

April 1-2, 2020

Par-A-Dice Hotel Casino

11 Blackjack Blvd
East Peoria, IL 61611

FREE COMMUNITY EVENT | MARCH 31, 2020

LEARN MORE AND REGISTER AT
WWW.CENTERFORPREVENTIONOFABUSE.ORG/CONFERENCE
If asked, how would you define the perfect dating relationship? What characteristics would you list as most important?

Helping teens understand the attributes of healthy dating relationships is one goal of our PreventEd: Relationship Abuse programming. Students in 9th grade health classes throughout the Tri-County Area are exploring the answer to that question and more during our eight-week program.

One in three adolescents in the U.S. are victims of either physical, sexual, emotional, or verbal abuse from a dating partner. Learning the warning signs of unhealthy relationships and what to do if they are in one is important as teens navigate through the dating process.

While we may have differing opinions on the exact characteristics that define the perfect dating relationship, Dr. Doug Haddad succinctly defines the three most important components of a healthy relationship that we should all expect. His “Three C’s” are:

**Communication:** Each partner feels comfortable to express their thoughts/feelings without fear.

**Compromise:** Both parties look to find common ground in order to find solutions to problems in a peaceful manner.

**Care:** Offering respect, compassion and support to your partner. Building up your partner.

These three essential attributes are a good starting point for evaluating whether a relationship is healthy or not. To help assess the health of a relationship, we ask students to think about the following:

- Am I able to be my authentic self around my partner? Do I feel the need to change my behavior in order to please him/her?
- Do I have an equal say in the things we do, the people we see, etc. Does my partner value my opinions/feelings?
- When disagreements occur, can we work things out peacefully? Is my partner willing to listen and compromise?
- Does my partner respect my boundaries? Do I feel pressured to do things I am not comfortable doing?
- Does my partner encourage me in matters that are important to me?

Helping teens develop and foster healthy relationships, of all kinds, has the potential to reduce the likelihood of violence within families and communities. Our PreventEd: Relationship Abuse program is just one way we are living into our vision of building a safe and peaceful community.

For more information about CFPA’s Prevention Education programming, please email PreventEd@centerforpreventionofabuse.org.
The Center for Prevention of Abuse is seeking nominations of high school students in Peoria, Tazewell, and Woodford counties who exhibit outstanding work in violence prevention and help build a safe and peaceful community. Whether they are an advocate against bullying or an expert in peaceful conflict resolution – we want to know!

Anyone has the ability to nominate a student, including but not limited to teachers, coaches, parents, peers, or someone else in contact with the student.

Submissions are accepted until March 31, 2020. The winner will be announced May 2020.

CFPA will select one winner from Peoria, Tazewell, or Woodford County to receive the Outstanding Youth Leader in Violence Prevention Award. Students must be enrolled in high school in the Tri-County Area and have received some sort of Violence Prevention Education from CFPA during their schooling.

Download full guidelines and nomination forms at centerforpreventionofabuse.org and submit completed documents to PreventEd@centerforpreventionofabuse.org
what's in a donation.

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.
Thank you for your partnership and commitment to making the 2019 Adopt Our Families Program a huge success! This year, with your generous support, 65 families were gifted with presents for the holiday season. The donated gifts are worth so much more than their price tag. Your eagerness to ‘adopt’ a family shows our clients just how much their community cares about them and for that we are all thankful. We are proud to work in partnership with you and look forward to another successful Adopt Our Families Program in 2020!

Thank you to our many volunteer groups who came to wrapping nights, including Tada Cognitive Solutions, Morton High School cheer squad, Alpha Chi Omega at Bradley University, and Pearl Insurance!

*Photo credit: CFPA
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: Anti-bacterial 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
New or gently used umbrellas

**gift cards or monetary donations to provide any of these items are also accepted**

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. CFPA provides training for all interested medical advocates prior to volunteering on calls.

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. CFPA provides training for all interested medical advocates prior to volunteering on calls.
Congratulations to our friends at Par-A-Dice Hotel Casino for winning this year’s “Outstanding Philanthropic Corporation” Award with the Association of Fundraising Professionals (AFP) Central Illinois Chapter! Each year, Par-A-Dice provides financial support for more than 80 nonprofits or organizations in the Greater Peoria Area, ranging from annual fundraisers to one-time events and donates to more than 500 additional special events with gift baskets, room stays, and more.

Combined, their leadership team serves on the Board of Directors for more than 10 area nonprofits. Their team emphasizes the importance of giving back and making a positive impact on our community. We are proud to call them partners!

Congratulations to our three members of the CFPA family inducted into the 2019 class of “40 Leaders Under 40” by Peoria Magazine! Congratulations to our Director of Marketing and Communications, Camille Yameen, and two members of our Board of Directors, Blake Barnard and Stephanie AlKhafaji. We are grateful for your commitment to our mission and leadership in our community!

Congratulations to our CEO, Carol Merna, on winning this year’s ATHENA International “Woman of the Year” award from the Peoria Area Chamber of Commerce!

Carol is an impressive leader, a visionary, a mentor, and advocate for women in leadership, and a champion for peace and nonviolence in the Central Illinois community. She is a thoughtful trailblazer and is committed to demonstrating excellence and gratitude in all she does. She deeply understands the importance of simultaneously giving back and paying it forward. We are so proud of all she does for our agency and this community!

