

Director's Message



FAMILY VIOLENCE PREVENTION CENTER

Violence Free Messenger

Dear Friends,

FVPC is very pleased to announce that through a generous donation by Al Cummings and Julia Hall, a new phone system was installed on January 15th. We are so thankful for backing of this magnitude. One change that the community at large needs to note is that each staff member has a new extension. When you call into FVPC you will either be greeted by a live staff member or be able to select staff members by name through a staff directory. The staff member's name and extension number will be provided as you access the directory so that you will be able to use the extension in the future and avoid the directory step.



We will use this new phone system as FVPC continues to help all members of a family who are dealing with the effects of domestic violence. Recently, the sister of a domestic violence victim called our 24 hour hotline and shared that her sister made the courageous decision to leave an abusive relationship and asked to stay with her for safety and support. Being anxious and overwhelmed by that task, she called and stated, "I do not know what to do". Our Crisis Intervention Specialist (CIS) assured her she had called the right place and that we are able to support her sister through the stages of healing.



The services that would be of assistance to the victim were reviewed. The CIS described our Healthy Homes education class used to develop empowerment of domestic violence victims and shared that she and sister could attend together. Our hotline worker also suggested community resources that could address new life necessities as well as individual counseling to focus on effects of the abuse trauma. The caller expressed great relief and gratitude for the support she received during the conversation. As the call came to a close, the CIS reminded her that a staff member is available throughout the day and night to answer their phone calls.

This is an example of the advocacy that happens daily. Extended family members often need reinforcement and education about the dynamics of domestic violence and process how to be there for a loved one who seems "stuck" in the abuse. On average a domestic violence victim leaves the home where the abuse is occurring seven times before the final end of the relationship; those seven times span an average of eight years. Over time, battering behavior often drives a wedge between victims and their safe friends and family. We can assist when they need professional guidance and a clear understanding of how to interact with their loved one in a non-judgmental manner. If you have a family or friend who is experiencing domestic violence please contact FVPC on the 24 hour supportive hotline at 937-374-4552 or 937-426-2334. Our trained, experienced staff is ready and waiting to help!

Remember: You Can Help FVPC While You Shop for Groceries at KROGER!

Register your KROGER card online at www.krogercommunityrewards.com (click on sign in/register, or create an online account if you don't have one).

Follow the directions online to select FVPC; our number is 81623. When you've enrolled, you'll see FVPC's information on the right side of your information page.

Swipe your registered Kroger Plus card when you shop at Kroger. THAT'S IT! From then on, each purchase you make with your Kroger card generates support for the work of Family Violence Prevention Center.*

In 2014, FVPC earned \$438.52 - THANK YOU!

**All participants must re-enroll each year to continue earning awards.
Please check and see if FVPC is your designated charity.*



FVPC News

Recap: What We Accomplished In October During National Domestic Violence Awareness Month

FVPC reached over 725 community members including college students, federal employees, air force personnel, advocates and clergy throughout Greene County, promoting awareness of the consequential effects of abuse in our communities along with information about the various supportive services we offer. We participated in events at Wright Patterson Air Force Base, Reynolds and Reynolds, Sinclair Community College, University of Dayton, Central State University and the Combined Federal Campaign Kickoff at the Nutter Center.

We also placed **Purple Ribbons** throughout the county to increase visibility of the common problem of domestic violence and to provide our supportive hotline phone number. Our annual candlelight vigil, **Pause for Peace** occurred on October 6 with increased attendance and messages of hope and support. The group held a moment of silence in memory of the 20 lives that were lost in Ohio due to domestic violence in 2013. We were the headline story on Fox45 that evening.

Plan to join us next year for the Candlelight Vigil on the first Monday of October.

Stand Strong, Be Strong We were invited to present at this conference held at the Hope Hotel for WPAFB personnel focusing on the resiliency and strength of domestic violence and sexual assault survivors. Debbie Matheson led the group through an interactive activity designed to help people understand the challenges and common experiences of victims trying to leave an abusive relationship. Many people commented that the activity was helpful and thought-provoking. It was a special morning dedicated to honoring the spirit of survivors and strengthening the helpers' responses while providing assistance to those in need throughout the base and the local area.



The Clothesline Project display at the Candlelight Vigil in October

It's Wise to Be Aware

Each month our society seizes an opportunity to raise awareness of special causes. For example, January was National Stalking Awareness Month. Stalking can be a component of domestic violence, often occurring after a survivor leaves an abusive partner. Our definition of domestic violence is a pattern of unhealthy behavior used to impose, gain and maintain power and control over an individual in an intimate relationship. Stalking is a form of control used by someone when the relationship is over, with the intention of intimidating the victim into returning to them. However, anyone can be stalked. You may not even know your stalker, but you may be sure you are being stalked.

Victims of stalking can apply for a stalking protection order through the Domestic Relations Court. Please be aware of other safety steps. Victims should not share their safe locations with anyone outside of their support network. Additional suggestions include: change your normal routines, rent a PO Box, save anything that comes from the stalker, be aware of police stations, let your friends, family, employers know you are being stalked and share any photos you may have. Finally, do not hesitate to call 911 if you feel you are in danger. We also encourage you to call FVPC's supportive 24 hour hotline number if you or someone you know has safety concerns. 937-372-4552 or 937-426-2334.

Giving to FVPC

"On Behalf of FVPC", Donations remain very important to us, but due to minimum storage area, we partner with Goodwill in Xenia and Beavercreek who accept your donations of clothing, household items, etc. on our behalf. Simply mention this to them and they will issue a receipt with our sticker on it and then we ask you to send us the receipt. Certificates are then issued to FVPC based on these donations. Clients use these certificates to purchase items they need. Thank you and if you have questions about this program, please call in and speak with Harmony Byrd.

