

October Newsletter

DVAM: Your #1 Thing

#1 Thing

Once again October brings us cooler, crisp days, the scent of pumpkin spice, and to those of us in the domestic violence field, DVAM - Domestic Violence Awareness Month. Each October, DV agencies focus their energies on honoring

the survivors and victims of domestic violence, as well as educating the public about one of the biggest social problems in the US.

This year Response has selected the theme “#1 Thing” for our DVAM campaign. The idea behind “#1 Thing” is that any type of social change can begin with a single person; our collective voice is what leads to social change. It requires the unified power of individuals, families, institutions, and systems – each whose “one thing” adds a valuable and powerful component to transforming our communities.

Domestic violence affects millions of people every year, and yet it is a preventable public health problem. Sometimes we get overwhelmed by all of the issues that need to be addressed in order to eliminate domestic violence; there are so many societal, community, and individual factors that increase the risk of domestic violence, that it feels like a monumental task to tackle all of them. Risks such as low self-esteem, poverty, poor impulse control, drug/alcohol abuse, being isolated from friends, childhood history of poor parenting, weak community sanctions against IPV, gender inequality, income inequality, and many more, all play a part in contributing to domestic violence.

So when we ask, “What is your #1 Thing?”, we are asking our supporters to think of one thing that they can do to help eliminate domestic violence in our community. When we consider all of the risk factors mentioned above, it becomes easy to see that there are so many areas in which we can do “one thing” to help with this pervasive social problem.

Here are some ideas to get you started:

- ⇒ I will attend public events hosted by my local DV agency.
- ⇒ I will talk to loved ones about violence and oppression.
- ⇒ I will believe and support survivors of DV.
- ⇒ I will be a caring and supportive person in the life of a child
- ⇒ I will share information about DV on social media
- ⇒ I will learn how to be an effective bystander
- ⇒ I will work for racial, gender, and economic equality

Thank you so much for the support you already give to our clients; on their behalf, we are asking you to think about what part you can play in helping to eliminate domestic violence. What is your “#1 Thing”?

Special Dates

- **Oct 2** - 9am
5K Run/Walk
- **Oct 4** - 7pm
Strasburg Walk
- **Oct 11** - 7pm
Woodstock Walk
- **Oct 18** - 7pm
Mt Jackson Walk
- **Oct 25** - 7pm
New Market

Current Needs

- Face masks
- Swiffer Wet
Jet pads and
liquid
- Disinfectant
spray
- All purpose
liquid cleaner
(like PineSol)

Survivor Story

Twahna

Twahna's story begins like those of so many survivors, when she fell in love with a charming young man while a sophomore in college. She felt that he was a perfect partner; even her friends and family all loved him. Then came the day when he hit her in the face, which was the beginning of a long period of abuse.



Twahna suffered physical, emotional, and sexual abuse during their relationship, but was too embarrassed to tell anyone what was going on. Her abuser stripped her of all power, degraded her constantly, isolated her from friends, and monitored all of her actions. Twahna frequently considered suicide as a way to get out of her situation.

Eventually she confided in a relative who provided emotional support and a place to live so that Twahna could get away from her abuser. But, as often happens, her abuser convinced her that he would seek counseling and was willing to change, so she returned to give him another chance.

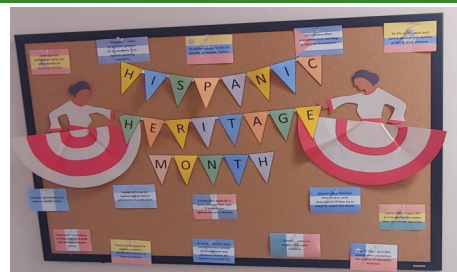
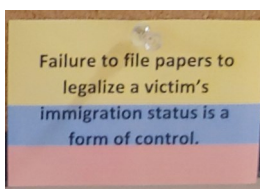
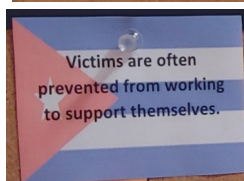
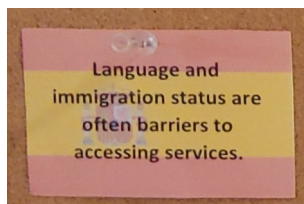
There was no change, and things escalated so much that one day, as he was strangling her, he told her that he would kill her if she ever left again. This proved to be a turning point for Twahna; the next day she left and never went back.

