



## Center Against Rape and Domestic Violence

Fall 2019

38 years of service in Linn and Benton Counties

CARDV's Mission is two-fold:

- To provide services and support to those affected by sexual and domestic violence, and
- To provide education and leadership within the community to change the societal conditions that cultivate these forms of violence.

## Domestic Violence Awareness Month (DVAM)

### Did you know?



Every 9 seconds, a woman in the United States experiences domestic violence. This means that in the time it takes you to read this newsletter, 24 women will have experienced domestic violence. Overall, 1 in 4 women will experience domestic violence in their lifetime. To bring attention to the seriousness of this issue, October was named Domestic Violence Awareness Month. DVAM is not just the time to mourn those who've died due to domestic violence, but it's also the time to celebrate and support those who've survived. Learn more about domestic violence and how you can get involved at [cardv.org/get-involved](http://cardv.org/get-involved).



### The History of DVAM

(October 1981)

The first **Day of Unity** is held by the National Coalition Against Domestic Violence to connect advocates nationwide working with survivors of domestic violence. The Day of Unity quickly became a week-long event with activities at local, state, and national levels.



(October 1987)

Due to the success of the Day of Unity, the first **Domestic Violence Awareness Month** is observed. This same year, the first toll-free national domestic violence hotline is also created. Interestingly, CARDV, known then as Corvallis Women Against Rape, began its local hotline 10 years earlier in 1977.



(1989)

Congress passes **Public Law 101-112** officially naming October Domestic Violence Awareness Month. However, the Day of Unity is still celebrated on the first Monday of Domestic Violence Awareness Month to recognize its significance in DVAM's history.

Find out how you can help support survivors of Domestic Violence this DVAM at [cardv.org](http://cardv.org)

## 18th Annual Mother's Day Weekend 5k



**\$25 Early bird registration!**  
Now through January 31st

*Registration includes a free t-shirt!*

Go to [cardv.org/5k](http://cardv.org/5k) for more information and to register today.

**Create a team now and get an exclusive CARDV gift!**

## Rachael's Success Story

Rachael\* called the Crisis and Support Line looking for help. Her partner's abusive behavior had increased. He threatened to hurt her therapy dog. Rachel decided she and her pet needed to leave their home.

After talking with an advocate, they moved into shelter. Shortly afterwards she was able to file a restraining order and begin attending CARDV's support group. Her goal was to move back into the home she owned and live safely. Rachael (and her pup) are now safe, happy and continuing on in their healing journey.

*"I can't believe how much you were able to offer me, I was so defeated. Thank you" - Rachael*

*\*Name changed to protect confidentiality.*



## Agency Update - Letetia Wilson, Executive Director



As we gear up for another school year, I want to highlight CARDV's Community Education Program. Our goal for the program is to have every 7-12th grade student in Linn and Benton Counties hear from CARDV staff once each year in classroom presentations to engage about healthy relationships, consent, and how to help a friend. Last year, we had a break out year serving 350% more students than the year previously. This is a remarkable accomplishment that could not have happened without the partnerships from middle and high school educators. There is more work to do and we will continue to expand this program until we reach every student.

A student in one of the presentations shared this feedback, "I learned what I want from a healthy relationship. I also learned how to detect when it's an unhealthy relationship. More importantly, I learned how to tell someone if I'm in an unhealthy relationship and how to help a friend if they need help." Each presentation to youth is making a change in our community. The more we can talk about and practice healthy relationships, the greater our community will be. To request a presentation, please email [info@cardv.org](mailto:info@cardv.org)

Comments can be sent to Letetia Wilson at [letetia.wilson@cardv.org](mailto:letetia.wilson@cardv.org) or (541) 758-0219 x304.



**We need your help ensuring our ability to consistently provide life-saving services for survivors and their children!**

***Will you please join CARDV's Community for Safety sustainable monthly donor program?***

When you join the sustainable giving program, CARDV is able to plan ahead and provide consistent services to meet the needs of survivors and families in Linn and Benton Counties.

