

# Helping Hand

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## Helping Us Help Others

Hello and good day from all of us at Help In Crisis! We are starting a new year but want to take time to mention someone very important. Mary Jo Cole, Grants Administrator, retired in December 2011 after 14 years with HIC. She was a Founding Mother, Domestic Violence Counselor, Education Coordinator and Grants Administrator as well as a volunteer throughout her years of service. She was a great woman who was dedicated to the fight. She will be greatly missed here at the office but her light will continue to shine brightly through our commitment to end

Domestic Violence and Sexual Assault as it was hers as well. Stephanie Moore-Jordan will be taking over the Grants Administrator Position. Stephanie worked for HIC previously as a DV Counselor. We are really happy to have her here with us again!

### SHELTER NEWS

We have to thank so many people for the turkeys and other dishes delivered to us for the Thanksgiving and Christmas holidays. Volunteers continue to come to our shelter to help celebrate birthdays. The volunteer brings in a cake, a gift, and in some

cases, the music! We plan to continue these celebrations. More volunteers are needed for this fun festivity. Weekly educational developmental activities with resident children advocates are provided by Child Advocates, Amanda Crow and Julea Secratt. We are so happy that two new stoves, & two new dishwashers are now in the shelter. Doing kitchen duty is much more enjoyable. Also, thanks to all the staff and volunteers who helped cover shifts during the Christmas and New Year Holidays.

Thanks, Jennifer C.

## Stalking: Safety Planning in Public

Planning for safety outside the home may involve changing your routine, being proactive, and asking others for help. At work, other employees could serve as lookouts or screen telephone calls. Changing your rou-

tine may throw the other person off your trail. Examples of changing a routine include, leaving earlier, going to a new gym, and driving different routes. Changing your work hours or days if possible. Walking to

your car could put you in danger, but if you plan ahead you may be able to lower that risk, if you change where you usually park, ask a friend to walk you to your car, park in a well-lit area. <http://ocadvsa.info.org>

## Sexual Assault News

### SANE Room Needs

Sweat tops and sweat pants all sizes

Tennis shoes: sizes women's 6 to 10

By mid December of 2011 Help-In-Crisis coordinated and assisted with 48 SANE exams. This is an increase from 2010; we know we are just beginning to meet the needs and do not expect our numbers to decrease in 2012. Also in December the Oklahoma Attorney General's Office approved a Hispanic version of our resource guide; both volunteers and advocates prepared and submitted 44 pages of resources. If you are looking for volunteer opportunities remember there are many ways that

you can help. It's a new year and Help In Crisis Sexual Assault Program is utilizing the most current evidence collection methods available for our sexual assault victims in all four counties that we serve! This year we plan to strengthen our collaboration with law enforcement and legal associates to increase the arrest and conviction rates of sexual predators in our communities. We need you to continue your support of our programs and publicly support survivors of sex-

ual assault. The National Sexual Violence Resource has started a campaign entitled, "Sexual Assault Thrives in Silence—Let's Talk About It". This campaign lets us know how we can talk to victims without shame or blame and much more. Together our voices are strong.

Amy Gifford—Sexual Assault Services Assistant

### HUG Needs

Diapers all sizes,

formula,

Receiving blankets,

Cribs, bassinets,

pack n plays

Crib sheets,

Bouncers, swings,

infant toys and baby

clothes

## Helping Us Grow News

HUG and Help in Crisis Staff would like to thank everyone who helped us fill 143 angels this year. We appreciate everyone's generosity. Angel tree sites were Tahlequah Teacher's Credit Union, Armstrong Bank on Downing, Muskogee and Keys, Reflections, Oasis Health Food Store, Redmen Office Supply,

Donna's Flowers, and Studio 22. Thanks to all our wonderful volunteers! We want to thank Daniel Franke for playing Santa at our HUG Holiday Celebration. We are thankful for the BACA Toy Run, the Cherokee Crusin' Car Club Toy Run, Walgreens for collecting gifts from their customers. We also would like to thank; Dr.

DeLoache, Dr. Breanna Batey, Walker Family Dentistry, Dream Catcher Sports, Keys High School FCCLA, Loans Plus and Shout for all your help during Angel Tree. One more thank you to all individuals, in our community, who took an Angel from a tree and provided gifts for them. You are our angels.

