



Rape & Abuse Crisis Service

Hotline:
634-4911
or 1-800-303-0013

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Rape & Abuse Crisis Service...25 — No, 30 Years of Being There!

(Editor's Note: This article was written in 2005 by Odie Dickens to commemorate RACS' 25th anniversary. We are reprinting it here in honor of our 30th year of service, with an addendum covering our most recent 5 years at the conclusion of Odie's original article.)

"RACS"...a life-line to many. And just think, it started with a 24-hour Hotline in April, 1980. No, that's wrong. It started with an awareness of the plight of abused women and children and a driving determination to help. The 120 Hotline calls that year were fielded by 25 volunteers whose mission was crisis intervention and referrals. The year's budget was \$300. By November, 1980 the first set of By-laws was approved. Unfortunately, these volunteers seem to have worked without getting either credit or publicity. We do not know their names but the women and children they helped will never forget them.

Several years ago, Janice Gentile and Tina Neff plunged into a thankless task. Let's thank them now! They rounded up what records there were, year by year, and went to work. Eventually they compiled 16 pages of information, sometimes from Board minutes, sometimes much less formal records. They documented the steady, often shaky progress made as RACS became what it is today ... a God-send to those who need it ... solid, dependable, professional and a credit to those who cared. We are blessed with the dedication, patience and commitment of staff who have been with us through bleak and blessed times. I cannot fail to mention Linda, now the Director of Clinical Services, or Mary, Shelter Director, who have hung in there no matter what! (No, I did not forget to give them last names ... to protect those who work with us, we only use first names!)

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Save the Date! RACS Presents:

A Memory, A Monologue, A Rant and A Prayer

In conjunction with V-Day, the Rape and Abuse Crisis Service is presenting 2 evenings of readings from *A Memory, A Monologue, A Rant and A Prayer*, a groundbreaking collection of monologues by world-renowned authors and playwrights. The writings are inspired, funny, angry, heartfelt, tragic, and beautiful, but above all, they create a profound portrait of how violence against women affects us all.

Our production will feature the vocal talents of local theatre and community members performing readings of selected monologues. Because the monologues feature adult subject matter, they're not appropriate for children.

Join us at Summit Lake Winery on April 9 or 10. Our evening will begin with cocktails at 6:30, followed by dinner at 7:00 and the performance around 8:00. Help us raise funds and awareness to end violence against women and girls.

For ticket information, call RACS at (573)634-8346, ext. 6 or 7.

April is Sexual Assault Awareness Month ***Denim Day 2010 will be observed on April 22***

Sexual Assault Awareness Month is observed in April of each year. April is also the month when both Child Abuse Awareness Month and Animal Cruelty Prevention Month are observed. Clearly, April is a month to focus on ending abuse. At RACS, we deal with all three of these issues at different times and in different ways, but sexual assault prevention is one of our primary goals.

Sexual assault is an issue that affects 33% of all women at some point in their lives, and as many as 10-20% of all men. All of us know someone who has been sexually assaulted, although the survivor may not have disclosed this to us. In

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Director's Thoughts: 30 Years Serving Victims

2010 is our 30th year of assisting victims of domestic and sexual violence and their children. During that time we estimate having served over 14,000 women and children with shelter, counseling, court advocacy and crisis intervention. Over 25,000 hotline calls have been received and we have reached thousands of students with prevention education.

What once started in 1980 as a volunteer hotline and the use of safe houses for shelter has grown to 11 full time and 5 part time staff members. A 36 bed shelter serves 250 women and children each year. The number of bed nights has grown by 35% since 2006. Approximately 600 women and children are assisted each year excluding hotline callers.

Over 30 years, RACS has been able to expand its services to include 3 counselors, a court advocate, shelter director, volunteer coordinator, 5 shelter managers and an executive director. In 2009 funding was obtained from the Missouri Foundation for Health for an outreach advocate to serve victims in the surrounding counties of our service area.

As we have grown, the awareness of domestic violence and sexual assault has increased as well, allowing more victims to escape their abusive situation knowing they have a place to go and professionals to help.

