

"BEING THERE"

Official Newsletter of Women's Healing and Empowerment Network (WHEN)

April, 2023

WHEN is a non-profit organization founded in 2008. WHEN focuses on education for the long-term recovery from abuse. Our team of educators, counselors, clergy, and other professionals conduct seminars, consult with various organizations and participate in programs, services, and activities designed to facilitate healing and empowering initiatives for individuals, homes, schools, churches, other organizations and the community.



Airway Heights Law Enforcement Officers Attend the Wish-List-Give Away Event - April 23



L-R: Officer Abe Bingham, Officer Kayla Franck, and Sgt. Aaron Madison

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WHEN staff, volunteers and clients were excited to have three police officers from Airway Heights attend the Wish List Give-A-Way that was held on Sunday, April 23 at First Airway Interstate Bank in Airway Heights. The officers greeted us and quickly took up their "post" and helped to distribute items to community members who attended the event. One member remarked, "it is wonderful to know that we have such dedicated and personable officers in our community. There has been such bad press about police officers. I am proud of our officers and this is just a prime example of the dedication they have to our community. Their example helps us to realize that we can depend on them to be involved with, and support community projects in our little city."



Volunteers from AgWest join staff and volunteers

AgWest Volunteers Participate in Clean Up Day at Frieda's Healing Center, April 16, 2023

After each winter, a general clean-up day is held at the Healing Center to clear the grounds and prepare our flower and vegetable garden beds for planting. Because of the many pine trees that surround the Center much cleaning of pine needles and other debris is necessary. This year we are very thankful that representatives from AgWest helped with this project. They worked diligently to make sure that the yard around the Center was cleaned. They even got rid of pine needles on the Center's roof. Our thanks to Candy Casteal for organizing the volunteers. They have promised to come back and help us with cutting down trees, landscaping, etc.



Volunteers enjoying lunch of pizza, salad and deserts



Collection of about 20 bags of debris and pine needles





Volunteers are at the heart of WHEN. We would not be able to continue our programs and services without them. WHEN seeks to show them how much we appreciate their efforts in many ways. One of these ways is having “Appreciation Dinners” throughout the year. We encourage volunteers from the various programs we offer to come together, get to know each other, and have fun together. During this time volunteers introduce themselves and the role they play in WHEN. We are impressed and blessed with the caliber of volunteers we have and the various organizations they represent.



The first Appreciation Dinner for this year was held on April 8 at the Hillyard Baptist Church. During dinner, WHEN’s marketing videos were viewed. These videos were prepared by Trey Lindsay of Jevin Studios. Our vice-chair, Lorenda Rae Edwards, narrated the videos.



Games! Our special thanks to Wayne and Geri Hicks for organizing this fun time. We had to mingle and find out specific aspects that applied to each other. We had to try and pop each other’s balloon without touching them. We marched, the old-fashioned way. Various gifts were distributed. Our thanks to BillyJoe and Charity Brayman for the great job they did in selecting the items for the gift-give-a-way.



Our next event will be held on July 8 at the Hillyard Baptist Church at 6:30 p.m. We look forward to this time and encourage all of our volunteers, staff and board members to attend.



“Verbal Abuse” - by Mable Dunbar

She was my client and told me that she was being verbally abused by her husband of ten years. He was a successful psychiatrist. He called her names, and told her that she was so stupid, she “did not have enough sense to form an opinion about anything.” For many years she took the verbal abuse because she thought she deserved it, after all she had only finished high school and he was a doctor. But friends told her that she was married to an abuser and should take steps to protect herself. She did not believe them until she found out that her husband and their pastor, were plotting to have her admitted to a mental institution because she was “emotionally disturbed.” You see, she was not able to figure out how to provide three meals a day for herself, her husband and their six year old daughter with \$50.00 a week!

“Verbal abuse occurs when someone repeatedly uses negative or demeaning words to gain or maintain power and control over someone else. Verbal abuse in itself may not involve physical contact, but it can still cause emotional or psychological harm and progress toward violence.” -www.medicalnewstoday.com.

Some forms of verbal abuse:

- Name calling, insults, criticism
- Gaslighting (manipulating someone psychologically, until they question their own sanity)
- Telling someone they deserve to be mistreated or do not deserve to be loved
- Threatening, screaming, yelling



According to Grace Ketterman verbal abuse:



- Rejects an individual's value as a person
 - Isolates the victim from social activities and friendships by destroying self-esteem
 - Creates terror in the victim
 - Ignores the basic needs of its victim
 - Corrupts the values and behaviors of the victim
 - Degrades the victim by robbing her/him of self-esteem
- Exploits its victim for the benefits of the abuser, especially from a temporary sense of power, false as it is, unleashed during the abusive tirade. -Verbal Abuse: “Healing the Hidden Wound,” p. 12&13.

