

June Newsletter

Self-Care When Tragedy is in the News

Special Dates

- **June 8 -**
Volunteer Mtg.
–Zoom 3:30pm
- **June 11 -**
Woodstock 5
Miler –8 am
Kingree Street
- **June 15** World
Elder Abuse
Awareness Day
- **June 1-30 -**
LGBTQIA Pride
Month

Current Needs

- \$25 Walmart or Food Lion gift cards
- Dollar General Gift Cards
- Disinfectant spray (like Lysol)
- Twin size blankets

With smartphones always in our hands, it can be almost impossible to avoid continual news updates. Some of us are news junkies, always seeking out new updates on current stories, and some of us aren't....but it's difficult to avoid the fact that there is a lot of upsetting news out there. Whether it is political nastiness, natural disasters, mass shootings, or impending war, it seems to be increasingly difficult to balance staying in touch with the world and maintaining our positive attitudes. Between Facebook, Twitter, and even TikTok, radio, and television, it is all too easy to be the recipient of information overload.

So how can we manage it all? Many experts have weighed in on the subject, and here are some of their suggestions:

- **Acknowledge what happened**— Understand what is happening, and realize that it is ok to have strong feelings about it. Your feelings do not have to be the same as anyone else's feelings; there is no right or wrong way to feel.
- **Understand your triggers**— Each of us comes from an individual place emotionally, with varying experiences in our backgrounds. Recognize that your triggers and vulnerabilities are valid and unique to you.
- **Take a news break**— It really is ok to limit your news intake. Or if that is too drastic, change your news source. Limiting visuals can help lessen the impact of disturbing news; it might also be helpful to avoid social media platforms where alarmist opinions can heighten already strong emotions.
- **Process your feelings**— Consult your support system; find someone to listen and give comfort if needed, perhaps a like-minded individual who understands you and the way you process emotions.
- **Focus on something good**— Subscribe to or check out sites such as *Upworthy*, *Sunny Skyz*, *GivesMeHope*, *GoodNewsNetwork* or *DailyGood*. *Sometimes a dose of goodness can give a much needed break.*
- **Get involved**— Find a niche in your community; maybe volunteer for a non-profit, or discover new ways to give back to the more vulnerable members of your community. Being able to do something concrete for others helps us feel that we have control of at least one part of our life, and helps us put things in perspective.
- **Take care of your body**—The mind and body are so intricately connected, that it makes sense that the health of one affects the other. Plenty of rest, healthy eating, and engaging exercise all play a part in helping our bodies be in the best shape to support our emotional health.

Remember that self-care is NOT selfish - we won't be any good to others unless we are good to ourselves!

Around the Shelter

Staff Change

We are so excited to welcome Savannah Miller to our staff, as the new Children and Youth Services Coordinator! She joined us as a part-time staff member in March while she finished up her degree, and now that graduation is over, we are happy to have her with us full-time!

Savannah is a recent graduate from Virginia Tech, where she received three bachelor's degrees in Psychology, Criminology, and Sociology, and minored in Peace Studies and Social Justice. She found her passion for this type of work early on in her college years, and dedicated several semesters to internships in order to gain a more holistic approach to helping victims and the community. Her very first internship was with Response, where she created videos to educate on a variety of topics relating to domestic violence and healthy relationships.



For several years, Savannah has been working with children as a swim instructor and coach. With her personal background, teaching and coaching experience, and her education and internships, she is well prepared to be wonderful advocate! Having been raised in Shenandoah County, she can't wait to make a difference in the place she calls home.

Thank You!

As most of you are aware, Response has been a little displaced since mid-January when our building flooded. We spent about a month housing our clients in hotels to ensure that they continued to have a safe place to stay.

Towards the end of February, we were incredibly lucky and were offered an alternative housing option that enabled us to move our clients into another secure location with much more affordable rent! For safety reasons, we haven't revealed the amazing organization that provided us with a few months of housing, but now that our clients have moved out, we want to shout "Thank you!" to Shrine Mont, in Orkney Springs! They had an available house that we were able to rent from the end of February to the end of May, and we are so very grateful to them!



Amazon

Did you know that you can donate money to Response every time you shop on Amazon? Simply visit www.smile.amazon.com to log in to your existing account, select Response as your desired charity/nonprofit, and each time you purchase eligible items, Amazon donates a portion to Response at no extra cost to you!

With our shelter still being very much out of commission, our needs and ability to use or store donations have changed. Our [Amazon wish list](#) makes it easy to see what some of our current requests are!

Thanks in advance for your continued support!



Recap of Events

Spring Fashion Show

Our 21st annual Spring Fashion Show was our best yet! It was a slightly rainy Sunday, but the Woodstock Brewhouse was a fantastic location to spend the afternoon. Thank you to everyone who sponsored, attended, and donated time, food, or baskets!

We raised almost double the amount from our most successful past fashion show, and are already planning for next year! So, mark your calendars for Sunday, May 21, 2023, to join us at the Woodstock Brewhouse for another afternoon of fun!



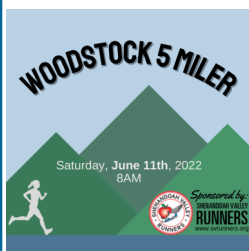
Upcoming Events

LGBTQIA Pride Month

June is pride month, and we at Response know that domestic violence doesn't only happen within the bounds of heterosexual relationships. We are here to provide support and services for everyone, regardless of how they identify or the relationship they are in.



Woodstock 5 Miler



Time is running out to register for the 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. You are invited to run or walk the 5 miles. More info and a registration form can be found at: <https://www.responseva.org/upcoming-events>