Our work is only possible with the assistance of grantors, volunteers, board members, law enforcement, court personnel, healthcare professionals and other community members. Thank all of you for helping our staff to assist victims for three decades.

Jim Clardy

REMEMBER....There is no excuse for Domestic Violence or Sexual Assault!

Sexual Assault Awareness (Continued from Page 1)

fact, most survivors of sexual assault don't talk about it, often because they fear not being believed. The prevalence of sexual assault in our society affects us all, and it will take all of us working together to end it.

Each of us can probably recall some sort of uncomfortable situation within our family, our circle of friends, or our community in which we remained silent because we weren't quite sure what to say or do. We know how it feels to miss an opportunity to help someone, as well as how it feels to say or do something that has a positive impact on another person's life. When it comes to sexual assault, though, we have many opportunities to get involved in preventing sexual assaults from occurring. Most of these opportunities present themselves in our everyday lives, most often before the actual sexual assault is attempted. We may witness someone making inappropriate sexual comments, or sexually harassing another. This is an excellent opportunity for us to get involved by intervening to say that we find these behaviors to be unacceptable and disrespectful. Staying silent only condones the bad behavior, and makes it easier for it to continue.

If each of us takes a stand against sexual assault, we can make a difference. One way to do this is through our observance of Denim Day, held this year on April 22. On this day, participating businesses encourage employees to donate a set amount (usually one to five dollars) for the privilege of wearing denim to work. That donation is then given to a rape crisis center. Of course, the financial donations are most welcome, but perhaps the greatest benefit of observing Denim Day comes from the awareness it raises of issues surrounding sexual assault. In fact, many organizations also include educational materials and presentations on sexual assault prevention for participants. In doing this, they're "stepping forward" to say that rape is not acceptable, and never the victim's fault. Through their actions, they're helping to let rape victims know that they aren't alone, and that we won't stand for it any more. *If you are interested in participating in Denim Day this year and need more information, call RACS at 634-8346, ext. 7.*

Few will have the greatness to bend history itself; but each of us can work to change a small portion of events, and in the total of all those acts will be written the history of this generation. —Robert F. Kennedy

Looking for a way to help others? Be a volunteer at RACS!

We always need help in a variety of ways, including sorting and placing of donations, providing childcare for support group night — even grocery shopping! Sound interesting? Call Pam at 634-8346, ext. 7 for details and a volunteer application!



30 Years of Being There (Continued from Page 1)

By 1981, RACS was demonstrating its commitment to the cause. Volunteers had swelled to 31. RACS employed its first staff person, a Volunteer Coordinator. Support groups were started and a Speakers Bureau was established with four, count 'em four, speakers. The budget was \$1,500.

In 1983 the Board bit the bullet and decided that a shelter was desperately needed. It was predicted to cost between \$50,000 and \$70,000. Board members were expected to donate \$7,000 or \$54.26 per year for three years. This was the year that RACS became a United Way Agency. It was in 1984 that RACS bought its first shelter for \$160,000, more than double the cost it had anticipated. Thank goodness for loans! Thank goodness, too, for the generosity of this community. The Jaycees purchased beds; Zonta bought privacy fence and hideabeds; The Jaycee Jills donated laundry appliances. The United Way provided office furniture. The general contractor, Jay Probst, donated his time. RACS was launched!

In 1984, RACS sheltered 40 women and children. The Hotline roared along with 700 calls. There were 35 volunteers; a Volunteer Coordinator position was established. Since the shelter had multiple stories, RACS rented the ground floor to a business.

RACS was beginning to make a name for itself ... or rather the cause it championed. A speaker from RACS presented a rape seminar for Lincoln University. RACS created a sexual assault display for the Prosecutors' Convention at the Lake of the Ozarks. The staff consulted on rape crises and shelter programs in Miller County, Sedalia and St. Joseph. And RACS raised funds. RACS received a grant for \$7,500 from Jefferson City and \$5,000 from Public Safety. On a roll, we requested \$31,000 from the United Way, although there is no record of how much we received.