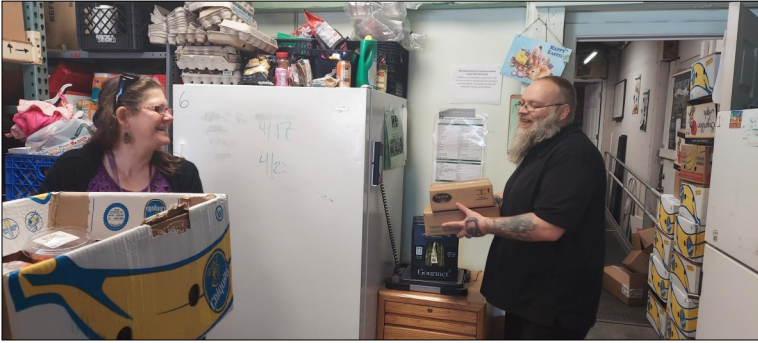


Many of the victims of domestic violence I see often tell me that the worst form of abuse they experience is verbal abuse because they hear the sarcastic, negative, and scathing words in their heads no matter where they go: “You are stupid,” “You can’t do anything right,” “I wish you were never born,” “You make me sick,” “Why don’t you be like...,” “You are too fat (ugly, thin, tall, short),” These negative statements play over and over again in a victim’s head like a record until she/he actually thinks they are true. Verbal abuse is difficult to detect, assess and substantiate, and most cases go unreported. For some victims this vicious abuse cycle repeats itself over and over again.

What we are told about who we are contributes to the feelings we have of ourselves and then our feelings influence our behaviors. We become “self-fulfilling prophets.” Verbal abuse robs people of their dignity, making them feel worthless, senseless and powerless. When an individual feels powerless, the door to their self-esteem is usually left open to be entered by someone (anyone) who gradually maintains power and control over her/him.

“While oftentimes people think of verbal abuse within intimate partner relationships, it’s important to recognize that this occurs within many other relationships. Verbal abuse can occur within families, from friends, or in the workplace, and it is not OK, no matter where it occurs. Abuse is abuse and there is no excuse for it.” -Talkspace therapist Jill Daino, LCSW-R, BC-TMH.

We are admonished to be careful how we speak to each other because our words have an impact for good or for evil, and can eventually come back to haunt us. We need to be careful of not only what we say, but how we say it, and the motivation behind our words. “Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.” -Ephesians 4:29, for “A word fitly spoken is like apples of gold in pictures of silver.” -Proverbs 25:11.



Rachelle and Donovan, Managers, enjoy their work at CCFP



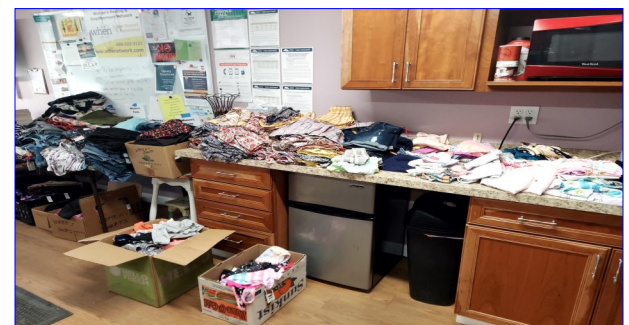
One of our volunteers unloading food boxes



Cherry Stanfill (L) serves a client. We thank Debbie N. for donating the two purple carts that helps us to make it easier for clients to access and transport food products.

“Thank you for all the work you’re putting into the scheduling! This is such a great service! I received MANY appreciative comments (for the food, helpers and all that goes into organizing the pantry) from customers during the time I help them shop.”
—Debbie N. (a Volunteer)

CCFP Donation Project is held the 2nd Wednesday of each month. Donations come from Walmart, Grocery Outlet, Yokes, Project Beauty Share, etc. and is freely distributed to the community.



CCFP Food Distribution Report for April, 2023

Clients Served:

Families.....	708
Individuals.....	1902
New Clients.....	31

Grocery Rescue: (2nd Harvest lbs. of food)

Grocery Outlet, Yokes, Walmart, etc.	20,128
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**WHEN Wish List Distribution
Report for April, 2023**

Pallets received.....	41
Individuals receiving donations.....	359
Organizations receiving donations.....	31
Zip Codes served.....	40



Paulette Webber, a long time donor of WHEN, quickly responded to our need for a new stove. She donated the funds necessary to purchase it. When the need came to get it installed, Ken Cooper, a retired master carpenter, volunteered his services, along with Colin Dunbar, to complete the job. Ken is pictured here placing a metal plate around the stove to give it a finished look.