Twahna gradually rebuilt her life, started dating, and returned to college. She was able to share her story at a domestic violence vigil, and saw the impact that made on some of the survivors there; this led her to start a grassroots organization called The Butterfly Society as part of her personal journey. The members go out into the community, to barbershops, schools, and churches to share stories and resources. Their goal is to engage the community in an effort to eliminate domestic violence.

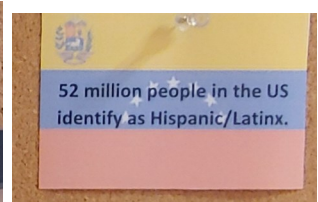
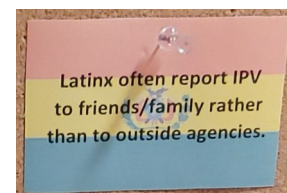
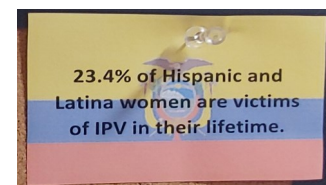
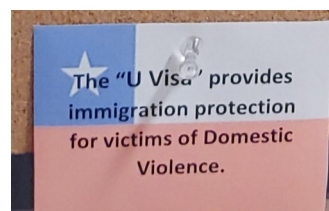
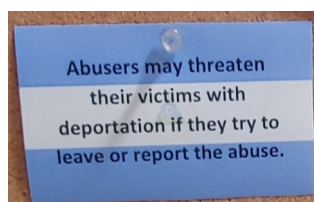
Thank you to Twahna for devoting her energy to this important effort. As she says, "One person can't do this alone. It takes many hands and many voices to do this work."

Around the Shelter

Our bulletin board



September's bulletin board focuses on the Hispanic population and the barriers that are unique to these survivors. Check out some of the facts here!



Past Events

Strasburg Carefest

Response took part in Strasburg's first "Carefest" event on Sept. 18. Lots of agencies were there to educate the community about the services they offer. Food, music, fun, and information were in good supply. So glad to be included in this community event!



Jeepers Against DV Poker Run

A big thanks to "Jeepers Against DV" for inviting us to participate in their Poker Run on Sept. 25. We headed out to Bealeton and Sumerduck and met lots of really cool folks! Thanks to Brenda and Rhonda for helping us out!



Upcoming Events

Domestic Violence Awareness Month

Celebration of Hope Walks



It's here! DVAM continues throughout the month of October, and with it come our "Celebration of Hope" candlelight walks. These walks will take place on each Monday evening in October; they will begin with a brief program at 7pm, followed by a walk throughout the main streets of each town. We will provide the battery operated candles, and participants will provide support for our victims and survivors by their presence! Please gather your friends and family and join us for these important awareness events! **Oct 4 - Strasburg, Oct 11 - Woodstock, Oct 18 - Mt. Jackson, Oct 25 - New Market.**

5K Run/Walk

In just a few short days, our first ever 5K Run/Walk will be history! If you would like to be part of this fun day, it's not too late - just hop over to <https://www.responseva.org/event-details/celebration-of-hope-5k> to get more info and to register. We are so appreciative of all those who have sponsored or registered for the run - we hope to make it an annual event! See you at the Shenandoah Co. Park on Oct 2!



Adopt-A-Family



Does the cooler weather have you thinking a little bit about the holidays? If you are looking for a way to help those less fortunate, check out our Adopt-A-Family program! You may check it out here: <https://www.responseva.org/about-4>, call Jenna at 540-459-5599, or email her at jennab@responseva.org for more information. Our families appreciate all of the support given to them at the holidays, and all year long!