

# U Care, Inc. Newsletter

October 2008

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## "Giving Back"

A survivor's story

Brittany Smith is a child survivor of domestic violence. I recall the day she first came in to discuss with me her senior project. At first I didn't recognize her. To see how this once timid little girl had grown into such a confident advocate for our cause was not only refreshing but was inspiring. And to think that she not only chose U Care as her senior project but is coordinating this huge event to raise funds and awareness as a way of "giving back" leaves me speechless.

People ask me all the time, "How does the staff handle the stress from the work that you all do? How can you refrain from taking it home with you?" My answer to them is simply, "You don't". Over the years you learn how to cope with the stress through exercise, meditation, prayer, etc., and there is always that one case that will tear at your heartstrings so much so that you can't help but think of them once you are home. I've tried to instill in our crisis staff and volunteers before leaving work that they take time to reflect and acknowledge to themselves they have done the very best that was in their power to do that day and to leave the unaccomplished tasks for tomorrow. However, nothing any of us can say to each other speaks louder than a survivor "coming home".

I hope that all of our readers will be able to show her their support by coming out to Royal Lane Park on November 1. Brittany hopes that she can make this an annual event for U Care, and I'm hoping right along with her!

Pamela Gonzalez  
Executive Director



## Clients served from July 1, 2007 thru June 30, 2008

### Sampson County Residents

Domestic Violence	689
Children Affected	1,078
Sexual Assault	50
Children Affected	118

### Services Provided:

Information	2,383
Personal Advocacy	2,776
Referrals	2,601
Phone Contacts	1,050
Transportation	835
Crisis Calls	796
Criminal Justice Advocacy	1,401
Spanish Translation	368
Support Groups Adults	1944
Support Groups Children	469

### **Mission Statement**

*"To break the cycle  
of domestic violence  
and sexual assault"*

## ***Special Thanks!***

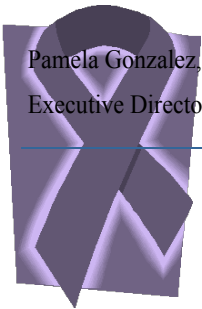
To all of you who have given of your time, finances, or resources to assist us in our mission I humbly thank you.

I always thank everyone for their contribution and oftentimes get the response, "oh it's nothing, just a little to help out".

While you may think that your contribution is miniscule or insignificant in the "scheme of things". I urge you to never underestimate the power of your gift.

EVERYTHING you do is recognized and appreciated. From the check received in the mail that helps ensure our 24 hour crisis line is operative to the gallon of bleach or loaf of bread dropped off during the course of the day.....We Are Grateful....

Pamela Gonzalez,  
Executive Director



## **Do you realize...**

*If every church and civic organization gave \$200 annually to their local shelter program they would not have to depend so heavily on state or federal grants to maintain operations?*

## **New Choices: Displaced Homemaker Program**

We are happy to announce the Fall Schedule:

Individual Tax Preparer Classes; will begin on the following dates: Oct. 23, Nov.20, and Dec. 19. The hours of the classes are from 10 -11 am.

In addition, the Senior Computer classes will begin every Monday and Thursday beginning Oct. 06, 2008.

All classes are free of charge. Prior to enrolling in either of these classes, call to schedule an appointment with Ms. Priscilla Allen at 596-0931 or via email [p.allen28328@yahoo.com](mailto:p.allen28328@yahoo.com)

## **Human Trafficking**

U Care' staff recently attended a presentation on Human Trafficking. Human trafficking is a form of modern-day slavery. Victims of human trafficking are young children, teenagers, men and women. Approximately 600,000 to 800,000 victims are trafficked across international borders world wide annually. Victims of human trafficking are subjected to force, fraud, or coercion, for the purpose of sexual exploitation or forced labor.

The National Human Trafficking Resource Center (NHTRC) is a national, toll-free hotline for the human trafficking field in the United States and is reached by calling 1-888-3737-888 or emailing [NHTRC@PolarisProject.org](mailto:NHTRC@PolarisProject.org). Anyone interested in receiving this training locally please contact Eva or Sunny

## **Volunteer News**

**Once again, we need your help!**

### **START WEARING PURPLE!**

**Why purple?**

**It's unique.  
Powerful, Creative, and  
Charmingly Eccentric.  
Go ahead and discover**

**PURPLE**

**Domestic Violence Awareness Word Find**  
**(Signs of a Battering Personality)**  
**Can you find the signs?**

The abuser claims that his/her feelings are hurt when they are really mad. **(HYPERSENSITIVITY)**

The abuser may want to live in the country without a phone or not allow you to keep the car keys or money. **(ISOLATION)**

The abuser will tell the victim, "you make me mad", "you're hurting me by not doing what I tell you."  
**(BLAMING OTHERS FOR FEELINGS)**

When the abuser does not allow the victim to make personal decisions about the house, his/her clothing or going anywhere.  
**(CONTROLLING BEHAVIOR)** two words

