



SAFE PASSAGES

Eastside Domestic Violence Program

National Hotline
(800) 799-SAFE (7233)

EDVP 24-Hour Crisis Line
(425) 746-1940 or
(800) 827-8840

Statewide Hotline
(800) 562-6025

Providing safety, support and advocacy to domestic violence victims and their children

Stalking, What you need to know

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For ten long years Nancy had been with a partner who abused her physically and emotionally. Every aspect of her life had been controlled. He showed up at her work, followed her to appointments, tracked her internet use, and monitored her phone calls. Not only was she a victim of physical and emotional abuse but she was being stalked daily as well. She worked and earned money, but her husband took her pay and left her with only twenty dollars a month. As a result, the children were suffering from poor nutrition.

Three years ago Nancy began planning her getaway. Incredibly, from her tiny allowance she managed to save some money. She waited until her husband was out one afternoon, quickly gathered her children and ran away. She couldn't turn to friends or family for help because she knew he would find her. They hid at a local motel where Nancy's modest savings allowed them to stay for a few days to clean up and rest. From her motel room she called EDVP's 24-Hour Crisis Line and scheduled an appointment with an advocate. With the help of EDVP, Nancy and her children were provided safe shelter, assisted in obtaining a protection order, and eventually escaped her abuser/stalker.

Nancy's not alone. The most common and yet least publicized type of stalking is when the victim knows the stalker. According to the latest research, only a tenth of stalking victims are strangers. Nearly 3 in 4 of all stalking victims know their offender in some capacity; the majority being former or current intimate partners.

According to a new study from the U.S. Justice

Continued on page 2

Six Things You Need To Know

1. What is stalking?

Stalking refers to a course of conduct that puts a person in fear for their safety. A range of behaviors directed toward the victim can include harassment, threats, or intimidation that frighten and force him/herself into the life and consciousness of the victim. Stalking is a crime in every state.

2. Anyone can be stalked.

The vast majority of stalking victims are ordinary people. Most stalkers are not strangers, but are known to the victim. Help is available.

3. Millions are stalked each year.

Women are nearly three times more likely than men to be stalked, and young people age 18 to 24 experience the highest rates of stalking.

4. Stalking can be very dangerous.

76 percent of women killed by their intimate partners were stalked by these partners before they were killed. All stalkers should be considered unpredictable and very dangerous.

5. Stalking may affect a victim's work and health.

Approximately 130,000 victims reported that they were fired or asked to leave their job because of the stalking. More than half of stalking victims reported a loss of five days or more from work. Victims may also have to relocate to regain their safety and may suffer from anxiety, insomnia, and severe depression as a result of being stalked.

6. Cyberstalking is a reality.

Technology has become a quick and easy way for stalkers to monitor and harass their victims. One in four victims report some form of cyberstalking such as email (83%) or instant messaging (35%). Listening devices, video and digital cameras, and GPS systems are also used in stalking cases.

Eastside Domestic
Violence Program
P.O. Box 6398
Bellevue, WA 98008
(425) 562-8840
www.edvp.org



If you feel someone you know is in an abusive relationship, call EDVP's 24-Hour Crisis Line for help or for additional resources in your area. 425-746-1940 or 800-827-8840



Dear Friends,

Financial headlines have been alarming. Recession. Stock market plunge. We've seen these issues in the past but unquestionably the current economic climate is impacting this country's philanthropy and will probably continue to do so in the months to come.

We can turn our head and pretend this situation doesn't exist or we can come together as a community and make our own changes. I recently met with Linda Glenicki, a wonderful member of EDVP's Circle of Hope giving group, and she told me that her greatest pleasure is to volunteer her time and contribute what she can financially to the agencies that are important to her. Linda is the model for us all. Right now she is volunteering at a senior center feeding the elderly. She told me it's only one person but to that person it does make a difference. If each of us reached out to one person, imagine what a tremendous difference we could make.

President Obama has been an advocate for volunteerism, activism and getting involved in community. His call for responsibility was timely and his words ring true: "Your own story and the American story are not separate – they are shared. And they will both be enriched if we stand up together and answer a new call to service to meet the challenges of our new century."

