



The LeeShore Lighthouse



A Quarterly Publication of The LeeShore Center
<http://www.alaska.net/~leeshore/>

*Services for Victims of Domestic Violence and Sexual Assault
Support for the Central Peninsula's Families*

SPRING 2011

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SPECIAL POINTS OF INTEREST:

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The Crisis Line is available 24 hours
283-7257

Office hours for The LeeShore Center
Monday - Friday
9 am - 5 pm.
283-9479 phone
283-5844 fax



April is Sexual Assault Awareness Month

April has been designated as Sexual Assault Awareness Month in the United States. The goal is to raise awareness about sexual violence and to educate people and communities on how to prevent sexual violence. Sexual assault is unwanted sexual contact, including rape, attempted rape, and child sexual abuse. It can affect people of any age, gender, ethnicity, sexual orientation or ability. According to the National Violence Against Women Survey perpetrators of sexual assault can be friends, acquaintances, family members, or strangers. Working together, we can raise awareness and help prevent sexual assault.

To learn more join us for our bi-annual Community Awareness Workshop to be held April 18 - 22 . Learn about Domestic Violence and how it effects children, Cycle of Violence, Sexual Assault, Victim Services and much more. This 45 hour class will be held at The LeeShore Center. The \$35 class fee includes all workshop materials and snacks. A break will be provided daily for lunch off-site.



LeeShore's community meeting room

April is Child Abuse Awareness Month

It can be difficult to recognize when a child is being abused. Learning the signs below and talking about them is the first step in breaking the pattern of violence that hurts us all.

- Unexplained injuries. Visible signs of physical abuse may include unexplained burns or bruises in the shape of objects.
- Changes in behavior. Abused children often appear scared, anxious, depressed, withdrawn or more aggressive.
- Changes in eating or sleeping. Stress, fear and anxiety caused by abuse may result in weight gain or loss and they may have nightmares or appear tired or fatigued.
- Lack of personal care or hygiene. Abused and neglected children may appear uncared for.

(source: www.joyfulheartfoundation.org/childabuse_signsofabuse.htm)

The LeeShore Center is proud to be a United Way agency.





*She suggested
The LeeShore
Center because
she is aware of
the women and
children in
shelter..to be a
worthy cause*

*Our commu-
nity is blessed
to have such
caring
individuals!.*

Boy Scouts lend a helping hand

A local student from Soldotna High School wanted to earn the Distinguished Eagle Scout award while helping mom's in our emergency shelter and Transitional housing facility get a much needed break. Matthew Peterson needed a project showing leadership and hard work and had to devote 40 hours to earn the Distinguished Eagle Scout award. He asked his mom for guidance and she suggested a project

with The LeeShore Center would be a worthy cause. Matthew along with Johnathon Kreider, Leah Garske, Wade Peterson, Trevor Earll, Josh Clay, Christina Smith, Sydney Goggia, Zachary Pickard, Skylar Pickard, Lane Kreider, and Taylor Forbes came to LeeShore and provided resident children craft projects to give their moms for Christmas. Everyone had a wonderful time and moms really enjoyed

the great gift that her own child made. We are so thankful to have such wonderful and caring people in our community. You really do make a difference!
The Distinguished Eagle Scout Award was established in 1969 to acknowledge Eagle Scouts who have distinguished themselves in business, professions, and service to others.

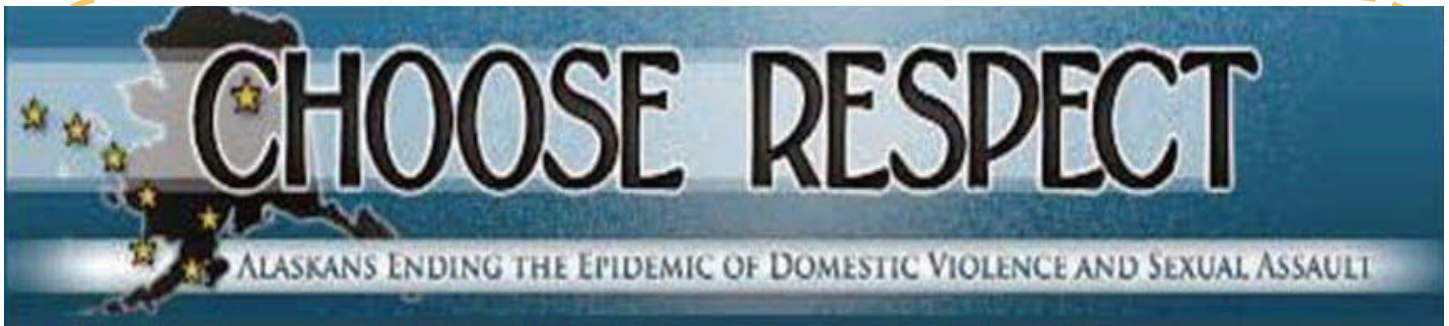
Congratulation
Matthew!

