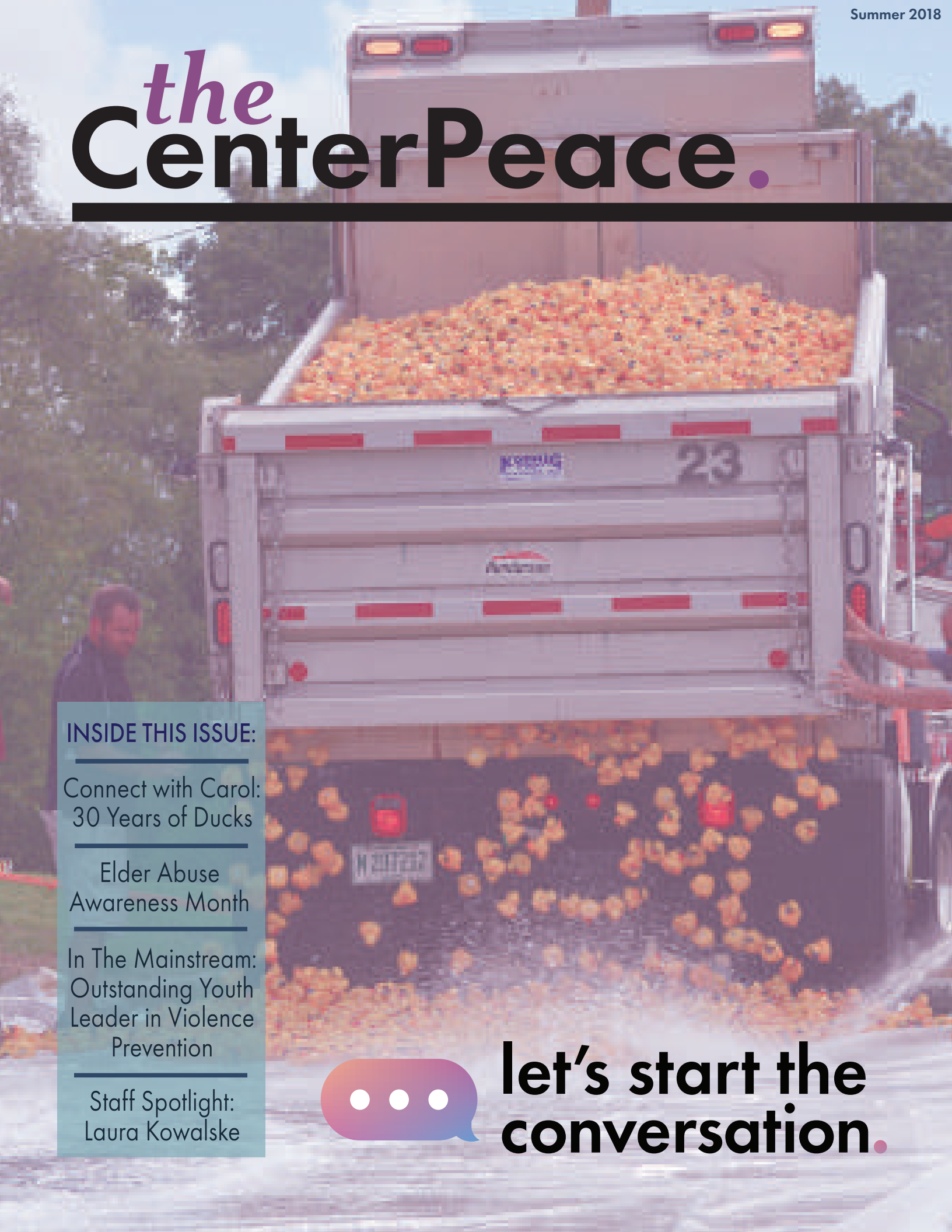
Summer 2018

the CenterPeace.



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let's start the conversation.

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mark your calendar.

Ducks are Available!