Oops! By 1985, Board minutes indicated budget problems. The Board requested an additional grant of \$18,000 from the United Way. The request was granted with the understanding that the 1986 grant would be cut by \$6,000. More money worries surfaced later in the year with enormous water bills, water drainage problems, even a fine from the IRS for late filing. But great, good things happened, too. The volunteers had swelled to 60 but volunteers alone could not handle the load. After averting a near crisis with the threatened resignation of the Executive Director, the Board hired both an assistant and a counselor, each to work 20 hours a week.

Reviewing the handiwork of Janice and Tina who dutifully waded through minutes of Board meetings, summarizing them by year, leads you to believe that these two should be knighted! The detail is incredible. They documented the growth and maturity of RACS from a pipe-dream to the reality it is today. At this writing, I have gotten through six pages of the 16 these two wrote. In the interest of time and sanity, let me condense even more. Little by little RACS grew. We received grants and gifts. There was still a leak in the hallway. We received an offer to buy our building .. manna from Heaven ... not so fast. The offer was withdrawn. In all of 1986, 506 people were sheltered. Between January and April, 1987, the number was 580. The ground-level renter was four months behind in rent.

The Board made valiant efforts to create a business-like operation, defining the Executive Director's responsibilities to include counseling, financial issues, volunteers and shelter. A bookkeeper/clerical position was advertised which paid \$5.00/hour. There were 72 applicants. In 1988, a Volunteer Coordinator position was created to involve 20 hours/week @ \$5.00/hour. Another buyer for our building surfaced and evaporated.

Finances were a constant concern. The records show a series of gifts. Zonta donated \$4,000 for playground equipment; the Children's Trust fund granted us \$9,561 to support a part-time counselor; the Council of Clubs had a luncheon and fashion show to benefit RACS. But ... the Board borrowed additional money for building repairs and then, another \$5,000 for operations. In 1989 The Board requested \$74,544 from United Way and tacked on another \$10,000 request for "emergency funding." The United Way advised RACS that it needed long-range planning and an annual fund raiser. Both were good ideas but nevertheless, problems mushroomed. A fund raising plan was delayed because of negative comments by local business owners and the United Way. Security problems required attention. The phone system was sabotaged. There was a mysterious fire in the shelter, as well as abusive phone calls to staff. But RACS rallied. A security system was purchased. Critical help was provided to those who needed it: 304 women and children were sheltered for 3,130 shelter days. There were 3,900 volunteer hours and 762 Hotline calls.

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Providing Outreach and Creating Partnerships

(This article was written by Maureen, the new Outreach Advocate at RACS. She can be reached at 573-634-8346, ext. 5)

Imagine being in a foreign country where none of the locals speak your language. Communicating with others or finding resources for everyday necessities, would be extremely difficult, at best. Now imagine the same scenario but how your journey could be aided by the use of an interpreter. Having someone knowledgeable in local resources would assist you in gathering information, allowing you to make informed decisions along your journey. In many ways, survivors of domestic violence or sexual abuse are isolated by their abusers with basic needs unmet. These individuals often do not know where to seek help or whom to turn to.

When a survivor makes the courageous decision to leave an abusive relationship, several factors are paramount. Beyond the basics of food, housing and safety, other critical issues may include the emotional and physical wellbeing of themselves and their children, child care and education, opportunities for employment, training for employment, adequate transportation and the ability to have financial resources to meet those needs. Whatever the specific concerns of these survivors are, they revolve around creating a new life full of possibility and grounded in stability. For many, it may be the first time they are handling these issues. Without support, finding solutions can be overwhelming. It is critical, especially in this economic time, that we do not let these families down.

My name is Maureen and I am the Outreach Advocate with RACS. This is a new position in our agency and I am very excited about reaching out to those in need of assistance. As many of you know, our service area includes nine counties (Southern Boone, Southern Callaway, Cole, Miller, Moniteau, Maries, Morgan, Osage and Gasconade). My primary role is to assist survivors of domestic violence and sexual assault in the surrounding counties of Cole. Addressing their concerns requires locating resources within the outlying counties or beyond. The specific resources needed by a client vary depending upon the given situation. It is important to not only meet the immediate necessities of these survivors but to create a strong network of support around them. Making sure to follow up with clients is critical to maintaining their support system.

