



Fall 2017

Director's Message



FAMILY VIOLENCE PREVENTION CENTER

Violence Free Messenger

Dear Friends of FVPC,

As I return to a full time role at FVPC, my concern has specifically turned to the effects of trauma on each family member experiencing family violence.

Let us take a look at trauma and the influence of this in our own lives. Each of us can recall experiences from our childhoods that provoked anxiety such as being lost in a store, walking by the scary neighborhood dog, spelling bee contests, picking teams in gym class and the list goes on. Some of the experiences that I have identified as anxiety producing could cause trauma, but FVPC works with children and adults that have lived through more negative and adverse experiences.

Trauma is defined as a deeply distressing or disturbing experience with psychological and physical implications. The frequency, intensity and duration of traumatic situations logically influence the extent of the impact on a person.

The impact of trauma influences the development of the brain, emotions, and the physical body. The impact yields long-term effects on the entire person starting from the age when the trauma occurred, into the future. Children and adults who are exposed to high intensity trauma, such as exposure to violence in the home directed at others or at themselves for extended periods can bear lifetime effects.

Too many of us are paying the impacted price for trauma either personally or as a society. The Center for Disease Control has done a great deal of research regarding the Adverse Childhood Experiences (ACEs) which indicates high correlation to mental health concerns such as adjustment, anxiety, depression, addiction and suicide. Further, serious physical health complications such as heart disease, obesity and cancer are linked to the number of ACEs a person experienced as a child.

For children and adults with adverse childhood experiences the pain is derived from a powerful relationship that should have been safe. Hence, relationships can be the venue where healing happens. Having a teacher who understands and believes in you or a trusted friend you can confide in may mitigate the long-term effects of early trauma.

As we promote connection to one another in the community, we all have a role and interest in reducing the painful effects of trauma. Friends of FVPC have multiple ways to help with reducing these effects. First, you can share with others that FVPC is here and ready to help. Second, you can volunteer to support the activities that FVPC does to provide trauma informed interventions. Third, you can assist us with the needed Wish List items that allow us to provide daily, safe support. Fourth, you can boost the organization's financial stability through contributions now and through bequest giving. As friends of FVPC so many of you do these activities already which allows us to build caring relationships with those who have been traumatized and assist them in their healing journey.



Debbie Matheson



This **October**, let us honor National Domestic Violence Awareness Month by promoting peace in our own homes and communities. Domestic Violence is too common and consequential to stay quiet. Speak up! **Wear Purple!** Post your photo to our FB page and get the conversation started. Stand up and against language that allows violence to spread. You can take part in the campaign to take a stand against violence by joining us for the Candlelight Vigil on Oct. 2 (6:00 pm).

The Vigil will be held at The Greene Town Square.

FVPC News

Outreach Spotlight: Creative Third Party Fundraising

Fundraising for FVPC Suggestions

Civic groups, churches, businesses and neighborhoods...we have ideas for you if you want to have some fun and raise money too!

- Workplaces can plan a denim day or wear purple for dv awareness and charge a fee to participate.
- Plan a “Sit-a-Thon” and offer babysitting services for a fee on a designated day or evening.
- Groups can “Skip A Meal” at a restaurant and give the money you save to FVPC.
- Diva it Up: design and sell t-shirts that speak out against domestic violence or sexual assault.
- Celebrate love and host a “Sweetest Day” dinner at your house and have your guests make a cash donation instead of paying for the “bill”.
- Sell 50/50 raffle tickets during lunch or sporting events.
- Holiday Giving & Wish List ideas are provided on our website [www. violencefreefutures.org](http://www.violencefreefutures.org) under the “Get Informed” tab.

These are just a few ideas to generate conversation in a new way & help victim support services. Ask your group leader/employer if they would pledge to match the money raised.

The Dove Giving Club 2017

For almost 20 years, the Dove Giving Club has recognized our most generous financial benefactors. Dove Club eligibility is based on the total amount of all tax-deductible financial gifts made or committed to during a given year. See the enclosed reply form for information on making a contribution at any level. For more information, contact our Development Coordinator at Ron.Herre@ViolenceFreeFutures.org or call 376-8526 ext 107.

At this time, we are pleased to recognize those individuals who have already committed to the Dove Club.

Gold Doves

Bellbrook UMC
Allan Cummings and Julia Hall
John and Mary Jo Martin
Michael and Mona Vollmer
Xenia Chrome DIVAS

Silver Doves

Steve and Eileen Austria
James and Susan Bash
Corner Cupboard Charities Inc.
Greene County Board Of
Developmental Disabilities
Greene Memorial Hospital &
Soin Medical Center
HB Electric & Construction LLC
Ron and Betty Herre
Kirkmont Presbyterian Church
Harold and Deborah Matheson
Bill and Elaine Mercurio
Mesaros Law Office
Elsie Mommsen
Edward and Frances O'Shaughnessy
Ed and Diane Phillips

Foundation Support

Dayton Foundation
Francis Crosthwaite and David H. & Edith W.
Clark Funds of The Dayton Foundation
Iddings Foundation
Jacob Alan Barker Foundation
Levin Foundation
Reynolds and Reynolds Associate Foundation

SugarCreek
Jerry Sutton and Sandy McHugh
Andreas and Wetona Walchner
White Doves
Alek Companies
Phillip and Pamela Barron
Ann A. Bockrath, D.D.S.
Joan Dautel
Michael and Nancy Gazzerro
Greene County Public Library
Richard Lapedes and Maureen Lynch
Marilyn McCauley
Mary Ann Miley
Loyal Order Of Moose #73
Rick and Becka Perales
Jerry and Gerry Petrak
Reichley Insurance Agency, Inc.
Patti Schwarztrauber
SERVATOOL
St. Paul the Apostle Orthodox Church
Susan Stiles and Alan Raney
Maxine Tieber
Yellow Springs UMC

Community Partners

Greene County Community
Foundation
Mental Health Recovery Board of
Clark, Greene & Madison Counties
TCN Behavioral Health
United Way

Additionally, the generous supporters listed below made Membership or Donor level gifts during the period June 1st through August 31st of this year.