There is no denying the news. Non-profits like EDVP that rely heavily on the generosity of donors are uncertain what this year will bring. A call to service is needed right now. Each one of us has a special talent and gift to share. Volunteer on our 24-Hour Crisis Line – it's so busy we can't answer all the calls. Organize a food drive – so many of our survivors are hungry and live day to day. Write a check - \$76 will shelter a family in need for one night. Make a difference in one life. Today is the day to begin.

Barbara Langdon,
Executive Director

Stalking, Continued ...

Department's Bureau of Justice Statistics an estimated 3.4 million people are stalked each year. This is a significant increase from their previous published reports at 1.4 million.

Help for Stalking Victims

Compile evidence. Stalking victims are advised to begin compiling evidence to help the police establish probable cause to arrest and prosecute the stalker. This can be done by keeping a journal of each encounter with the stalker and keeping threatening voice mails and emails. File with local law enforcement at the earliest possible time regardless of whether or not there is suitable evidence.

Make a safety plan. If anyone suspects they are being stalked they should immediately seek the advice and assistance of local victim support services and work with them to develop a safety plan. Inquire about protection orders and other possible legal remedies.

Where to go in an emergency. If someone is in danger the immediate goal is to locate a safe place and call 911. These safe places include police stations, residences of family or friends (if location is unknown by stalker), domestic violence shelters, counselors, local churches, and public areas (stalkers may be less inclined toward violence or creating a disturbance in public places).

If you or someone you know is being stalked call Eastside Domestic Violence Program's 24-Hour Crisis Line at 425-746-1940.

To view the Stalking Victimization in the United States Special Report visit www.ojp.usdoj.gov.



A New Happy Bowl-A-Thon!

On Saturday, March 7th EDVP held the 14th Annual Bowl-A-Thon and raised more than \$45,000! Kenmore Lanes was packed with good cheer and bowlers having fun and raising money for victims of domestic violence and their children.

Special thanks to all sponsors, bowlers, donors, volunteers and Board of Directors for supporting this fun event and making a difference in our community!

Sponsors for this year's event included:



Apex Foundation

Jeanne Large



For Bowl-A-Thon information go to www.edvp.kintera.org/bowlathon or contact Lisa Arnold at 425-562-8840, Ext. 239 or lisa@edvp.org.

We hope to see you at the next Bowl-A-Thon on March 6, 2010!

Caring Community

Shelter Day of Caring

This past summer EDVP Board of Directors and staff held a Shelter Day of Caring for *My Friend's Place* transitional shelter. The shelter received a new interior coat of paint, minor construction repairs, cleaning and gardening in preparation for the arrival of a new playground.



EDVP Staff cleaning up! Kirk, Yukiko, Sarah & Dan



EDVP Staff: Paul, Sid, Kelly & Gretchen



Staff and volunteers leveling back yard for new playground

New Playground!

Once *My Friend's Place* EDVP's Transitional Shelter was cleaned and the back yard leveled it was ready to receive the new playground. This generous gift was made possible through a combination of four grants from: Rotary District 5030, Rotary Club of Bellevue, Rotary Club of Seattle #4,

D.V. & Ida J. McEachern Charitable Trust, and Norman Archibald Charitable Foundation. Special thanks to Clay Moore who installed the new playground as part of his Eagle Scout Project. Clay and his team installed the equipment and landscaped the grounds at *My Friend's Place*. The shelter now has a safe and wonderful playground where the children can play outdoors, have fun and experience some normalcy in their lives.



New Van for Shelter

Many thanks to Brian Cronk, Manager and Leonard Lassak, Regional Manager at Kirmac Collision Services for donating a 2005 Dodge Caravan to EDVP through the Recycled Rides Vehicle Donation Program. Through their generosity, shelter residents have safe and reliable transportation to appointments, school, outings, grocery stores, and more. Kirmac Collision Services employees and Top Food also filled the van with hundreds of dollars worth of groceries and gifts for our EDVP families!



My Sister's Home Shelter Director, Chelle Hunsinger pictured with donated van.



Mrs. Lassak standing with van full of groceries donated by Top Foods.

Microsoft Day of Caring

Microsoft's Corporate Legal Team held an Apartment Makeover Project on September 21, 2008. Eighteen Microsoft employees cleaned and painted nine emergency shelter apartments, cleaned rugs and removed old furniture at EDVP's *My Sister's Home*. It made such a difference!



Qwest awards EDVP at Seahawks Game!

