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Response



JUNE 2018

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Judy Beavers

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www.responseva.org

Growing Healthy Relationships

Healthy relationships are our main goal here at Response. It sounds like a simple concept but many people have never witnessed a healthy relationship.

Just as you need the right elements to cultivate a healthy and robust garden, the same is true for relationships. Water, sunlight, good soil, patience, positive weather conditions, all of these are needed to make a garden grow. To grow a healthy relationship based on non-violence and equality, you must have eight essential elements:

-  Non-threatening behavior — talking and behaving in a way that makes your partner feel safe and comfortable when expressing themselves or engaging in activities.
-  Respect — listening to your partner non-judgmentally; being emotionally affirming and understanding; valuing your partner's opinions.
-  Trust & support — supporting your partner's goals in life; respecting their right to their own feelings, friends, activities and opinions.
-  Honesty & accountability — accepting responsibility for self; acknowledging past use of violence; admitting being wrong; communicating openly and truthfully.
-  Responsible parenting — sharing parental responsibilities; being a positive non-violent role model for the children.
-  Shared responsibility — mutually agreeing on a fair distribution of work; making family decisions together.
-  Economic partnership — making money decisions together; making sure both parties benefit from financial arrangements.
-  Negotiation & fairness — Seeking mutually satisfying resolutions to conflict; accepting change; being willing to compromise.

It's important to note that meeting all of these elements doesn't mean your relationship will be perfect — every garden has weeds — instead, these elements provide the best scenario for healthy growth.

Relationships must be tended to and pruned as these elements cannot sustain themselves. As life's seasons stress a relationship garden with unexpected financial burdens, illness or injury, familial obligations and other strains, it's important to have a resilience reserve and a plan in place for responding to these pressures. Remember, Response is a great resource for your healthy relationship gardening needs — we provide our own tools!

Moving Beyond

Response Support Groups

Many survivors of intimate partner violence and sexual assault find healing through involvement in support groups.

Starting in June, Response will be offering a six week support group called Moving Beyond. Our domestic violence and sexual assault case managers will lead these groups covering a wide range of topics including coping, boundaries, safety, support, and more. The groups will take place on Tuesday evenings from 6-7 pm. Free child care and refreshments will be provided.

As long as there is interest, Response will continue to offer support groups like this throughout the year. If you are interested in attending the Moving Beyond support group, please contact Stephanie Litten at 540-459-5599 for more information.



Spring Time at Response

April Awareness Events

There is so much to recap for April! What a crazy month it was, but in a good way! We hope you got a chance to check out the window at the Chamber of Commerce that was decorated for Sexual Assault Awareness Month—the big teal ribbon was an eye-catcher for sure.

And right across the street you probably noticed the pinwheel “garden” that was planted for Child Abuse Prevention Month. What fun the preschoolers had planting the pinwheels! If you got to Mt. Jackson or Strasburg, we hope you checked out the gardens at their town offices as well. Thanks to all who participated in these events!

Some other outreach events in April included the movie “Audrie & Daisy” at Community Theater, a presentation by Lt. Thompson on sex trafficking at Strasburg H.S., and Denim Day. We also participated in the inaugural Community Volunteer Fair, held at the historic courthouse in Woodstock; approximately 20 nonprofit agencies set up displays and were available to talk with folks about the volunteer opportunities in their organizations. Thanks to Lucia Clark, Doris Lineweaver, and Sharon Isralow for helping out with this event. It’s always good to be a presence in our community!

Spring Fashion Show @ The Edinburg Mill

April 8th was a beautiful spring day for our 18th Spring Fashion Show and what a delightful event it was! We could not have done it without the help of so many folks. A great big thank you to Edinburg Mill for donating the venue, Peebles for providing the fashions and door prizes, Heritage Mill Wines for supplying the wine, and Hairspray salon for donating their time to create beautiful hairstyles and make-up for our models. Thanks to our wonderful models and their coordinator, Michelle Manning, for donating their time and energy to this worthy event. Many other hands contributed food and manpower to make this a success—such an inspiring example of community cooperation for the good of our cause!

