

# The AVALON Center VOICE

*Working to end sexual and domestic violence*

## Together We Make a Big Difference

Thanks to the many volunteers and supporters throughout the region, we are able to fulfill our mission. With the help of our community, Avalon is serving more people than ever before. As the area grows in population, we are striving to be able to provide the safe haven and support services required for our neighbors most in need.

With special thanks to **Pat Noble** and **Mike Russell** for tending our gardens and grounds, Avalon offers a beautiful setting for clients to heal and grow. During Kiwanis One Day, the **Kiwanis Club of Williamsburg** gave the property a big boost by clearing, cleaning and brightening the spaces. Thanks also to **Berkeley Realty** and **Pam Blank** for providing a new riding lawn mower and cover!

Thank you **A'more Enterprises** and **Bruton Builders** for renovating the storage and life skills buildings, along with **BB&T**, which selected Avalon for its **Lighthouse Project**, all working together to create new space and equipment for the Avalon campus counseling offices.



Above: The **William & Mary** community provides significant support to Avalon each year. Here Kate Irvin and Emma Feeney of **Alpha Chi Omega** brought donated items totaling more than \$1,100 of needed items from their annual collection drive.



Left: The community shows the spirit of giving all through the year. Many individuals, families, civic groups and businesses provide food and thoughtful gifts for those in the shelter and care of Avalon during the winter months especially. Special thanks to the **Kiwanis Club of the Colonial Capital**, pictured left are Treasurer Jack Chandler and Kiwanis Member Jim Simpson, purchasing gifts for the Avalon children at Walmart. **Walmart DC 6088** provided a community grant for Avalon, as well, this spring to implement the Wellness Recovery Action Planning (WRAP®) counseling curriculum.

# Message from the director ...

With so much happening around Avalon the past six months, we all are excited about what lay ahead. Requests for crisis help and support services have been on the rise and we have been adjusting within our means -- and with help from you -- to try to respond to all of those who need our services. It will all get a little easier in this new fiscal year!

Since 1980, when Avalon began providing shelter and support services for survivors of sexual and domestic violence, we have relied on our community for support. That financial support sustains essential crisis services, and your gifts multiply as they provide the required local matching funds we need to access many of our state and federal grants. The largest portion of that government support comes through The Victims of Crime Act (VOCA). The VOCA Fund was created by Congress in 1984 to provide federal support to state and local programs that assist victims of crime. The VOCA Fund is derived entirely from fines and penalties paid by offenders at the federal level, not taxpayer revenue, and is largely distributed to the states through a formula grant. We are so pleased to report that in the new fiscal year, a much larger portion of this VOCA funding will be coming to the greater Williamsburg area and specifically to Avalon for the work we do.



The new funding will shore up current services and provide for an expansion of services. Children's Services will be improved with the addition of a full time children's counselor. We also will be adding a High Trauma Counseling specialist to specifically work with sex trafficking victims. The Outreach office now offers a support group for sexual assault. This group is open to anyone who has ever experienced a sexual assault or sexual abuse, and is offered once a week for ages 18 and above. Please contact Carolyn at 757-258-9523 for more information.

Through a partnership with Bacon Street, United Way and the Williamsburg Health Foundation, we are able to offer clients the added support of substance abuse counseling and education. As things often happen at Avalon, just as we were trying to figure out where to put these new staff members, a local contractor knocked on our front door, offering to help. The project called for renovating the interior of a building to accommodate two new counseling offices. This project included making changes to the storage buildings to accommodate donated food and clothing. A'more Enterprises, Bruton Builders and BB&T Lighthouse Project collaborated to complete this work. I think of them as angels who appeared right when we needed them!

With your generous support, coupled with strategic partnerships and increased grant funds, we are confident that Avalon will have the resources to provide comprehensive services in our community now and in the future. Thank you for being a partner with us. Please feel free to give us a call if you would like to get more involved.

  
Teresa Christin



## Welcome "Aboard"

Please join us in welcoming these new members to the Avalon Board of Directors: **Heidi Hawkins Bindra**, former vice president, Planned Parenthood of New Jersey; **Lou Cale**, real estate agent, Coldwell Banker Tradtions; **Nick Coiner**, vice president, Towne Benefits; **Katina Evans-Gallien**, supervisor, finance and business services, Dominion Virginia Power; **Leslye Givarz**, civil director, Council for Court Excellence; and **Naomh Hudson**, attorney, LeClairRyan.

# Working to End Elder Abuse

by Carolyn M. Higgins, MA, NCC

The Outreach office is increasing its focus on abuse to the elderly. “There were more than 21,000 reports of adult abuse, neglect and exploitation made to Virginia Adult Protective Services in the state fiscal year of 2014,” says James Rothrock, of the Virginia Department of Aging. According to the National Research Council in 2003, it was estimated that between 1-2 million Americans over the age of 65 have been injured, exploited, or otherwise mistreated by someone on whom they depended for care or protection.

In a study done in 1988 by Pilleme, Karl and Finkelhor, data on elder abuse in domestic settings suggests that one in 14 incidents, excluding those of self-neglect, come to the attention of authorities. Further, as reported by John F. Wasik in *Consumers Digest* in 2000; current estimates put the overall reporting of financial exploitation at only one in 25 cases, suggesting that some five million financial abuse incidents occur each year.