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. This year, 30,000 rubber ducks will race down a giant water slide in East Peoria. The first 30 ducks to cross the finish line win a prize for their owner. The top prize is $5,000! Adopt your ducks today by stopping by CFPA and filling out a form, mailing in the form attached to the middle of this newsletter, or by visiting duckracepeoria.com

30th Annual Duck Race - 8/25

CFPA's Duck Race is the longest running Duck Race in history and this year, we celebrate the 30th anniversary. On August 25, more than 30,000 rubber ducks will race down a giant water slide in East Peoria and the first 30 ducks to cross the finish line win a prize for their owner. Prizes range from a cash grand prize, to overnight hotels stays, travel packages, fine jewelry, gift cards, furniture, and more. Ducks are available for sponsorship beginning early June. We are currently in need of monetary sponsorships as well as prize sponsorships. For more information or reach out to the Marketing team at 309-691-0551.

Mythili Dance Academy, "Tale of the Anklets" - 10/6

The Mythili Dance Academy (MDA), the oldest and premier institution of traditional Indian Bharatanatyam dance in Peoria, Illinois, is raising funds for CFPA at its bi-annual fundraiser on October 6 at Five Points in Washington, Illinois. MDA's mission is to collaborate with diverse dance communities and raise funds for important causes. This year, more than 100 dancers ranging from ballet, traditional Indian dance, Chinese dance, Mediterranean dance, and more will come together to put on a spectacular performance celebrating the Indian folk tale, "Tale of the Anklets." Stay tuned for show and ticket information.

30 Years of Ducks

Connect With Carol

Carol Merna
Executive Director

Where were you 30 years ago? Working in your given profession, in college, high school, grade school, not yet born? Personally, I was a spry 23 years of age and had just moved to Central Illinois to begin my career. It seems like yesterday and hundreds of years ago all rolled into one.

"Christmas Vacation," "Steel Magnolias," and "Uncle Buck" were popular at the box office. The raspy deep voice of Michael Keaton first uttered the words, "I'm Batman" on screen. The iconic show "Seinfeld" debuted on television and the 80's hair band "Poison" had the number one hit on Billboard's charts with "Every Rose Has Its Thorn."

Thirty years ago, the Center for Prevention of Abuse, then known as Tri-County Women's Strength, held its very first Duck Race to benefit the agency's core programs at that time, which were domestic violence and sexual assault. The agency raced about 10,000 ducks in Glen Oak Park and raised $15,000 – both were big numbers for an agency that had just four short years before built the first shelter of its kind in Illinois, which was only the second women's shelter in the entire country.

In the years that followed, the agency has grown extensively, developing our prevention education department to the point we are reaching more than 30,000 students each year. We saw implementation of the investigation of elder abuse and the abuse of adults with disabilities. Working with human trafficking survivors and training first responders have also been included in our primary responsibilities. We have seen a building expansion, rebranding, a name change and a new logo, all in an effort to stay relevant. Our agency team has grown as has the need to provide additional care. During the last 30 years there have been two constants, our mission to help all women, men, and children live free from violence and abuse, and the ducks have continued to race each year to benefit our cause.

Ten thousand ducks became 20,000 ducks, which became 25,000 ducks. In 2017, we raced 25,000 ducks and earned nearly $150,000 – 10 times our original earnings, 100% of which stayed local. The funds raised have been spent entirely to care for thousands of clients who come to us looking for peace, whether that's in the form of emergency shelter, safety planning, counseling, Orders of Protection, therapy, trainings, or the prevention work we do with young people.

In this, our 30th Anniversary Duck Race year, the Center for Prevention of Abuse has a tremendous goal to race a record-breaking 30,000 ducks during our signature fundraiser on August 25! We hope you will join in the fun and support CFPA by sponsoring ducks in the race for the chance to win one of 30 amazing prizes. The scale of violence and abuse in our country and in Central Illinois is extensive and people may feel powerless to stop it. Such hopelessness is understandable, but the facts tell a very different story. It is easy to forget just how powerful our pocket change can become when pooled together. The $5 you spend sponsoring 1 duck can quickly become a flock of 30,000 when people work collectively. We're counting on you. You don't have to be a millionaire to make a significant difference; even one $5 duck has the potential to dramatically improve someone's quality of life. Let's do this together!