Volunteer Spotlight

Response volunteers assist staff with outreach, advocacy, and supportive services. Without help from our volunteers, it would be extremely difficult for our small staff to provide the amount of programming and services we offer. 2018 is a banner year for two of our volunteers. Response Board President, Clare Ellis, is in her final term and volunteer court advocate Susan Carlson will celebrate her 10th anniversary as a Response volunteer! We took a moment to touch base with both women to ask them about their experiences volunteering for Response.

Clare Ellis - We asked Clare how Response evolved in the time she's been volunteering and what Response moments, goals, or achievements she is most proud of since becoming president of Responses Board of Directors. Here's what she shared:

Response began as a grass roots effort by volunteers in the County, to support and assist victims of domestic violence and sexual assault, to find safe shelter and resources for them, should the victim wish. From county residents opening their hearts and their homes to provide that safe shelter, to motel rooms when housing in private homes was no longer feasible, to being given space at the Shenandoah County Farm, to procuring and owning our own space, Response has come a long way! We began in 1980 with volunteers who helped clients to obtain services to where we are now, a professional staff and shelter that continues to serve clients effectively and efficiently. I am particularly proud that I was invited to be a part of this growth, the result of which has been to help clients find their way through victim status to reach the goals that they, the clients, set for themselves.

My family moved to Shenandoah County during the summer of 1984. Much to my surprise, I found that a friend, Billie Lively, who had been our neighbor in Vienna, VA was a neighbor again and was part of the grass roots effort to form Response. Billie and other volunteers, who came from New Market to Strasburg, worked diligently to address the needs of victims of domestic violence and sexual assault, something that was not being addressed by any other organizations in the county. Billie explained the Response concept and asked me to become a board member. That was the beginning of what is now 34 consecutive years as a proud Response volunteer and my second stint as board president.

Susan Carlson - We asked Susan about her volunteer role at Response, what prompted her to volunteer and what she enjoys most about the experience. She shared this with us:

I was looking for something to fill what I thought would be extra time when my children adventured off to discover their worlds. I am a court advocate and a CAP volunteer--- I consider myself to primarily be support to staff--- especially in these two areas. I think it is very important to maintain a physical presence in areas of the community that we have been invited into- maximizing our potential to provide support services. I am honored to be involved with such a great group of people who give their time, their compassion, and their resources to be of service to each individual's special needs.

*****Our courtroom volunteers assist the Court Advocate in providing accompaniment to Response clients for various incidences that are tried in the Juvenile & Domestic Relations courtroom. Child Assault Prevention (CAP) volunteers assist our Child & Youth Services Coordinator in child assault prevention programming at our local elementary schools.*****

If you're interested in becoming a Response volunteer, please contact Lynn McKee at 540-459-5599 or email her at volcoor@shentel.net.

Community Donations Help Sustain Response

A Letter from Response Executive Director, Jennifer Morrison



It is the time of year when Response needs to review the budget and work with grant funders to determine how much funding we need to carry out our mission next fiscal year. In order to receive grant funds, we have to agree to match a portion of the state and federal funding with local dollars. Response has to match \$62,690 with monetary and in-kind donations this fiscal year ending June 30, 2018. We do not know how much we will have to match next year until the grant cycle is complete and the state finalizes their budget. Matching funds come from donations, local grants, volunteer hours, and fundraising.

This year we face some additional uncertainty. The analysts predict that charitable giving will drop by \$16 billion to \$24 billion (about 6-9%) per year as a result of the new tax laws. So far, this fiscal year our donations are down 30% from the previous year.

The undesignated monetary donations we receive go to our general funds and we use the money to pay for expenses to run our sexual and domestic violence programs.

We also search for grants that will fund services not available in our community such as transportation. The Shenandoah Community Foundation has graciously given us grant funds throughout the years to assist clients that need assistance with transportation costs. We have also received funding from the United Way of the Shenandoah Valley as well as Shenandoah County to assist us in covering the costs of utilities, life skills training, and maintaining our aging building.

We currently have a grant to assist with legal services which has been a wonderful addition to the current services provided to our clients, as we can now rely on legal representation for matters involving sexual and domestic violence issues.

We will continue to provide as many services as possible with the funding we receive. We collaborate with other service providers in the region to assist those in need and we appreciate all of the support we receive from the community.

How can you help? Partner with us by donating cash, needed items, and supporting our fundraising events.

Please let me know if you have suggestions or questions.

