



The Helping Hand

Women's Crisis Center

October 2009



Volunteer Training

The March 2010 Volunteer Training Program will be held *March 6, 2010 through March 20, 2010*. Current volunteers are always welcome to attend any or all of the following sessions. Please call Vicki at 859-372-3578 or e-mail vickih@wccy.org, if interested in attending. Due to space concerns, please make this call as soon as possible.

March 6, 2010 Overview & History of W.C.C.

Sat. 9am-5pm History of Violence Against Women
Effective Communication

March 8, 2010 Partner Abuse Overview

Mon. 5pm-9pm Inclusiveness & People
w/Disabilities

March 9, 2010 Effects of Dom. Viol. on Children

Tue. 5pm-9pm Barriers for Battered Women

March 10, 2010 Children's Advocacy Center

Wed. 5pm-9pm Child Sexual Abuse
Adult Survivor of Incest

March 15, 2010 The Prosecutorial Process

Mon. 5pm-9pm

March 16, 2010 W.C.C. Prevention Programs

Tue. 5pm-9pm Human Trafficking/Multi-Cultural
Program

March 17, 2010 Women and HIV/AIDS

Wed. 5pm-9pm Volunteer Areas of Interest

March 20, 2010 S.A.N.E./S.A.R.T.

Sat. 9am-5pm Adult Rape

Hospital Visits

Volunteer Training is a great way to participate in refresher training and meet new W.C.C. volunteers!

WCC's Mission

To lead our community in the social change needed to end domestic violence, rape and sexual abuse.

Vision

- To provide immediate access to effective crisis intervention, support and personal attention to victims and survivors.
- To sustain a safe and nurturing environment for adults and children traumatized by domestic violence, rape, or sexual abuse.
- To empower victims of rape, domestic violence or sexual abuse to gain self-esteem and self-sufficiency and to move beyond victimhood to become strong survivors.
- To advocate for the safety, civil rights, and health for our clients in political, judicial, law enforcement and other public welfare arenas.
- To advance a society, through prevention education and public awareness programs, in which rape, sexual abuse and domestic violence are no longer tolerated.

We are able to continue to strive forward in large part because of our volunteers. I want to express my appreciation for those who work with us in any capacity.

Thank you for who you are and all you do!



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Volunteer Meeting November 4, 2009

You don't want to miss this one!!

Dan Newman was not able to present his HIV/AIDS program at the October training, so he will be presenting at the Nov. 4th meeting!! Bring a friend.

We will meet from 5:30-7:30 in the Hebron Training room. Please feel free to bring your dinner. RSVP for seating!!



Conner High, candy, and a good cause

Conner High School's Sports and Event Marketing class had a mission. They wanted to find a worthy local charity to share the proceeds from the 5K Run/Walk they were planning as a class project. Their teacher, Donna Redding, gave them names of a few agencies from which to choose. After the class vote was tallied, Women's Crisis Center was chosen! Women's Crisis Center is excited to be named a partner of the first ever Cougar 5K Run/Walk.

The event is this Saturday, Halloween day, at 10AM. Check-in starts at 8:30am in the Conner High School parking lot. 3310 Cougar Path Hebron, KY 41048

It's not too late to register! Follow this link to the registration form:
http://www.boone.kyschools.us/community_relations/CH_S5K.pdf

Bringing the kids in costume and walking as a family would be a great way to start out your Halloween!

The Helping Hand Sarah Klamo, WCC Volunteer Receives Special Honor



Forty Under 40 recognizes the Tri-State's next generation of young leaders and innovators - people who have made a mark professionally and in the community.

This year there were 470 nominations. In its 13th year, the contest once again spotlighted an impressive group of local professional and community leaders who haven't yet reached the age of 40.

Sarah Klamo has worked with the Northern Kentucky Chamber of Commerce for 5 years and has been a "runner" for WCC since March 2008. Sarah has been a "Big Sister" through the Greater Cincinnati Big Brother/Big Sister Program for 7 years, attended the United Way Emerging Leaders program, received the Rising Star Award in 2008, and graduated from the Greater Cincinnati YWCA Board Leadership .

Sarah and 39 other recipients were honored at a "Forty Under 40" luncheon on Sept. 24, 2009 at Cincinnati Music Hall.

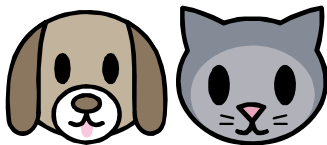


Cell Phones/Ink Cartridges Collection

WCC will take cell phone and used ink cartridge donations!! An organization called Shelter Alliance will send us a pre-paid shipping label and donate up to \$25 per cell phone. To date, we have received \$21,705.30 as a result of this project.

Another organization, Cartridges For Kids, also sends us a pre-paid shipping label for used ink cartridges. To date, we have received \$97.60. We do not receive a lot of money from this organization but the cartridges are recycled and that helps us all!!

Phones &/or cartridges may be dropped off at any WCC location. This is also a tax deductible donation for you. Thank you for your support and for helping us generate more funds to assist clients!!



Pet Protection Program

The Pet Protection Program has requested donations of *new* items for pets, as well as gift cards from Petsmart. The donated items are used to supply a pet with the basic needs when returning to the owner. New items are requested to avoid transmitting any parasites or illnesses to the pets. Gift cards are used to purchase food when needed, as we get a variety of different pets of varying ages. As you can imagine, we do not have the space a pet store would have! The Pet Protection Program would like to take this opportunity to thank donors for all your generous support of this program. For additional information, please call 859-491-3335.






