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32nd Annual Duck Race | 8/28

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. Due to COVID-19 and social distancing guidelines, CFPA will not host an in-person race for the 30,000 ducks and will instead announce the $10,000 grand prize winner on WMBD-31’s evening broadcast live on August 28! All winners will be posted on www.duckracepeoria.com the evening of August 28! The first 15 ducks pulled in the raffle will win prizes for their owners, ranging from a $10,000 cash grand prize, to travel packages, gift cards, technology, and more. Ducks are now available for purchase! Visit www.duckracepeoria.com to enter for your chance to win!

Fish Fry Carry-Out | TBA

Join CFPA for a Fish Fry Carry-Out 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 will feature a raffle, online silent auction items, and a delicious meal of fried fish, fries, and coleslaw prepared by the Moose Lodge for you to take home and enjoy with your family! A kids meal of a hot dog with fries is available. Purchase your meal when you arrive at the door by cash or check, $10 for adults, $5 for kids. Date TBA. Stay tuned to www.centerforpreventionofabuse.org for more details!
While life may have thrown us a few curve balls this year, there are still some joyful constants. The Duck Race is an essential part of who we are at the Center for Prevention of Abuse and candidly, your involvement is key.

If you are like me, you are craving routine. After 32 faithful years, the CFPA Duck Race is familiar, it is a dependable part of our calendars, it is anticipated, it brings goodwill to our agency, to those we care for, and hopefully, to all of you who support us! Thank goodness that we were able to bring it back, even though it looks a little different this go-round.

Did you realize that 100% of every penny we raise when we sell ducks supports our client services? During the COVID-19 pandemic, gender-based violence has increased exponentially across the globe. Some parts of CFPA’s service area have seen a tremendous upturn in arrests for domestic violence and the volatility of some reported incidents has been alarming. CFPA’s message of peace and our client services seem to be needed now more than ever. As we all struggle to understand the hidden implications of the turmoil this year has brought us, CFPA has been, and remains, committed to ensuring an effective response. We are using our energy, leadership, and trusted stewardship to stay energized and sustain our long-standing mission, while we explore new ways to address community and client needs.

The Duck Race is no different. We twist, spin, turn, and pivot whenever needed and adapt to these changing times. Due to COVID-19, Quacky and the CFPA Duck Race are following state guidelines for social distancing, conducting duck sales online at www.duckracepeoria.com, through the mailer insert in this edition of the CenterPeace, and with the help of the contacts the CFPA staff and supporters make personally. As you can imagine, we are unable to have in-person sales sites. While the CFPA team is feeling blue not being able to make those personal connections this year, we are working doubly hard to reach our goal of selling 30,000 ducks.

What can you do? Have YOU adopted your ducks yet? If not, please do and consider purchasing extra! Ask your network, friends, and neighbors, “Do you have your ducks yet?” If they don’t, consider helping them make their purchase and feel confident letting them know that the Center for Prevention of Abuse provides a lucrative return on their investment. Adopting even one duck is an investment in people’s safety, in their independence, and in their ability to find hope and peace.

In Peace,

Carol Merna
Chief Executive Officer

Connect With Carol
Self-Neglect: The Unseen Abuse

By: Holly Kozinski, Director of Adult Protective Services

In this time of COVID-19, discussions about domestic violence and child abuse increasing have been at the forefront of many conversations. There remains another population of victims who are experiencing abuse in their homes and are unsafe: seniors.

June 15th was World Elder Abuse Awareness Day. During this pandemic, as people are social distancing from one another to keep each other safe, our elderly population is becoming more isolated and at more risk of abuse. Elder abuse can take many forms, including financial exploitation, emotional abuse, neglect, physical abuse, confinement, sexual abuse, or self-neglect. Abuse of seniors is often a family affair happening at the hands of someone the senior knows, loves, and trusts. There are also times when a senior can no longer care for themselves, which can lead to another form of abuse, self-neglect.

