



# SAFV Voices

Sitka's Against Family Violence

December 2018

## Shelter News

### Welcome, Emily!



Emily Pound is originally from Vermont, but spent the last four years in Washington, DC where she earned a bachelor's degree in law and sociology at American University.

Through the Jesuit Volunteer and Americorps program, she is currently a Children's Support Program Specialist at SAFV. After her service year, she hopes to continue to pursue legal advocacy and social services. She says thank you for welcoming her to Sitka! When Emily does not volunteer at SAFV, she enjoys subbing for radio shows at KCAW and trail running.

### Shelter at Capacity

SAFV currently has eight adult residents and three child residents. The numbers have dwindled over the last few weeks. During the month of October, as many as 16 residents were living at SAFV at one given time. With only six small bedrooms, several residents were sleeping in communal living spaces during our busiest time.

### Fill The Bus Food Drive

STA staff, in particular Gerry Hope, organized the annual Fill the Bus food drive that benefits both SAFV and STA Social Services.

Community members made many generous donations and our pantry was bursting with food afterwards.

Thank you to STA, Gerry Hope, and all those who donated. These donations are especially important during the winter and holiday season for our resident and non-resident clients.

### Advocates Practice Self-Care

The direct services staff enjoyed a one-day retreat

focused on wellness and team-building. The Pioneer Home generously lent us their beautiful manager's house where staff spent a wonderful day bonding over games, activities, and food.



Self-care is a critical element to focus on for staff who provide direct services.

### Season's Joys

This time of the year, staff is busy not only with client services, but also with organizing festive events to bring a sense of normalcy during the holiday season. SAFV's Children's Program hosted a Halloween Party for resident and non-resident child clients in October.

On Thanksgiving Day, Advocate Karin Mullins and residents cooked a wonderful feast for the house. This was in large part due to the many donations SAFV has received from the community, in particular Market Center and STA's Fill The Bus food drive.

### Holiday Party for Clients

Staff is currently preparing SAFV's annual Holiday Party for clients. It will be held in the beautifully decorated space at St. Peter's See House. Presents for the child attendees, door prizes for adults, crafts projects, and a large dinner is provided for all attendees.

This party is only possible with the help SAFV receives from the community, including Lauren Allen with the Giving Tree, the USCG and The Today Show toy drives, SeaMart, Beak Restaurant, Agave Restaurant, Ben Franklin, Harry Race, and volunteers from Mount Edgecumbe High School, just to name a few.

Thank you to the greater community of Sitka for all the wonderful support.

**Prevention News****Welcome Winter Fellow!**

Sam O'Brien is the new Winter Fellow Communications Specialist. Sam grew up in Northern New Jersey. In May, she graduated from Amherst College with a B.A. in Law, Jurisprudence, and

Social Thought, which allowed her to focus on the ways in which law and policy regulates women's bodies and rights.

In her free time, Sam loves creative writing, running, hiking, and generally being outdoors. She is so excited to be here, exploring the natural beauty of Sitka, and is so grateful for the opportunity to work with SAFV.

**Sitka Youth Claim Leadership**

In November, youth from the Sitka Youth Leadership Committee (SYLC) traveled to Anchorage for the annual LeadOn conference. At LeadOn, they participated in workshops about topics such as culture, identity, allyship, and relationships. The group also got the chance to present their progress and projects to LeadOn participants, and distribute posters and other materials developed over the last year.

Additionally, SYLC facilitated their own workshop with an emphasis on how to build a positive peer culture through active listening and understanding.

At LeadOn, SYLC developed the following goal, which will guide their projects for the upcoming year: Use the power of language to help all people and schools feel connected and equally valuable.

Since returning from LeadOn, SYLC members have been fleshing out plans for three campaigns which will help the group reach their goal. These campaigns are Social Media Culture, Healthy Relationships, and Power & Privilege.

Projects under these campaigns will include peer education, a video promoting youth voices in the discussion of systemic oppression, panel discussions, and the release of our posters created with graphic designer Alyssa Russell. In preparation for these projects, SYLC is reaching out to experts in relevant fields to train us at our monthly workshops so members feel comfortable sharing their knowledge with other youth and community members.

