

COMMON THREADS

Winter 2019-2020



Thank you, Coudersport Ministerium!



Our Holiday Wish List



New Resources Available at www.myawayout.org



***There's No Such Thing as a Perfect Holiday...
So Give Yourself a Break!***



***Forms of Abuse an Abuser May Use
on Their Victim***



Domestic Violence and Sexual Assault Services
24 Hour Helpline (814) 274-0240 or Toll free (877) 334-3136
www.myawayout.org



Mission Statement

The mission of *A Way Out* is to assist and support all victims, survivors, and families of domestic violence and sexual assault through ethical, culturally competent, and compassionate services.

We advocate for social change designed to end the cycle of abuse through dedication, community involvement and education.



Thank you, Coudersport Ministerium, for your generous donation of \$1,000.00!



Pictured L to R: REV. JOHN KALLERSON, St. Paul Lutheran Church, JUDY BROWN, Legal Advocate, A Way Out, DAVID HYDE, Executive Director, A Way Out, REV. SCOTT OGDEN, Park Methodist Church, JENNIFER CABER, Sexual Assault Counselor, A Way Out, FR. JAMES CAMPBELL, St. Eulalia Catholic Church.

Our donation wish list for our client families...

- | | |
|--|-------------------------------|
| Winter hats and gloves/mittens – men's, women's & children's | |
| Toothbrushes | Toothpaste |
| Deodorant – men's and women's | Feminine hygiene products |
| Paper towels | Cleaning supplies |
| Disinfecting wipes | Baking Soda |
| White Vinegar | Laundry pods or small bottles |
| Baby wipes | Diapers – all sizes |
| Shampoo and Conditioner | Dryer sheets |
| Instant Cup 'O noodles or soup | |

Sheetz Gas Cards and Laundromat Tokens are also very helpful for our clients.

We also gratefully accept clean, gently used clothing, linens, bedding and household items.



New Resources Available On Our Webpage

We've recently added some links to resources that might be helpful to anyone who is involved in an abusive relationship but doesn't know where to go to get help. While **A Way Out** welcomes anyone in need, we realize that not everyone may feel safe or comfortable enough to reach out to us just yet.

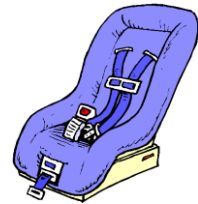


We have set up a tab on our web page called, "SURVIVOR ONLINE SUPPORT."* Click on this tab to find a wealth of opportunities to join online support groups where you can chat with and find support from others who may be experiencing similar abuse. These sites are facilitated by professionals who are familiar with the unique issues of each group and are confidential.

We've also added a LOCAL RESOURCES page that lists information such as the locations, days and times of our local food pantries, local AA meetings and other agencies and programs that exist to assist people in need in Potter County.

Go to www.myawayout.org and check out our LOCAL RESOURCES and SURVIVOR ONLINE SUPPORT tabs!

WE STILL HAVE CAR SEATS AVAILABLE!



A Way Out, in partnership with the **Department of Transportation** and the **American Academy of Pediatrics** is sponsoring a Car Seat program for Potter County families. This is an effort to make sure all children have the benefit of having up-to-date, safe and appropriate car seats.

This can be at little or no cost to you. You are required to take a short training and must have installed car seats checked out by an authorized trained professional. A \$20.00 rental fee will be charged with waivers available to be determined by eligibility guidelines.

Please feel free to call **A Way Out** at **814-274-0368** to make arrangements to take the class and get your car seat(s). All car seats come from the **Evenflo Company, Inc.**





There's No Such Thing as a Perfect Holiday... *So Give Yourself A Break!*

It's that time of year when Hallmark is cranking out movies faster than you can watch them, commercials are full of deliriously happy people with armloads of gifts, designer decorations are everywhere and everyone else seems to be getting ready for a perfect holiday season with family...except you.

It can feel pretty sad and lonely, especially if you have sad memories of the holidays, if you're alone, have experienced a significant loss, just don't have a ton of money to spend, or all of the above.

But you know what? Don't get too down on yourself. You know why?

First, remember that a lot of what you see during the holidays is one big marathon commercial to get folks to buy stuff. Period. The day after, retailers won't be able to get the tinsel out of the way fast enough and the red and pink of Valentine's Day will be everywhere.

That's not to say that it's all one big humbug. If you take the time to look beyond the day to day media frenzy of unrealistic expectations, you'll find lots of examples of people reaching out to help each other during this time of year. People can be very kind and generous. Those people typically don't brag or make a big deal out of it but they're out there. You'll also find out that there are a lot more people out there, feeling just like you, than you think. Because you know what? There's no such thing as a perfect holiday.