Visit www.duckracepeoria.com to buy your ducks online or see us in person at one of our sales locations.

In Peace,

Carol Merna

THANKS TO OUR SPONSORS

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EAST PEORIA, ILLINOIS

Associated Bank

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CATERPILLAR®

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Peoria Disposal Company - Vermeer

30th Annual Duck Race

Celebrating 30 years fighting abuse

SATURDAY, AUGUST 25TH

EASTSIDE CENTRE, EAST PEORIA

FUN STARTS AT NOON · RACE BEGINS AT 2

duckracepeoria.com

$5,000 GRAND PRIZE
Associated Bank

Benefitting: center for prevention of abuse.

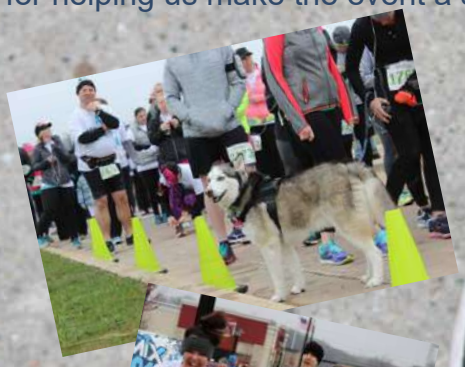
1.800.559.SAFE (7233)
www.centerforpreventionofabuse.org

Duck Race Kickoff Party

Thank you to everyone who came to the Kickoff Party on June 7th, who sponsored a duck, and who helps us build a safe and peaceful community. In one day, you've helped us accomplish so much!

I Run With Survivors 5k

Thank you to all of our participants, dogs, sponsors, and supporters for coming out to "I Run With Survivors" 5k Run/Walk in honor of Sexual Assault Awareness Month. Thanks to Shazam Racing, Fresh Market, and Mix 106.9 for helping us make the event a success!



Break the Silence about Elder Abuse

By: Holly Kozinski, Director of Adult Protective Services

June 15th was World Elder Abuse Awareness Day. It's an important day for us at CFPA where we recognize and honor seniors and families we have been able to help and provide services for, but we also know it's a form of abuse many people may not understand or be able to recognize.

Elder Abuse can take many forms. It can include financial exploitation, emotional abuse, neglect, physical abuse, confinement, or sexual abuse. Sometimes, seniors are subjected to multiple types of abuse at the same time. In Illinois, in order to receive elder abuse services, the individual must be 60 years of age or older and live out in the community, such as in their own home. Unfortunately, elder abuse typically gets worse the longer it continues and becomes more frequent and severe in its consequences. It is sad to think about, but most perpetrators of abuse are someone that the victim knows, loves and trusts, most likely a family member.

Take, for example, Dorothy who was physically abused by her spouse of 50 years when he threw her down on the garage floor as they were about to leave for their annual trip to Florida because she forgot to pack an item. Her husband then left Dorothy alone on the garage floor while he went to Florida. After a few hours, she crawled into the house and called for help. Dorothy had a fractured arm and was in a cast for months trying to care for herself while her spouse was away. Dorothy received help from CFPA staff in the form of an Adult Protective Services caseworker. They helped Dorothy connect with local community services in her area who could help her with homecare service. Her caseworker also connected her with counseling services to help her deal with the long-term emotional abuse she had suffered throughout her marriage. They helped her obtain an Order of Protection against her spouse and eventually file for divorce. Many survivors, like Dorothy, are too ashamed or too frightened to report their abuse. Seniors don't realize that elder abuse gets worse the longer it continues.