In mid-November the two SYLC interns wrote an application for a mini-grant of \$2,000 from ANDVSA which will be used to fund these campaigns and projects.

**Boys Run Final 5K**

All are invited to the End-of-Season Boys Run 5K Fun Run!

Participate in this family-friendly event as a runner, course cheerleader, or volunteer!

To volunteer, please email [sobrien@safv.org](mailto:sobrien@safv.org) or visit [tinyurl.com/y77gnt8y](http://tinyurl.com/y77gnt8y).

**Crescent Harbor Shelter,  
12/15/2018, at 10 am**

See you there!



## Prevention News

## Farewell Note From Alaire!

Yesterday was Indigenous People's Day. I attended the UAS celebration, where I spent the first hour mingling and chatting with all of the friends and agency partners that I have come to feel close to. I said goodbye to all the elders who have mentored me, the colleagues I've worked with, families and participants of Boys Run and Girls on the Run, and former attendees of the events I've helped create. And I remembered that exactly one year ago from yesterday, at the first ever Indigenous People's Day in Sitka, I sat anxiously by myself in the back, because I didn't know anyone well enough to be comfortable. I realized then that, despite having grown up in this place, this past year has been centered in building relationships and community around equity and non-violence.

I feel so full up grateful to Sitka for teaching me, for showing up with me, for trusting me to do the work, and for welcoming me in to the community of organizers, activists, and service providers. What a gift it has been to grow with you all in the past year.

Through my work at SAFV, I have fielded the strangest teenage sex questions in more than 20 healthy relationships classes, played approximately 1700 games of blob tag at Girls on the Run practices, made up over 10 silly voices with which to gain the attention of our 3<sup>rd</sup> – 5<sup>th</sup> Boys Run participants, gone way overboard in decorations for two 5k Community Fun Runs, ran around with my head cut off at 4 events I helped coordinate through the Sitka Health Summit historical trauma project, and laughed hard with my coworkers every single day. But I have also thought hard, cried often, and felt so frustrated with the problems we face as we move forward together. There is so much work left to do.

That's why I'm leaving. I'm going out into that big old world to cultivate new skills, learn new ideas to challenge my own, and figure out other ways of doing this work. I hope to someday come back with what I find. But for now, as much as I feel honored to have deep tap roots in this incredible community, I

feel myself moving towards exploring what this work looks like beyond Sitka.

I will miss this work, these relationships, and my adopted Kik.sadi family, who have graciously hosted me on this land for the last year. Thank you for all you've shown me, all you've given me. Gunalcheesh Sitka. See you soon.

Much love,

Alaire Hughey, (former) SAFV School Program Coordinator



## PREVENTION MANAGER WANTED



SAFV is seeking a full time Violence Prevention Manager/Evaluator to oversee the implementation of primary prevention programming in Sitka, Kake and Angoon.

This position will be responsible for facilitating meetings, program planning and evaluation, and the supervision of prevention staff.

Qualified applicants must have management experience, an understanding of public health approaches to stopping violence, cultural competence when working in rural indigenous Alaska villages, and be highly committed to racial and gender equity.

Send letter of interest, resume, and 3 references to our prevention director, [prevention@safv.org](mailto:prevention@safv.org). Position open until filled; salary 19.23-20.39. SAFV is an EOE.

Full Job Description here: [tinyurl.com/y844yagg](https://tinyurl.com/y844yagg)

## Building Project Update

**The original plan to begin renovating and expanding the shelter was postponed.  
Here is the new plan.**

- Funding: We have exceeded our goal of \$150.000 through the community campaign having raised over \$156.000.
- Initial bids for the project came in nearly double the initial project estimate so plans have been scaled back to fit the available funding.
- We have scaled back the original plans and will have to move some office spaces off site.
- While the expansion has been scaled back, we have upheld our commitment to provide a safe, healing environment for our residents.
- The plans will still provide 8 larger bedrooms including two family suites, 2 kitchens, and will better accommodate clients with disabilities.
- We will retain a meeting room on the ground floor separated from our residents' spaces, which will make it possible to meet with community members and partner agencies without compromising the confidentiality and privacy of clients.