Shop with a Fire Fighter

The LeeShore Center would like to express our deepest thanks to the Soldotna Fire Department for providing a "Shop with a Fire Fighter" activity for the children residing at our Transitional Living Center facility. The children were met by Soldotna firemen at a local business and were provided money to purchase special gifts for family members. The kids had such a wonderful time!

We also appreciate Soldotna Fire Department arranging transportation for the activity as well as coordinating "gift wrapping" help with a local church. Our community is blessed to have such caring individuals!

Thank you for helping make this a memorable holiday for the children and their families!



**The LeeShore Center
cordially invites you to join us for an
“*Alaskans Choose Respect*”
Awareness Event**

in support of Governor Sean Parnell’s
“Alaskans Choose Respect” initiative and
state-wide efforts to raise awareness of
domestic violence and sexual assault.

**Thursday, March 31, 2011
noon to 2:00 p.m.**

We will meet at the Kenai gazebo (Leif Hansen Park)
at noon and walk to the
Kenai Visitors & Cultural Center.

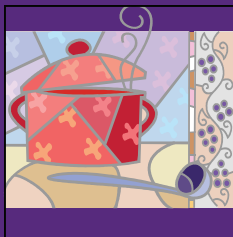
Refreshments will be served.

for more information call: **283-9479**



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Abuse and neglect of older persons is under recognized or treated as an unspoken problem.

LeeShore's Wish List

HOUSEHOLD PRODUCTS

Liquid dish detergent Toilet Paper
 Laundry Soap Mops
 Paper Towels Brooms
 Dryer Sheets Color Safe
 Comforters Bleach
 Towels / Washcloths Pillows
 Twin Sheets / Twin Mattress Pads

Miscellaneous

Diapers / Pull ups Baby Wipes
 Phone Cards Gas cards
 Alarm clocks Batteries
 Gift Certificates (haircuts, etc.)

KITCHEN / COOKWARE

Dishes Pots and Pans
 Glassware Baking Dishes
 Kitchen Towels Coffee Mugs
 Food Storage Containers

FOOD ITEMS

Rice / Beans Flour / Sugar
 Turkey / Ham Dry Soup Mix
 Baby Food Formula
 Coffee / Tea / Creamer

TOILETRY ITEMS

Combs / Brushes Body Lotion Shampoo
 Toothpaste / Toothbrush Q-Tips Conditioner
 Tampons & Pads Hand Cream

CLOTHING (ADULT, TEEN, & CHILDREN)

Hats Gloves Scarves Socks Underclothes
 Boots Shoes Coats Sleepwear Slippers Robes

World Elder Abuse Awareness Day

Mark your calendars! World Elder Abuse Awareness Day is June 15th. Each year, hundreds of thousands of older persons are abused, neglected, and exploited. Elders lose an estimated \$2.6 billion or more annually due to financial abuse; funds that could help pay for basic needs such as medical care. It is estimated that only about one of five crimes is ever discovered. The first Awareness Day was in 2006 and involved hundreds of organizations and

governmental bodies in every continent in the world. Abuse and neglect of older persons is under recognized or treated as an unspoken problem. Research shows that public education campaigns like World Elder Abuse Awareness Day are important for informing people about elder abuse and involvement of the media is crucial to its success. Raising awareness of mistreatment of older persons is an ongoing effort, not limited to one day. Visit the "Join Us in

the Fight Against Elder Abuse" section of the National Center on Elder Abuse (NCEA) website for information and activities. Whether the effort is great or small, once a year or throughout, all of these efforts empower us to make long-lasting differences in the lives of vulnerable elders. For a report of harm for the protection of vulnerable adults call 1-800-478-9996.

(source: www.inpea.net and www.aoa.gov/AoARoot/AoA_Programs/Elder_Rights/EA_Prevention/weaad.aspx)

The Kenai Peninsula Piecemakers have done it again!

