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THERE’S STILL TIME TO REGISTER!

the light is coming
Light 2021 | 5/12 – 5/13

This spring, CFPA is hosting “Light 2021: A Virtual Conference on Human Trafficking.” This virtual event 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 will also offer a free virtual community information night on May 11 to discuss the basics of human trafficking and how CFPA is helping locally. Visit www.centerforpreventionofabuse.org/conference to register and for more information.

33rd 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 33rd anniversary. On August 28, we will once again have 30,000 rubber ducks “race,” whether it is in person down a giant water slide at EastSide Centre in East Peoria or in a raffle, and the first 15 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 in June. Stay tuned for more information!

In August during the year of COVID, my husband, Tim, and I unexpectedly lost our young dachshund, Junior, to cancer. At only five years old, Junior was, we believed, the perfect dog: handsome, happy, calm, funny, loyal, and loving. When he died, our grief cast a long shadow. Like so many people who experienced loss in 2020, our bright light of hope was a little dimmer.

Around Halloween, Tim and I began looking at puppies online talking about “what if.” After a full month or so of window shopping and wishful thinking, we heard from a woman who sent us a photo of a teeny-tiny, wire-haired, miniature dachshund with dark soulful eyes. We were smitten imagining the warm fuzziness we might soon experience. We did a virtual meeting when he was six weeks old, when he was a pint-sized pup, running, stumbling, and fumbling, with hisubby little belly and over-sized furry feet. We felt joy, hope, and healing at the thought of him joining our little family. We named him Charlie and he came to live with us in the middle of December. Our pandemic puppy.

We quickly learned that our memories of having a puppy were selective. Like so many worthwhile things, having a puppy is such hard work. Charlie has been mostly rambunctious and at times wild, but he also shows lengthening bouts of comforting, genuine affection. We have grown accustomed to his high energy, his sharp puppy teeth, his love for chewing toys, fingers, arms, shoes, the corner of our refrigerator, chair legs, paper towels left astray, and so on. We train, we try our best, and we teach repeatedly. Repetition is key to success, so we hear. “Come Charlie.” “Sit Charlie.” “Stop Charlie.” We have been frustrated and dog-tired, but our hearts are in it and we are happily setting into being Charlie’s humans. There is hope and that light is getting brighter.

To hold a puppy against your chest and feel the bumpety-bump of their heart next to yours, to take in their warmth, to look them in the eye and finally make that eternal connection -- that is hope. But more, to look at a puppy is to imagine the future that you will experience together; their first spring and the pillows of green grass in the yard, hot summer days basking in the sunlight on the kitchen porch, and frosty October mornings chasing squirrels, many walks and explorations to come, headaches, but also laughter. To look into a puppy’s eyes is to see the tomorrows and remember the yesterdays. Their eyes are a window into joy and optimism and they embody a pure soul.

Hope is not metaphoric, nor is it cheesy. It has proven to be a fundamental need to humans at all times, especially in times of crisis. Hope is powerful force. That is a lot of responsibility for a little dog just learning the rules of life! That’s okay, we will get there together.

In Peace,

Carol Merna
Sexual Assault Awareness Month
By: Julie Boland, Director of Sexual Assault & Advocacy Services

Every April, the Center for Prevention of Abuse recognizes National Sexual Assault Awareness Month. We view April as an opportunity to raise awareness of the prevalence of sexual assault and abuse in our community, thank our first responders at the hospitals and within law enforcement, support our dedicated and compassionate staff, and to honor the great courage that survivors of these crimes demonstrate on a daily basis.

Each year, staff and volunteers respond to local emergency departments to provide information and support to over 200 survivors of sexual abuse or assault, more than one third of whom are children. Additionally, more than 300 individuals receive counseling and therapy services to help support them through their trauma.

There are many types of sexual abuse and assault that occur including child sexual abuse, acquaintance assault, intimate partner assault or marital assault, drug facilitated sexual assault, stranger assault, group/gang assault, same sex assault, sexual harassment, sexual exploitation, and human trafficking.