In Illinois, the Adult Protective Services Program at CFPA responds to calls of self-neglect. Self-neglect is defined as an inability, due to physical or mental impairments, to perform essential self-care tasks that can threaten a person’s own physical or mental health, emotional well-being, or general safety.

Self-neglect appears in many different ways: it can be your elderly neighbor who has the beginning stages of Alzheimer’s disease and can no longer care for his own medical needs. He has not yet asked for help because he is afraid family members will take him out of his home or he is in denial that he is in need of assistance. He may not be properly taking his medication and can no longer manage his finances so his power has been shut off. He may also be struggling to keep his apartment clean and is at risk of being evicted. It can be the grandmother that reads to the local community children at the public library who keeps a secret from everyone else. She keeps items in her home that she just cannot bare to get rid of, making her home environment unlivable and a danger to herself and her neighbors. Nobody realizes the depression she is falling into due to keeping her secret and not being able to allow anyone into her own home for fear of her secret becoming public.

Self-neglect can be just as detrimental as being abused by someone else. The fear, shame, and guilt of not being able to care of your own needs anymore can lead to depression, isolation, and shame. Luckily, there are services in our community dedicated to helping seniors who are struggling to care for themselves. The Adult Protective Services Program here at CFPA is one of them.

The Adult Protective Services Department responds to cases of elder abuse and self-neglect of seniors age 60 and over in the counties of Peoria, Tazewell, Fulton, Marshall, Stark and Woodford. Last year, our trained Caseworkers responded to more than 950 reports of abuse, neglect, and exploitation with more than 10% of which were self-neglect cases.

While physical distancing is vital to keeping COVID-19 at bay, you can also help keep seniors in our community safe by taking notice of what may be happening with elders around you. Keeping in safe contact with your older relatives, friends, and neighbors may help protect them from the effects of self-neglect and abuse.

If you suspect that a senior you know is being abused, neglected, or financially exploited, call Adult Protective Services at CFPA at 309.637.3905 or call the Illinois Department on Aging’s Senior Helpline at 1.866.800.1409. Your call can help a vulnerable senior live a better life free of abuse.
Racist behavior is abuse.

Our vision at CFPA is to build a safe and peaceful community through a mission of helping all people live free from violence and abuse. In a safe and peaceful community, there is no space for the injustice of racial oppression.

At CFPA, we are dedicated to bringing hope in the face of difficulty, encouraging unity, and working together to move beyond disparity. There is plenty of room to embrace a just democracy, being mindful of the loses felt by the tyranny of racism. As an organization, we will constantly seek a pathway to instill well-being, humanity, decency, and respect. Abuse does not discriminate, and neither does CFPA. We believe black lives matter.

To do our part in our country’s fight toward racial justice, we are committed to:

• Providing free and confidential services to all survivors of abuse.

• Training our staff on a continual basis on cultural competency, unconscious bias, privilege, and injustice to gain actionable steps on how we can better support, listen to, and advocate for black survivors and employees.

• Partnering with local organizations who serve Central Illinois’ black population so we can become better allies and better advocates.

We are learning, educating ourselves and our teams, and ready to be part of the solution.
According to the Centers for Disease Control and Prevention (CDC), lesbian, gay, and bisexual people experience sexual violence at similar or higher rates than heterosexual people.

More than half of lesbian and bisexual women experience physical violence from a partner.

The National Coalition of Anti-Violence Projects (NCAVP) estimates that nearly 1 in 10 LGBTQ+ survivors of intimate partner violence has experienced sexual assault from their partner.

Studies suggest that around half of transgender people and bisexual women will experience sexual violence at some point in their lifetimes.

Source: HRC.gov
TUNE IN TO WMBD/WYZZ ON RACE DAY AUGUST 28 AT 6:00 P.M. TO HEAR THE $10,000 WINNER ANNOUNCED LIVE!