We want to shine a spotlight on the **Zeta Phi Beta Sorority, Xi Beta Zeta Chapter** who has been showering us with support and donations for fourteen years. We truly appreciate the dedicated and combined efforts they make to donate collections of professional clothing, school kits, personal care kits and household items. It is a gift to be an organization and cause they care about. Thank you from the board, staff and clients at FVPC!

Volunteering is another great way to help those served by FVPC. We have many opportunities for you depending on your available time, skills and interests. Currently, we have the following needs: 1) grocery shopping 2) kitchen support, 3) administrative support (ie. data entry, answering phones and greeting visitors), 4) moving & 5) childcare in the evenings. Please contact Harmony Byrd for more information and to get started. Hope to see you soon!

How FVPC Enjoyed the 2014 Holiday Season



Our Annual **"Adopt-A-Family"** program successfully provided gifts for 70 survivors and their children. It was a joy to work with each and every special donor. Most donors have participated before while we were also blessed with brand new support. We are thankful for all of you. Residents are wearing their stylish clothes, playing with their toys & crafts and enjoying the warmth of a brand new coat, hat and gloves picked out just for them. You truly gave hope to those needing it the most this season.

FVPC staff was treated like royalty by a gracious group from Serco Fairborn led by FVPC Board member Becka Perales. They selected the center as a project which included catering a sit-down lunch with salad, pasta, breadsticks, desserts and take-away chocolates. What a welcomed delight during our busy holiday season. Serco Fairborn also collected 640 items for the center from our wish list. Thank you very much for thinking of us!



Serco Fairborn Holiday Drive

The holidays were extra special with the generosity and thoughtfulness of the following groups/individuals: Veterinary Associates, AFRL-RX, Beaver Creek Rotary, Xenia Chrome Divas, Julie's Hair Attractions, New Neighbor League, Knights of Columbus Council 1801, Amvets Post 444, Beaver Creek Chiropractic, Downtown Xenia NOW, Spring Valley Tree Farm, WPAFB, Jana Gruber, God's Chicks, Federally Employed Women, Serco Fairborn, Jerry Sutton, Deborah Matheson, FVPC Board Members and Adopt-A-Family donors. Each one of you took exceptional effort and it is appreciated by residents, the staff and the board.

Mark Your Calendars: What's Happening at FVPC

Walk a Mile in Her Shoes®

We will host this fun and experiential event on February 28 at 2 pm at Five Seasons Sports Club during "Teen Dating Violence Awareness Month". Young men are encouraged to come out and walk a mile in a woman's shoes in order to break the silence and start talking about the serious consequences of unhealthy and abusive dating relationships. We will give prizes for various categories such as fastest, highest heels and school with the most participation. Encourage the teenage boys and girls in your life to come out, bring a pair of high-heeled shoes and join this important experience.

Learn more about the realities of teenage dating abuse at www.breakthecycle.org & www.loveisrespect.org.

Superhero Child Abuse Prevention and Education (C.A.P.E.) 5K Run/Walk

Join us on April 25 at 9 am for our annual 5K Run/Walk. In collaboration with Children Services, Greene County Board of Developmental Disabilities and The Xenia Chrome Divas, we will host this family-friendly activity to spread the message that child abuse is not ok and it is reportable. The event begins at Beaver Creek High School. Register at www.speedy-feet.com. Wear a cape to show you are a child's superhero because every child needs a hero in life.

Spring Is In The Air & So Is An Uncommon Affair

On May 1, 2015, join the Board of Trustees at Country Club of the North for our annual fundraiser. It promises to be a memorable evening of dinner and entertainment to benefit the services of FVPC.

For all event information, please contact Harmony Byrd at 376-8526, ext. 112 or go to www.violencefreefutures.org for registration forms or more information regarding these events.



Did you get a new cell phone?

Bring in your used cell phones/smart phones as an easy, no-cost way to support FVPC. The cell phone recycling program is sponsored by Shelter Alliance. In 2014, we received \$315.00 from your donated phones.



Follow us:
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Instagram





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Xenia, OH 45385

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Our Wish List

Items received from our "wish list" help stretch our shelter dollars.

Currently, items most needed this winter are:

Bottles of Water	Hair Shampoo/Conditioner
"401" All-Purpose Cleaner	African American Hair Care Products
Disinfectant Spray	Gently Used Bikes
Bleach (1 gal. size)	Hard Candy
White Distilled Vinegar (1 gal. size)	Lowe's Gift Cards
Clear food-serving & latex gloves	Facial Tissues
Paper Towels/Toilet Paper	Gas/Dining gift cards
Batteries- 9V	Office Supply Gift Cards
Shower Curtain Liners	Bed Pillows (new)
Electric heating pads	White Twin Sheets (new)
Laptops/Tablets	

Donations are accepted M-F from 10am-4pm by appointment by calling 937-376-8526. Larger donations such as furniture and appliances are needed on occasion (call to inquire).



1111 N. Detroit Street
Xenia, Ohio 45385
937-372-0821
www.deanslandscaping.net

Through the generous Support of Dean's Landscaping, the mowing of FVPC has been conducted at very low cost. A big thanks to Dean's for their support!

Happy New Year from FVPC staff!



FAMILY VIOLENCE PREVENTION CENTER IS A MEMBER OF:



A portion of the cost associated with the publication of the **Violence Free Messenger** donated by:
Wright Patterson Officers' Spouses' Club