## Encore Resale Shop

Occasionally, patrons at the Encore Resale Shop ask if there are any fabric remnants for sale. Once in a while some are donated, but usually there isn't a great demand so they are put in a bin and stored. One day, "Grace" visited Encore, shopping for fabric. She explained that she and her two sisters, "Sue" and "Connie," made quilts for the homeless, and since they were on a limited income they were not able to purchase fabric at retail prices. The store manager gave her what was in storage and told Grace she would contact her if more were donated. Last month, a

member of the community contacted one of the Encore volunteers to ask if the shop could use fabric remnants. She had sewn for years and had boxes of fabric stored in her closet. Since she didn't sew any more, she said she would like to donate the material to Encore. The three sisters were contacted, and "Grace" came to the resale shop to pick up the fabric. To say that she was delighted would be an understatement. As she and the volunteer were loading the donated fabric into her car, "Grace" explained that over the years they had

made countless quilts to give to homeless people and others in need. It was a way for the three sisters to get together and produce something useful, and at the same time fulfill their belief that their mission is life was to help others. This year the women were especially pleased when many of their quilts went to victims of the Joplin tornado. Not only have the quilts help keep people warm, but they have warmed the hearts of these three kindhearted sisters.

Sue Agnew—Encore Volunteer

Children's talent to endure stems from their ignorance of alternatives.

[Maya Angelou](#)

## Prevention News

### New Year's Resolutions

As the New Year rolls in many of us find ourselves making New Year's Resolutions. We begin to focus on what we would like to do to better ourselves, our family, and our community. As you

take the time to reflect on these changes, I encourage you to think about the words of Martin Luther King, "We will have to repent in this generation not merely for the vitriolic words and actions of the bad people, but for the appalling silence of the good people." This year make a resolution to use your

voice to speak out against the staggering epidemic of violence in your community.

Jyme Lowe— Community Prevention Coordinator

## From the Director

Happy New Year to all our supporters, volunteers, and community members! As we begin a new year at Help-In-Crisis we look forward to new opportunities in each of the communities we serve. We also reflect on the past year and the strides we have made in each community to ensure safety and security to families experiencing domestic violence and survivors of sexual assault and stalking. All of these crimes happen in our communities, to people we know and interact with. As we work to fulfill our mission "to eliminate family violence, stalking, child abuse and sexual assault" we continue to establish new partnerships and encourage others to help with this

effort, because each and every act of violence in our homes affects all of us. We believe that prevention of these crimes is common sense and the new research around this issue is available at

<http://www.cdc.gov/violenceprevention/nisvs/>.

Please take a minute to review this report, it contains very valuable research. The information is so very encouraging and gives us hope that we will continue to see changes throughout society that help to eliminate these crimes in our communities.

Till next time,

Deana

One more thing:

Our Annual "Walk A Mile In Her Shoes Event" will be happening again this April 2012. If you are interested in volunteering to help with event coordination/ participation please call Jana at 918-456-0673

We need to teach our daughters to distinguish between:

*a man who flatters her  
and a man who compliments her,*  
*a man who spends money on her  
and a man who invests in her,*  
*a man who views her as property  
and a man who views her properly,*  
*a man who lusts after her  
and a man who loves her,*  
*a man who believes he's a gift to women  
and a man who believes she's a gift to him.*  
*And then we need to teach our sons  
to be that kind of man.*

## Shelter Needs

Arts and Crafts material  
Meat and other food  
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](http://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-](mailto:hicvolun-)

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

## Upcoming Events for January and February 2012

**With the Holidays over January gives us a period to stop and reflect on the last year and look forward to 2012. We would like to take time to say thanks to all staff, volunteers, partner agencies and other community members.**

**In January our HUG group will be discussing Works, values and Goal Setting. Heather Winn will be stopping by to teach the young women how to knit scarves.**

**In February our HUG Group will be having a guest speaker about Healthy Relationships.**

**In February HIC usually has the Annual Vagina Monologues. This year it will be March, 2,3, and maybe the 4th. More information is on the way and can be found posted on our Facebook page.**

**Other Volunteer Opportunities:  
Crisis Hotline**

**Encore**

**Shelter**

**HIC Office**

**Annual Meeting**

**Angel tree**

**Court Advocacy**

**Court watch**

**Child Advocacy Center**

**918-456-0673**

