

May Newsletter

Aging Their Way

Special Dates

- **May 4 -**
Volunteer Mtg.
–Zoom 3:30pm
- **May 15**
Fashion Show
2-4 pm
Woodstock
Brewhouse
- **May 1-31 -**
Mental Health
Awareness
Month and
Older
Americans
Month

Current Needs

- \$25 Walmart or Food Lion gift cards
- Shampoo & Conditioner
- Disinfectant spray (like Lysol)
- Twin size blankets

Did you know that May is Older Americans Month? It was officially established in 1963 amidst a growing concern that a third of older Americans were living in poverty and there were few programs to meet their needs. This year's theme is "Age My Way."

As adults grow older, their needs change and their ability to accomplish daily tasks may diminish. This doesn't mean that the desire to be independent or to have a say over decisions impacting their lives has lessened, but those tasked with caregiving may forget that! And sometimes, this turns into neglect and abuse, which goes unnoticed and unreported. Most experts estimate that around 5 million Americans, age 60+, have experienced elder abuse, which can include physical, sexual, emotional, and financial abuse, as well as neglect and abandonment.



As older adults become more dependent on others for caregiving, they may hesitate to speak up about their abuse for many of the same reasons that victims of domestic violence don't report. If the caregiver is a family member, there is a bond or history between them that is hard to break. They may feel ashamed that this is happening to them, or be afraid of the abuser. Some victims believe that nothing can be done, or there is nowhere else to go.

How can you help?

- ♦ Check in with seniors in your life to see how they're doing.
- ♦ Listen and provide support for the elders and their caregivers.
- ♦ Educate yourself and others on how to recognize and report elder abuse.

If you suspect that an elder is experiencing abuse or exploitation, Virginia Department of Social Services operates a 24/7 hotline for Adult Protective Services at (888) 832-3858. If the person is in immediate danger, call 9-1-1.

Around the Shelter

Building Update

Our big building update is that there is no update! Various teams have been through the building, investigating the damage and determining what the next steps will be. Everything has been dried out and some of the damaged materials have been removed in preparation for renovation. The abatement team found no evidence of asbestos or lead, which is great news!

The not-great news is that with so many parties to coordinate, the renovation process has gotten bumped back even further. We do not have an updated timeline as to when staff can return to the offices, or when clients can once again be housed within our building. Our current temporary housing arrangement ends this month, so we are on the lookout for a new place to provide safe housing to our clients.

However, even under these adverse circumstances, our rockstar staff hasn't missed a beat when it comes to providing all of our services to in and out-of-shelter clients!



Awareness Month Recaps



April was a busy month, being both Sexual Assault Awareness Month (SAAM) and Child Assault Prevention Month (CAPM)!



Our pinwheel gardens for CAPM have been up all month long, so I hope you've gotten a chance to drive past one! We also participated in a fun fair hosted by DSS, where we had the opportunity to interact with families, hand out information, and have children participate in our blue ribbon decorating contest!



Hopefully you follow us on Facebook or Instagram and have seen some of the fun videos and posts from staff as we participated in the 30 Days of SAAM challenge, initiated by the National Sexual Violence Resource Center. We also have a display up in the window of the Chamber of Commerce in Woodstock!



Upcoming Events

Spring Fashion Show



Excitement is mounting as the big day draws near! May 15th is our Annual Spring Fashion Show, so make sure to mark it on your calendar and purchase your ticket soon!

Join us at the Woodstock Brew House from 2-4 pm for an afternoon filled with fashion, food, and fun! There will be familiar faces modeling their latest fashions, delicious hors d'oeuvres, drinks, raffle baskets, and lots of laughter.

Tickets include a complimentary beer, wine, or soda as well. Prices are as follows:

Individual - \$50

Individual Sponsor - \$150 (2 tickets and recognition in the program)

Business Sponsor - \$300 (4 tickets and recognition in the program)

For tickets and more information visit: <https://www.responseva.org/upcoming-events>

Can't wait to see you there!

Mental Health Awareness Month

May is Mental Health Awareness Month! While mental health is not our primary focus at Response, we know that experiencing violence, and the resulting trauma, greatly impacts an individual's mental wellbeing. We want to help abolish the stigma surrounding mental health, and increase understanding and compassion for those who are experiencing difficulties.



Northwestern is launching a campaign this month, designed to bring awareness to our community, and we will be participating throughout the month with educational posts, artwork, and resources! We encourage you to join us and share support on your own social media, and within your family and community.

Woodstock 5 Miler



For the past 15 years, Woodstock has been the site of a 5 mile race which has been held to benefit various charities or local community members in need. This year we are so happy to announce that Response will be the recipient of the funds generated by this race! Sponsored by the Shenandoah Valley Runners, the race begins at the County Government Building at 8 am on Saturday, June 11. More info and a registration form can be found at: <https://www.responseva.org/upcoming-events>