



GUARDIAN FAMILY SERVICES

December 2009 Newsletter

www.guardianfamilyservices.net

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



The Angel Tree

Please be sure to stop at **Metropolis Drugs I** and choose an Angel to support during the holidays. Metropolis Drugs has sponsored this event for 16 years and we certainly thank them for hosting the tree for all of our little angels! Stop by Metropolis Drugs I on 5th street and share the holidays with one of our angels.



Dove Charm w/Clasp \$12

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

Round Cut Earrings \$30

Descending Dove Earrings \$12

Round Cut Pendant w/Cord \$50

Descending Dove Pendant \$8

Cut Out Ring \$23

The Perfect Christmas Gift!

If you are searching for the perfect gift for someone special, look no further than our jewelry! The person who has everything will love this beautiful collection of sterling silver jewelry. Doves represent the spirit of hope and there is no better time than the holidays to share the spirit of hope and help Guardian to offer services at no cost to victims.

Please call us at 618-524-9922 or 524-HELP to order!



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The Goodie Lady

Every week, our residents get a special delivery from The Goodie Lady. In fact, Wednesdays are usually referred to as Treat Day. You may know our Goodie Lady as Rita Cotten. Her weekly gift of treats was recently featured in *Taste of Home* magazine and on their website. You can read the article linked from our website. <http://guardianfamilyservices.net/inthenews.aspx>.



Rita Cotten

The Goodie Lady's Cranberry-Nut Brownie Recipe

Courtesy of *Taste of Home*

Ingredients

- 1 package fudge brownie mix (13-inch x 9-inch pan size)
- 1 cup dark chocolate chips
- 3/4 cup chopped pecans
- 1/2 cup dried cranberries
- 1/4 cup chopped walnuts

Directions

Prepare brownie mix according to package directions. Fold in the chocolate chips, pecans, cranberries and walnuts. Transfer to a greased 13-in. x 9-in. baking pan.

Bake at 350° for 25-30 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack.

Yield: 2 dozen.

Nutrition Facts: 1 brownie equals 202 calories, 12 g fat (3 g saturated fat), 18 mg cholesterol, 90 mg sodium, 24 g carbohydrate, 1 g fiber, 3 g protein.



Groceries for Good

The clients and staff at Guardian would like to say THANK YOU to The Metropolis Planet and The Paducah Sun for sponsoring the 17th Annual Groceries for Good campaign on November 21st. Over 850 bags of groceries were collected for COPE, Faith Tabernacle, and GFSC. We certainly appreciate the generous members of the community for donating and Big John, Save A Lot, and Pat's Market for hosting the event

Christmas Gifts for Clients

During the holidays, our residential clients will spend their time in the shelter. If you would like to help make their Christmas special, please call us for gift ideas. Many of our clients would not enjoy the holidays without your help.



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Safety Planning

If you feel that you are in an abusive relationship, plan ahead for your safety. Things you can do before a violent incident...

- Identify a neighbor you can tell about the violence and ask them to call the police if they hear a disturbance at your house
- Devise a code word or signal to use with family, friends, or neighbors when you need them to call the police
- Open your own savings account to increase your independence
- Leave money, an extra set of keys, copies of important documents, and extra clothes with someone you trust
- Decide where to go if you leave home, even if you do not think it will come to that. Identify a domestic violence shelter to call. Guardian Family Services has trained caseworkers available 24/7 at 618-524-HELP (4357)
- Identify which door, window, stairwell, or elevator offers the quickest way out of your home and practice your escape route
- Teach your children to dial 911
- Pack a bag and have it ready in case you need to leave home. Keep the bag in a private but accessible place where you can grab it quickly. Pack the following items:
 - Money – cash checkbook, credit cards, ATM cards, etc.
 - Identification – driver's license and registration, Social Security card, passport, etc.
 - Important Papers – divorce papers, school and vaccination records, birth certificates for you and your children
 - Clothing
 - Keys
 - Medications
- If you already have an Order of Protection, keep it with you at all times
- Review your safety plan as often as possible.

Yard Sale Raises Funds for GFSC

The staff and residents of the Metropolis Nursing and Rehabilitation Center hosted a yard sale in October benefiting GFSC. They will host another yard sale soon. Stay tuned for more information!

Harrah's Employee Food Drive

We want to thank Harrah's Metropolis employees for hosting a food drive last month. The numerous items were much needed additions to the menu and we certainly appreciate it!

Volunteer!!!

If you would like to become more involved and truly put your time toward a good cause, volunteer at the shelter. 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.