Sincerely,

Jennifer Morrison

Executive Director, Response, Inc.

Urgent Needs

If you are thinking of giving to Response, here is a list of our most urgent needs. Gift cards are always appreciated as they help supplement any specific individual needs that we may not be able to provide. We monitor the use of the gift cards closely and require receipts for any items purchased with donated gift cards.

- 9V batteries
- Drano
- Gift Cards (Walmart, Food Lion, Sheetz, etc.)
- Spray Cleaner
- Toilet Bowl Cleaner
- Umbrellas



Response

Celebration of Hope

A Fundraising Event

Saturday, October 6,
7pm – 10pm



At Cave Ridge Vineyard



Live Music by Souled Out

Admission: \$50 before Sept. 17, 2018
\$60 from Sept. 18-Oct. 1, 2018 (the last day to purchase)

Tickets must be purchased in advance.

Admission includes dancing, hors d'oeuvres,
and a chance to win prizes (you do not need to be present to win).

Evening includes a live auction!

Wine and beer available for purchase.

For Online Reservations and Information Visit: www.responseva.org/celebrationofhope

Celebration of Hope Registration

☐ Yes, I want to Celebrate Hope with Response.

Enclosed is a check for \$_____ for _____ reservations.

☐ I cannot attend, but enclosed is my donation for \$_____

Name: _____

Address: _____

Email: _____ Phone: _____

Make Checks payable to: Response, PO BOX 287, Woodstock, VA 22664

30 Days of Giving



This April, Peebles store in Woodstock offered their guests an opportunity to donate to Response. We were thrilled to receive a check for \$621 from the donations collected at the Woodstock store. Thank you to Peebles and their guests for a generous contribution to the work we do!

The collection was part of Peebles annual Community Counts program called “30 Days of Giving” in support of local organizations that make a positive impact. The program has been successful and raised more than \$7 million for more than 1,000 local organizations across the country.

Cómo Mantener su Seguridad Cuando Usa la Tecnología y las Redes Sociales

La tecnología está siempre cambiando y puede lo mismo ser usada para poner en riesgo su seguridad como para ayudar a mantenerla fuera de peligro. Ya que el problema de la violencia doméstica involucra a alguien que trata de ejercer su poder y control, es común que esta persona trate de usar la tecnología para monitorear y controlar a su pareja. La información que a continuación le presentamos puede ayudarla a mantener su seguridad mientras hace uso de la tecnología, incluyendo el uso del teléfono o la computadora.



- ◇ ¿Usted siente que alguien la está monitoreando? Tome nota de los siguientes datos que pueden servirle de ayuda.
- ◇ ¿Sabía que es posible monitorear cómo está una persona usando su computadora sin que llegue a enterarse?
- ◇ ¿Sabía usted que el historial de navegación o las páginas de internet que ha visitado, no puede ser totalmente borrado de la computadora?
- ◇ ¿Sabía que es posible que alguien esté monitoreando su teléfono celular?
- ◇ ¿Sabía que en su carro, su cartera y su teléfono celular alguien podría poner un sistema global de posicionamiento (o GPS en inglés)?
- ◇ ¿Sabía que las Cortes de algunos sistemas judiciales del país archivan todos sus récords en internet y que el público tiene acceso a estos récords, los que contienen información personal?
- ◇ ¿Sabía que el correo electrónico funciona de modo similar a si enviara una postal por correo, alguien puede interceptarlo?

Nuestros asesores están listos para responder llamadas las 24 horas del día, 7 días de la semana, llamando 540-459-5161 o 1-888-459-5161. Cada llamada la mantenemos anónima y confidencial.

Thank you for your monetary and in-kind donations from Jan. 1, 2018 to May 31, 2018

Individuals

Linda Allen
Bonnie Barrick
Judy & Bill Beavers
William & Judith Buechner
Nancy Burner
Jane Butler
Michael & Pamela Clem
Sandra Coffman
Carrie Comer
Marsha Sollenberger
Cooper
Julianne Craig
Ruth Delawder
Donna Devier
James & Sophie Donlin
Michelle Downs
Javier & Ana Maria Echaniz
Melody Emswiler
Clare Ellis
Debra Ernest
Gerald & Patricia Fisher
Mary Ruth Follet
Patricia Fuchs
Thomas Michael Fugate
Mary Gessner
Bill Golliday
John Good
George & Diane Gould
Missy Harold
Shannon Hawkins
Steve, Cecilaine & Broady Hecker
Stephanie Heishman-Litten
Nadine Hoover
Sharon Hoover
Linda & Richard Howell
Sharon Isralow
Brian & Cassandra Johnson
Cheryl Kerr
Sharon Kibler
Carroll & Susan Koller
Patricia Krenay
Jerry Lambert
Doris Lineweaver