The Adult Protective Services Department of the Center for Prevention of Abuse responds to allegations of Elder Abuse in Peoria, Tazewell, Fulton, Marshall, Stark, and Woodford counties. Last year, our trained caseworkers responded to more than 800 reports of abuse, neglect and/or exploitation. As our population continues to age, elder abuse will only continue to increase. You can help break the silence of Elder Abuse. Take notice of what may be happening with elders in your family and community and keep in contact with your older relatives and friends. Maintaining contact helps decrease a major risk factor of Elder Abuse, which is isolation. If you suspect that a senior you know is being abused, neglected or financially exploited, call Adult Protective Services at **(309) 637-3905** or call the Illinois Department on Aging's Senior Helpline at **1-866-800-1409**. Your call can help a vulnerable senior live a better life free of violence and abuse.

Warning Signs of Elder Abuse

- Physical Abuse – Unexplained bruises, injuries at various stages of healing, pressure marks, certain types of burns, or blisters.
- Neglect – Pressure ulcers, lack of medical care, malnutrition, dehydration, recent weight loss without trying, inadequate supervision.
- Emotional Abuse – Withdrawal from normal activities, other unusual behavior changes.
- Sexual Abuse – Bruises around the breasts or genital area and unexplained sexually transmitted infections.
- Financial Abuse – Sudden change in finances and accounts, unpaid bills when the person has adequate income, changes in wills and trusts, loss of property, and checks written as "loans" or "gifts".

Best of the Best

In May, we attended 2018 Best of the Best by the Journal Star as a top three finalist in the Nonprofit Organization category! Congratulations to St. Jude Children's Research Hospital - Central and Southern Illinois for being crowned this year's winner and congratulations to our fellow nominee, EP!C. It was a tremendous honor to be nominated and we are thankful for your support in helping us build a safe and peaceful community.

Long-Term Care Ombudsman, An Advocate for Residents

By: Joyce DeRenzy, Associate Executive Director

I remember the day as if it were yesterday even though it has been over eighteen years. In 2000, CFPA became the designated Illinois Department on Aging's Long-Term Care Ombudsman Provider. My director at that time came to me and stated she wanted me to supervise that program and become the Regional Ombudsman. My first thought was, *I don't even know what Ombudsman means and I certainly don't want to spend my time visiting people in nursing homes.* Little did I know that I was about to embark on one of the most rewarding and enriching aspects of my career.

I learned that a nursing home is just that, it's a home and just because a person's address changed, doesn't mean he or she is not entitled to the same rights, dignity, and quality of life that all of us enjoy outside of a licensed facility. Most residents receive good care in long-term care facilities: however, far too many experience violations of their rights including abuse, neglect, poor care, isolation, and lack of choices and meaningful activities.

Trained ombudsmen regularly visit long-term care facilities, monitor conditions and care, and provide a voice for those unable to speak for themselves.

Ombudsman work closely with the resident to protect and honor their rights by:

