

Helping Hand

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Help In Crisis

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Individual Highlights

Help Us/Shelter/ Encore	1
Sexual Assault/ HUG/Work....	2
CAC/From the Director	2
Upcoming Events	4

Helping Us Help Others

Hello everyone! We, here at Help In Crisis, hope everyone is having a great fall season. We have an important announcement for all who receive our Helping Hand News Letter. HIC will no longer be mailing a hard copy of the newsletter. Due to the economy and lack of funding we can no longer afford to print and mail. We are very sorry. If you would like to keep receiving Helping Hand we can send it to you via email. You can email Jana at hicvolunteer@hotmail.com. Please give your name and email address and we can zip it to you. Also, we do have a copy of the

current and past newsletters on our web site. The web address is www.helpincrisisinc.org. On a lighter note, our Annual Meeting went very well. We appreciate all of our friends who attended and also those of our friends that were unable to attend.

SHELTER NEWS

The shelter has been very active as we have had a full house most days for the last two months. We have had a great time with new activities and getting to know new volunteers and appreciating old ones—remember one is silver and one is gold—volunteers make it happen! We have many new activities: we began a monthly birthday

celebration for both kids and moms. Volunteers provide cakes, cards and small gifts. We also had our 2nd Annual Murrel Home hayride with residents, staff and volunteers. In addition to the ride there was a cookout and sing-a-long activities. The hay and wagon were provided by staff and volunteers. We also celebrated October as Popcorn Month. On the 27th we had a popcorn night at the shelter with lots of popcorn, games, music and fun. Thanks to all volunteers for helping us make this happen. Changing scenes— we are very sad to say that Stephanie will no longer be our in-house counselor. She steadily served as a counselor for three years. She will continue to volunteer.

Thanks—Jennifer C.

Encore Re-Sale

Encore has been blessed with such generous donations these past few months. We want to take this opportunity to say thank you to all of our donors. We have a large variety of coats and jackets for the winter. Also,

we have a lot of winter clothing. We accept all types of clothing for all seasons. We still need furniture items as well as appliances. Also, we need volunteers to help sort, hang, and clean. If you have an ex-

tra hour throughout your busy day come spend it with us. Thanks again for all of your donations. Hope to see you soon.

Thanks,
Connie

Sexual Assault News

SANE Room Needs

Sweat tops and sweat pants all sizes

Tennis shoes: sizes women's 6 to 10

This year has flown by for me and our work!! Here we are with November knocking on our door with a wonderful Thanksgiving season. Yes, we have so many blessings to be thankful for and rejoice to be a source of blessing to the many who seek safety and basic needs. Thank you for your part by supporting Help In Crisis as we continue to provide services to the many victims of violence. Our SANE's, Sexual Assault Advocates and Staff have attended a Training Update for our new protocols as we continue to stay current with best practices of exams for victims of sexual assault. Our grant with Cherokee Nation Behav-

ioral Health and NIWHRC has afforded valuable bonus trainings for us as well as new equipment for each SANE room. This additional support is proving to be vital especially in light of loosing other funding sources. With cold weather approaching it would be wonderful to restock our exam rooms with sweat pants and tops if any of you would like to donate a set or two! Thanks for your ongoing support to our survivors. November 9th is our next Faith Team Meeting here at HIC. It is a good time to enjoy lunch together and collaborate to better serve our mutual community. In October 6th a group

of ministers from the CCCMA visited and prayed at our office in Cherokee County, CAC, and our shelter for all of our clients, staff, and special needs. It was a huge blessing and a welcome is extended again whenever the CCCMA would like to Pray for us again. Thank you!

Sandra Dearborn
Sexual Assault Services
Coordinator

HUG Needs

*Diapers all sizes,
formula,
Receiving blankets,
Cribs, bassinets,
pack n plays
Crib sheets,
Bouncers, swings,
baby boy clothing
and preschool
clothing*

HUG News

HUG families have been busy. Many families attended our Annual meeting in October. Amy Gifford, Sexual Assault Services Advocate, spoke to the group about domestic violence. We also took a trip to the Nature center at Sequoyah State Park and to the Pumpkin Patch. In November HUG will have a

presenter from the Cherokee Nation speak about Diabetes. In December we will have pictures with Santa, a Christmas craft project and Amy Winn, from the Extension Office, will be the group speaker.

We are gearing up for the Angel tree and are looking to expand tree placements. We will still be using Tulsa Teacher's Credit Union, Dr.

