

January 2010 Newsletter
www.guardianfamilyservices.net

If you would like to join our mailing list, send an email to newsletter@guardianfamilyservices.net

New Year's Resolution: Volunteer in the Community

Make a New Year's resolution worth keeping! Volunteer for Guardian Family Services. We are always looking for someone to do handiwork, routine maintenance, give makeovers, mow the grass, help with a fundraiser, and much more. Please call us at 618-524-HELP.

Internet Safety

If you think your activities are being monitored, they probably are. Abusive people are often controlling and want to know your every move. You don't need to be a computer programmer or have special skills to monitor someone's computer and Internet activities – anyone can do it and there are many ways to monitor with programs like Spyware, keystroke loggers, and hacking tools. If you think you may be monitored on your home computer, be careful how you use your computer since an abuser might become suspicious. You may want to keep using the monitored computer for innocuous activities, like looking up the weather. Use a safer computer to research an escape plan, look for new jobs or apartments, bus tickets, or ask for help.

Computers can store a lot of private information about what you look at via the Internet, the emails and instant messages you send, internet-based phone and IP-TTY calls you make, web-based purchases and banking, and many other activities.

Email and Instant/Text Messaging (IM) are not safe or confidential ways to talk to someone about the danger or abuse in your life. If possible, please call a hotline instead. If you use email or IM, please use a safer computer and an account your abuser does not know about.

Professionals recommended using computers at a public library or a trusted friend's home. If you are in danger, call 911.

For information and assistance 24 hours a day, call GFSC at 618-524-HELP.

Source: National Network to End Domestic Violence

Domestic Violence Quiz

Does your partner:

- Embarrass you with bad names and put-downs?
- Look at you or act in ways that scare you?
- Control what you do, who you see or talk to, or where you go?
- Stop you from seeing or talking to friends or family?
- Take your money or Social Security, make you ask for money, or refuse to give you money?
- Make all the decisions?
- Tell you you're a bad parent or threaten to take away or hurt your children?
- Act like the abuse is no big deal, it's your fault, or even deny doing it?
- Destroy your property or threaten to kill your pets?
- Intimidate you with guns, knives, or other weapons?
- Shove you, slap you or hit you?
- Force you to drop charges?
- Threaten to commit suicide?
- Threaten to kill you?

If you checked even one, you may be in an abusive relationship. We are available 24/7 to answer your call for help: (618) 524-HELP

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Dove Charm w/Clasp \$12

16" Square Boston Chain \$8
18" Square Boston Chain \$9

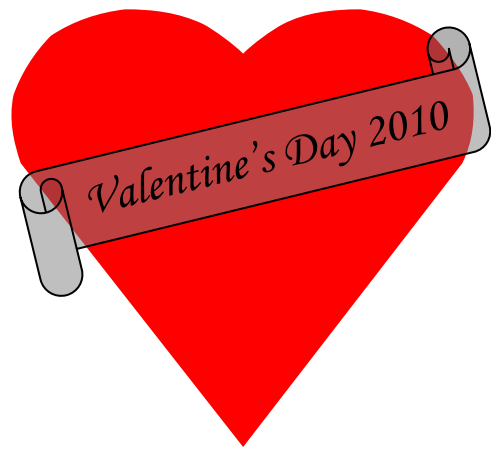
Round Cut Earrings \$30

Round Cut Pendant w/Cord \$50

Descending Dove Earrings \$12

Cut Out Ring \$23

Descending Dove Pendant \$8



Shop Early for Valentine's Day

Share your love and support a great cause!
This beautiful Sterling Silver makes the perfect gift for your Valentine. Call GFSC staff to purchase.



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Holiday Notes

We want to thank **Metropolis Drugs I** and all of the wonderful community members who chose an Angel to support during the holidays. The gifts certainly made Christmas special for our little angels. Metropolis Drugs has sponsored this event for 16 years and we certainly thank them for hosting the tree.

Additionally, Metropolis Drugs I invited Santa Claus to deliver the Angel Tree gifts and their efforts resulted in many smiles on delivery day!



Kristen Amaya, GFSC staff, accepts donations from Tojo Yamamoto, Jr. of Renegade Pro Wrestling. RPW has sponsored a toy drive for GFSC for the last three years and we sincerely appreciate their efforts!



Client Holiday Party

Clients and their children enjoyed a holiday gathering and a visit from **SANTA!** Holiday events allow staff and clients to maintain contact and ensure that staff and clients are working toward long term goals.

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Massac County United Way

Thank you to everyone who supported the United Way this year to meet their fundraising goal. Unfortunately, the economy is hurting United Way's overall finances and contributions to organizations like Guardian Family Services. Our funding from United Way is crucial in providing our services without a cost to clients. In turn, we support United Way by assisting with fundraisers in the community. Please join us in supporting them through the various fundraisers which benefit many vital services provided by community organizations. For more information, visit our website www.guardianfamilyservices.net or the Massac County United Way website www.massacountyunitedway.net.

Current Shelter Needs

We currently have a client in need of a baby bed, bassinet, changing table, car seat, stroller, high chair, and all sizes of baby clothes.

Donate Your Old Cell Phones

Don't just leave your old phones in the drawer, bring them to us!!! Cell phone recycling has been a great fundraising component over the years and we hope 2010 will top our list! For more information, please call the shelter.

Fundraisers

There is not one charitable organization not hit hard by the economy. Unfortunately, the economic downturn has many negative effects on society. One of those is domestic violence. Shelters across the country and even internationally have seen a rise in clients and are forced to do more with less. There are some great articles regarding the increased demand for shelter services on our website under the news tab.

In 2010, we will sponsor a variety of fundraisers. If you have a great fundraising idea you think could work for us – **or**, you would like to host a fundraiser to benefit GFSC, please call the shelter or email us at newsletter@guardianfamilyservices.net