These statistics are staggering, especially in a typically underserved population. At Avalon, we have recognized that it is critical we expand our services to assist the elderly to meet this need. Adult abuse may stem from caregiver abuse, financial abuse, psychological/behavior, and physical abuse.

“There were more than 21,000 reports of adult abuse, neglect, and exploitation made to Virginia Adult Protective Services in the state fiscal year of 2014.”

*James Rothrock, Va Dept. of Aging*

Following are signs of adult abuse, neglect or exploitation: forced isolation, lack of affection or care, perception that they are a burden, inappropriate sexual relationship, missing personal belongings, no knowledge of a monthly income, numerous unpaid bills, large bank withdrawal, suspicious signatures, unusual bank activity, depression, anxiety, anger, bruises, malnutrition, scratches, burns, soiled clothing or bedding, broken bones or sprains, restrained to bed or a chair ([www.dars.virginia.gov](http://www.dars.virginia.gov)). If you, or someone you know, has shown signs of potential elder abuse, please call us for assistance. In immediate and life threatening cases, please call 911 immediately and report it to a hospital or law enforcement.

## ***Signs of Neglect or Self-Neglect\*:***

- Poor hygiene
- Inadequate supervision
- Untreated medical conditions
- No running water, electricity or heat
- Lack of needed dentures, glasses, hearing aids or medications

*\*Dept. of Social Services*

## ***Signs of Adult Abuse or Exploitation\*:***

- Forced isolation
- Lack of affection and or care
- Inappropriate sexual relationship
- Missing belongings
- Suspicious signatures
- No money, yet receiving a monthly income
- Numerous unpaid bills
- Large bank withdrawals
- Depression

## ***Ways to Prevent Elder Abuse***

Learn the signs of abuse and neglect.

Call or visit elderly loved ones and ask how they are doing.

Provide a break for a caregiver.

Ask your bank manager to train tellers how to detect elder financial abuse.

- Lack of communication and talking
- Anxiety
- Anger
- Dehydration or malnutrition
- Broken bones or sprains
- Scratches, burns or bruises
- Soiled clothing or bedding
- Restrained or tied to chair or a bed

*\*VA Dept. of Aging and Rehab Services*

Thank you to our generous donors who help Avalon break the cycle of violence and create a more positive and peaceful future ...

*Records from September 1, 2015 through May 31, 2016*

### In Memory of

#### **Clara Allison Mayfield**

Daniel and Susan Rankin

#### **Angela Morrison**

Joy Oyer

#### **Willetta Brand Heising**

Susan Britcher Kevin and Lauren McLees

Carolyn Cabell Carol Peters and Family

Jane Desolms Jewel Wagner

Willetta Heising Gloria Weaver

### In Honor of

**Avalon Staff and Volunteers:** Richard and Isi Dawson

**Carolyn Higgins:** David and Ann Scanlon

**Marina Libro and Becky Brashears:** Nicholas Libro and

Joseph Horman

**Loudoun County Women Deputies:** John and Kim Kearney

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Walmart DC 6088

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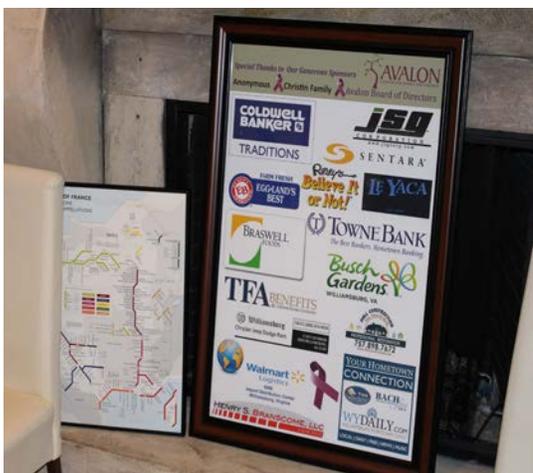
*\*Wine Tour de France for Avalon Sponsors*

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Our board fundraiser, *A Wine Tour de France for Avalon*, raised a record amount thanks in great part to our many sponsors.

Coldwell Banker Traditions conducted a fundraiser led by Lou Cale, Avalon board member, that culminated in more than \$2,000 for sponsorship of the Avalon Wine Tour de France.

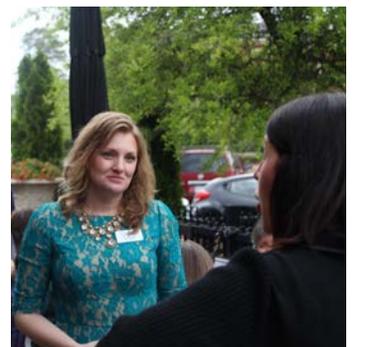


# Supporters Enjoy a *Wine*

A delight for all and magnificent success!



More than 140 of Williamsburg's most enchanting and philanthropic-minded participated in exploring wines from five French regions with dishes selected by Le Yaca Chef Daniel Abid.



# Tour de France for Avalon

May 1, 2016, Le Yaca French Restaurant



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end sexual  
and domestic  
violence.**



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