



WHAT IS YOUR #1 THING?

A Note from Ben Brustkern, Executive Director

October is Domestic Violence Awareness Month. During the month, we have been asking staff at Friends of the Family to take the #1Thing community pledge to affirm commitment to end domestic violence. It is powerful to see the responses like

show compassion not judgement,
“believe survivors, speak up against victim blaming”
and “confront harmful expressions”. Friends of the Family provides safe confidential services to survivors and everyday we help people build confidence and take back their lives.

My #1Thing is to create more housing opportunities for survivors of domestic violence. Last year we completed over 500 housing assessments and were able to provide housing assistance to over 125 people. However, this means 375 survivors of violence that were fleeing or homeless were unable to be served. I find that number to be unacceptable. Friends of the Family has an obligation to the communities we serve to figure out how we create more housing opportunities. The average cost of intervention for these families is less than \$1,500. It is hard to believe that for \$1,500 we can provide a family fleeing domestic violence or who has entered a shelter, a new home and lease on life.

What is your #1Thing? Shoot me an email at ben@fofia.org, I would love to know.

Ben Brustkern, Executive Director

FALL NEWSLETTER



It's time to get our 2019 Holiday Adopt-A-Family program underway. **Sign up as a donor for the 2019 Adopt-A-Family program TODAY!** Last year, the program provided gifts to 139 adults and children in the communities we serve.

If you are interested in becoming a donor this holiday season, please email Jodie at jodie@fofia.org or call 319-352-1108 ext. 211, by November 15.

HOLIDAY DONATIONS

FOF's adjusted donation policy during December

Due to the large quantity of gifts received at FOF offices during the holidays, we will not be accepting donations of clothing or household goods from December 10-31. We will only be accepting these items as related to our Adopt-A-Family program. We will announce our new donation policy January 1, 2020.

Feel free to call us at 319-352-1108 with any donation-related questions. Thank you for all of your support this year and through the holiday!



DOMESTIC VIOLENCE AWARENESS MONTH

Domestic violence is a set of behaviors abusers deliberately use with their intimate partners to maintain power and control over them and the relationship. Partners should treat each other with respect and care. Healthy relationships should not include abusive behavior, such as name-calling or physical injuries.

What is domestic violence?

Domestic violence is an intentional pattern of physical, emotional, economic, and other tactics to instill fear and to coerce intimate partners to act against their own will or best interests. Victims should not blame themselves—it is not their fault.

The behavior can be subtle with abusers using a variety of ways to gain control, including insulting their partners, controlling their contact with family members and friends, or limiting how their partners can spend money. Abuse can worsen and become more frequent with consistent physical injuries, such as hitting or slapping; sexual assaults; or threats for victims' safety.

What are some types of domestic violence?

There isn't a single definition for domestic violence. It can take on several forms with a range of behaviors. There are some common areas where abuse often occurs:

Physical abuse. This includes pain, injury, and harm, such as beating, kicking, suffocation, or slapping.

Sexual abuse. This includes sexual harassment, sexual assault, or manipulating a person into having sex through guilt or threats.

Emotional and/or verbal abuse. This includes constant criticism, threatening to hurt loved ones, or harassment at school or in the workplace.

Economic abuse. This includes controlling a person's income or financial assistance, misusing one's credit, or making it difficult for a person to get or maintain a job.

Psychological abuse. This includes minimizing or blaming a person for the abuse, intimidation, and/or threats or destroying property.

Digital abuse. This includes controlling your passwords and social media accounts, searching your phone and text messages, and monitoring you with a GPS or related system.

What actions are considered domestic violence?
Several violent actions or threats comprise behaviors often associated with domestic violence. Abusers will use these maneuvers:

Intimidate	Manipulate	Humiliate
Isolate	Frighten	Terrorize
Blame	Hurt	Injure

Why doesn't a victim just leave the abuser?

While domestic violence victims may deal with severe abuse from their partners, they may still remain in the relationship. This can be confusing to family and friends who want their loved ones to be safe and have a violence-free life. It isn't always easy to escape the abuse and remove the perpetrator from their lives. It is an individual decision.

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DOMESTIC VIOLENCE AWARENESS MONTH

CONTINUED

Established connection

The pattern of abusive behavior may begin well into a relationship after a strong attachment has formed and partners have experienced major life events together. The victim may have been in the relationship for a long time, may live with the perpetrator, and may be married and share children. These factors can become challenges to face when deciding to leave a relationship.

Love

A victim may be in love with their abuser despite the unhealthy relationship. The offender could have been affectionate at some point, which can make a partner hold onto hope that the behavior will change.

Denial

Domestic violence can sometimes be hard to recognize. Victims may not realize they are experiencing abuse, especially when it can be subtle like intimidation or acting jealous. It can also be hard to grasp that someone they love can be hurting them. Some may also think they did something wrong to cause the abuse even though it is never a victim's fault.

Children

A parent may remain with a partner for the sake of their children. It may seem like the best option for children is to have a two-part household. Victims may also depend financially on the abusers causing concern that they won't be able to care for their children on their own. It can, however, be more harmful to keep children exposed to such abuse, as they are vulnerable to being hurt themselves and can experience trauma.



Money and finances

Abusers may prevent their partners from working

or they may control bank accounts and how money is spent. This can result in victims being unable to support themselves if they leave the relationship.

Shame

It isn't easy to admit to being abused. If a partner leaves a relationship, other people in their lives may ask questions about the circumstances of the separation. This can make a survivor feel embarrassed and judged. Although this can cause worry, survivors should know there isn't anything to be ashamed of and they did nothing wrong.

Not ready

When victims realize they are in an abusive relationship, they may not feel ready to walk away from the relationship and the life they know right away. It is a survivor's decision to move on from the relationship in their own time and pace.

If you or someone you know is experiencing domestic violence, please call our crisis line at 1-800-410-7233 to speak to one of our advocates.

Source: <http://www.joyfulheartfoundation.org/learn/domestic-violence/about-domestic-violence>

LOCAL PARTNER FUNDING

Thanks to this Quarter's Funding Partners

Friends of the Family relies on funding from local partners to meet the needs of people affected by violence and homelessness. Thanks to this quarter's funding partners for supporting our mission!

Principal Financial Group Foundation
Lincoln Savings Bank Foundation
Pockets of Change Endowment Fund
Dennis & Holly Kruger Family Fund
Dupaco R.W. Hoefer Foundation
Variety – The Children's Charity
Wahlert Foundation
Winneshiek County United Way
Wells Fargo Foundation
Womens Giving Circle

All proceeds benefit Friends of the Family.
Tickets can also be purchased through FOF staff members.

fofia.org or call 319-352-1108

\$40.00 per ticket - purchase tickets at

Silent & live auction

Hawaiian-themed food & drink

Waverly

Prairie Links Golf & Event Center,

This event is critical in helping to raise funds and presents the attendees with an opportunity to bid on unique items in a silent and live auction. A drawing for a trip for two to Hawaii will take place at the end of the evening. All tickets are entered in to the drawing for the trip for two. Need not be present to win!

*A Night in Hawaii brought to you by
Friends of the Family, Farmer's State Bank & ACES IT*



SAVE THE DATE



**FRIENDS
of the FAMILY**

Take Back Tomorrow. Today.

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