So how do you escape all this holiday cheer when you just don't feel up to it? Here's a few tips:

YOUR TV HAS AN OFF SWITCH

Unless there are some specific movies or programs that cheer you up, find something else to do that recharges you. Treat yourself to a good book, a walk in the woods, a hobby you haven't explored for a while. Even a short break from the constant holiday programming and commercials can help. This might also be a great time to binge watch a TV series or movie trilogy that you really enjoy. The choices are yours to make.



DO SOMETHING NICE FOR SOMEONE ELSE

For some people, seeing someone else's gratitude for a kindness given lessens feelings of sadness during the holidays. There's usually a lot of opportunities to volunteer to help others so find out where you can do the most good and celebrate it!



If you're just not in the mood to deal with people, consider volunteering at a shelter or even adopting a new best friend! Pets don't judge. They're just grateful to be rescued and happy to see you! Animals can also be surprisingly sensitive to your feelings. Their cuddles and companionship can heal a lot of wounds and their goofiness might even make you laugh despite yourself!

LIMIT OVER EATING AND DRINKING

Alcohol makes depression worse. Overeating carries a lot of guilt. Be mindful not to fall off the cliff. It's an easy crutch to grab onto but in the end, it won't help you out of your holiday funk.

BEING ALONE DOES NOT NECESSARILY MEAN YOU HAVE TO BE LONELY

There's nothing wrong with being alone. Learning to enjoy time by yourself can be very freeing. Everyone gets lonely at one time or another. Always having people around or a significant other doesn't change that. Some of the loneliest people around are waking up every day with people they don't connect with or don't want to be around.

Once you stop equating being alone to being *lonely*, you free yourself to explore activities you may have been putting off, waiting for someone else to go with. Just do it! You might even meet new friends in the process.

FIND A QUIET WAY TO MARK THE HOLIDAY

Just giving yourself permission to have some quiet, meditative time to acknowledge how you're feeling and rest for a while is a great way to take care of yourself. There's no rule that says you have to be crazy busy from Thanksgiving through New Year's. If you're a person of faith, special religious services might be meaningful to you to reconnect to your higher power.



STAY AWAY FROM TOXIC PEOPLE

There's nothing wrong with politely declining an invitation for events that might trigger bad memories or include people who just aren't a lot of fun to be around. Why set yourself up for that? If it's not your thing or not people that you feel good around, it's not worth putting yourself through it.

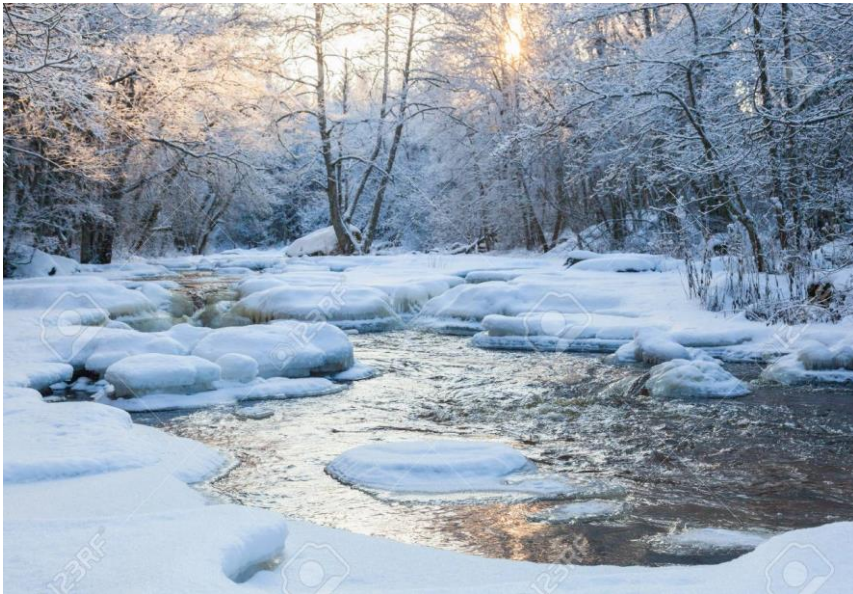
LET IT GO!

You can ignore or try to escape your feelings, but until you take the time to feel them, they're not going away. There's a lot to be said for having a good cry. And it's more realistic and healthier than the effort it takes to keep pushing those tears back.

Feel what you're feeling, remind yourself to breathe, then let it go.

ASK FOR HELP

If you need it, ask for help. If you have a therapist, make an appointment sometime during the season before you feel like things are spinning out of control. A therapist can offer some tools for dealing with your emotional ups and downs during the holidays. Identify lifelines to reach out to for support. These could be trusted friends, online support groups or agency hotlines that are available 24/7. **You are worth it.**



Wishing you a peaceful holiday season.