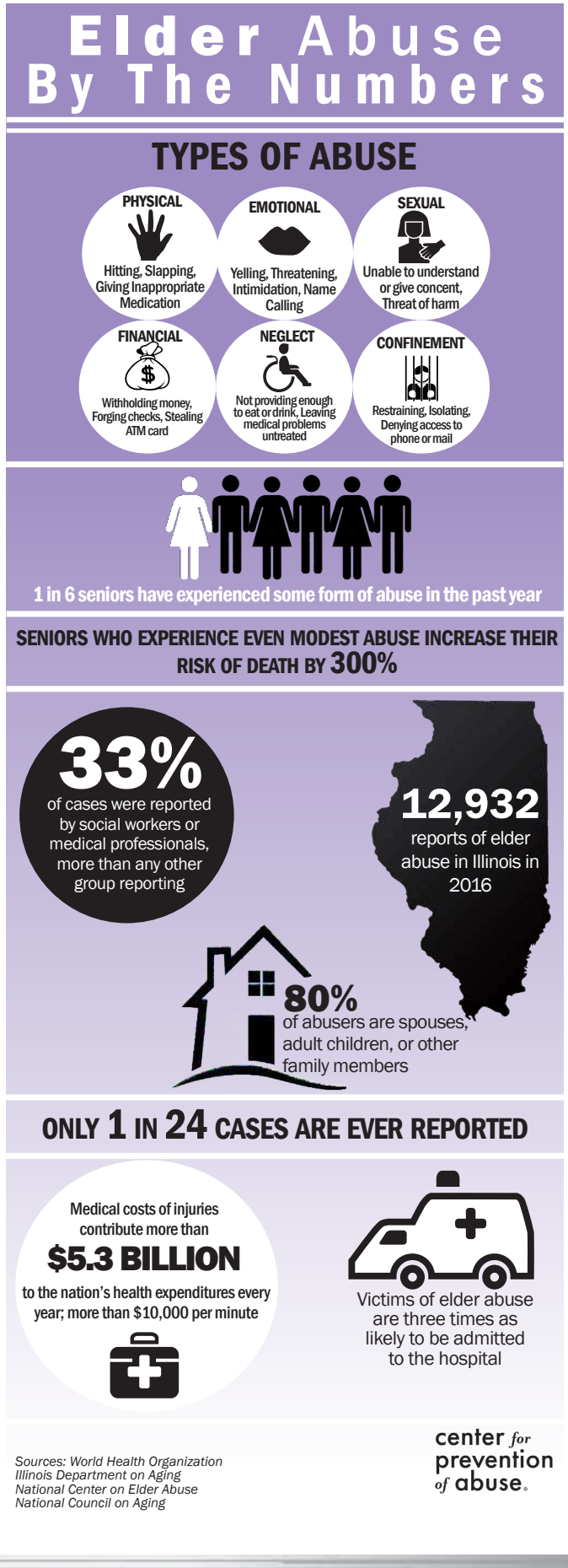
- Advocating to improve the quality of care and quality of life for residents
- Empowering seniors and adults with disabilities to self-advocate
- Provide information to residents about resident rights, long-term care options, supports and services in nursing facilities and in the community
- Investigate concerns and complaints; ombudsmen work to resolve complaints to the satisfaction of the residents
- Listen in order to understand the resident's perspective
- Maintain confidentiality; ombudsman may not discuss or disclose any information without the individual's permission

Ombudsman services are available free of charge to:

- Person(s) 18 or older who is/are either a current resident, or a prospective resident
- Friends and relatives of persons who live in long-term care facilities
- Long-term care facility staff members and administrators with resident related concerns
- Individuals and families who are considering long-term care facility placement as a long-term care option
- The community at large

The Ombudsman Program at CFPA provides services to residents who live in Peoria, Tazewell, Woodford, Fulton, Marshall, and Stark counties. To learn more about the Ombudsman program or learn how you can become a volunteer Ombudsman, call the regional Ombudsman, JR Friedrich at 309-272-2917.

I no longer do direct service, but I remember the faces, the stories, and the lessons I learned from my days as an Ombudsman: they are daily reminders of why I have been here for twenty-two years. "I may not have gone where I intended to go, but I have ended up where I need to be." - Douglas Adams



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. Since 1989, CFPA has held its annual signature fundraiser, the Duck Race. Since then, there have been more than 400,000 ducks sponsored generating more than $2,000,000 that stayed right here and helped us build a more peaceful community.

What does $2 million at CFPA look like? Divided evenly among our "core" departments:

- **Adult Protective Services** – Funding for investing cases of abuse of elderly individuals and adults living with disabilities for six months
- **Domestic Violence** – 14 years of safe shelter for survivors of Domestic Violence fleeing violence or abuse
- **Sexual Assault** – 13 years of therapy for survivors of sexual assault/sexual abuse
- **Human Trafficking** – 2,400 hours of language translation for survivors of Human Trafficking whose native language is not English
- **Prevention Education** – 4,000 classroom presentations on violence prevention education – on year of programming

What's in a Duck Donation?