As trauma-informed responders to these survivors, we maintain a victim-centered approach, meaning that the survivor is able to choose how they respond, including the medical care that they wish to receive, who they wish to tell, if anyone, if they would like to make a police report or to seek counseling/therapy services.

When in emergency departments, our team from CFPA’s Sexual Assault & Advocacy Services provides a change of clothes for the survivor, since often their clothes are taken into evidence, as well as resources to support them in their next steps toward healing.

One legal option that is available to sexual assault survivors is a Civil No Contact Order. This order may be obtained through one of CFPA’s Order of Protection offices, located within Peoria, Tazewell, and Woodford County courthouses. A person would qualify for this type of Order if they are a victim of sexual abuse or assault by someone that they have not had an intimate relationship with in the past or if they have never lived with their assailant. Types of relationships that would qualify include neighbors, co-workers, classmates, or acquaintances.

This option was successful for Mary, a survivor of sexual assault by an acquaintance. Mary obtained a Civil No Contact Order which was in effect for two weeks. She was given a court date to return to see the Judge and relate her need for a Plenary, or longer term order. During the initial two weeks, her assailant was served with the Order, along with the date for the Plenary hearing, which he would have the right to attend as well. Mary was primarily concerned with making sure that her assailant was ordered to stay away from her home while she considered her options to make a police report and pursue criminal charges. This remedy was granted by the Judge, ordering that he stay 300 feet away from her home. Mary began working with CFPA’s Legal Advocate, who in conjunction with CFPA’s Court Advocate, provided information and support through the court process. Mary was granted a two year order and has begun counseling services to begin healing. Criminal charges have been filed against the assailant and CFPA staff will be with Mary through every step of the criminal justice process, and after.

CFPA wants all survivors of sexual assault and sexual abuse to know that we are here for you and we believe you, regardless of when the assault occurred.

If you are a survivor of sexual assault and in need of therapy, counseling, an Order of Protection, court advocacy, case management, or additional support services, call our 24/7 crisis hotline at 1-800-559-SAFE (7233). All victim services are free and confidential.

Thank you to all participants for running and walking with us in honor of Sexual Assault Awareness Month! 100% of the funds raised at this year’s event support free and confidential services for survivors of sexual assault. We asked participants to post on their social media, tag us, and utilize #iRunWithSurvivorsAtHome to demonstrate how they believe and support survivors in their communities. We can’t wait to run with you next year!
Child Abuse Prevention Month
By: Laura Kowalske, Director of Prevention Services

The Centers for Disease Control and Prevention reports that 1 in 7 children have experienced child abuse and/or neglect in the past year, and this is likely an underestimate. April is Child Abuse Prevention Month, but no matter the time of year, the Center for Prevention of Abuse works tirelessly to raise awareness about the issue, providing lifesaving information to young people and their families with the hope of stopping the abuse they are experiencing or preventing abuse before it begins.

In the United States, a report of child abuse is made every 10 seconds and a staggering 90% of abused children know their abuser. That is why our PreventEd: Sexual Abuse programming for students Pre-K through 12th grade is so vitally important. During our age-appropriate, evidence-based, and comprehensive programming, we share information with students about safe and unsafe touches, consent, boundary-setting, and what to do if sexual abuse happens to them or someone they know.

An important safeguard to sexual abuse is children knowing who the trusted adults are in their circles – those adults who will believe them when they disclose they are experiencing harm and will help them.

You can help protect the children in your life by:
• Discussing the importance of trusting their own instincts. If something doesn’t feel right, it generally isn’t.
• Sharing if a situation makes them feel uncomfortable, they should get away as quickly as possible.
• Helping them practice using their strong, assertive voice to say, “STOP, I don’t like that!”
• Exploring who other trusted adults are they would feel comfortable going to for help.
• Explaining the importance of telling another adult if the first adult they tell does not believe them or does not help them.
• And most importantly, ensuring they know, if it happens to them, sexual abuse is never their fault.

The Prevention Education Team is proud to offer a variety of resources to the community. Our Child Abuse Prevention Toolkit is available to help families begin or continue the conversation about sexual abuse prevention with children.

