



HELP OF DOOR COUNTY, INC.

HELP's Highlights

Eliminating Domestic Abuse
SPRING 2011

SPECIAL POINTS OF INTEREST:

- Calendar of Events
- Resources
- The Giving Corner

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HelpofDoorCo



INSIDE THIS ISSUE:

- * Visitation & Exchange Celebrates 10 Years!!
- * Anne Kok Social Justice Award
- * Sound Off! Media and Domestic Violence
- * Gender Inequity in Door County
- * Fused Glass Auction for United Way of Door County's Endowment

2011 COUPONS FOR A CAUSE

Coupon books will again be sold to benefit HELP of Door County, Inc. They will be available May 1 at a cost of \$20 and include double the coupons of last year's book of savings. This year's goal is \$20,000 to benefit HELP. There is a diverse list of participating businesses offering a wide range of over 40 discounts and deals. Please support our partner local businesses and support HELP at the same time. Some participating businesses include: Brick Alley, CheeseCake, Etc., Door County Nature Works, Eyes for You, LeFevre Tire, Mr. G's, On Deck, Plum Loco, Peninsula Players, Renard's Cheese, Sherry's Hallmark, Saguaro Day Spa, Trio, and Young Automotive.

For a complete listing of coupons, please go to our website www.helpofdoorcounty.org. To purchase a 2011 Coupon Book, please contact a board member or call HELP at 920-743-8785 or online through HELP's website. HELP appreciates the support of the community on this fundraiser.

Prevent Child Abuse



On New Year's Eve, The Titans Motorcycle Club held a benefit for HELP of Door County, Inc. at the Knights of Columbus in Sturgeon Bay. The evening included food, drinks and a silent auction. The group raised nearly \$2000 in cash and donated goods for HELP. Pictured above is Orlaine I. Gabert, Interim Executive Director, Burly, Doc, and Hollywood.

Over 3 million reports of child abuse are made every year in the United States. We can prevent child abuse; here is what you can do to help:

1. Understand the causes of child abuse and learn all you can about abuse and neglect. For more information check out this website www.preventchildabuse.org
2. Learn to identify the warning signs that a child is being abused.
3. Report any known or suspected case of child abuse.
4. Seek help if you feel you are at risk of abusing a child.
5. Be a friend to a child or parent in need.
6. Alert others to the problem. Many do not recognize or understand the effects of physical, sexual and emotional abuse and neglect.

**Be a part
of social change.
When you see
or hear violence,
speak up and try
to make a
difference!**

SAVE THE DATE

Annual Meeting
Tuesday, June 21, 2011
6:30 pm
TBD

Visitation & Exchange
10th Anniversary Event
Summer, 2011
More details to come....

- Intimate partner violence results in more than **18.5 million mental health care visits** each year.
- Only approximately one-quarter of all physical assaults, one-fifth of all rapes, and one-half of all stalking incidences committed against females by intimate partners are reported to the police.



Proud to be a United Way
Funded Partner

Gender Inequity in Door County?

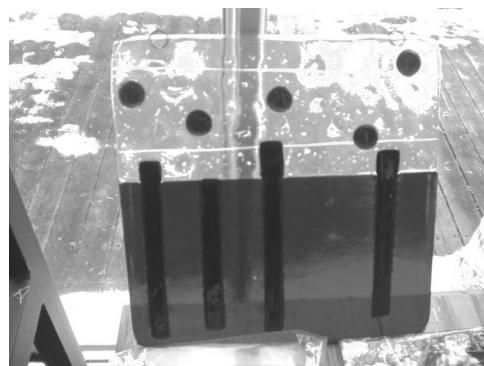
Really when it comes down to it, a primary factor in the perpetual abuse towards women is their rank in the world. There still is gender inequity. Women are not viewed as equals. They are therefore able to be pushed around, belittled, bullied, and deemed vulnerable or weak. Gender status is automatically judged or viewed as an equal or other. The psychology of dominance is that to be on top, one must be dominated, be it women, children and animals, who are all abused at greater levels than men. Acts of violence and abuse is accepted and tolerated. Have we achieved gender equity? The answer is all around us.

Here is one example....Bret Bicoy, CEO of the Door County Community Foundation, recently shared that his first grade daughter was asked if she would like to be the president. After gazing at a picture displaying all the presidents, her response was “No, of course not. Look at the picture. There are no girl Presidents.”

HELP of Door County, Inc. Represented in United Way of Door County’s Endowment Auction

The fused glass piece below was created by HELP’s dedicated volunteer, Arlene Peterson. She shared that the red beads at the top of her piece are victims in need of HELP. The red at the base is the means of support, the HELP agency. The bold black lines are pillars, the strong individuals that work at HELP and reach out to those in need.

Thanks, Arlene for your creativity, time and talents representing HELP. Your participation earned money directly for the United Way, indirectly for HELP. Over 50 glass creations were auctioned February 25, 2011.



New Resource: Wisdom for Caregivers

HELP of Door County, Inc.’s staff member, Orlaine Gabert has become a member of the Caregiver Coalition following her certification as a facilitator for Powerful Tools for Caregivers, a six week educational program designed to provide caregivers the tools needed to take care of themselves. The Caregiver Coalition’s mission statement is “Our Caregiver coalition strives to advocate for resource development as identified by family caregivers and promotes easy access for family caregivers to informational materials, community education events and support groups.”

