



The SWiC E-Newsletter

Keeping up to date with Schuylkill Women in Crisis

Thank You for Your Support!

Schuylkill Women in Crisis (SWiC) thanks everyone who has contributed to our *Annual Fund Drive* as well as responded to our recent pleas for assistance in matching a \$100,000 challenge grant from the John E. Morgan Foundation to support shelter services for area victims of domestic and sexual violence. We are so grateful for the giving spirit of the people of Schuylkill County. Thank you!

To date, we have received about \$50,000, or half of the match for the challenge grant. Although we originally publicized that funds reached before January 30 could be applied to this match, the Foundation has said we could consider funds received through June 30 as match. All funds raised will be used to support SWiC's shelter and ensure that women and children fleeing abuse in their homes will have a safe and welcoming place to reside.

For more information, call SWiC at 570.622.3991. Donations can be mailed to SWiC (P.O. Box 96, Pottsville 17901) or made online at www.s-wic.org.

'Unbreakable' Shatters Myths, Provides Healing



In 2011, 19-year-old Grace Brown began photographing victims of sexual assault holding posters with quotes from their attackers. Her purpose was simply to create awareness. The internet popularity of these photos and the profound healing power of "Project Unbreakable" exploded, and the more than 4,000 photographs (taken by Grace as well as submissions from all over the world) now include photos from survivors of child abuse and domestic violence also.

According to the project website (<http://project-unbreakable.org>), "the mission of Project Unbreakable is to increase awareness of the issues surrounding sexual assault, child abuse, and domestic violence, and encourage the act of healing through art."

This amazing project is coming to Penn State Schuylkill at 6 p.m. in Room 101 of the Classroom Building. General admission is \$3; admission for Penn State students is \$1. The public is welcome, and proceeds benefit SWiC.



SWiC'S MOST WANTED

We are in need of the following items:

- **Laundry detergent;**
- **Shampoo of all types;**
- **Conditioner.**

If you are able to donate any of the above needed items, please call SWiC's office at 570.622.3991 or email swicagency@comcast.net to make arrangements. Thank you!

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If you are interested in information about domestic and sexual violence and teen dating violence, contact Amber (swicmedadv@comcast.net) or call SWiC's office, 570.622.3991. We provide prevention education and community awareness presentations for children, teens, and adults of all ages. Programs are designed to fit the location and time frame for your schedule.

VOLUNTEER NEWS

No volunteer meeting will be held in February. Watch for a date scheduled for a March meeting. Any volunteers with questions or concerns regarding the new child abuse reporting laws should contact Amber (570.622.3991 or swicmedadv@comcast.net).

VOLUNTEER TRAINING CLASSES

Amber is planning upcoming classes to train new volunteers. See article below for details!

SWiC will be present at the following upcoming events:

Monday, Feb. 23 - Cross Systems Training at Sch. IU, 1:30 p.m.

Wednesday, Feb. 25 - Children & Youth independent living and life skills class, 4:30 p.m.

Wednesday, March 4 - "Unbreakable," a photography project giving a voice to survivors of domestic and sexual violence and child abuse, Room 101 of Classroom Building at Penn State Schuylkill, 6 p.m. General admission \$3, Penn State students \$1. Public is welcome. Proceeds benefit SWiC. (*See related article.*)

Wednesday, March 4 - Presentation at Alvernia University Schuylkill Campus, Cressona Mall, "Women and Crime" class, 8 p.m.

Sunday, March 8 - Zion's Red Church, Orwigsburg.

Friday, March 13 - Conewago, Pottsville, presentation to participants, 9:30 a.m.

Wednesday, March 25 - Presentation at Penn State Schuylkill Campus, "Domestic Violence and Sexual Assault" class, 1p.m.

SWiC Volunteer Training Begins in March

Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in."

-- unknown

If you have ever considered volunteering for SWiC, contact Amber, SWiC's Volunteer Coordinator, to get more information about the volunteer training classes that are scheduled to **begin the week of March 16**. Some sessions are completed in the classroom, while almost half can be completed online on one's own time.

Completing these classes is necessary for anyone who would like to volunteer for SWiC in ways that involve direct contact with clients, such as answering hotline, assisting in shelter, providing accompaniment in the courthouse or hospitals, etc. Existing volunteers can sit in on specific classes if desired to refresh their memories and/or learn updated information.

A meeting for those interested in volunteer training will be held 6 p.m. Tuesday, March 3, at SWiC's Administration Building in Pottsville. If you are interested in volunteering or in learning more, contact Amber at 570.622.3991 or swicmedadv@comcast.net.