### TIMELINE:

Revised  
Expansion  
and  
Remodel  
Plans  
Completed

Project Plans  
Released  
for Bids

Construction  
Contract in  
Place

On Site  
Work Begins

Project  
Completion

## Capital Campaign ended with Success - Thank You and Gunal'cheesh

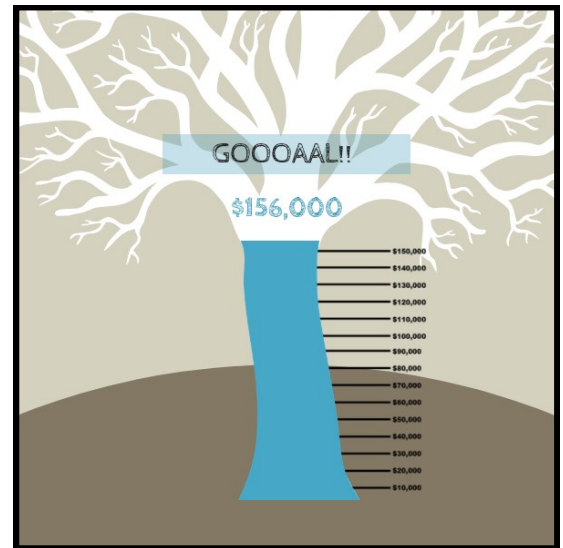
Our community campaign for the renovation and expansion of the shelter was started with a kick-off event at Baranof Island Brewing Co. on March 24, 2018.

Six months later, we surpassed our goal of \$150,000. Despite an unexpected new time plan for the project we are excited to see the renovation of the shelter and offices coming closer to realization.

**Thanks to all donors who contributed to this project. We couldn't do it without you.**

Alaska Airlines  
Alaska Catamaran LLC  
Alaska Community Foundation  
Alaska Seaplanes  
Betty Allen  
Lauren and David Allen  
Rob Allen and Robin Sherman  
ALPS Federal Credit Union  
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Skookum Canvas Works  
Libby Stortz  
Debi Terry  
Cheryl and David Vastola  
Venneberg Insurance Inc.  
Misty Warren  
Patricia Welsh  
White's Inc.  
Jeanne Wojcik  
Work and Rugged Gear Store

## The Link Between Abuse, Chronic Fatigue and Fibromyalgia

October 18, 2018  
By DomesticShelters.org

Domestic violence has long been linked to mental health conditions such as depression and post-traumatic stress disorder (PTSD). But the stress of trauma can contribute to physical ailments, one of which is the difficult-to-diagnose chronic fatigue syndrome (CFS), which can mask itself as a multitude of other health issues.

CFS is particularly prominent in adults who experienced childhood domestic abuse. Reports the Centers for Disease Control, “Childhood trauma, defined as abuse, neglect, or loss, is a stressor that affects the physical and mental well-being of humans from infancy throughout the lifespan ... Of note, markedly elevated levels of pain and fatigue have been reported in studies of survivors of childhood abuse.”

People with CFS are exhausted, but they can’t sleep. This, often debilitating, combination of exhaustion and sleeplessness can last for three months or more. Other symptoms of CFS include foggy thinking, sore throat, enlarged lymph nodes, unexplained muscle pain and unfamiliar feeling headaches. People with fibromyalgia, a related condition, have the symptoms of CFS, plus widespread pain.

There is no definitive test to confirm CFS, so doctors often first rule out other conditions. A diagnosis of CFS may take some time, and doctors often wait to see if the extreme fatigue lasts for more than six months in order to name it CFS.

### How Trauma Can Pave the Way to CFS

Jacob Teitelbaum, MD, a board-certified internist who specializes in chronic fatigue syndrome, fibromyalgia, sleep and pain, compares CFS and fibromyalgia to an electrical system. “When your body is under stress it’s like you trip a circuit breaker or blow a fuse,” he explains.

There are many possible causes for this excess stress—infections, autoimmune conditions, nutritional deficiencies and the trauma of abuse are all linked to CFS and fibromyalgia. “Your body doesn’t differentiate between different types of stress,” he points out.



When stress levels get too high, your body doesn’t have enough energy to manage them. These high stress levels appear to affect the hypothalamus, an almond-sized region of the brain that helps control sleep and certain hormones. Teitelbaum reports that people who have been through abuse, including being abused as children, are twice as likely

to develop fibromyalgia as others.

### Treating This Tricky Disorder

To get symptoms under control, the doctor recommends what he calls the SHINE protocol for treating CFS and fibromyalgia, and research has found it to be effective. The protocol focuses on: **Sleep.** Aim to get eight to nine hours of sleep per night, since sleep can help you heal. Talk to your doctor about melatonin or other sleep aids if you aren’t able to sleep.

**Hormonal support.** Get tested for any hormonal deficiencies that might contribute to CFS or fibromyalgia.

**Immunity.** Lack of sleep can compromise your immune system and make you more prone to infections, most commonly bowel, sinus and yeast infections. Seek treatment right away when infections occur.

**Nutrition.** CFS and fibromyalgia can trigger nutritional deficiencies, so talk to your doctor about your food choices and any supplements.

**Exercise.** Start small—too much exercise can be overwhelming. After about 10 weeks of following the first four steps, you might find you can slowly

*(Continued on page 7)*

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**Awesome Community Support**

GCI staffers Ian Herbert, left, and Levi Carter just delivered a picnic table donated by the US Forest Service Sitka Ranger Station. Ian and Levi were in a volunteer group who participated in the United Way Day of Caring last September. Ian's wife Lillian Owen of Northrim Bank, who also volunteered in September, solicited this cool donation. The picnic table is a popular hangout for residents and staff on sunny days. Thanks to all parties who made this possible.

**Chronic Fatigue and Fibromyalgia***(Continued from page 6)*

build your exercise levels.

Teitelbaum says it's important for people to know that CFS and fibromyalgia are very real diseases. He notes that historically, for certain diseases—especially those like CFS and fibromyalgia that are difficult to diagnose—patients have been told they are “crazy” or that their symptoms stem from psychological conditions. If you run into a doctor who claims that these aren't real conditions, Teitelbaum recommends finding another doctor. Patients might also consider looking into seeing a rheumatologist or a doctor of osteopathic medicine (a DO instead of an MD).

**Variety of Groups Offered**

Currently, SAFV is running four adult and child direct services groups.

Our wonderful volunteer and master beader, Sharon McIndoo, leads a very popular women's beading group on Monday nights.

Peg Blumer leads a Survivor's Empowerment Group on Tuesday nights that is open to all genders and includes dinner. Megan Cropley leads a women's art healing group on Wednesday mornings.

Tina Bachmeier leads an after-school program at Keet Elementary School for children grades K-5.

The community also runs a women's AA group on Thursday nights at SAFV.

For more information on any of these groups, please call 747-3370.

**Thank You**

I you wish to donate, here is the seasonally adjusted wish list for shelter, residents, and clients.

**For the holiday and winter season**

Turkeys and hams  
 Women's holiday gifts  
 Women's and children's sweats, socks, underwear  
 Gift cards to local stores  
 Teas and coffee  
 Crackers  
 Cake mixes  
 Sweets  
 Yaktraks or similar ice cleats

**Personal care products**

Deodorant  
 Diapers size 4,5,6

**Holiday Wish List**

Baby wipes  
 Razors  
 Toothbrushes and toothpaste  
 Full size bottles of shampoo, conditioner, body wash  
 Wash cloths  
 Bath towels

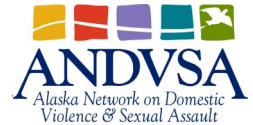
**Shelter supplies**

Disinfectant wipes  
 Laundry detergent  
 Facial tissues, kitchen towels, toilet paper  
 Shelf-stable milk and creamer

**Please find a comprehensive list of shelter needs on our website [safv.org](http://safv.org) under Get Involved → Donate. You may also call 747-3370.**

**Gunal'cheesh**

United Way Member Agency  
 Member of the Alaska Network on Domestic Violence and Sexual Assault



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 P.O. Box 6136  
 Sitka, AK 99835  
 Phone: 907-747-3370  
 Crisis Line: 1-800-478-6511  
 SAFV is an equal opportunity provider.

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