To access the interactive toolkit, please visit our website at www.centerforpreventionofabuse.org and click on the Prevention Education tab.

Sis & Me: Down By The Sea
Sis & Me: Down by the Sea is CFPA’s premier age-appropriate children’s story that teaches young children about body safety. As Sister and Brother enjoy a day at the beach, they encounter a variety of friends who help them learn about safe and unsafe touches, consent, and boundaries. While on their ocean adventure, they learn four important body safety rules: Say No, Get Away, Tell Someone, and Be Believed!

Available for purchase online:

Long-Term Care Ombudsmen
By: Theresa Kuhlmann, Regional Ombudsman

When James (name changed due to confidentiality) fell at the long-term care facility where he lives, he waited on the floor for hours for assistance from staff, despite using his call button. He was in pain, cold, and entirely alone, and as he became more desperate for help, he began to yell. When help finally arrived, it wasn’t a comforting face ready to lend a helping hand. It was an annoyed staff member who scolded James for not being patient and for disrupting the quiet hallways.

After James’ loved ones heard what happened, they were concerned for his well-being, so they filed a complaint with us at the Long-Term Care Ombudsman Program at the Center for Prevention of Abuse. The staff member heard and in retaliation, threatened James, making sure James knew he should never file another complaint again. James relied on staff at this facility for basic needs each and every day, but was terrified of what would happen to him if he spoke up again.

This retaliation from the staff member left no physical marks or bruises, but was abusive and put James’ health and safety at risk.

The Long-Term Care Ombudsman Program (LTCP) is a resident-centered advocacy program which protects and improves the quality of life for residents in a variety of long-term care settings. Ombudsmen work to resolve problems of individual residents and to bring about changes at the local, state and national levels to improve care.

Every day, Ombudsmen investigate the issues that plague residents: abuse, neglect, lack of proper care and services, retaliation from staff and/or family, financial exploitation, family dynamics and unawareness of residents’ rights. Getting quality food and adequate amounts of water along with quality care seems like basic necessities, but a whopping 85% of residents living in long-term care facilities suffer from malnutrition.

Far too often, residents in long term care facilities experience violations of their rights including abuse, neglect, poor care, isolation and lack of choices and meaningful activities. Trained and certified long-term care ombudsmen regularly visit long-term care facilities, inspect the conditions at the facility, and lend a voice for those residents who are unable to speak for themselves.

The Ombudsmen also investigate systemic issues like fighting ageism, addressing the disparity of inclusion and equality necessary in long-term care facilities, assuring everyone has equal access to living in the least restrictive environment and protecting individual rights against abuse and retaliation.

Ombudsmen are committed to the tenets of the program which includes taking all direction of the investigation from the resident. We honor the wishes of the resident and only investigate or attempting to resolve the issue when the resident gives their permission.

Currently, the COVID 19 restrictions have created enormous pressure on the residents and their families. Nursing homes, assisted living, supportive living facilities and homes for the developmentally disabled are experiencing the greatest loss of life, as more than 70,000 long-term residents and staff have died from COVID, accounting for 4 in 10 pandemic deaths. (source: AARP.org)

Some residents relay messages of feeling like a prisoner during the quarantine. They don’t understand why their family members have stopped coming to visit. There are sobering costs to the visitation restrictions that have affected some residents’ mental, neurological, and physical health. Since March 2020, the practice of visiting in-person was suspended due to the pandemic. The in-person visits resumed in 2021, and our Ombudsmen are able to investigate complaints face-to-face with residents. Ombudsmen are committed to the front-line care we provide for vulnerable populations and those who need advocacy.

The Long-Term Care Ombudsman Program believes that each person must be treated with dignity and has the fundamental right to be respected as an individual with their own value, interests, perspectives, and circumstances.

If you suspect abuse, neglect, or exploitation of a loved one in a long-term care facility, call the Long-Term Care Ombudsman Program at the Center for Prevention of Abuse at 309-272-2917.
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 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.

