

Jeremy's Memorial Foundation Against Domestic Violence

Fall 2018 Vol. 35

MESSAGE FROM THE PRESIDENT

I have some good news to share with you. In August, we reached another milestone – total revenue since inception topped \$400,000. I would like to express my gratitude to you, our loyal and generous supporters. Without you, our good work is not possible.

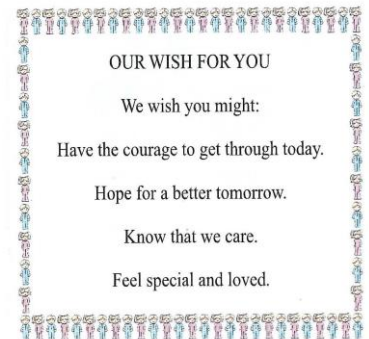
We modified our mission statement this year from “Raise awareness of the impact domestic violence has on our society while helping its victims” to “**Help victims of domestic violence while raising awareness of the impact it has on our communities.**” JMF’s current focus is on clients in transition houses and associated programs:

1. PJ Project – providing 12 transition houses in the Lower Mainland with pajamas (each lovingly tied with ribbon and an inspirational message). This project continues to grow. Thanks to our former director, Graziella Terry and her working relationship with La Vie En Rose Outlet in Surrey, our costs for ladies pajamas has been dramatically reduced without compromising the quality. Since 2009, we have distributed 7,638 pairs of pajamas.

The following is a touching thank you email from a client.

Hi. I'm -----,

I'm currently staying at house with my three-year-old son. Tonight I asked for a pair of pajamas for my boy. On the pajamas was a card. "Our wish for you." Tonight I feel special and loved by people I don't even know and I want to say thank you from the bottom of my heart. Sincerely -----"



2. Monthly planners – thanks to a last minute generous corporate donation, we were able to order the planners again this year. In November 2018 we distributed over 8,000 throughout BC. Since 2003 we have distributed a total of 93,640 planners.
3. Children`s workbook “THERE’S ONLY ONE ME!” for the Children Who Witness Abuse Programs in BC. They are also popular with youth counsellors in the transition houses. We have distributed over 4,000 workbooks throughout BC since 2009.
4. Provide local transition houses with a wide variety of donated items – toiletries, hygiene kits in a string bag, backpacks with some school supplies, knitting, toys, gift cards and much more.
5. Work with high school students involved in an YPI school project, as they research our charity and create presentations thus building awareness amongst their peers.

Thousands of women and children are touched by your kindness, compassion, thoughtfulness, generosity, loyalty and hard work. TOGETHER, WE ARE MAKING A DIFFERENCE!

Thank you and Season’s Greetings

Donna

NEWSLETTER

How to Help a Victim of Domestic Violence - from website: verywellmind.com

If you know or suspect that someone is a victim of domestic violence you might feel clueless about the best way to help. Don't let fear of saying the wrong thing prevent you from reaching out. Waiting for the perfect words could keep you from seizing the opportunity to change a life.

The world for many domestic abuse victims can be lonely, isolated, and filled with fear. Sometimes reaching out and letting them know that you are there for them can provide tremendous relief. Use the nine tips that follow to help you support someone in this vulnerable situation.

Make Time for the Domestic Violence Victim

If you decide to reach out to an abuse victim, do so during a time of calm. Getting involved when tempers are flaring can put you in danger. Also, make sure to set aside plenty of time in case the victim decides to open up. If the person decides to disclose years of pent-up fear and frustration, you will not want to end the conversation because you have another commitment.

Starting the Conversation

You can bring up the subject of domestic violence by saying that you have noticed some changes that concern you. Maybe you've seen the person wearing clothing to cover up bruises or noticed that the person has suddenly become unusually quiet and withdrawn. Both can be signs of abuse.

Let the person know that you will keep any information disclosed quiet. Do not try to force the person to open up; let the conversation unfold at a comfortable pace. Take it slow and easy. Just let the person know that you are available and offering a sympathetic ear.

Listen Without Judgment

If the person does decide to talk, listen to the story without being judgmental, offering advice, or suggesting solutions. Chances are if you actively listen, the person will tell you exactly what they need. Just give the person the full opportunity to talk.

You can ask clarifying questions, but mainly just let the person vent their feelings and fears. You may be the first person in which the victim has confided.

Believe the Victim

Because domestic violence is more about control than anger, often the victim is the only one who sees the dark side of the perpetrator. Many times, others are shocked to learn that a person they know could commit violence. Consequently, victims often feel that no one would believe them if they told people about the violence. Believe the victim's story and say so. For a victim, finally having someone who knows the truth about their struggles can bring a sense of hope and relief.