Abusive people will expect their partner to meet all of their needs. The victim is supposed to take care of everything for the abuser emotionally and in the home.  
**(UNREALISTIC EXPECTATIONS)** two words

When the abuser makes mistakes and then blames the victim for upsetting him/her and keeping him/her from concentrating.  
**(BLAMING OTHERS FOR PROBLEMS)**

The abuser comes on like a whirl wind. Pressuring the victim to commit. **(QUICK INVOLVEMENT)** two words

H	J	E	A	L	O	U	S	Y	K	F	D
Y	N	X	E	G	R	H	V	U	G	E	J
P	A	P	R	O	B	L	E	M	S	I	T
E	Q	E	Q	U	T	F	N	J	L	N	P
R	U	C	R	N	M	Y	D	U	Q	V	I
S	I	T	A	R	F	B	N	T	I	O	S
E	C	A	W	E	V	L	S	B	N	L	O
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T	O	N	D	S	E	N	S	T	B	E	I
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V	A	Z	X	I	J	O	U	O	F	T	N
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T	B	W	I	T	S	H	E	L	I	B	B
Y	S	T	A	F	E	E	L	I	N	G	S
B	T	Y	R	E	A	R	H	N	I	T	O
Z	N	I	H	W	V	S	U	G	F	J	K

We hope you enjoy our puzzle and learn more about Domestic Violence. If you would be interested in more activities with Domestic Violence and Sexual Assault facts and would like for them to be included in our Quarterly Newsletters please send a response via email: [ucare@intrstar.net](mailto:ucare@intrstar.net)



## Basics of Stress-less Living

Express your feelings openly and frequently before stress builds up.

Have realistic expectations of yourself and others.

Accept that you can't control every situation or influence every decision.

Get plenty of rest, and exercise regularly.

Learn to accept change and to be flexible.

Simplify your life. Learn to appreciate the simple things in life.

## POWER AND CONTROL WHEEL

The power & Control diagram is a particularly helpful tool in understanding the overall pattern of abusive and violent behaviors, which are used by a batterer to establish and maintain control over his partner. Very often, one or more violent incidents are accompanied by an array of these other types of abuse. They are less easily identified, yet firmly establish a pattern of intimidation and control in the relationship.

## COMMUNITY DONATIONS, THANK YOU VERY MUCH!

If you are in an abusive relationship and need help, call **U Care, Inc.** @ (910) 596-0931, Toll free 1-877-602-7780 or the **National Domestic Violence Hotline** @ 1-800-799-SAFE (7233) or TTY 1-800-787-3224 for the hearing impaired.

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The Bee Hive Thrift Stores

**BUY ONE,  
GET ONE FREE!  
COUPON**

(Clothing and Accessories only)

EXPIRES 12/01/2008



## Calendar of Events



### October is Domestic Violence Awareness Month

**Breast Cancer Rally-Health Fair-9:00 am  
Oct. 11**

**Courtyard Cookout- 10:00 am  
Oct. 11**

U Care, Inc. staff, board and volunteers work diligently throughout the year promoting public awareness about domestic violence and how it affects Sampson County.

In addition to large community efforts we welcome the opportunity to speak with smaller groups such as churches, clubs, and workplaces. All presentations are free, and can be catered especially to the needs and interests of your group.

## Board of Directors News

U Care's staff and volunteers would like to welcome Anna Peele, Mario White, Dickie Smith and Betsy Butler Cole to its Board of Directors. Most importantly I want to express my thanks and appreciation for their willingness to serve and further advance U Care's mission to bring an end to domestic violence and sexual assault in Sampson County.

We all look forward to working with these new members this upcoming season.

Pamela Gonzalez  
Executive Director

#### ***Did you know?***

Sampson County residents reported at least 50 Sexual Assaults to U Care this season. Of those, 9 were male victims. This number continues to increase annually.

# **Save the Date!**

*"Love Shouldn't Hurt"*





**U Care, Inc.**

Sampson County Domestic Violence &  
Sexual Assault Program

Post Office Box 761

Clinton, NC 28329

**24 hr: (910) 596-0931**

Fax: (910) 596-0574

**Toll free: (877) 602-7780**

Non-Profit  
Organization  
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Clinton, NC  
28329  
Permit No. 467

*U Care, Inc. is a private non-profit organization dedicated to providing assistance and support to victims of domestic violence and sexual assault in Sampson County. We operate through grants and private donations. All donations are provided*



## **Toy Run & Motorcycle/ Custom Car Show**

Co-sponsor by Clinton  
Recreation & Parks  
Department

**Cruisin' Against**



**Domestic Violence**

Benefiting U Care, Inc. in their fight against domestic violence!

**November 1, 2008**

Royal Lane Park, Clinton NC

[www.cruisinagainstdomesticviolence.com](http://www.cruisinagainstdomesticviolence.com)

**Christ  
Disciples**

**Second Chance Gospel  
Rock Band from Clayton  
will be on stage**

The Chicken Man of  
Raleigh Mark Andrews  
"Chicken Scratch  
Ministries"