On an annual basis, The LeeShore Center is the beneficiary of beautiful handmade quilts the Kenai Peninsula Piecemakers work hard on all year round. The quilts are given to children residing in our emergency shelter and transitional housing facilities. This year the Kenai Peninsula Piecemakers donated 113 quilts, in addition to pillow cases and car seat quilts. In gratitude, we'd like to thank Elsie Albertson, Jeneane Benedict, Judy Buffington, Susan Bible, Sue Bowen, Myrna Davidson, Jean Douglas, Margaret Goodman, Ruth Gillespie, Sheila Holtzen, Pat Kisse, Donna Tomlinson, Sally Waechtler, Betty West, Ruby Windsor and Kenai Fabric Center. We are deeply touched by your continued support and generosity!





Upcoming Events

March 31 Alaskan's Choose Respect Awareness Event

April 15 Volunteer Appreciation Tea
April 18 - 22 Community Awareness Workshop

August 13 24th Annual Kenai Peninsula Run for Women

Office Closures:

March 28
May 30
July 4

Class Schedule



Tuesday - Changing Patterns 1:00 - 3:00
An educational support group for women experiencing negative emotional patterns in their daily lives, which may be due to victimization (domestic violence/sexual assault) or substance abuse.

Thursday - Parenting for Women 1:00 - 3:00
An educational support group focusing on child development, logical and non-violent consequences for behavior and how to be a kind, yet firm parent.

Friday - Domestic Violence Support Group 1:00 - 3:00
The group is for women who are currently in an abusive relationship or who have experienced domestic violence in the past.

There is a \$5.00 fee for each class; however, fee waivers are available.

Contact The LeeShore Center at 283-9479.

Thank You For Your Support and Donations

Era Alaska, Foot Flare N wear, Kenai Veterinary Hospital, Nikiski Methodist Church, Peninsula Medical Center, Soldotna United Methodist Church, TCC The Cabinet Company, United Methodist Church of the New Covenant, United Methodist Women, Walmart, A.K. Custom Meats, Affinity Salon, Alyeska Tire, Barbara Waters, Bliss Hair Design, Blockbuster Video, Body Mind and Spirit, Kluge & Associates, Cheri Smith, Cold Stone Creamery, Country Liquor, Country Stitches, Curves for Women, Daniel Tank, Debi Kimbrell and Jessica Seymour, Debra Carpenter, Don Jose's Mexican Restaurant & Cantina, Donna Handley, Dr., Jerry Hu, Duck Inn, Encore Dance Studio, Fine Thyme Restaurant, Brandon Maes Guided Fishing, Frames 'n Things, Golden International Restaurant, Grant Aviation, Great Northern Video, Greg Daniel's Photography, Haircutters, Jazmin's Hair Design, TDS Construction, Karlene's Day Spa, Katrina Carpenter, Kenai Aviation, Kenai River Purse Company, Kenai Watershed Forum, Koob Chiropractic, Laone Benton, Libby Berezin, Lois Solberg, Lori Seymour, Manny's Driver Education, Marge Hays, Northern Force Fitness, Paradisos Restaurant, Patty Dorband, Peninsula Athletic Club, Performing Arts Society, Penny McLain, Phormation, Pizza Hut, Radio Shack, Renewal Skin Care, River City Books, Russian Orthodox Church Gift Shop, Sedona Florist, Selia Butler, Safeway-Soldotna, Snug Harbor Fish Processing, Soldotna Professional Pharmacy, Sterling Needle, Summit Cleaners, Susan's Bath & Body, Yasha Crouse, Sue Seggerman, Tawney Jones, Tom Wagoner, Yvonne Gasset





*The LeeShore Center
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Kenai, AK 99611
www.leeshoreak.org*

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We're on the Web

www.leeshoreak.org

LeeShore's Clothes Closet

The LeeShore Center has a clothes closet available to everyone in our community.

Hours are:

Open to Public - Tuesday and Wednesday 10:00 am - 4:00 pm

Drop off donations - Thursday and Friday 10:00 am - 4:00 pm

Please call 283-9479 for more information

Volunteer Corner

We invite all our volunteers to join us for a Volunteer Appreciation Tea April 15 from 2 pm - 3:30 pm. Your name will be entered into a drawing for one of three \$50 gift certificates. We also have door prizes. Look for your invitation in the mail.

Thank you for your service to The LeeShore Center.

This quarter volunteers have assisted with:

Fund raising, school presentations, advocacy, organizing the clothes closet, removing furniture, gardening, nutrition and self-esteem classes, office assistance, general maintenance & repair, Sexual Assault Response Team (SART) Court Watch, Court Accompaniment and many other activities.

If you would like to volunteer, call the volunteer coordinator at 283-9479.

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