Offer the victim these assurances:

- I believe you
- This is not your fault
- You don't deserve this

Validate the Victim's Feelings

It's not unusual for victims to express conflicting feelings about their partner and their situation. These feelings can range from:

- Guilt and anger
- Hope and despair
- Love and fear

If you want to help, it is important that you validate her feelings by letting her know that having these conflicting thoughts is normal. But it is also important that you confirm that violence is not okay, and it isn't normal to live in fear of being physically attacked. Some victims may not realize that their situation is abnormal because they have no other models for relationships and have gradually become accustomed to the cycle of violence. Tell the victim that violence and abuse aren't part of healthy relationships. Without judging, confirm to her that her situation is dangerous, and you are concerned for her safety.

Offer Specific Help

Help the victim find support and resources. Look up telephone numbers for shelters, social services, attorneys, counselors, or support groups. If available, offer brochures or pamphlets about domestic violence.

If the victim asks you to do something specific and you are willing to do it, don't hesitate to help. If you are unable to, try to find other ways her need can be met. Identify her strengths and assets, and help her build and expand upon them, so she finds the motivation to help herself.

The important thing is to let her know that you are there for her, available at any time. Just let her know how to reach you if she needs you.

Help Form a Safety Plan

Help the victim create a safety plan that can be put into action if violence occurs again or if she decides to leave the situation. Just the exercise of making a plan can help her visualize which steps she needs to take and prepare her psychologically to do so.

Because victims who leave their abusive partners are at a 75 percent greater risk of being killed by their abuser than those who stay, it is extremely important for a victim to have a personalized safety plan before a crisis occurs or before they decide to leave.

Ask her what she would do, where she would go. Ask her if she has thought about the steps she would take if she decides to leave. Help the victim think through each step of the safety plan, weighing the risks and benefits of each option and ways to reduce the risks.

What Not to Do or Say

Although there is no right or wrong way to help a victim of domestic violence, you want to avoid doing anything that will make the situation worse. Here are some "don'ts" the experts suggest you avoid:

- Avoid bashing the abuser. Focus on the behavior, not the personality.
- Never blame the victim. That's what the abuser does.
- Don't underestimate the potential danger for the victim and yourself.
- Don't promise any help that you can't follow through with.
- Don't give conditional support.
- Don't do anything that might provoke the abuser.
- Don't pressure the victim.
- Don't give up. If she is not willing to open up at first, be patient.
- Don't do anything to make it more difficult for the victim.

Call the Police

If you know that violence is actively occurring, call 9-1-1 immediately. If you hear or see physical abuse taking place, call the police. The police are the most effective way to remove the immediate danger to the victim and her children. There are no situations in which children should be left in a violent situation. Do whatever is necessary to ensure their safety, even if it means going against the wishes of your victim friend or the wishes of the abuser. In actively violent situations, calling child protective services is not the problem, it's part of the solution.

Board of Directors Elected Sept 2018

Donna Gillette	President	Bob Meister	Director
Gary Menendez	Vice President	Gail Rawle	Director
Toki Menendez	Secretary	Bonnie Rumley	Director
Christine Halston	Treasurer		

Three of our directors stepped down at our Annual General Meeting. Pat Nozaki served us for 10 terms and took part in innumerable work parties and was in charge of membership reminders for many years. Rosie Tallarico was a director for 9 terms, helped at as many work parties as she could and raised funds for us at her workplace. Graziella Terry served tirelessly for 4 terms taking part in the work parties. She established a special relationship with La Vie En Rose which enabled her to purchase hundreds of pairs of pajamas at a much reduced cost. She also spread the word about our charity which resulted in huge donations. We are so very grateful for all the hours and selfless effort. Thank you!

Donors Appreciation

Your generous gifts make it possible for us to assist the victims of domestic violence. On their behalf we wish to acknowledge you and thank you. (Due to confidentiality we do not list private donors in our newsletter).

Donors (Jun – Oct 2018)

0747886 BC Ltd.	Hoe!Hoe!Hoe! Gardening Services Ltd.
1159168 BC Ltd.	Knitting Sisters
EnviroSafety	Telus

One individual has majorly contributed monetarily and with an abundance of goods. With her permission, we would like to thank Christine Munch for her amazing generosity. We are thrilled that she has chosen to support our charity. It has made a significant difference to us but more importantly to the women and children who really need our help.

We need your help

- Please make a donation.
 - Send a cheque payable to Jeremy's Memorial Foundation. To receive a tax receipt, please include your name, address, postal code and phone number with your donation.
 - Donate securely online through CanadaHelps.org by any one of the following:
Interact, Visa, MasterCard, American Express or PayPal. (Access CanadaHelps.org directly or through our website.) You will receive a tax receipt directly from CanadaHelps.
You can do a one-time donation or set up monthly contributions.
- Donate your Canadian Tire Money, it all adds up. Once we collect enough, we purchase Canadian Tire card to give to the Transition Houses.
- Donate pajamas and toys (new only please)



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