1 duck = $5 = could provide personal hygiene products for one person staying in our emergency shelter

2 ducks = $10 = could provide fresh produce for a week's worth of healthy meals for a family in our emergency shelter

4 ducks = $20 = could provide a taxi to transport a survivor from a violence or abuse situation to one of our emergency shelters

5 ducks = $25 = could provide a gas card to help outreach clients get to and from appointments with our counselors

10 ducks = $50 = could help survivors afford their monthly medications

20 ducks = $100 = could cover the cost of one hour-long classroom presentation on violence prevention education

50 ducks = $250 = could cover the cost of two hours of therapy for a child survivor of sexual abuse

100 ducks = $500 = could provide funding for an Adult Protective Services caseworker to investigate possible abuse in the home of an elderly individual

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 The Center 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.

in.the mainstream.

Preventing Violence, One Student at a Time

By: Camille Yameen, Director of Marketing and Communications

It started with a question.

How do we show the great work happening from high school students in the tri-county area?

That was all it was. Just a simple question.

We wanted to find a way to honor the hard work students in Peoria, Tazewell, and Woodford counties do to create safe and peaceful learning environments. To shine a light on how they lift one another up. To recognize how they work together, support one another, and come together as a student body.

So this year, along with our friends and partners at Verizon Wireless, we asked for your help finding, nominating, and honoring outstanding youth leaders who are dedicated to preventing violence in their school or in the community.

Holiday Maag, Bekah Swearingian, Principal Brett Elliott, Morgan Lott, Ruby Hirschmann

Nominations flooded in across the counties describing students who are leaders inside and outside the classroom. It is our honor to introduce you to this year's winners.

Holiday Maag, Morgan Lott, Bekah Swearingian, and Ruby Hirschmann from Richwoods High School worked together all semester long and put together events in response to the Parkland, Florida shooting. They organized a silent sit-in and a televised assembly on school safety and sold t-shirts to promote safety.

Garrett Starling

Garrett Starling from East Peoria Community High School is passionate about all students feeling safe at school and created a club devoted to acceptance and anti-bullying.

Our Prevention Education department works to stop violence before it starts. What is the goal for Prevention Education? To put CFPA out of business. To reach enough students, enough young people, and enough individuals that abusive behaviors are un-learned. So every week, an incredibly talented team of eight preventionists goes into Tri-County schools with evidence based, comprehensive, and age-appropriate programming with one purpose: to stop violence before it starts.

We are inspired every single day by the fantastic work students are doing for their peers, their schools, and this community. We can't wait to see what next year's nominations bring.

make a difference
become a volunteer medical advocate

In the United States:
Every 98 seconds, someone is sexually assaulted.
Every 15 seconds, five people are physically abused by an intimate partner.
The effects can be devastating, but you can make a difference.

Become a volunteer medical advocate for the Center for Prevention of Abuse

When someone presents as a victim of domestic violence or sexual abuse/assault in local area emergency departments, the hospital puts a call in for our medical advocates. Our medical advocates go the hospital to assist with the individual's immediate needs and provide information about their rights as a victim.

Volunteer Training

To protect those in our care, all medical advocates must complete a screening process and our 63.5 hour Domestic Violence and Sexual Assault training.

For more information about training, course dates and times, or to register for classes, please visit our website at centerforpreventionofabuse.org or call 309.691.0551

Contact Us

If you are interested in becoming a Medical Advocate, contact us for more information.

centerforpreventionofabuse.org
309.691.0551

donation spotlight.

Thank you to the Caterpillar Cooling Team who came to help with landscaping and spreading mulch.

The ladies from Alpha Chi Omega are always so generous to us. They made blankets for clients and donated and planted flowers around CFPA. Thank you so much!

shelter needs.