Frieda's Healing Center is a 5 bedroom facility located in the country on 5 acres. Oftentimes we have to deal with water issues especially since we sometimes as many as 13 women and children living in the facility.

Recently we had to deal with low water pressure. Thanks to Cherry Stanfill who recommended Jarms Pump to assist us and resolve the problem. They responded immediately to our request and helped us out. They also gave us a huge discount because of the nature of our program.



We are blessed to have such caring individuals in our community who are passionate about helping others. Jarms Pump has promised to assist us in the future when the need arises. We thank Rachelle and Donovan McNelly for arranging other servicemen to provide other needed services.

There are ongoing needs at Frieda's Healing Center. A few days ago I was talking with a donor to let her know that we are in need of a new microwave. Without hesitation she said that she would provide the funds for it! What a blessing!

L-R: Bill Jarms and Associate



Our next need is for a chest freezer for the clients to freeze food that they get from the pantry. At times there can be an abundance of food or at other times there can be a smaller selection. The freezer will help us to keep foods as necessary in the event of food shortage at the pantry.

We are also in need of cars to help our clients with transportation as they seek job opportunities. If you can assist us with a car donation please do not hesitate to contact us at whennetwork@gmail.com

L-R: David Riviera and Donovan McNelly

Thank you for your continued support and generosity!



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 E-mail: whennetwork@gmail.com
 Website: www.whennetwork.com
 Instagram: WHEN_Network
 Twitter: @NetworkWhen

Contact us for more information about our programs and services

Dates to Remember

May 17

CCFP Community Give-a-Way
 12:00 Noon 3:00 p.m.

May 21

YADDA Scholarship Contest Dinner
 -Hillyard Baptist Church
 4:00 - 6:00 p.m.

July 1

Annual Car Show
 -Garland Theater Parking Lot
 10:00 a.m.

July 8

WHEN Appreciation Dinner
 -Hillyard Baptist Church
 6:30 - 8:30 p.m.

September 23

Being There Conference
 -Hillyard Baptist Church
 8:30 a.m. - 5:30 p.m.

How You Can Help

We rely on supporters and donors like you to help us continue our mission: **Help Empower Abused Lives (HEAL).**

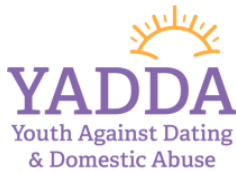
Please consider assisting us if you are able:

- () \$10 monthly to purchase writing materials
- () \$25 monthly to purchase educational materials
- () \$50 monthly to help purchase cleaning/maintenance supplies
- () \$100 monthly to help with personal items for clients
- () \$200 monthly to help with support group expenses
- () \$300 monthly for transportation expenses
- () \$500 monthly to help with utilities/telephone expenses
- () \$1,000 to support a client's stay at Frieda's Healing Center for 1 month
- () \$1,500 to support a client's stay with her children at Freida's Healing Center for 1 month
- () \$_____ online gift at www.whennetwork.com for _____
- () One time gift of \$_____ for _____
- () I am unable to give a donation at this time but will PRAY for WHEN
- () I would like more information about volunteer opportunities

Ways to Support:

1. Donate online at www.whennetwork.com
2. Check or money order to: WHEN, PO Box 9637, Spokane, WA 99209
3. Volunteer
4. Sponsor a WHEN event
5. Any other ideas? _____

Announcement - About YADDA



If you would like to support and /or give a donation to the YADDA Scholarship Contest, please contact us at 509.323. 2123 or email us at whennetwork.com

The aim of YADDA is to provide education, programs and support services for youth to help increase their awareness of domestic / dating violence in the community. Our overarching goal is to educate them regarding prevention strategies that can end the intergenerational cycle of domestic violence, dating violence and related abuse. **“Approximately 1 in 5 women and 1 in 7 men who experienced rape, physical violence, and/or stalking by an intimate partner first experienced some form of partner violence between 11 and 17 years of age.”** -<https://www.thehotline.org/stakeholders/domestic-violence-statistics>

YADDA sponsors a yearly Scholarship Contest that encourages High School/College students to submit essays, poems, art, etc. on abuse prevention. A panel of four judges, consisting of WHEN volunteers and local community members, score entries. During the Scholarship Contest Dinner one \$2,000 prize, two \$1000 prizes and two \$500 awards are presented to winners. All other applicants receive a small token of appreciation for their efforts. The Dinner is scheduled for May 21, 2022 and will be held 4-6 pm in the dining hall of the Hillyard Baptist Church, located at 2121 E. Wabash Avenue in Spokane.