### **How to join CARDV's Community for Safety**

- |   |    |  |
|---|----|--|
| 1. Go to <a href="http://cardv.org/donate">cardv.org/donate</a> |    | 1. Complete the enclosed donation envelope |
| 2. Choose "Become a Monthly Donor"                              | or | 2. Select the monthly donation option      |
| 3. Select the monthly amount                                    |    | 3. Enter donation method                   |
| 4. Enter donation method  |    | 4. Mail in donation envelope               |
| 5. Click Donation button  |    |  |

"I give monthly so I can support survivors all year long!" - Community for Safety Donor

## Many Hands Trading



Join us at Many Hands Trading on Saturday, **November 16th** from 10am-6pm and \$1 of every \$4 you spend will be donated to CARDV.

## OSU Football Parking Lot Fundraiser

Park at Stover, Evey and Jackson (809 SW Western Blvd) on game days & a portion of proceeds goes to CARDV! Thanks to Kiwanis Sunrisers for partnering on this benefit.



## Soroptimist Int'l of Corvallis

Thank you, Soroptimist International of Corvallis for awarding CARDV a grant to update spaces in our shelter for survivors to use while accessing services.



## Thank you, AAA Corvallis Service Center

With AAA's help, we're able to provide survivors with luggage so they are able to relocate to safety with their belongings. Thank you for supporting survivors, AAA!

## Holiday Gift Program

Support survivors this holiday season by participating in CARDV's Holiday Gift Program! CARDV clients choose gifts from donated items to give at their own holiday celebrations. Donations of new, unopened and unwrapped gifts will be accepted through **Friday, December 6th**. Please visit [cardv.org](http://cardv.org) for a list of suggested donation items and drop off locations to help us make this holiday season special for survivors and their families.



**"This experience will always be so memorable, thanks for helping me make the holidays better for my kids."** - Survivor, Holiday Gift Program Participant

## Enter to Win a designer handbag designed by Serena Williams and support survivors during Domestic Violence Awareness Month!

For the second year in a row, we're raffling off a handbag valued at \$300 to highlight **financial abuse**.

***For every \$10 you donate, you will receive one entry. Entries are unlimited. Visit [cardv.org](http://cardv.org) to enter. Winner will be selected on November 1st.***

**What is financial abuse?** Financial abuse is a pattern of abusive behavior in which abusers control their partner's financial resources. Financial abuse is a major obstacle in survivors' ability to leave an unsafe environment.





Center Against  
Rape and  
Domestic Violence

P.O. Box 914  
Corvallis OR 97339

*Address Service Requested*

**24-hour Crisis & Support Line:**  
(541) 754-0110  
[www.cardv.org](http://www.cardv.org)

**Mailing Address:**  
PO Box 914  
Corvallis, OR 97339

**Administrative Office:**  
4786 SW Philomath Blvd.  
Corvallis, Oregon 97333  
(541) 758-0219

**Advocacy Center:**  
2208 SW 3rd St.  
Corvallis, Oregon 97333  
(541) 738-8319

**Lebanon Office:**  
2122 1/2 S Santiam Hwy  
Lebanon, Oregon 97355

**Board of Directors**

- Tiffany Pollard  
Board Chair
- Kate Caldwell  
Incoming Chair
- Cynthia Noble  
Past Chair
- John Marchel  
Secretary
- Rebecca Camden  
Treasurer
- Mary Bentley
- Lisa Chiles
- Dani Davis
- Kathy Feser
- Amanda Grolemond
- Elizabeth Huddleston
- Jim Luebke
- Cari Maes
- Farzana Molvi
- Rachel Petersen
- James Schupp

**Save the Date:**

**Month of October**

- Domestic Violence Awareness Month
- Chipotle Dine-Out Fundraiser Oct. 19

**November 16**

- Many Hands Trading Day of Sharing

**December 6**

- Last day to drop off gifts for Holiday Gift Program at drop off locations

**January 31**

- Mother's Day Weekend 5k Early Bird Registration Ends

**For more information visit**  
[cardv.org/calendar](http://cardv.org/calendar)

**Most Needed Items:**

- Paper towels
- Toilet paper
- 30 gallon trash bags
- 13 gallon trash bags
- Simple Green cleaner
- Ground coffee
- \$5 Safeway gift cards
- \$5 Fred Meyer gift cards
- Hair conditioner
- Liquid body wash
- Kleenex
- Hairbrushes
- Toothpaste
- Pull Ups size 3/4
- Journals

**Follow us:**



@cardv



@cardv\_org

**Donate now online at [cardv.org/donate](http://cardv.org/donate) or  
by scanning QR code to be sent directly  
to CARDV's donation page!**