Qwest State President Kirk Nelson honored Eastside Domestic Violence Program with Qwest's Spirit Award at the Seattle Seahawks vs. New England Patriots game at Qwest Field on Sunday, December 7, 2008. Barbara Langdon joined Kirk on the field to accept the Spirit Award along with a \$10,000 check from Qwest Foundation. Our sincere thanks to Kirk and the Qwest employees for their generous financial support and volunteer service at Eastside Domestic Violence Program!

EDVP and the many families we serve thank YOU!!!

Sign up Today for the Next Volunteer Training

EDVP Needs YOU! Enroll today and make a difference in your community!

Volunteer Training will provide you valuable insight and knowledge about domestic violence and how to help those in need and is required only for those who wish to work directly with clients.

Direct Service opportunities require the 55 hour volunteer training. Working with EDVP's clients can be a rewarding experience.

Support Services do not require the volunteer training. Volunteers are needed for basic office support and to serve on annual event committees such as Bowl-a-Thon, Safe Passage Breakfast and Catch a Rising Star Dinner & Auction.

Contact Rachel Olsen, Volunteer Program Coordinator, at rachelo@edvp.org or 425-562-8840 ext. 229. Or fill out an online application on our web site at www.edvp.org.



2009-2010 EVENTS

Mark Your Calendar!

2009 ~ 25TH ANNUAL CATCH A RISING STAR ~ GIVE HOPE ~ DINNER & AUCTION



When May 16, 2009
Time 5 PM Reception & Registration
7 PM Dinner, Live Auction & Entertainment
Where Meydenbauer Center/Bellevue, Washington
Emcee Molly Shen, KOMO 4 News

Join us for an evening of lively bidding, wine tasting, dinner and dancing! Tickets on sale now – R.S.V.P. to Lisa Arnold at 425-562-8840 ext. 239. Visit the Auction item preview at <http://edvp.maestroweb.com>.

Contact Lisa Arnold at 425-562-8840 ext. 239 or lisaa@edvp.org

2009 SAFE PASSAGE BREAKFAST

When October 2, 2009
Time 7 AM Registration
7:30 AM Breakfast & Program
Where Hyatt/Bellevue, Washington

Honorary Chairs

Washington State Attorney General Rob McKenna and Mrs. Marilyn McKenna

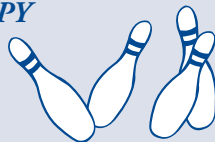
Held during October's National Domestic Violence Awareness Month, corporate and civic leaders, socially active philanthropists and community volunteers come together to support EDVP's life-saving services and the many families in need. For more information contact Lisa Arnold at 425-562-8840 ext. 239.

Are you interested in being a Breakfast Sponsor?

Contact Kelly Becker at 425-562-8840 ext. 253 or Kellyb@edvp.org.

2010 BOWL-A-THON ~ A NEW HAPPY

When March 2010
Time 11 AM Registration
Where Kenmore Lanes



Join more than 300 bowlers, corporate executives, civic and community leaders with a goal to have FUN and raise funds for Eastside Domestic Violence Program's life-changing services for victims of abuse in East and North King County. Contact Lisa Arnold for more information at 425-562-8840 ext. 239.

www.edvp.kintera.org/bowlathon

HOLD YOUR OWN FUNDRAISING EVENT!

When At your convenience
Where At your home or place of business
How Cocktail parties, bake sales, car washes, collection drives, etc.

Contact Lisa Arnold for ideas on how to throw your own fundraiser to benefit EDVP! 425-562-8840 ext 239.

Your support is truly an investment in the lives and health of thousands of families that live and work in our community. **Thank you!**



Shelter & Program Wish List

Think about the items you use in your home every day: Laundry detergent, batteries, kitchen items, cleaning products, etc. These items make your life and home a clean and healthy environment. When a family flees their home to a safer place they often leave everything behind. Your donations are greatly needed.