Members

Amy S Boland, Law Office
James and Judith Beller
Mary Carter
Jerri and Glenn DeVoe
Danny Hamilton
Louise Jones
Kestrel Publications, Chris Woodyard
Laureate Omega Chapter of Beta Sigma Phi
Jere and Joanne Miller
Therese Richman
Laura Romesburg
Gary and Jackie Siembab
John and Takako Taffany
Unitarian Universalist Fellowship Of Yellow Springs
Donna Walker

Donors

Mary Graves
Phil and Teri Houston
Thomas and Joan Mochty
B. Randall and Jullie Roach
Dick and Gail Lewis
Rachel Scott
Joan Staloch
Target Corporation Employees
VFW Auxiliary Post 2402,
Cooper Jordan Memorial

We Thank You!

UPCOMING EVENTS

October 2 Candlelight Vigil honoring Domestic Violence Victims, Survivors and their Families at The Greene Town Square. (Starts at 6 pm). **Note New Location this year!**

October 4 Annual Law Enforcement Awards in the Media Room at Job and Family Services on Ledbetter Road. (Starts at Noon, all welcome)

October 17 (5-9 pm) Eat dinner at CHIPOTLE and mention that you are supporting FVPC. 50% of proceeds will be donated to FVPC.

Location: 3286 Pentagon Blvd Location (across from Mall at Fairfield Commons)

October 26 (10:30 am -10 pm) Dine out at CITY BARBEQUE and we will get 25% back! We will post the flyer on our fb page everyday that week. Location: 2330 N. Fairfield Rd.

November 8 Donor and Volunteer Appreciation & Annual Meeting at The Centre at Stonehill Village (Invite to follow)



**Partnering: FVPC & Our Community:
Thank you for your special support!**



- ♦ **ZETA PHI BETA SORORITY, INC. XI BETA ZETA CHAPTER**, thank you for 17 years of financial and in-kind donations.
- ♦ **HB ELECTRIC AND CONSTRUCTION** for creatively inspiring your employees to raise money with your Flea Market Flip-inspired fundraiser. Employees were given money to purchase and repurpose an item to re-sell, benefitting FVPC. Additional and noteworthy giving from HB Electric and Construction included the complete construction of a new office space for our Prevention Team!
- ♦ **XENIA CHROME DIVAS** for organizing your 5th Annual "Ridin' Away the Pain" Poker Run to raise funds for FVPC programs and services and raising awareness at the same time! Looks like you had a great day!
- ♦ **FIRST RESPONDERS AND BIKERS ADVOCATING AGAINST ABUSE** for raising enough money during your Fire House Motorcycle Ride in order to buy Payless Shoe Source gift cards for our children to obtain new shoes this back-to-school season and beyond.
- ♦ **BEAVERCREEK HIGH SCHOOL VARSITY AND JV DANCE TEAMS** for volunteering your time on three occasions this summer. The kids will always remember your fun spirits!
- ♦ **DOMINO'S PIZZA** in Xenia for twice monthly "Pizza Night" at FVPC. This ongoing donation feeds many!
- ♦ **KROGER PLUS SHOPPER REWARDS** support increased from 30 to 36 households. You too can connect your Kroger Plus Shoppers card to FVPC **#81623** today!
- ♦ Thank you to our partners at **GOODWILL IN BEAVERCREEK AND XENIA** for accepting donations of household goods, clothing etc. on our behalf and turning a percentage of these donations into shopping cards for our clients.





380 Bellbrook Avenue
Xenia, OH 45385

RETURN SERVICE REQUESTED

NON PROFIT ORG
US POSTAGE
PAID
PERMIT 310
XENIA OH

Our Current Wish List

- | | |
|--------------------------------|------------------------------|
| Antibacterial wipes | Gas/Dining/Lowes gift card |
| Non-Latex medical gloves | Shower Curtain Liners (XL) |
| PJs and Sweatpants - Adult M/L | Office Supply Gift Cards |
| Women's Underwear - Adult S | Power Tool - Drill |
| Footie Socks - All Sizes | Bed Pillows (new) |
| Paper Towels/Toilet Paper | White Bed Sheets (new) |
| Facial Tissues | (Crib, Toddler & Twin Sizes) |
| Alcohol Swabs | Twin Mattress Pads |
| Benadryl | Used Smartphones, iPads |
| Ibuprofen and Tylenol | & iPods |
| Teenager Gift Items | Bath & Hand Towels (new) |
| Infant Care Products & Toys | Wash Cloths (new) |

We no longer accept ink cartridges.

**Donations are accepted M-F from 10am-4pm.
Please call ahead. Larger donations such as
furniture and appliances are needed on occasion
(call to inquire).**



Thank you to Dean's Landscaping for your services!

Our Phone Numbers

**24 hour Support Hotline:
372-4552 or 426-2334**

**Administrative Concerns:
376-8526 or 426-6535**

www.violencefreefutures.org

FAMILY VIOLENCE PREVENTION CENTER IS A MEMBER OF:

