



Heartline

Eureka, IL

Heart House

Where crisis ends and Hope begins!

Serving Woodford County since 1982

♥ Fall 2015

## OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH



In an interview on PBS, Esta Soler from Futures Without Violence reminds us that ‘in the 20 years since the passage of the Violence Against Women Act, we have seen a 64 percent reduction for domestic violence among adult women. But we’re only really halfway there.’ Around the world, at least **one in every four women** has been beaten, coerced into sex or otherwise abused during her lifetime. (*Centers for Disease Control and Prevention*)

Domestic violence is a pattern of abusive behavior in any relationship that is used by one partner to gain or maintain power and control over another intimate partner. Domestic violence can be physical, sexual, emotional, economic, or psychological actions or threats of actions that influence another person. This includes any behaviors that intimidate, manipulate, humiliate, isolate, frighten, coerce, threaten, blame, hurt, injure, or wound someone.

**Physical Abuse:** Hitting, slapping, shoving, grabbing, pinching, biting, etc. are types of physical abuse. This type of abuse also includes denying a partner medical care or forcing alcohol and/or drug use upon him or her.

**Sexual Abuse:** Coercing or attempting to coerce any sexual contact or behavior without consent. Sexual abuse includes marital rape, attacks on sexual parts of the body, forcing sex after physical violence has occurred, or treating one in a sexually demeaning manner.

**Emotional Abuse:** Undermining an individual's sense of self-worth or self-esteem is abusive. This may include constant criticism, diminishing one's abilities, name-calling, or damaging one's relationship with his or her children.

**Economic Abuse:** Is defined as making or attempting to make an individual financially dependent by maintaining total control over financial resources, withholding one's access to money, or forbidding one's attendance at school or employment.

**Psychological Abuse:** Elements include causing fear by

intimidation; threatening physical harm to self, partner, children, or partner's family or friends; destruction of pets and property; and forcing isolation from family, friends, or school and/or work.

Domestic violence can happen to anyone regardless of race, age, sexual orientation, religion, or gender. Domestic violence affects people of all socioeconomic backgrounds and education levels. Domestic violence can happen to intimate partners who are married, living together, or dating.

Domestic violence not only affects those who are abused, but also has a substantial effect on family members, friends, co-workers, and the community at large. Children, who grow up witnessing domestic violence, are among those seriously affected by this crime. Frequent exposure to violence in the home not only predisposes children to numerous social and physical problems, but also teaches them that violence is a normal way of life - therefore, increasing their risk of becoming society's next generation of victims and abusers. (*Justice.gov, National Domestic Violence Hotline, National Center for Victims of Crime*)

95% of domestic violence perpetrators are men. 95% of all victims are women. On average, nearly **20 people per minute** are victims of physical violence by an intimate partner in the United States. During one year, this equates to more than 10 million women and men. (*The National Intimate Partner and Sexual Violence Survey: 2010 Summary Report.*)

Why do survivors stay? Most victims don't want the relationship to end...they want the abuse to end. An abuser will hit their partner an average of **35 times** before police are notified for the first time. (*Bureau of Justice Statistics Crime Data Brief, February 2003*) Fear, money, not violent all the time, no place to go, lack of support, promises of change, family pressure, religion, guilt, shame, embarrassment, only life they know, denial, and love are all reasons victims stay in a relationship. Leaving the abuse is a difficult process and may take months or years.

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If you or someone you know is a victim of domestic violence, your voice can be heard.

### **IF YOU ARE IN IMMEDIATE DANGER CALL 911.**

Locally, contact the Center for Prevention of Abuse at 309-691-0551 and ask to speak with a Domestic Violence Counselor or Case Manager.

According to the Center for Prevention of Abuse, if you believe someone you know is in an abusive relationship, here's how to help:

- **Approach** the other person at a time and place that is safe and confidential.
- **Start** by expressing concern (i.e., I am concerned someone may be hurting you, and I am worried about your safety.)
- **Take the time to listen**, and believe what they say.
- **Communicate** that you care about their safety, that they do not deserve to be hurt, and that the abuse is not their fault.
- **Tell them they are not crazy.** A person who has been abused often feels upset, depressed, confused and scared. Let them know that these are normal feelings.
- **Tell them good things** about themselves. Let them know you think they are smart, strong and brave. Their abuser may be tearing down their self-esteem.
- **Respect their choices.**
- **Encourage them to build a wide support system.** Help find a support group or encourage them to talk with friends and family.
- **Be patient.** Self-empowerment may take longer than you want. Go at their pace, not yours.

*<http://www.centerforpreventionofabuse.org>*

Consider calling The Center to learn more about the kinds of help available, to ask questions specific to the situation, and to learn how you can be an effective and supportive ally.

We can help too. Heart House is a shelter for women who find themselves homeless, often because of domestic violence. We can be a safe haven to them and we have numerous resources to help them begin again. Our motto is "Where Crisis Ends and Hope Begins."

## Upcoming Events

Fridays thru mid October 3-4 pm  
Community Food Hub Farm- fresh produce available

October 9 10-11AM Cooking Class  
"Holiday cooking"

October 27 7-8pm Financial Class on  
"identity theft"

November 24 7-8pm Financial Class  
topic TBA

Our Tree of Hearts program and our Bell Ringing for Salvation Army will start soon! This is our biggest Heartline program of the year. Check out our website for details.

**To RSVP for classes, please call  
(309)467-6101.**

In an effort to reduce printing and mailing costs, Woodford County Heartline and Heart House will no longer be mailing out newsletters to our community supporters in 2016. We ask that you provide us with your email ID so that we can email our quarterly newsletter or like us on Facebook for updates. This will assist us greatly in lowering administrative costs and allow more funding to go to our services. Please go to our website @ [www.heartlineandhearhouse.org](http://www.heartlineandhearhouse.org) and sign up for our mailing list. Or you may call the office at (309)467-6101 to give us your information. If you do not have email, please call our office to request a mailed copy.

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## Heartline and Heart House update

Each newsletter we strive to share recent examples of how Heartline and Heart House is impacting lives in our community. We are unable to share names and faces due to confidentiality and protection of those seeking safe haven.

Heartline has been busy this summer assisting with financial resources for those in our community who have sudden hardships such as the husband and his wife who came to Heartline recently. The husband had a heart attack that left him unable to qualify and work his bus driving job. His wife is on medical disability. While he will receive unemployment, once qualified, the family was scrambling to cover a few necessary prescriptions due to his loss of health insurance through work. They also were facing a past due electric bill among other backlogged expenses. They were in a crisis. Through our Benevolence Program Fund supported by area churches, through some Salvation Army dollars we receive from the bell-ringing volunteers at Christmas, and through the generous donations of other individuals who support Heartline, we are able to help them out with their electric bill and a few prescriptions. While they are still in need, our organization stepped in and assisted them with the most necessary expenses with resources available. This scenario gets played out countless times on a daily basis at Heartline. While we monitor and set funding limits, and the need almost always surpasses that level, we are thankful for what we are able to do.

At Heart House we work on the “whole” aspect of the guest’s life, not just basic shelter. We assess the physical, spiritual, and mental needs of the women and/or children within the shelter. We have weekly mandatory Bible studies, domestic violence support groups, and 12-step meetings. The women really enjoy the program meetings. Their sponsor “Diana” is helping everyone realize that we all can have addictions of one kind or another.

“Maggie” has been in shelter after taking steps to leave an abusive husband who held a prominent role within our community. “Maggie” works two jobs, one full-time and one part-time to help her get back on track. She is currently working with Prairie State Legal Services to obtain a divorce, and continues to thank God every day that she got out of the relationship with her husband before she was seriously injured. Soon she will have saved up enough money to get an apartment in Woodford County and be reunited with her children. We are thankful that the community supports Heart House to help many “Maggie’s” living in our midst. So far this year we have given shelter services to 12 women and 6 children.

Heart House is currently searching for healthy crock-pot recipes. With 4 of the 5 current woman in shelter working, they have all been helping to make dinners every night and the crockpot is a great meal solution. The ladies have enjoyed the fresh fruits and vegetables that have been donated over the summer. They made applesauce from donated apples, and froze many vegetables for use this winter. Do you have a nutritional and economical crockpot meal recipe to share? Email Laurie@heartlineandhearthouse.org.

Every month the ladies help pack “snack pacs” for District 140 children to take home through the Eureka Christian Church Weekend Snackpac Program. It is a great way for the ladies to give back to our community, one that is serving them through Heart House and Heartline services.

*Domestic abuse is an epidemic: 1-out-of-3 women and 1-out-of-7 men are attacked by a partner during his or her lifetime. Many do not survive. Those that do, stay silent and afraid. Unless they receive help!*

## Hot Rods for Heart House

Our First Annual Hot Rods for Heart House fundraiser was held on Saturday September 5 in Roanoke. We only had 18 cars participate but it was a successful event spreading our name out into other parts of Woodford County.

We appreciate the support of our sponsors Roanoke Motor Co, Rebbec Chevy-Buick-GMC, Scott Lemman Auto, Brad's Autobody and many in-kind donors.