Forms of Abuse an Abuser May Use on Their Victim

Domestic violence occurs when one partner exerts control over the other while dating, during marriage, or cohabitation. Domestic abuse involves injuring someone, such as a spouse, partner, or other family members within the domestic setting. The injuries caused by domestic violence can be either physical or emotional and the effects of domestic abuse often result in lifelong issues long after the victim has left the abusive environment.

According to the Domestic Violence Intervention Project in Duluth, Minnesota, the Power and Control Wheel illustrates the tactics an abuser uses on their victims. Constantly surrounded by threats and/or actual physical and sexual abuse, the victim is subjected to the various tactics such as:

Using Intimidation: The abuser may make the victim feel unsafe with actions, gestures, and looks. The abuser may throw things, use weapons, abuse pets or property.

Using Emotional Abuse: The abuser makes the victim feel bad about themselves, puts the victim down, humiliates the victim, and may make the victim feel like they are going crazy.

Using Isolation: The abuser will not let the victim do anything without the abuser being present and uses jealousy to justify actions.

Minimizing Denying and Blaming: Blames the victim by telling them they caused the abuse, does not take victims concerns seriously and denies abuse ever happened.

Using Children: The abuser may threaten to take the children, uses the children against the victim and may make the children feel guilty.

Using Privilege: The abuser treats the victim like a servant, defines roles in the relationship, uses class, gender, and race against the victim, makes all the big decisions.

Using Economic Abuse: The abuser will not let the victim work or keep a job, gives the victim an allowance, makes the victim ask for money and will not allow the victim access to shared income.

Using Coercion and Treats: The abuser makes or carries out threats to hurt the victim, threatens to commit suicide, pressures the victim to commit illegal acts and threatens to leave.

No typical victim profile for domestic violence and abuse exists. All types of domestic violence and abuse occur in every socioeconomic group, educational and religious background, age group, culture, and nation; and it can happen in same-sex relationships as well as traditional heterosexual ones. Here at [A Way Out](#), our trained advocates work with domestic violence and sexual assault victims to identify the areas of abuse the victim may be going through and to provide assistance to each victim allowing victims to heal from the abuse.



MARK YOUR CALENDAR...

➤ **Child Car Seat Safety Classes / Free Car Seat Program** – Call for an appt. It takes about 45 minutes to an hour to watch a video and complete the paperwork.

➤ **FOOD BANKS:**

Coudersport / Alliance Church – every Tues & Thurs, 10:30am – 1:30pm, 4th Thursday, 5:30-7:30pm, 3rd Friday, 10-11am, 814-274-8661

Austin / Methodist Church, 3rd Wednesday, 11am-1pm, 814-647-8740

Roulette / Firehall, 4th Tuesday, 4:30 – 5:30pm. 814-544-7365

Ulysses / Zion Christian Assembly, 4th Thurs., 10-11am. 814-848-7407

Galeton / St. Paul Lutheran Church, 4th Friday, 10-11am. 814-435-2471

Shinglehouse / Methodist Church, 4th Saturday, 9-10am. 814-697-6191

NOTE: Times may change so it's a good idea to call ahead to confirm days and times(<:

➤ **AA MEETINGS:**

TUESDAY 8pm @ Christ Episcopal Church, Coudersport

WEDNESDAY Noon @ St. Paul's Lutheran Church, Coudersport and
8 pm @ St. Eulalia's Catholic Church, Coudersport

THURSDAY *AL-ANON*, 6-7pm @ First Presbyterian Church,
Coudersport
AA, 7pm @ Park United Methodist Church, Coudersport

FRIDAY 8pm @ St. Augustine Rectory, Austin and
Noon @ First Presbyterian Church, Coudersport

SATURDAY 8pm @ Galeton Presbyterian Church





Be sure to LIKE us on Facebook and watch for upcoming events and fundraisers!



Closed Office Holidays for 2019-2020:

December 25th and 26th – Christmas
January 1st and 2nd – New Years 2020
January 20th – Martin Luther King Jr. Day
February 17th – Presidents Day
April 10th – Good Friday
May 25th – Memorial Day
July 3rd – Independence Day
September 7th – Labor Day
November 11th – Veterans Day
November 26th & 27th – Thanksgiving
December 24th & 25th – Christmas
December 31st & January 1st 2021 – New Years

If you need assistance outside of regular business hours or on a holiday, you can call the 24 hour Helpline at 814-274-0240 or toll free at 1-877-334-3136.

Regular office hours are 8:30 a.m. – 4:30 p.m., Monday – Friday
814-274-0368

Our **COMMON THREADS** newsletters are also available under the **A WAY OUT SERVICES** tab at www.myawayout.org