All winners will be posted on centerforpreventionofabuse.org.

THIS YEAR’S PRIZES INCLUDE:

$10,000 GRAND PRIZE

SPONSORED BY
Associated Bank

$5,000 CASH

KITCHENAID MIXER

FAMILY OUTDOOR THEATER PROJECTION KIT

IROBOT AND VACUUM BUNDLE

TAILGATE PACKAGE

GREEN EGG GRILL

AND MORE!
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?

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

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**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.
32nd Annual DUCK RACE

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

THANK YOU TO OUR SPONSORS

Bre Mid America, Inc. • Curvology • C.T. Gabbert Remodeling and Construction • Hediger & Meyers Insurance • Hopedale Medical Complex • Kaskaskia Engineering Group, LLC • Peoria Disposal Company • Supreme Accounting & Tax Service
Congratulations to our Director of Marketing & Communications, Camille Yameen, on being named to this year’s 25 Women in Leadership by WEEK-TV! We are so thankful for her leadership and guidance she provides both inside and outside our agency!

CARES Act Includes Incentives for Charitable Giving

Since the spread of COVID-19, nonprofits across the country have been forced to postpone crucial fundraisers, cancel special events, and adapt future events to new formats. Nonprofits have a reputation of resiliency – being able to “do more” with less, as funding and grants received are often direct reflections of our social and political climate. Nonprofits have to be able to adapt quickly, thoughtfully, and deliberately so the people served, the most vulnerable in the community, don’t experience gaps or a lapse in essential services. We know that the need for services doesn’t stop when the rest of the world does. The need for important funding doesn’t go away, either.

The $2 trillion Coronavirus Aid, Relief, and Economic Security Act, the “CARES Act,” which was signed into law on March 27, 2020, provides emergency financial assistance to individuals, families, and businesses affected by COVID-19, also offers significant incentives for those who are in a position to give —including the ability to offset up to 100% of taxable income for 2020.

With loosening restrictions on corporate giving, additional “above-the-line” tax deductions of up to $300 cash, suspending limits on percentage limitations, and more, the CARES Act can help nonprofits recover lost income from cancelled events, continue their missions, and support their communities.

Connect with your financial advisor or tax professional about how you may be in a position to give locally and receive benefits from the CARES Act.

CPFA is proud to report nearly 90 cents from every dollar donated goes directly to client services, helping us provide free and confidential services for all survivors of abuse in Central Illinois.

25 Women in Leadership

Congratulations to our Director of Marketing & Communications, Camille Yameen, on being named to this year’s 25 Women in Leadership by WEEK-TV! We are so thankful for her leadership and guidance she provides both inside and outside our agency!
follow us on social media.

shed

needs.

Fresh meat, eggs, milk, and fresh produce
Canned tuna and chicken
Coffee, cream, and sugar
Oatmeal
Microwaveable 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**

volunteer

opportunities.

Duck Race Teams

Are you interested in helping us sell out of 30,000 ducks this summer for the 32nd Annual Duck Race? You can form a team with your friends, family, coworkers, neighbors, or other groups you are part of and help us reach our goal! For more information, email Celsy at cyoung@centerforpreventionofabuse.org.
Holly Kozinski
Director of Adult Protective Services

Meet Holly Kozinski, who has played a pivotal role at CFPA in combating elder abuse in our community for the last 20+ years. Design and Communications Coordinator, Clayton Frankel, sat down with Holly to get a glimpse into her work at CFPA.

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

Holly Kozinski (HK): I started at CFPA in October of 1997, where I was hired as an Elder Abuse Caseworker. I have also held positions as the Outreach Coordinator of the Elder Abuse Department and Supervisor of Adult Protective Services. I am currently the Director of the Adult Protective Services Department.