Our car winner's were:

Mayor's Choice: Ben Hoitink - 1975 Plymouth Duster

Fire Dept Winner: Blake Parsons - 1953 Chevy 3100 Pickup

Heart House Winner: Richard Hospelhorn - 1932 Chevy 2 dr Coach

Young Blood (under 25) : Ben Hoitink - 1975 Plymouth Duster

Best in Show : Darrin Evans - 1971 Convertible Cuda

We had a successful pork chop sale and appreciate all the individuals of the area who came out to see the cars. We received a lot of feedback and hope to make next year’s Hot Rods for Heart House event even better.

## BY THE NUMBERS

Here is just a glimpse of two Heartline programs (Benevolence and Operation Backpack) that has been assisting clients from Woodford County this year.

### BENEVOLENCE FUND

Number of clients that the Benevolence Program Fund has served from **July 1, 2015– September 24, 2015 = 199**

January 1, 2015 to September 24, 2015 = **280**

How much money in the third quarter dispersed: **\$22,841.67**

For what?

- 19 Rent payments**
- 7 Security Deposits**
- 35 Utility bill payments**
- 1 Property Tax bill**

As you can see, the demand continues to increase each quarter. The Benevolence Program is funded by local churches including Grace Fellowship, Apostolic Christian Church in Roanoke, Eureka Bible Church, Apostolic Christian Church of Eureka, Great Oaks Community Church, Eureka Christian Church and Crosspoint Community Church. During meetings with clients, we educate and provide necessary tools to aid them in a successful future. We would love to see more area churches participate in giving Heartline their benevolence funding as our goal is to have every area church using Heartline for screening, education, resources and consistency. For information on our Benevolence program and how we can be a part of your church missions, please contact Brandi Gerber at [brandi@heartlineandhearhouse.org](mailto:brandi@heartlineandhearhouse.org) or (309)467-6101.

## Operation Backpack



Woodford County Heartline 2015 Back to School Distribution

**281 =** area students who were served (ages 3 -18)

**\$44.62 =** average family savings per student (by not having to purchase supplies)

**1015 =** glue sticks donated

**1101 =** pocket folders distributed

**25 =** schools attended by these students

**100% =** amount of supplies donated or purchased from community supported funds!

**BACKPACKS** **erasers** **Expo Markers** *pencils* **scissors** *paper* **glue** *tennis shoes* **flash drives**

**CRAYONS** *binders* *markers* **notebooks** **TISSUE** **rulers** **pens** *INDEX CARDS* **watercolors**

\*\*Numbers as of 8/28/15

# THE TRUTH ABOUT BED BUGS AND SHELTERS - AND WHAT WE CAN DO

Bed bugs are in a group of parasites that live in the “nests” of their hosts. It is a known fact that shelters are particularly prone to bed bug infestations. As in hotels, shelters are at risk due to people and their belongings moving in and out with great frequency.

So what is a bed bug? Bed bugs go through various stages during the course of their life cycle. They begin as eggs, hatching sometime between 6 and 17 days after they are laid. They emerge from the eggs as nymphs and begin feeding immediately. After its first meal, a bed bug will molt and grow to its next stage of development and begin feeding again. After five molts, the bed bug reaches maturity and begins to reproduce. A female bed bug lays between an average of five eggs per day, and may lay up to 500 eggs in her lifetime. Bed bugs are extremely hardy and can live up to 18 months without eating once. This means that bed bugs can be found in long-vacant rooms or abandoned furniture. ALL areas must be treated aggressively – even uninhabited rooms.



Bed bugs are nocturnal and spend the daytime hiding in cracks and crevices in walls, floors, and ceilings; in furniture and clothing; and in any number of other areas.

Bed bugs are generally introduced into a new space in one of three ways:

1. By falling, climbing, or jumping onto a person’s clothing or belongings when he/she comes into contact with an existing infestation, allowing the bed bug to “hitch a ride” to a new home.
2. When someone brings used furniture, clothing or another belongings that is harboring bed bugs into the space.
3. By spreading through walls and floors from an adjacent infested unit.

Depending on its age, it takes a bed bug between 3 and 15 minutes to feed. The bites inflicted by bed bugs can go unnoticed or be mistaken for the bites of other pests. All people are not equally sensitive to bed bug bites, so while some victims may break out in rashes from the bites, other people may not display symptoms. When a reaction does occur, the resulting feeling can be mild (a simple red spot) to severe (rash or even hives).

Bed bugs are not known to transfer any diseases and the bites are generally not at all dangerous, though in serious cases, excessive scratching may damage skin and a large number of bites may lead to mild anemia.

At Heartline and Heart House we have always taken bed bug prevention seriously. We have information available from the Illinois Department of Public Health and it is posted in prevalent locations. We vacuum and clean regularly. We ask for rooms to be clutter free and make inspections regularly. We ask about bed bugs during intake. All residents who come in have their belongings checked, cleaned and items are placed in the dryer at the highest setting for at least 30 minutes. However, not everything fits inside a dryer.

In the US, there are many shelters who have had to throw out mattresses, furniture and furnishings due to bed bug infestation, some pay over \$10,000 for bed bug treatments, or worse, others have been forced to close their doors when they developed a bad bed bug infestation problem.

We have been doing some due diligence in our bed bug protocols and are seeking to raise additional funds to ensure that we have a more appropriate bed bug action plan that is economical and sustainable.

With that, we are now looking at a heat treatment chamber that we can isolate big pieces of furniture and mattresses to exterminate 100% of all bed bugs. A Zappbug room is an example (can be viewed on Amazon) of a portable heat treatment chamber. Costs would be around \$1,500 for a self-contained unit that could “zapp” bed bugs off of any furniture, clothing or other belongings.



Heat Treatment Chamber — Raising awareness and funds to obtain a heat treatment chamber

We believe a heat treatment chamber option is a good choice for our facility.

If you would like to donate to assist us with bed bug prevention, please mark your donation in the memo line with “bed bug”. Any excess in funds raised will go towards our general fund.

## Walk In Her Shoes Program



Woodford County Heartline would like to present to your group an interactive program called Walk In Her Shoes, Economic Justice Edition. This program walks participants in the shoes of a woman in a domestic violence situation that also deals with poverty and different obstacles and barriers faced when trying to leave an abusive situation.

This interactive program will last approximately 30-45 minutes followed by a discussion at the end.

For more information on scheduling this program with your group, please contact Executive Director Brandi Gerber at (309)467-6101.



The following items will greatly assist us in helping our Heart House residents and Heartline clients:

**Immediate Needs (please call first to ensure the Immediate Needs list is still current)**

- Hand soap
- Liquid laundry soap and fabric softener sheets
- Coffee and coffee creamer
- Coffee maker (2)
- Diapers (especially size 4 & 6) and baby wipes
- Women's Depends - size XL
- Women's socks
- Exercise equipment (treadmill, stationery bike)
- Ibuprofen, cold and flu medicine; allergy medicine, adult cough syrup, Band-Aids
- Large area dehumidifier
- Table top fan
- Twin mattress
- Volunteers/ group to strip and re-wax shelter floors.
- Volunteers to conduct bible study (evening hours)

**Ongoing Needs**

- Wal-Mart Gift Cards (\$10 denominations)
- Casey & Hucks Gift Cards (\$10 denominations)
- Printer cartridges -HP Inkjet 95 (color) and 98 (Black) and HP Inkjet 951 (color) and 950 (black)
- General Office Supplies
- Postage Stamps
- Fresh or frozen chicken, pork or beef
- Fresh or frozen vegetables and fruit
- Drink mixes, coffee, & tea
- Trash bags (kitchen and 36 gallon)



**Pies and Pies and more Pies!**

**Thank you to all the area bakers who helped support Heartline and Heart House by baking pies for us to sell at the Metamora Summer Band Concert series on Friday, August 28. Thank you to everyone who came and bought pie and ice cream. We raised over \$700 because of pie bakers and pie eaters like you!**

# Tree of Hearts



The Tree of Hearts program provides Christmas gifts to children that reside in low-income households in Woodford County. Gifts are donated by individuals and businesses.

## The Tree of Hearts program stats for 2014

407 children were enrolled  
4-5 gifts were given per child  
1628 wrapped gifts were distributed



**We need your help in collecting a goal of 1700 gifts this year!**



Shop and collect new and unwrapped gifts for children ages 0-17 years. All gifts should be delivered to Woodford County Heartline no later than December 11.

Volunteers are also needed to come wrap presents! Day and evening hours available on December 14, 15 & 16.



**Woodford County Heartline  
300 Reagan Drive—Eureka  
(309)467-6101**

**Call Blaine for information on volunteering or for gift buying suggestions!**

While we know that there are many great organizations for you to donate to – we hope that you will consider supporting Woodford County Heartline and Heart House. We are 99% community supported.



*The generous will themselves be blessed, for they share their food with the poor.*

Proverbs 22:9

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Yes, I'd like to help. Enclosed is my donation of \$ \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip \_\_\_\_\_

Phone: ( ) \_\_\_\_\_ Email: \_\_\_\_\_

**Mail form and check to:**

Woodford County Heartline and Heart House  
300 Reagan Drive Eureka IL 61530

**Or donate online @**

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



[Heartline and Heart House, Eureka IL](#)



Heart\_House82

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

Phone: (309)467-6101



300 Reagan Drive  
Eureka, IL 61530

Thank you for your continued support of our organization!