Fresh meat, eggs, milk, and fresh produce
Canned tuna and chicken
Coffee, cream, and sugar
Oatmeal
Microwavable 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: Clorox-type 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
Toothbrushes/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
Cling wrap, wax paper, and aluminum foil
Cotton swabs
Large garbage bags
New or gently used umbrellas

volunteer opportunities.

Mediacal Advocates

When someone presents as a victim of domestic or violence, sexual abuse/assault in local area emergency departments, the hospital puts a call in for our medical advocates. Our medical advocates go 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.

30th Annual Duck Race

Sign up to volunteer at our 30th annual Duck Race. Volunteer opportunities include selling ducks at Duck Race sales sites, assisting at Duck Tagging the week of the event to help number all the adopted rubber ducks, Race Day volunteer opportunities, and more. Indirect service volunteering. Stay tuned for sign up information.

volunteer spotlight.

Madeline Bruce

Madeline Bruce

Madeline, or Mads as we know her around here, has been an integral part of our organization for the past three years. Mads first came to us wanting to help with the Annual Duck Race - and help she did. Mads did everything we needed from selling ducks at our various sales sites, many times doing multiple sites in a single weekend, to dressing up in the Quacky suit and interacting with kids. In 2016, we awarded her the Nelda Lalicker Duck Race Volunteer of the Year Award for all of her tremendous efforts.

When asked why she chose to volunteer at CFPA, she said, "I wanted to volunteer at CFPA because of its resilience. People come here on the worst day of their lives and they are welcomed with open arms."

Believe it or not though, Mads doesn't spend all of her free time at CFPA. She is also a competitive swimmer. She is part of the competitive swim team, the Chicago Smelts. Don't worry, I had to ask what a smelt was too. It is a type of fish found in Lake Michigan.

In pursuit of her PhD in Clinical Psychology, we would like to congratulate Mads on her recent acceptance to St. Louis University. While at SLU, she will be in the Violence and Traumatic Stress Lab where they are currently studying the effects of intimate partner violence and the perception of women in domestic violence court cases.

We wish nothing but the upmost success for Madeline. We hope she always remembers her time with CFPA fondly.

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

donation spotlight.

Thank you so much to Tania Hoerr and her group from Harvest Bible Chapel who celebrated Compassion Day 2018 by painting and doing yard clean up at Carol House of Hope.

We are continually amazed at how giving and generous our local community is. Thank you to the Islamic Foundation of Peoria who raised more than $5,500 for CFPA during the holy month of Ramadan! This gift goes directly to client services and helps all people to live in peace.

Thanks to Two Men and a Truck Peoria and its Movers for Moms campaign! We very much appreciate all the time and effort put in to make this donation possible.

These amazing children's picnic tables were hand-made and donated by the ICC Highway Construction Careers Training Program.

If your organization, business, club, or group is interested in doing a food or donation drive to benefit CFPA, please call Kelly at 309-691-0551 to find out about our immediate or mass donation needs.

staff spotlight.

Laura Kowalske

Director of Prevention Education

Laura has dedicated herself to the Center for Prevention of Abuse's Prevention Education department since 2012, when she joined CFPA staff as a Prevention Educator. She was promoted to Prevention Education Coordinator in 2014 and most recently, joined the Leadership Team in 2018 as Director of Prevention Education.

Recently, we caught up with Laura to chat with her about her new role as Director of Prevention Education.

Camille Yameen (CY): **You're the new Director of Prevention Education! Tell us what you're most looking forward to about this new role.**

Laura Kowalske (LK): It's an exciting time to be a part of the Prevention Education Team! While we work primarily with school aged students (PreK-12th grades) we're finding that adults also need the information we provide. There's no statute of limitations on when one can benefit from learning how to be more respectful and empathetic or how to control one's emotions so that there can be a peaceful resolution to conflict. Strengthening our collaborations with community partners - whether they are school, agency or business partners - to provide meaningful programming is something I am looking forward to!