Congratulations to our Board of Directors member, Dr. Kiran Velpula! Dr. Velpula recently became a US citizen and we are proud to have his leadership at CFPA and in our community. CFPA presented him with a flag that was flown over the United States Capitol building as a token of our appreciation for his commitment to our mission and country.
Meet Sara Sefried, who over the years has held several positions at CFPA and now serves as the agency’s first Director of Human Trafficking Services. Design and Communications Coordinator, Clayton Frankel, sat down with Sara 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 CFPA’s first director of Human Trafficking Services?

Sara Sefried (SS): I began working for CFPA in 1996 when I was hired as the Children’s Coordinator. I was fresh out of college and knew nothing about the agency or interpersonal violence. Two years later, my family relocated out of the state and I spent most of that time as a stay-at-home mom. In 2006, I returned to the Peoria area and felt compelled to return to CFPA. I resumed working and have held various roles: Court Advocate, Administrator of Safe From the Start, Director of Domestic Violence Family Centered Services, and now Director of Human Trafficking (HT) Services. These positions allowed me to develop many skills related to social work and non-profit management, including how to advocate for victims of crime, strategies for building community relationships, effective staff management, and grant writing/reporting.

CF: How has the first two years been for your department? Anything you’re particularly proud of?

SS: There is so much that I’m proud of. I’m especially proud of the unwavering support and dedication of our leadership team and board of directors. Their support is allowing my team to make real change in the anti-trafficking movement. Sixty-five victims of human trafficking have connected with us and 2,500 people have received our training.

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

SS: I’ve been blessed to work with some amazing colleagues who share a passion for the work we do. The connections and friendships that I have made over the years is by far the best part of working for CFPA.

CF: Do you have a personal philosophy to help guide you through your work in human trafficking?

SS: I believe in the power of people. There are few things that we can do for another human being that are as impactful as believing in them.

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

SS: I am a huge fan of reality TV. To me, the DVR was the greatest invention of all time. It allows me the guilty pleasure of catching up with the housewives or rooting for my favorite bachelor contestant!
volunteer spotlight.

“As a youngster, I witnessed my mom happily lending a hand at church functions and helping fellow congregants. My initial foray into volunteering consisted of working with Special Olympics participants while in college. At the time, I was more focused on growing my resume. Since then, I have volunteered at numerous agencies and events. I now realize how meaningful, rewarding, and satisfying it is to offer time and talent to others. As a volunteer at Center for Prevention of Abuse, I have contributed to a great cause and received so much in return.” –Karen Rose

For this edition of Volunteer Spotlight, we would like to highlight our two recipients of the Nelda Lalicker Duck Race Volunteer of the Year Award. Congratulations to staff volunteer Karen Rose and team volunteer “Hope Does Shine!” Thank you for your service and commitment to help build a safe and peaceful community!

Hope Does Shine

*Photo credit: CFPA

Karen Rose

If your organization, business, club, or group is interested in doing a food or donation drive to benefit CFPA, please call Kelly Ward at 309-691-0551 to find out about our immediate or mass donation needs.

donation spotlight.

left: CFPA is grateful for the Islamic Foundation of Peoria for raising funds for CFPA during the holy month of Ramadan!

right: Thank you to Two Men and a Truck for delivering several gifts on Christmas Eve for our shelter residents!

above: Thank you to Bradley University Police for the donation of money raised from No Shave November!

left: CFPA greatly appreciates Hindu Swayamsevak Sangh - Peoria Chapter and the Peoria Hindu Temple for donating nearly 1,000 pounds of food in honor of Diwali! Each year, HSS and the Hindu Temple collect donations to support CFPA and we are blown away by this year’s contribution!

*Photo credit: CFPA

In 2012, my niece lost her life to domestic violence. Her husband shot and killed her and then took his own life. There are no words to explain what my family went through with this tragedy. I knew about CFPA’s Duck Race but had no idea all that the agency had to offer. I contacted CFPA and began volunteering that next summer. My niece’s best friend suggested we form a team in memory of my niece. We have been selling ducks annually ever since. Every weekend, we are out selling ducks in the summer and spreading the word of all the services CFPA has to offer. Hopefully this information will help another victim of domestic violence have a different ending than my niece had.”

–Donna Alessi, Hope Does Shine

Winter 2020
CFPA was awarded a grant for $10,000 from the TJX Foundation towards our Domestic Violence services.

The Women’s Fund of the Community Foundation of Central Illinois provided CFPA a grant for PreventEd: Relationship Abuse programming.

CFPA received a grant of $15,000 from the Community Foundation of Central Illinois Community Needs Fund for children’s therapy services.

Ameren Illinois provided CFPA a grant towards utility assistance.

CFPA was given a grant from the Kiwanis Club of South-West Peoria for the Safe From the Start program.

The Kiwanis Club of Pekin awarded CFPA a grant towards Prevention Education in Pekin Community High School.

The Rotary Club of Peoria awarded CFPA the 2019 Hunger Grant, which goes towards fighting food insecurity for CFPA clients.

Thank You!

Sharon & Fred Altman
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