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

HK: My favorite things about working at the Center for Prevention of Abuse are my co-workers and staff. I am so lucky to work with people who are truly dedicated to helping all people live free from violence and abuse. Everyone working here has the same purpose and goal. I also enjoy the Holiday and Duck Race seasons because I love to see the community support behind CFPA and the clients we serve. It never ceases to amaze me how many of our community members recognize the important work we do, stand behind us, and support us in various ways.

CF: Any milestones you are particularly proud of, for yourself, your department, or the agency?

HK: I am proud to work for CFPA everyday, but I have to say that I could not be prouder of how we have handled the current situation of dealing with the COVID-19 pandemic. It was not easy and there were bumps along the way, but everyone here pulled together to make sure that all departments of CFPA were able to continue to run and serve our clients and community in alternative ways.

CF: Do you have a personal philosophy to guide you through your work to combat elder abuse?

HK: My personal philosophy that guides me through my work in elder abuse is that every situation and client that we deal with is different and unique in its own way. What works in one situation may not work in the next. In order to work with our clients in the best possible manner, we need to look at each situation on its own and customize a plan with the individual to best serve their needs.

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

HK: Free time? What is that? I do love to travel and am missing that right now. I am also a big reader and I love to be a loud spectator in cheering for my kids in their sports and extracurricular activities.
volunteer spotlight.

Gary Nester has been volunteering at CFPA for 4 ½ years. Nester explained how he focuses his energy and how much he enjoys being a part of CFPA’s mission: “I use my van and go to the Midwest Food Bank once a month and select items the shelter and kid’s area need. I call ahead of time and ask what items the shelter needs and how many residents they have.”

Gary was employed at CFPA for seven years and grew to appreciate the many areas and people CFPA serves and wanted to help and stay in touch with the hard-working staff. After retiring, Gary decided he needed to stay involved.

“My favorite part of volunteering is the feeling of helping others and staying connected,” Nester stated.

Gary also volunteers with the St. Vincent de Paul Society as a support person. Nester explained, “I go out with one other person and we review a person’s request for help with rent and utilities.”

Thank you Gary for your continued support of CFPA and our mission to help all people live free from violence and abuse!

donation spotlight.

right: Thank you to our friends at Lost Art & Design for including CFPA in their “It Stays in Peoria” t-shirt campaign! And thank you to those who purchased a shirt with our CFPA logo on the back, where a portion of those proceeds benefit CFPA!

above: Thank you to our incredible friends and partners at the Islamic Foundation of Peoria for donating pre-packaged dinners from Jenin Village Restaurant to our shelter during the holy month of Ramadan! Every Friday through May, the Islamic Foundation committed to providing delicious meals to our shelter guests and joined us in building a safe and peaceful community.

left: Thank you to our friends at Black Band Distillery for donating 5 gallons of locally-made hand sanitizer to our shelter!

Below: Thank you to our friends at Preckshot Compounding Pharmacy for donating and delivering five gallons of hand sanitizer and a supply of masks for our essential shelter staff!

right: Thank you to our friends at Climb Out of the Darkness – Peoria, who delivered bouquets of flowers in honor of Mother’s Day to our shelter guests!

above: Thank you to our friends at Illinois Mutual Life Insurance Company for donating pre-packaged meals to our residents in safe shelter. We are so thankful for their commitment to helping us build a safe and peaceful community.

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.

*photo credit: CFPA
CONTRIBUTORS
center for prevention of abuse

March 1, 2020 – May 8, 2020

CFPA received a grant from the Peoria Medical Society Alliance for Medical Advocacy clothing packs.

The PNC Charitable Trust awarded CFPA a $10,000 grant towards PreventEd: Sexual Abuse programming.

The Morton Community Foundation provided CFPA with funding for two new security monitors and COVID-19 Disaster Relief.

The Community Foundation of Central Illinois gave CFPA grants totalling $9,000 for COVID-19 Disaster Relief.

Thank You!

Dr. William & Pam Albers
Wanda Jan Allison
Sharon & John Amdall
Derek Anderson
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Ruby Arms
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