

# July Newsletter

## Their Way

### Special Dates

- **July 2– July 16** - Pampered Chef Fundraiser
- **July 6** - Volunteer Mtg. –Zoom 3:30pm
- **July** -BIPOC Mental Health Awareness Month



### Current Needs

- \$25 Walmart or Food Lion gift cards
- Regular-sized bed pillows
- 3 or 4 gallon trash bags
- Twin size blankets



“Expert, master, specialist, professional”. These words all indicate a high level of training and knowledge, a person to be listened to and trusted. But what about “victim” and “survivor?”

When a person has studied a subject or has vast experience, it is easy to believe that they know the best way to help someone. In cases of domestic and sexual violence however, survivors often know

best what they need. They know the situation they are coming from and where they would like to go.

As outside observers, people such as advocates, relatives, court personnel, and friends may think they know what a survivor needs to do in order to remain safe; but since they are not the ones experiencing the violence or with firsthand knowledge of the dynamics of the relationship, they are not actually in a position to know best. Everyone responds to trauma differently, and therefore, their needs and appropriate steps following the trauma, will be varied.

At Response, our job is to help survivors feel empowered to make their own decisions in handling their trauma. We provide resources, recommendations, and options, but never force individuals to take the steps we think they should take. If someone is not prepared to leave a situation, we make sure they know we believe them, support them, and are always here for them. Safety plans are prepared, and resources are available when they're ready to receive that information. When someone comes to us for the fifth time, they are met with the same level of compassion, understanding, and resources that they received the first time.

If someone discloses abuse to you, it is tempting to give advice, but most often they are searching for a friend to listen and provide a safe and non-judgemental space. Try to give them time and room to make their own decisions while understanding that they might not make the same choices you think you would. Though providing a safe place to talk is important, it can sometimes be overwhelming for someone who is not trained in trauma responses, so it may be appropriate to refer them to an advocate.

Response has advocates available 24/7 via our hotline: 540-459-5161 and more information can be found on our website: [www.responseva.org](http://www.responseva.org)

## Around the Shelter

### Building Update

Still no update on the renovation of our building, but some progress is being made behind the scenes and we remain hopeful that there will be a more positive update next month!

In the meantime, we have been very fortunate to have been offered a chance to rent another building that allows us to house our clients at a fraction of the cost of hotel stays, and also has some office space for staff! So, we are getting back into a bit of a routine with staff splitting time between the office and working from home, and we are very glad to be in the same building and able to work closely with our sheltered clients again!



### Board Changes

As our fiscal year comes to a close, we are saying goodbye to some of our fantastic board members. We are so grateful to them for the hard work and ideas that they have brought to Response over the years.

Judy Beavers has been on our board for nine years and served as secretary, vice president, and for the last three years, board president. Marsha Cooper has been on our board for six years and has been the board secretary for three years, and Tim Carter has been on our board since 1996 and has served at various times as president.

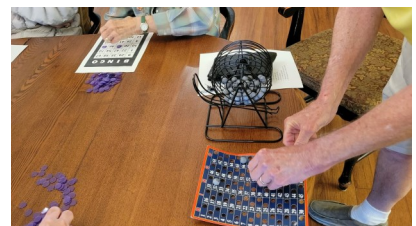
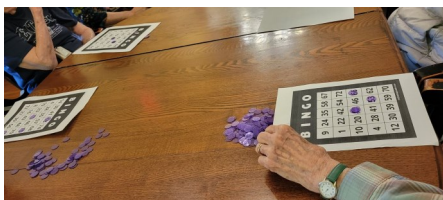
We are thankful for their leadership and guidance, and will miss them!

As the new fiscal year begins, we are happy to welcome some current board members to new positions, and some new members to the board!

Rhonda Lively has been serving as the Vice President and she will now be serving as board President! Becky Wood will now be serving as Vice President, and Belinda Ross will be the Secretary. We also welcome Nikki Grant as a new member of our board!

### Awareness Activity Recap

June 15th was World Elder Abuse Awareness Day, and we arranged to visit a few nursing homes and assisted living facilities to play bingo and talk about the red flags of elder abuse and resources in our community. We had a great time chatting with the residents and hearing their stories!



## Upcoming Events

### Pampered Chef Fundraiser

In case you missed the last Pampered Chef fundraiser, have no fear, you have another chance to purchase some cool items for your kitchen (or get a head start on your Christmas shopping)! Make sure to join the online event so you don't miss the fun and opportunities to learn some new tricks and recipes!

Join the event here: <https://table.pamperedchef.com/party/470163rgu>

Here is the shopping link: <https://www.pamperedchef.com/party/response0702>

COMING SOON!



Pampered Chef Fundraiser beginning July 2nd

### Celebration of Hope 5K 2022

The kick-off event for Domestic Violence Awareness Month is our Second Annual Celebration of Hope 5K! We had so much fun and we're ready to do it again, so buy your tickets online today! For registration and event details, visit: [www.responseva.org/upcoming-events](http://www.responseva.org/upcoming-events)



Sponsorships available,  
Call Stephanie Good for  
details: 540-459-5599



## CELEBRATION OF HOPE 5K RUN/WALK

Saturday, Oct. 1, 2022 @ The Shenandoah County Park  
Race Start Time: 9am (check-in: 8:15-8:45)

Early Bird Registration - Adult Ticket: \$35; Youth Ticket (12 & under): \$25  
\*Rate available until 4:00pm, Friday, Sept. 2nd.

Regular Registration - Adult Ticket: \$45; Youth Ticket (12 & under): \$35  
\*Rate available until 4:00pm, Friday, Sept. 30.

Day-of registration is \$50 for all participants.

Organized Teams of 10 are \$350 (2 additional tickets included in price).

All participants who register by Sept. 9th, will receive a race t-shirt.