The Helping Hand



WCCPPP Wish List

We could use some laundry baskets. When we do the take home packs we place items in a laundry basket. Thanks for thinking about the PPP with everything you also have on your mind as well.

****New items only, please ~~**

-  Cat toys
-  Dog toys
-  Small square plastic clothes baskets
-  Stainless steel food and water bowls
-  Lint rollers
-  Gift card to local pet stores (\$5, \$10, \$15 increments)

Many thanks from the heart for all you do!!

PLEASE NOTE:

On page 4 you will find the Holiday Wish List and the ongoing Wish List for the Northern Kentucky residential shelter.

On page 5 you will find the volunteer needs and Wish List for the Buffalo Trace/ Maysville area.

Please feel free to make copies of these lists and share them with your groups, families or friends.

We appreciate your ongoing support!!!

**Women's Crisis Center
Northern KY Shelter
Wish/Needs List**

Gift Cards
 Umbrellas
 Pillows
 Plastic Pillow Covers
 Plastic Twin Size Mattress Covers
 Clear Plastic Storage Totes/Boxes (Around
 66 Quart)
 Twin blankets
 Twin Sheet Sets
 Women's Underwear Size 7 and 8
 Women's Sleepwear (Sizes XL and up)
 Children's Sleepwear (All Sizes)
 Robes (All Sizes)
 Women's Lounge pants (All Sizes)
 Women's sweat shirts or T shirts (All Sizes)
 Children's Lounge pants (All Sizes)
 Children's Sweat Shirts or T shirts (All
 Sizes)
 Slippers (All Sizes)
 Tank Bus passes
 Hair brushes
 Hair dryers
 All size batteries
 Baby Monitors
 Night Lights
 Gas cards
 Can Opener
 Large Crock Pot
 Large Heavy Duty Stock Pot
 Diapers – Size 4 and 5
 Cleaning Supplies
 Gallon Food Storage Bags
 Plastic Food Storage Containers
 Black Garbage Bags
 Kitchen Garbage Bags
 Non perishable food items



**The Helping Hand
Women's Crisis Center Shelter
Christmas Wish List**

Gifts for women
 Gift Cards
 Jewelry
 Purses
 Journals
 Clothes
 Sleepwear
 Slippers
 Robes
 Music CD
 Movies/DVD
 Hair Dryers
 Tote/carrying Bags
 Bath and Body Gift Baskets
 Watches
 Puzzles
 Bead/Jewelry Kits
 Scrapbooking Supplies
 Craft Paint/Brushes
 Laundry Baskets
 Clear Plastic Totes
 Umbrellas
 Fuel Only Cards
 Gifts for babies and children
 Toys of any kind
 Movies/DVD
 Clothes, Sleepwear, Robes, Slippers
 Gifts for teenagers
 School Backpacks
 Radio/Remote Control Vehicles
 Sport Equipment / Apparel
 MP3 Player
 Music CD
 Electronics/Handheld Games
 Wii Games
 Board Games/Trivia
 Diaries/Journals
 Jewelry
 Make-up
 Hair Accessories
 Craft items
 Movies/DVD
 Clothes, Sleepwear, Robes, Slippers

NEWS FROM BUFFALO TRACE/ MAYSVILLE

Volunteers needed: Megan, the Children's Advocate, will need help with the upcoming holiday parties. Halloween is this weekend. If anyone is interested in helping with supplies or with the party, call Megan at 606-564-6708.

Christmas time is a very busy time at the shelter. Christmas lists to be made, gifts to be wrapped, cookies to be baked, and so much more. Now, multiply this by thirteen, there are usually an average of thirteen families in the shelter during the holidays. We all know it is hectic during the holidays and it is so important that we have volunteers to help. If anyone is interested in helping, please contact Jessie Brown at 606-564-6708.

Volunteers are needed around the office and shelter because Public Education staff is out in the schools, the advocates are in court, and with shelter being at capacity with residents, there are times we are very short staffed and any help is welcomed. Volunteers can contact Jessie Brown.

TAKE BACK THE NIGHT Buffalo Trace/Maysville

Come join us as we march and rally along the downtown streets of Maysville, to honor the survivors, remember the victims, raise awareness of Sexual Assault, and Take Back the Night.

This event will take place on March 19th at 6:00. We will gather along the river at Limestone Landing Fountain for an opening ceremony.



The Helping Hand Women's Crisis Center Wish List Maysville, KY

Sheets-Queen, Full, Twin
 Dish towels & dish cloths
 Pillows and pillow cases
 School supplies & backpacks
 Hairbrushes
 Toilet tissues
 Diapers (all sizes)
 Sanitary pads/tampons
 Alarm clocks
 Night lights
 Manicure sets
 Baby gates
 Fingernail polish remover
 Mid-size pet crate
 Bath towels & wash cloths
 Pet leashes
 Q-tips
 Pot holders
 Toothpaste
 Clorox wipes
 Blow dryers
 Curling irons (all sizes)
 Hair accessories
 Shower Caddies
 Body lotion, deodorant, shampoo
 Ethnic hair care products
 Unused make-up
 Non-prescription glasses
 Umbrellas
 Denture cleanser & adhesive
 Housecoats/robes (all sizes)
 House shoes
 Slipper socks
 Underwear (larger sizes)
 Bras (full figure)
 Socks
 Laundry baskets
 Heating pads
 Vaporizers
 Household start-up items
 Large stainless steel mixing bowls
 Large stainless steel fryer skillets
 Large storage totes-Under bed totes
 Used cell phones
 Gas cards
 Gift cards
 Baby products (shampoo, lotion, washcloths, wipes, etc)
 Baby monitors