CY: **Why do you think Prevention Education is important?**

LK: Relationships are an essential component of life. We're meant to live in relationship with one another. Sometimes our relationships are healthy and positive and sometimes they're not. Students need skills to be able to navigate the pitfalls within their relationships – whether it is a friend, family or dating relationship – and that is the essential information we provide.

When we are able to teach the fundamentals of respect, empathy, emotion management, conflict resolution, and problem solving at a young age it decreases the drama, conflict, bullying, violence, and abuse that can happen later in life.

CY: **Do you have a personal philosophy that helps guide you through your work in prevention?**

LK: Personally my motto is: Aim high – be polite. Within Prevention, that translates to providing the best, most relevant information to students in the most empowering way possible.

CY: **Any big/new plans for the department at CFPA on the horizon?**

LK: Future plans are based on participant feedback and a healthy dose of dreaming. Our ultimate dream would be to educate so thoroughly that we put ourselves out of business. In the short term, we are working on authoring a children's book to aid in teaching our sexual abuse prevention programming for elementary school students. In addition, we're adding information about human trafficking to our teen dating violence and sexual abuse prevention programming at the middle and high school levels. Requests for programming are increasing so growing our staff will also be part of our future plans.

December 1, 2017 - February 28, 2018

Peoria Medical Society & Alliance awarded a grant to CFPA for clothing packets for sexual assault victims.

Morton Community Foundation awarded CFPA a grant for video equipment.

Kiwanis Club of Pekin awarded a grant to Prevention Education at CFPA.

Caterpillar Foundation awarded a grant to CFPA for emergency shelters.

Heart Of Illinois United Way Youth Committee awarded a grant to Prevention Education at CFPA.

Pekin AMBUCS awarded a grant to Carol House of Hope.

Heart of Illinois United Way Power of the Purse awarded CFPA a grant for Kid's Kamp.

Leaders Change Illinois awarded a grant to CFPA for strategic planning.

Pekin Rotary Club awarded CFPA a grant for flooring repairs at Carol House of Hope.

Eureka Area United Fund awarded CFPA a grant for Domestic Violence Services.

Thank You!

Kathleen Abraham
Janette Adkisson
Advanced Medical Transport
Anonymous
Alpha Chi Omega
Amazon Smile
Sharon & John Amdall
James Haggerty
Lori Anderson
Claire & Jeff Anderson
Amelia Andrews
Lorrel Armbrust
Lisa Arnett
Nikhil Arya
Cheryle & Mark Ashley
Associated Bank
Clarissa Baack-Kolmer
Mary Bair & Jackie Chapai
Erica Baird
Flo & Sid Banwart
Sally Barsema
Tammy Bart
Polly Barton
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Joanie Bastian
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Amanda Doman
Mary Dominguez
Jeri Doran
Linda Doubet
Angela Douglas
Alician Driscoll
Karen Dunne
Stacie Ealey
David Eckstein
Maggie Embery
Jessica Embry
Cheryl & Paul Emerson-Resnick
Kathryn Endress
Erie Insurance - Illinois Branch Office
Elaine Ertmoed
Facebook Payments, Inc
Andrew Felix
First Baptist Church
First Christian Church
First Christian Church Disciples of Christ
First Farmers State Bank
Abby Fitch
Sally & Raymond Forker
Renee Frisby
Fritch Heating & Cooling, Inc.
Jodi Fults
Barbara Galik
Bethany Garcia
Anonymous
Althea & John Geiser
Getz Fire Equipment Company
Emilie Gillick
Give with Liberty Employee Donations
Erica Gleason
Christen Goodwin

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center *for* prevention *of* abuse

December 1, 2017 - February 28, 2018

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Honorable Rick & Mrs. Ann Grawey
Angela Green
Kayla Greenhoe
Danisha Gresham
Patsy Greuter
Arvella Guidotti
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