Current Wish List

- Toilet paper
- Paper towels
- Eco-friendly cleaning supplies
- Laundry soap
- Double, full and twin sheet sets
- Batteries, all sizes
- Gift Cards (Fred Meyer, Target, Home Depot)
- Shower curtains w/rings
- Bath towels
- Water glasses
- Deodorant
- First aid kits
- Ethnic hair care products
- Sun block
- Art supplies
- Large trash bags

You are cordially invited to the 2009

give hope

25th Annual

Catch a Rising Star ~ Give Hope ~ Dinner & Auction

To Benefit Eastside Domestic Violence Program's Life-Saving Services for Families Who Are Victims of Domestic Violence.
Saturday, May 16, 2009 at Meydenbauer Center – 11100 NE 6th St., Bellevue, Washington 98004
5:00 PM - Silent Auction and Wine Tasting – 7:00 PM- Dinner and Live Auction
 Dancing with Bobby Medina and the Red Hot Band
 Black Tie Preferred
 Emcee: **Molly Shen** KOMO 4 News

This elegant and fun evening will include:

- A Four Course Gourmet Meal
- Unique Silent & Live Auction Items
- Wine Tasting, Live Entertainment & Dancing

Wine Reception Sponsors:

Patterson Cellars

Two Mountain Winery

Washington Wine Company

Willis Hall Winery

R.S.V.P. to Lisa Arnold at 425-562-8840 ext. 239 or lisaa@edvp.org.

Tickets: **\$125** Table of ten guests: **\$1,250**

Please check with your employer for corporate matching programs!

EDVP is a 501(c)(3) non-profit agency – tax ID 91-1190193



Summer Fun

Summer is just around the corner! EDVP has some exciting summer plans for families and you can help! We are seeking passes to the zoo, science center, roller-rinks, children's museum, aquarium and movie passes. Gift cards to family restaurants are always fun too – some ideas include Red Robin, Ruby's Diner and McDonalds.

Adopt-A-Shelter

EDVP's confidential, homeless shelters are a safe environment for families to heal from abuse. EDVP works hard to ensure the shelters and apartments are warm and inviting for families during their time with us. Civic clubs, co-workers, families and friends can join together to *Adopt-A-Shelter*. Items include:

Kitchens

Silverware, service for 6 or 8
 Dinnerware, service for 6 or 8
 Coffee pot
 Children's plastic plates and cups

Pots & pans
 Baking pans
 Mixing bowls
 Baking sheets
 Tea kettle
 Toaster
 Mixer

Bedrooms

Sheet sets, all sizes
 Comforters
 Blankets
 Curtains
 Artwork

Bathrooms

Shower curtains w/ hooks
 Bath mats
 Soap dispenser
 Bath towels
 Wash cloths

Family Room

TV, VCR or DVD players
 Lamps
 Bookcases
 Throw pillows
 Artwork
 Wall shelving

Visit our web site to view our Wish List and help our families in need www.edvp.org.
 For more information contact Karen at 425-562-8840 ext. 319 or karenj@edvp.org

Thank you for helping us make

September 1 –
December 31,
2008

Foundations & Corporate Grants

Arthur J. Gallagher Foundation
Byron W. & Alice L. Lockwood Foundation
Eastside Community Aid Thrift Store
Glaser Foundation
Linda B. Glenicki
Holy Spirit Lutheran Church
Nancy & James R. Irwin
Lucky Seven Foundation
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National Network to End Domestic Violence Fund
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Schwab Charitable Fund
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Verizon Wireless
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Windermere Foundation

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Microsoft Giving Campaign Program
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Northlake Unitarian Universalist Church
Northshore United Church of Christ
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Northwest Women's Show
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Overlake Park Presbyterian Church
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Polygon NW
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Seattle Branch 79, National Association of Letter Carriers
Seattle Children's Hospital

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St. Andrew's Lutheran Church
St. Luke's Lutheran Church
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The Ridge Women's Golf Club
The Wolf Family Trust
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United Way of King County
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Women Spirit Coalition
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Advocacy-based counseling and safety planning — the gateway to all EDVP services.

Community Advocacy

Advocacy-based counseling and education for victims, coordination with the criminal justice system and other services.

Women's Support Groups

Weekly support groups facilitated by domestic violence advocates.

Children's & Teens Groups

Weekly groups to help children and teens who have experienced domestic violence.

Latina Outreach Program

Advocacy based counseling, education and support group for Spanish speaking women and children.

Education & Training

Education for health care professionals, businesses, the criminal justice system, schools, religious communities, social service providers and civic groups.

My Sister's Home

Confidential emergency shelter and services for up to ten families in lethal situations for up to three months.

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Confidential transitional housing for up to ten families in lethal situations dealing with both domestic violence and substance abuse for six to nine months.

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Supportive housing services for up to ten families transitioning to permanent housing.

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