Harry & Virginia Long
Brenda Lovan
John & Sue Low
Yvette & Elvie McCoy
Richard & Jane Moll
Steven & Darla Moomaw
Katherine Morrison
Pat Murphy
Jennifer Neal
Margaret Nelson
Matthew & Michelle Nugent
Betty Ortt
Annette Petrick
Betty Phillips
Thomas & Melody Popp
Fiona Post
Verlin & Joan Proctor
Cynthia Ramey
Brenda Rawlings
Joan Reistetter
Kayla Rinker
Emily Sargent
Brooke Scheler
Linda Schmidt
Joyce Smart
Kim & James Stevenson
Beth Stieffenhofer
Charlotte Tamerrino
Thomas Truban
Gail Vasta
Dan Voss
Dan & Cynthia Walsh
Jan Whalen
Jon & Karen Whetzel
Juanita White
Ardith Wykoff
Henry & Laura Zimmerman

Businesses

Benefit Barn
Farmers & Merchants Bank
Haun-Magruder
Holtzman Corporation
Humphrey Management
LD&B Insurance Agency
Lee's Auto Repair

Lee's Trucking
Lee Street Publishing LLC
Life Enrichment
Services—Monica Johns
Mountain Courier
Natural Art Garden Center
Ortts Electric, Inc.
Peebles
Shenandoah Memorial Rehab
Shenandoah County Thrift Store
Shenandoah Valley Electric

Churches

Antioch Church of the Brethren
Columbia Furnace
First Baptist Church
Mt. Zion Lutheran Church—New Market
Shenandoah Community Fellowship
St. Paul Lutheran Church
United Methodist Women
Woodstock Presbyterian Church
Zion Christian Church—Maurertown

Organizations

Bryce Ladies Golf Tournament
Dorcus Quilters
Dupont Community Credit Union
Full Hearts
Peebles
Powhatan Ruritan
Shenandoah Community Foundation
Toms Brook 4H Club

100 Women Club

Patricia Albaugh

Joan Anderson
Judy Beavers
Carol Boyer
Judith Buechner
Patricia Canody
Catherine Christovich
Kay Crawford
Lucia Clark
Elizabeth Cottrell
Anna Maria Echaniz
Clare Ellis
Patricia Fisher
Marian French
Patricia French
Patricia Fuchs
Robin Grubbs
Susan Harper
Lynn Holtzman
Brenda Hull
Sally Hupp
Sharon Isralow
Cheryl Kerr
Phoebe Kilby
Sarah Kohrs
Susan Koller
Doris Lineweaver
Candice Lopresti
Martha Macleod
Valetta McClinton
Suzanne Montgomery
Sally Montrey
Carolyn Neri
Lorraine O'Neill
Betty Phillips
Christina Price
Joan Reistetter
Suzanne Roulston
Wilhelmina Santiful
Janet Sommerfeldt
Jeanne Teller
Meg Trott
Marjorie Van Nest
Ellen Warren
Laura Zimmerman
* In Memory Of:
Dr. Margaret Loweth & Paula Dailey

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Response offers many opportunities for giving. To see how you can get involved, visit our webpage,
www.responseva.org.

Your contributions help Response provide these services:

24-Hour Hotline ~Crisis Intervention ~Information & Referrals ~Supportive Counseling ~Safety Planning	Accompaniment ~Court ~Hospital ~Police Department ~Magistrate	Individual Support ~DV/SA Education & Support ~Case management ~Goal setting ~Personal finance ~Life skills ~Legal Representation
Shelter ~Confidential/Secure Location ~Emergency Food ~Support Groups ~Activities	Children & Teens ~Individual Support ~Support Groups ~Teen Advisory Board ~Life skills	Awareness & Outreach ~Presentations for civic groups, churches, businesses & schools ~Community Events