

Helping Hand

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Help In Crisis

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Helping Us Help Others

September is here again. We are gearing up for various events. September 17th will be our annual Pancake Breakfast. This is a partnership with Masonic Lodge #10. It will be at the lodge (121 W. Choctaw, Tahlequah) from 7:00am to 11:00am. You can get tickets(\$4.00 each) at our office. All pre-sold tickets monies will be matched by the Masons! Please stop by or call the office for more details.

October is Domestic Violence Awareness Month which brings us to our Annual Meeting. It will be held on Monday October 3, 2011 (6:00pm to 8:00pm) at the Armory in Tahlequah. There is no cost, you just need to

show up. We are really looking forward to seeing everyone and honor our volunteers, board and staff. If you would like more information or would like to volunteer for the event please contact Jana Green at 918-456-0673.

We will also be holding a Domestic Violence Advocate and Sexual Assault Advocate training for all interested volunteers. Please contact Jana Green at 918-456-0673.

SHELTER NEWS

We Hope everyone has had a good summer and made it through the hot weather. We are glad to be closing another summer and thankful for all the help that everyone gave us

in keeping the shelter a safe and healthy environment for our families. Also, thank you for all of the help with the children and their activities. As we continue to help families we have continual needs: Diapers sizes 4,5 and 6, brushes, combs, baby wipes, deodorant, shampoo, conditioner, hair spray and gel. Some of our needs are bigger: Small refrigerator for staff apartments, commercial dishwasher and stove for shelter kitchen. Also, we would like to welcome our new Volunteer Coordinator that has joined the shelter staff, Jennifer Craver. Jennifer we are glad you have joined us and we know you will do a great job! — Davada Davis

Encore Re-Sale

Encore is back up and running!! Keep in mind the weekly sale specials.

Tuesday: All Clothing \$1.00 (excludes formals, dresses and 2 piece suits)

Wednesday: Work & Evening Attire \$5.00 (Including for-

mals, dresses and 2 piece suits)

Thursday: Brown Bag Special \$6.00 a bag, no limit on number of bags.

Friday: 50% off Non-clothing (excluding furniture)

Encore Needs: Men's cloth-

ing, furniture, and a washing machine.

Also, we ask that donations be dropped of during business hours.

Tuesday—Friday 10:00am to 6:00pm or Friday 10:00am to 3:00pm.

Sexual Assault News

SANE Room Needs

- Shorts and summer tops all sizes
- Sweatpants and sweat tops all sizes

September 14-16th is the National Sexual Assault Conference in Baltimore, MA. This is a great opportunity and thank you to the Coalition for funding my attendance and trip. It will be a great learning experience, which will benefit the victims to whom we serve. Also, we will be offering Sexual Assault Advocacy Training in our Tahlequah office September 21 and 23rd from 11:00am to 5:30pm. Interested parties who have hotline training, are able to train to become a Sexual Assault Advocate at the time of a

SANE exam. Please call the office at 918-456-0673 to sign up. Our new grant through Cherokee nation has allowed us funding to hire a part-time Sexual Assault Advocate. Let me introduce, Amy Gifford. She brings a wealth of experience from the Kansas Crisis Agency she worked in for 7 years. Already, she has been a huge help to our agency. Welcome Amy!!

-Sandra Dearborn
Sexual Assault Services Coordinator

“Thanks to all Help In Crisis Staff and volunteers for the warm welcome I have received. I am excited to deliver advocacy services for survivors here in Oklahoma. Help In Crisis has a special place in my heart. It was in the early 1990’s, while completing my B.S. at NSU, that Deana Franke spoke with my social work class about the cycle of violence. This outreach presentation changed my life and set the course for my commitment to ending violence in our communities and seeking justice for survivors.” Amy G.

HUG Needs

- Diapers, size NB, 1 and 2
- Baby Boy clothing and blankets
- Cribs, bassinets, pack n plays
- Crib sheets
- Bouncers, swings, saucers

HUG News

July is the beginning of our fiscal year with a new budget and new budget cuts. Susan Osborne retired, so Kori, Sarah and I are the programs staff this year. We are rotating parent support group presentations and responsibilities. HUG staff will attend a re-training in October for our Parents as Teachers curriculum.

