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*Happy Thanksgiving -
We are thankful for your support!*



The Allstate Foundation, on behalf of Gower Insurance, recently awarded GFS with a \$1,000 *Allstate in Your Community* grant.

These grants are for programs that support economic empowerment for victims of domestic violence among others.

Guardian Family Services appreciates the support from Allstate and local volunteers. A special thanks goes to Kay Manly and Nancy Gower for nominating GFS for the grant!

Christmas is fast approaching. If you or your organization would like to sponsor a family for Christmas gifts, please call Rita Gower at 524-4357.



Domestic Violence Homicide Statistics in Illinois

Taken from the Illinois Coalition Against Domestic Violence Report "Domestic Violence Homicide in Illinois: May 2009 to June 2010."

Domestic violence can lead to the victim's death at the hands of the batterer; even the death of the victim's loved ones. Sometimes it takes several acts of violence before neighbors and the community take action.

Total Number of Incidents – 59

Total Number of Homicides – 76

- committed by men – 94.7%, committed by women – 5.3%

How Victims were murdered

- 44.7 % shot to death

- 22% beaten to death

- 15% stabbed to death

- 3 died by strangulation

- 6 died by fire and/or smoke inhalation

- 1 toddler died by shaken baby syndrome

- 1 toddler suffocated in a bag

- 1 elderly person died from injuries after being pushed to the ground

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Groceries for Good



Sponsored by The Paducah Sun and The Metropolis Planet.

Every year, Guardian Family Services along with COPE and Faith Tabernacle, are the gracious recipients of Groceries for Good.

On Saturday, November 20th, shoppers at Big John's, Save-A-Lot, and Pat's Market can donate groceries and household supplies that will be distributed to these three agencies.

Style Shots by Jo Jo a big success!

Our recent style shots fundraiser was a big success thanks to our 32 lovely participants and the following who made the event possible: photographer Jo Jo Mathis, hairstylist Debbie Medley of Kelly's Mane Image, Janet LaVeau of Mary Kay, and the City of Metropolis for use of the Girl Scout House. Thank you all!

Do you know of someone in a domestic violence situation?

What about yourself? If we can help with services or any information, call us anytime 24 hours a day, 7 days a week at 618-524-HELP (4357).

All services are free and confidential.

Shelter Needs

- Women's socks
- Women's panties sizes 6, 7, & 8
- Kitchen-sized garbage bags
- Foil
- Ziplock bags
- Gift Cards (fast food, dollar stores, Walgreen's)
- DVDs for adults and children
- Sugar
- Ketchup
- Ranch dressing
- Kool-aid

Cell Phone Drive

The simple act of donating a cell phone and/or chargers has far reaching benefits for victims of domestic violence and literally helps save hundreds of lives. While many donated phones become direct lifelines that enable battered women to connect in times of need, funds from processing donated phones do much more. Donating your phone enables GFS to pay for programs that provide legal advocacy, counseling, emergency shelter, education and career guidance, support and referrals for victims in our community. Your deactivated phones and/or chargers are welcome at the shelter any time, 24/7. If you or your organization would like to sponsor a cell phone drive, please contact GFS Program Director, Rita Gower, for more information.



Friday night Zumba fitness fundraiser with instructor Sabrina Beck.

On November 26th, join us at either 6:05 pm or 7:35pm in the building formerly occupied by the Jewelry and Handbag Warehouse next to Backyard Burgers and Sam's Club in Paducah. Cover charge is only \$5.

20% of the evening's cover charges benefit Guardian Family Services.

American Electric/Cook Coal Supports Guardian Family Services

AEP/Cook Coal in Metropolis has become a very generous supporter of Guardian Family Services. Each month the employees collect and deliver a selected item for the shelter. Last month they collected 58 boxes of Kleenex tissues!



Kim Queen, Sean, Elizabeth, and Rita Gower

In July, Leroy Pass retired from AEP/Cook Coal and requested that in place of a retirement gift from the company a donation be made in his name to GFS. AEP/Cook Coal donated \$500 in honor of Pass' years of service to the company.

In September, American Electric Power, through Kim Queen at Cook Coal, presented Guardian Family Services with a much needed \$1,000 check to help ease the financial difficulties caused by the state's budget crisis.

In October, GFS received a \$150 donation through AEP Connects Volunteer Grants Program in recognition of the volunteer hours that Cook employee James Gower donates at GFS. The AEP Connects Program recognizes the commitment of AEP employees and retirees to their communities and supports causes that are important to them, according to Michael Morris, chairman, president and chief executive officer. More than 900 grants were made company-wide this year representing more than 108,000 volunteer hours donated by AEP employees.

"Although no monetary grant can compare to the value of the time our employees and retirees give to worthwhile causes, the \$150 grants made by this program in the name of AEP volunteers will help schools and nonprofit organizations meet the challenges of fulfilling important human needs," Morris said.

"At GFS we are often amazed at the generosity and commitment of the citizens, businesses, and community organizations in our county. We honestly could not survive without the help of everyone and are very appreciative of all the help and support we receive," stated Rita Gower, Program Director at GFS.

If you or your organization would like to get involved, please contact Rita Gower at 524-4357.