

[www.crisisctr.org](http://www.crisisctr.org)

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# #hope4forty

*A special social media campaign to honor the day the  
Crisis Center for South Suburbia was incorporated - April 6, 1979*

## **DOUBLE YOUR IMPACT TODAY**

It all started with the Palos branch of the American Association of University Women (AAUW) and their dream of providing a safe place for women who were victims of abuse. Forty years later, the Crisis Center for South Suburbia continues to provide safe shelter, counseling and an array of free services for those in need.

We can't do it alone so during the week of April 1-6 we've launched a special social media campaign - #hope4forty.

For every \$40 you donate we can provide one crisis counseling session to a victim of domestic violence. **Today only, your \$40 gift will be matched by our Executive Director Pam KostECKi and your donation turns into \$80!**

Any time during the first week of April you can make a donation on our website [www.crisisctr.org](http://www.crisisctr.org). We'll also be posting stories and videos on Facebook, Twitter and Linked In.

Spread the word. Share the hashtag - #hope4forty. Save a life.

# IS IT MY FAULT?

## "Maybe if I didn't anger him so much..."

Alexis was convinced that the repeated incidents of abuse were her fault. The most recent violent incident was witnessed by many in a public place and both the police department and states attorney decided to press charges against her abuser. Following the incident, Alexis began services at our shelter and no matter how many people told her she wasn't to blame, she still felt that her ex-boyfriend's anger was her fault.

Alexis struggled with these thoughts for weeks and she was not sure if she wanted to participate in the legal proceedings. Through support from family and attending counseling sessions at the Crisis Center, she found the courage she needed to seek an order of protection and press charges against abuser.

**Alexis is living free from violence and she is confident that she was not the one to blame.**

## memory lane

Each month of our 40th Anniversary we are featuring people who played key roles in our success and this month we feature past Board president and long-time leader Michelle Paluch.

Michelle learned about the Crisis Center through Neat Repeats when she was dropping off a donation of household items in 1992. Like many who enter the doors of Neat Repeats, she was incredibly impressed by the kindness and dedication of the volunteers. As she learned more about the Crisis Center and its mission, she became more involved with the organization.

Michelle joined the Crisis Center Board in 1998 and served as president from 2003-2005. She also served as dinner dance co-chair for eight years and many other leadership positions.

She received the Dianne Masters award in the 2011, an award that recognizes individuals who emulate Dianne's vision, commitment and ability to overcome obstacles while creating a



Michelle Paluch accepting the Dianne

She said her favorite memory was a fashion show that was held at Georgio's to raise funds for the Crisis Center. Michelle says the most rewarding thing about being part of the agency is seeing the difference made in the lives of the families CCSS serves and the friendship and camaraderie of the volunteers.



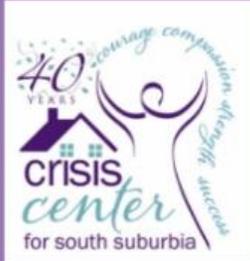
*Look for more memories throughout the year as we celebrate our 40th anniversary!*



## **Becoming Trauma-Informed and Caring for the Caregiver**

Trauma-informed care is a strength-based framework that recognizes and understands that the physical, psychological, and emotional effects of trauma, including domestic violence, affect victims and those providing their care. As a result of its commitment to be a more trauma-informed agency, the Crisis Center held its first all-staff retreat at Camp Manitoqua in Frankfort last week. Presenters from Lurie Children's Hospital and professionals in self-care offered trainings and insight into the significance of caring for yourself in order to better care for clients who have experienced trauma. Hands on experiences and different methods of self-care were explored. The day was informative and enjoyable.

# 2019 Retreat



Jeffrey LaMorte  
salon day spa

## Thanks to Jeffrey LaMorte Salon and Day Spa!

Thanks to Jeffrey LaMorte Salon and Day Spa for supporting CCSS! Throughout the month of March they offered a 15% discount on products for those who brought items from the CCSS wish list. Stylists and employees from Jeffrey LaMorte will be taking part in a free training provided by CCSS to receive certification from the Illinois Dept. of Financial and Professional Regulation. The training focuses on identifying the signs of abuse and education professionals about local resources available to assist victims of domestic violence.

## April is Volunteer Appreciation Month

Did you know that last year volunteers donated 45,817 hours of time saving our organization over \$350,000?

We are incredibly grateful to all of our volunteers who have supported the mission of the Crisis Center for the past forty years. Some volunteers have been with us since the early days and they have provided four decades of time, talent and treasure!

we love our  
volunteers!



Volunteers help us in a variety of ways including working at our Neat Repeats Resale stores, answering our 24-hour hotline, assisting with clerical work, helping at one of our events or helping us meet a unique need.

If you'd like to learn more about volunteering, contact Deonne at [dmendyk@crisisctr.org](mailto:dmendyk@crisisctr.org) or call 331-431-9688.



### **Thanks to the New Lenox Township Food Pantry and our friend Evelyn!**

Special thanks to our friend Evelyn and the New Lenox Township Food Pantry for this wonderful donation of food to our emergency shelter! Tasty, fresh vegetables, bakery items and other great treats will be enjoyed by the residents at the Crisis Center for South Suburbia.

Thank you!

## **Free Legal Assistance**



**Equal justice starts here.**

Thank you to Naeem Nulwala from the Legal Assistance Foundation (LAF) who recently began visiting with clients at our shelter to answer legal questions and provide free consultation.

Naeem will be joining us on a bi-monthly basis to provide this valuable services to clients in need of assistance.



# It's My Party! SOLD OUT

Thank you to Crisis Center for South Suburbia Auxiliary members for their successful promotion of their upcoming luncheon 'It's My Party'. The event sold out in record-breaking time this year.

Fan favorites Laura Freeman, Beckie Menzie and Marianne Murphy Orland will present the great ladies of the 60's: Leslie Gore, Dusty Springfield, the Supremes and other hip female hit-makers on Tuesday, April 30th at Palos Country Club.

Ticket sales and raffle proceeds will support the Crisis Center and victims of domestic violence.



## Join the Safety Circle

Supporters of the Crisis Center can now choose to make their donation a monthly one by checking a box on the donation page of our [website](#).

Monthly giving is a selfless commitment to our mission to support survivors of domestic abuse.

Check out the Crisis Center's wish list on [Amazon.com](#)!

[CLICK HERE FOR WISH LIST](#)

Purchase needed items and have them shipped directly to our shelter!

Use Amazon Smile and choose the Crisis Center as a beneficiary!

**amazon**smile

Already love Amazon? How about using **AmazonSmile!** The same great Amazon you love but with .05% of the profits being automatically donated to us!

STAY CONNECTED