Group topics being presented to our Parents as Teachers Group for the end of the summer are: birth order, personality traits, Immunizations, poison control, and Zumba workouts. We desperately need volunteers to assist us with this project and others; help with Angel Tree projects, pick up gifts from Angel Tree sites, transport

them to our Angel Tree Gift room and organize it. Anyone interested can call our office and ask for a HUG staff person at 918-456-0673. Thank you all again for another successful year and we hope for great things in the upcoming months!!
-Sara Davidson, HUG Program Coordinator.

Work And Play

You see things; and you say, ‘Why?’ But I dream things that never were; and I say, ‘Why not?’
George Bernard Shaw

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 fed-

eral 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.

Domestic Violence Volunteers needed: HIC will be hosting a Domestic Violence Advocacy Training Monday Sept. 26 and Tues. Sept. 27, 2011 from 5:30pm to 9:30 pm at our office in Tahlequah.. Please contact Jana Green at 918-456-0673 if you are interested.

Prevention News: Jyme Lowe

Safe Dates:

Dating abuse is a serious issue that can touch the life of any teen. Between 10 and 38 percent of high school students have been victims of dating violence. Parents can be a very important resource in preventing dating abuse and in helping teenagers remove themselves from abusive relationships. Here are some things you can do that may prevent your child from getting into an abusive

dating relationship:

- 1 Model healthy relationships at home.
- 2 Talk with your teen as early as possible, about healthy relationships and positive ways to resolve conflicts.
- 3 Emphasize that abuse IS NOT about love.

4 Reinforce the importance of getting help if he/she is ever concerned about a dating partner.

5 Build your child's self-esteem.

6 Keep communication channel open.

-A Guide for Parents and Teens



Giving back
can be very good
for you.

From the Director

Rain, blessed rain! As I finally sit down to write my article I am very mindful of the relief we have felt since the rain came this week. We are and have been very full at the shelter and even with the air conditioners running there was an oppressive warmth inside the shelter. Throughout our state, shelters are overfull and families are sitting on wait lists, trying to keep the violence at a minimum as the heat goes on.

The oppressiveness of the heat, that feeling of I just don't think I can bear this, made me think of the families we serve and how the violence is also oppressive and how common it is for survivors to say, "I just couldn't take it anymore so I came here." The unrelenting heat and the additional stress we all felt from it, gives us just a little glimpse into the lives of those

we serve.

Budget cuts are threatening services throughout the State of Oklahoma. Our current budget is \$300,000.00 less than last year. We are waiting to hear about two proposals, but as of yet have no word on whether or not they will be funded. We are down 5 staff members from 2 years ago and will not be filling any positions that are not specifically grant funded, except the Grants Administrator position. As our budget shrinks we continue to explore ways to stretch our dollars, (no new ideas this week, as we have been doing that for the past 30 years) and to look for new revenue sources (we have also done this very steadily for the past 30 years, and will continue to explore all options.) Our other option is to enlist more volunteers and we are

working hard to do that with a recently funded grant from the Sarkeys Foundation. Jennifer Craver will be working in the coming months to increase the number and hours of volunteers at the shelter. There is a job for everyone and a way anyone can help out. All of the things that need to be done around your house are needed at the shelter as well. The hope is that as volunteers have the experience at the shelter they will share the work with friends and family and we will have volunteers providing many, many services at the shelter. Please keep this hope in your thoughts and prayers as it becomes a reality.

Till next time,

Deana

"The oppressiveness of the heat, that feeling of I just don't think I can bear this, made me think of the families we serve"

Help In Crisis
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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 September and October

Annual Pancake Breakfast
September 17th, 2011
from 7am to 11am.
121 W. Choctaw Ave.
Tahlequah, OK
(Masonic Lodge #10)
Call or stop by the office for ticket information.

Annual Meeting
October 3rd, 2011
6:00pm to 8:00pm
At the Armory in Tahlequah.

HIC will be hosting a **Domestic Violence Advocacy Training** Monday Sept. 26 and Tues. Sept. 27, 2011 from 5:30pm to 9:30 pm at our office in Tahlequah.. Please contact Jana Green at 918-456-0673 if you are interested.

Sexual Assault Advocacy Training will be Weds. Sept. 21 and Friday Sept. 23, 2011 from 11:00am to 5:30pm at our office. Please call Jana Green or Sandra Dearborn if you are interested. 918-456-0673 or email hicvolunteer@hotmail.com.

Other Volunteer Opportunities:
Crisis Hotline

Encore

Shelter

HIC Office

Annual Meeting

Angel tree

Court Advocacy

Court watch

Child Advocacy Center

918-456-0673

Help In Crisis
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Tahlequah, OK
74465
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requested

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