Hosted by Center for Prevention of Abuse

MAY 12–13, 2021

Free Community Night on May 11, 2021

Keynote Speakers

Cynoia Brown-Long
Author, Free Cyntoia: My Search for Redemption in the American Prison System; President & Co-Founder, The JFAM Foundation

Dr. Hanni Stoklosa
MD, MPH, Co-Founder & Executive Director, HEAL Trafficking

Jean Bruggeman
Executive Director, Freedom Network USA

Author & Advocate
Lockey Maisonneuve
A Girl Raised by Wolves: Survivor of Child Sex Trafficking

Thank you to our sponsors:

LEARN MORE AND REGISTER AT CENTERFORPREVENTIONOFABUSE.ORG/CONFERENCE
If you suspect abuse of someone you care about in a long-term care facility, call the Long-Term Care Ombudsman Program at the Center for Prevention of Abuse, 309-272-2917.

If your loved one isn’t alone, we are here. and we believe you.

Let’s start the conversation.

**Shelter 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: 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
- Mouthwash, 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
- First aid kit
- Cotton swabs
- Cotton swabs
- Large garbage bags
- **Gift cards or monetary donations to provide any of these items are also accepted**

**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.

CFPA provides training for all interested medical advocates prior to volunteering on calls. For more information, please email Kelly Ward at kward@centerforpreventionofabuse.org.

**Donation Spotlight:**

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.

**Let’s Talk:**

Caroline Banwart

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

After her retirement from nursing, Caroline Banwart started her volunteering endeavor at the Center for Prevention of Abuse. After mentioning she wanted to help the community, her second cousins, Flo and Sid Banwart, who have been generous contributors to CFPA, introduced Caroline to CFPA.

Caroline’s favorite CFPA event is the Duck Race. She has enjoyed helping the CFPA team with the Duck Race entry forms and helping prepare for the race.

“I have many wonderful memories and really enjoyed spending time with the CFPA family,” Caroline stated. “I always felt welcome, appreciated, and at home when I volunteered. I am also very proud to be a part, along with the Donations Coordinator, of expanding CFPA’s food pantry.”

After 17 years of being a dedicated volunteer for CFPA, Caroline is retiring and recently relocated to a local long-term care facility.

Thank you Caroline for your years of service for our agency and commitment to helping us build a safe and peaceful community.

Below: We are incredibly grateful to our friends and partners in peace at Beloved Bundles who donated more than 50 kits to help survivors of sexual assault. These kits will be used during medical advocacies when volunteers respond to calls in our local hospitals.

Thank you to our friends at Member’s Choice Credit Union for holding a donation drive to support CFPA and our mission.

*Photo credit: CFPA*
Clayton Frankel (CF): How long have you been employed at CFPA, and what lead you to working here?

Olga Becker (OB): I joined the CFPA team in 2007. At that time, I was living in Chicago. I had worked at a domestic violence agency for more than 20 years and done some contractual work, but was looking for a change. When I was invited to tour CFPA’s main campus, I was so impressed by what I saw and learned that I never looked back! I’m so proud to now call myself a Peorian!

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

OB: I like reading, watching LOTS of television, and spending time with my family.

Meet Olga Becker, who is a key component in the administration sector of CFPA operations. Design and Communications Coordinator, Clayton Frankel, sat down with Olga to get a glimpse into her work at CFPA.

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Cynthia & David Birk
Brett Bitzer
Andrew Black
Mary Louise Black
Sue & Soul Boost
Christine Bolthinkle
Bonnie & Keith Park
Charleen Boudreau
Marie Brown
Gerald Brookhart
Kathleen & Ronald Brown
Jan Bruce
Dorafeme & Dave Bugrger
Beth Brush
Linda & Ken Bryant MD
Cheryl & Robert Bryant
Marga Bubb
Kimberly Buffington
Eric Bugiaieski
Ann Bri
Bevewly Joy Burk
Becky & Jim Bums
Michael Burris
Lisa & Randy Burt
Karen Busson
Julie Callahan
Susanne & Bob Carreccia
Tom & Jim Casle
Sandy Chessemans
Scott Christie
Potty Cakel
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Melissa & Eric Coulter
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