**20th Annual
SWiC Spring Challenge
Golf Tournament**

Friday, April 24, 2015
Mountain Valley Golf Course

For more information,
call SWiC's office at 570.622.3991,
or visit www.s-wic.org/golf.

SWiC Service Statistics for Fiscal Year (July 1-June 30)

| Most recently compiled: | <u>Jan.-15</u> | <u>Year-to-Date</u> |
|--|-----------------------|----------------------------|
| Adults served (Victims + Significant Others) | 61 | 616 |
| Children served | 11 | 114 |
| Counseling Hours -- Adults | 347 | 2771 |
| Counseling Hours -- Children | 38 | 267 |
| Shelter Days -- Adults | 220 | 1618 |
| Shelter Days -- Children | 145 | 1763 |
| Transitional Housing Days -- Adults | 195 | 1123 |
| Transitional Housing Days -- Children | 439 | 1126 |
| Turnaways -- Adults | 0 | 23 |
| Turnaways -- Children | 0 | 35 |

New Mobile Apps May Increase Safety

The Pennsylvania District Attorneys Association has announced two new apps for smartphones created by APPRISS called Vinemobile and MobilePatrol. Both apps are free and available through the Apple App Store and Google Play and can be downloaded on Android and iPhone devices.



Vinemobile enables users to track and be notified of the status of offenders in county correctional institutions and the PA State Prison System. Vinemobile is anonymous for users, 24 hours a day, seven days a week. With the app, the user can obtain up-to-date offender status and search for offenders by first and last names or by age/gender. Individuals can register to receive notifications through phone, email, or text whenever an offender's status changes. The app also provides access to PA's victim services as well as other emergency numbers with a single tap. You can check out this system online at <https://www.vinelink.com/vinelink/initMap.do>.



The **MobilePatrol** app was created to increase community safety by enabling any concerned citizen to connect to important safety information, news, and critical alerts such as descriptions of an actor sought in a recent crime, weather alerts, or missing children alerts for any location of interest. In addition, the app can be used to report tips on suspected crimes and offenders. You can download the MobilePatrol app at http://www.appriss.com/MP_Download/default.

Dietary Fat: Is It Good or Bad?

Written by a certified Health Coach on SWiC staff

Both. You see, not all fats are created equal.

The ‘Skinny’ on Fats

Heavily processed, hydrogenated “trans” fats used in prepared, packaged foods can be extremely damaging to the body. They can compromise the cardiovascular system, immune system, and contribute to behavior problems. They can also lead to weight gain, skin breakouts, high blood pressure, and liver strain.

However, our bodies need fat for insulation, for vitamin and mineral absorption, and to protect our organs. High-quality fats can steady our metabolism, keep hormone levels even, nourish our skin, hair, and nails, and provide lubrication to keep the body functioning fluidly.

Where to Find Healthy Fats

- Avocados, olives, and coconuts are great sources of healthy fat, along with wild salmon and omega-3 rich organic eggs.
- Whole nuts and seeds, and their butters like almond butter or tahini.
- High-quality organic oils. (When shopping look for words such as: organic, first-pressed, cold-pressed, extra-virgin, and unrefined. Avoid: expeller-pressed, refined, and solvent extracted.)

How to Use Healthy Fats

Different fat sources cook differently and so can be chosen for specific purposes. For example:

- For cooking at high temperatures (stir frying and baking), try butter, ghee (clarified butter), or coconut oil.
- When sautéing foods, try organic extra virgin olive oil.
- Oils like flaxseed, sesame, toasted sesame, walnut, and pumpkin seed are best used unheated in sauces or dressings.

During times of stress our bodies naturally want comfort foods – the key is to choose nutrient-packed options! Next time you are feeling overwhelmed and just want to reach for a bag of chips and some dip try this delicious, easy recipe:

Avocado Dip

(Prep Time: 3 minutes. Makes 1 cup.)

1 large peeled and pitted avocado
2/3 cup plain yogurt, goat yogurt, coconut yogurt, or almond yogurt
1 diced tomato
Squirt of lemon or lime juice
Dash or two of cayenne pepper
Sea salt and black pepper

1. Mash avocado with a fork until very smooth.
 2. Add yogurt, tomato, cayenne.
 3. Blend until smooth (may be done in a food processor, in a blender, or with a fork).
 4. Add sea salt and fresh black pepper to taste.
- Serve chilled with mixed raw vegetables.

(Tip: Best made a maximum of 1 hour before serving.)

Finding Wellness through Fun



SWiC clients, staff, and volunteers recently enjoyed uplifting music, exercise through dance, and healthy fruit and vegetable dishes with members of an organization that encourages peace and well-being.