Childer's office, Armstrong bank and Oasis. We are adding Donna's Flowers this year for tree placement and are in the process of inviting other businesses to participate. The Annual BACA Toy Run will be November 5th at 1pm. It will start at the NSU Football Stadium. See you there!!

Sara D. HUG Coordinator

Work And Play

The less you open your heart to others, the more your heart suffers.

[Deepak Chopra](#)

Job Opportunity at Help In Crisis:
Help-In Crisis is seeking a Grants Administrator. This position is responsible for preparing, submitting, reporting and researching funding opportunities. Previous experience with

foundations, state and federal funding source required. Strong written and verbal communication skills, an ability to prioritize, meet deadlines, gather and organize information and date required. Resumes may be submitted

to ED, P.O. Box 1975, Tahlequah, OK 74465.

HIC Offices will be closed November 24th and 25th for the Thanksgiving Holiday. HIC offices will also be closed December 26—30 and reopen January 2.

Child Advocacy Center (CAC) News

The Sequoyah County CAC center in Sallisaw was recently evaluated for accreditation for another five years of service. This is great news for not only that office but also for the other CAC offices in Cherokee and Wagoner Counties. We are also proud of our MDT team in Sequoyah County for their participation in our accreditation process. The CAC Centers are for the

use of the Department of Human Services and/or law enforcement to conduct forensic interviews with children who have been abused. This prevents the child from being re-traumatized by giving them one place to do one interview instead of multiple interviews for the purpose of seeking information. The service provided by the CAC centers in District 27 has played a vital role in

protecting our children and holding their abusers accountable. This accreditation ensures that these services will continue in our area to further the fight against child abuse.

Thanks,
Bobbie Smith
Cherokee County CAC



From the Director

As you know by now this will be our last "paper newsletter." The wide ranging financial problems have continued to impact us and we have no choice but to provide this information to the community via the internet only. Please take a minute and get your email address to Jana for uninterrupted service. I have written about the loss of staff and the increase in demand for services consistently throughout the past year. We have an ongoing "waiting for shelter list" and we have lost a total of 7 staff positions in the past 2

years. We are however continuing to cover our 4 counties with the core services of court advocacy, protective order assistance, sexual assault nurses and advocates, transportation, hotline and Child Advocacy Center services. The reason we are able to continue these services is that our volunteer staff provide a wide range of services for our agency that would otherwise be unavailable. They help at the shelter with special events, deep cleaning, house maintenance and helping with kids during group time. Volunteers

do the vast majority of hotline work, cover some shelter shifts and provide some of the back-up, crucial pieces of core services. Please consider who you may know that would like to volunteer, or if it is something you have done in the past, maybe its time to "re-enlist" to provide backup or sexual assault response. Refresher training is available through Jana, just call, PLEASE.

Til' next time, Deana

Shelter Needs

Arts and Crafts material
Meat and other food
Dishwasher
Washing machine
(clothing)
Toilet paper
Paper towels
Tissues
Shampoo, cream rinse
conditioner
deodorant

Help In Crisis
205 N. College
P.O. Box 1975
Tahlequah, OK 74464

P: 918-456-0673
F: 918-456-1868

Tool Free
1-800-300-5321

Crisis Line
918-456-HELP(4357)

We're on the Web!
www.helpincrisisinc.org

If you wish to be removed from the newsletter mailing list, have a change of address, would like to receive the newsletter via e-mail or would like to make comments you may contact Jana Green at 918-456-0673 or hicvolun-

Our Vision: "A world that values compassion, respect, responsibility, Justice, and non-violence."

Upcoming Events for November and December 2011

Saturday November 5th— BACA (Indian Nations Okla. Chapter) and the Elks Lodge are hosting their Annual Toy Run. Line up at the NSU Football field begins at 12 noon, the event begins at 1:00 pm sharp. Motorcycles and cars welcomed. Please bring a new, unwrapped toy. Their will be food, music, and drawings at the Elks Lodge after the Toy Run. All proceeds go to Help In Crisis.

Tahlequah Chamber of Commerce will be putting a temporary ice skating rink at Norris Park this year. HIC will be providing refreshments on December 26th and 27th. All proceeds from the refreshment sale will go to HIC. Please come out to support and have a nice skate while you are at it!

Crisis Hotline training will be held in November. Time and date is TBD. If you are interested please call Jana Green at 918-456-0673 for more information.

**Other Volunteer Opportunities:
Crisis Hotline**

Encore

Shelter

HIC Office

Annual Meeting

Angel tree

Court Advocacy

Court watch

Child Advocacy Center

918-456-0673

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