Through a grant, the coalition was able to produce a guide for caregivers called *Coming Together: Shared Wisdom from Door County Caregivers*. Eight family members shared what they have learned as they provide care for a loved one. Coalition members then expanded on topics that these individuals highlighted. This guide is available to you at the Door County Senior Center and the HELP office. Please pick one up for yourself.

What helps you get through the day? Here is some advice from these caregivers. Stay in the day. Worrying about the future won’t help and the past is the past. Stay focused on what you can do today. Take a short nap! Even 10 or 15 minutes in the chair really helps to feel refreshed. Write a list for the day and week. It helps to stay organized. If there is nothing to do, it’s a long slow day.

SOUND OFF!!!!

Domestic Violence Perpetuated in the Media Violence Prevailed in Super Bowl 2011 Commercials

The Pepsi Max Ad is one example. An African American woman kicks her partner, pushes his face in a pie, and grabs food out of his mouth, stuffing in a bar of soap instead. She then smiles at him with a can of Pepsi Max. When a white woman smiles at him, she throws that can a Pepsi at him; he ducks. The white woman is hit and falls to the ground. The black woman grabs the man and they run off. Why is violence needed to sell a can of soda?

Media doesn't cause domestic violence. Rather, it portrays an environment in which domestic violence is condoned.

Currently, there are several examples of television commercials that illustrate abusive power and control tactics through playful depictions of partner relationships. These include McDonald's commercials where the person did such a great job buying an inexpensive meal, they feel entitled to get their way using manipulation with their partner. There is also a cell phone commercial that shows a husband at work on his anniversary. His wife calls and he lies, saying he made a restaurant reservation. He also says he's on his way to meet her, when this is not true. There is harm in normalizing these tactics and making them acceptable expressions of a healthy relationship when clearly there are underlying motives.

Upcoming Events

March

Women's History Month

April

Anne Kok Award Nominations
Due April 29

Child Abuse Prevention Month

Sexual Assault Awareness Month

May

Supervised Visitation Month

Older Adult Awareness Month

Coupon Books for sale—\$20

June

June 15th - 6th Annual World
Elder Abuse Awareness Day

June 21—HELP's Annual Mtg

Visitation & Exchange
10th Anniversary Event TBD

Voices Against Violence Concert
TBD

HELP's Annual Gala
Tastes of Distinction TBD

Visitation and Exchange Program Celebrates 10-year Anniversary

It is hard to believe the Visitation and Exchange (V&E) program has been in existence for 10 exciting years.

The V&E program started as a response to the need for children to visit parents who lived separately—those who were not communicating with each other. This was usually the result of a restraining order. Children needed a third party to talk to each parent, set-up a visit or exchange, and do it in such a way that all parties would be at less risk. V&E's focus is on the child client's safety.

The V&E program offers supervised, supportive, and monitored visits. Monitored exchanges are also offered. Newly offered for 2010 are monitored telephone visits. Contact the office on the newly dedicated phone line: 920-743-8819 for more information regarding any of these free services.

Coming this summer is a family friendly event to celebrate our 10 year anniversary. The date and more information will be in the next newsletter. And don't forget that May is Supervised Visitation month. Stop in the office to get your orange ribbon!

Anne Kok Social Justice Award Nominations Accepted Thru Apr. 29

HELP of Door County, Inc. is soliciting nominations for the 2011 Anne Kok Social Justice Award. *The award will recognize an individual, group or organization that has demonstrated a commitment to eliminating violence against women in all its forms, while making an impact here in Door County.*

The award is named after Anne Kok, former Executive Director and board member of HELP who passed away February 2008 as the result of a tragic car accident. Nominations may be submitted to HELP of Door County through April 29, 2011. For more information and to request a nomination form, please contact Orline I. Gabert, Interim Executive Director at 920-743-8785.

HELP of Door County, Inc.

Eliminating Domestic Abuse

219 Green Bay Road

Sturgeon Bay, WI 54235-2835

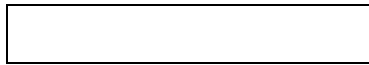
DV HotLine 920.743.8818

Toll Free 800.914.3571

Office 920.743.8785

www.helpofdoorcounty.org

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HELP's Hope; The Giving Corner

(This list changes periodically based on our current needs)

HELP of Door County Needs:

High Priority:

- Gas Gift Cards
- Discount Store Gift Cards
- Department Store Gift Cards
- Grocery Gift Cards
- Utility Cards

Hygiene

- Baby wipes
- Diapers

Office Supplies:

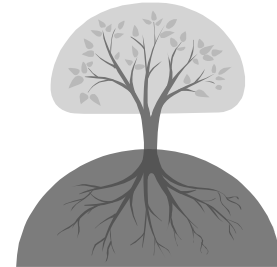
- Copy paper: 8 1/2 x 11, legal, and/or ledger size
- Colored copy paper: any colors
- General office supplies
- Industrial shredder

Special Request Items:

- Exterior Lock Sets
- Used cell phones
- New Trac Phones

Going Green Cleaning Supplies:

- spray cleaner
- disinfecting wipes



Planned Giving

As always, including HELP in your will as a beneficiary of stock, estate, or trust is appreciated. Feel confident your gift through planned giving will last for generations.

True philanthropists never die!

WE WELCOME YOUR COMMENTS

*The mission of HELP of Door County is to:
eliminate domestic abuse through prevention and intervention services and to advocate for social change.*