Because domestic and sexual violence are community problems, I am also partnering with communities to expand resources, share networking and create awareness. Connecting with other agencies allows for a better understanding of available support services. This aspect of my work involves communicating with local health clinics, hospitals, law enforcement, community action agencies, judicial personnel, churches, job training organizations, as well as other service providers to gain a clear insight of available county resources. In the weeks ahead, I will be expanding my contacts within our service area.

Engaging in communications aids all of us who work together to eliminate domestic violence and sexual assault. It is critical to focus on creating these partnerships, which will ultimately strengthen the families who need assistance the most. In working together, we can make a difference in the lives of many. It is not the job of a selected few to do the work, but of an entire community to come together and offer realistic solutions.

In the months ahead, I look forward to continuing the work which has always been close to my heart. Standing up for those in need, providing resources critical to survival and working to promote safer communities should be of primary importance. Without a solid foundation, few will stand.

Please contact me if you need assistance in gathering resources in your community or if you are interested in partnering against the fight. I look forward to hearing from you!

Thanks from a Client

“My overall experience was wonderful. RACS was available when I needed it. I appreciate all of the emotional and mental support that they gave me while I was there. I have learned more about healthy relationships and have more confidence in myself as a person than what I ever had before. I can stand up for myself and I enjoy making my own decisions. I learned how control is abuse and I was more emotional and mental abused than what I thought I was. Being in a safe place and out of the relationship I was able to see things more clearly. I wouldn't have come this far or in the state that I am today if there wasn't a place like RACS to go to. I will miss my “sisters” and staff which were like family to me. I will “never” forget them and how they changed my life for the good. I'm doing/going to do what's best for me! Maybe someday I can volunteer/work at RACS to give back to others what they gave to me.”

**30 Years of Being There (Continued from Page 3)**

To begin to regain solvency, RACS “pulled in its horns.” (Sorry, folks, a Texas expression!) RACS eliminated staff counselors in August, 1989 and paid off a \$5,000 line of credit loan. The Board received the good and welcome news that the building was now worth \$90,000.

Finally, the fund raising plan germinated. A committee was appointed, and I was invited to participate. I remember the first meeting with great clarity. The Executive Director suggested that we might want to create an event that families could enjoy. The Fairy Tale Festival was born. It not only raised money...\$7,500 that first year in rain which felt more like sleet; it also created awareness not only of RACS but of an issue many were reluctant to address. A rousing success!

Now, friends, forgive me but I must insert a bit of personal history. You have my permission to skip this part. However, I believe it speaks to many of us. When I grew up in Galveston, Texas, one of my very favorite relatives was my mother’s cousin, Isabel McKenna. She was pretty. She was funny. She worked as a secretary all day and, after work, created what eventually became the largest dancing school in Galveston. She never married. Instead, she supported her sister and brother-in-law, seeing them through last illnesses and then, she devoted her love to the care of her mother, an invalid. And all through this, she laughed! As my mother failed, Isabel and I grew closer. One Sunday morning, she phoned me here in Missouri as she often did. I automatically asked how she was, but I couldn’t really fathom what she told me when she said, “I was raped.” This was in 1980. She was 79 years old. She spelled out the details. I strongly recommended counseling but she was embarrassed and frightened and completely without support. After a lengthy conversation I remember hanging up the phone and wondering where I could buy a gun...how would I get it on the plane...what would I do with it when I got to Galveston.

After her rape, I saw Isabel whenever I visited my family and watched her absolutely disintegrate. And there was nothing I could do. But there really was something I could do, if not for Isabel, at least for someone else who needed help. When Laurie Ellison asked if I would help with a public relations committee for an organization called RACS...and she explained to me what RACS did...I felt it was an answer to a prayer. I could not help Isabel, but maybe I could help others. When our new shelter was complete and we planted trees, I had one planted in Isabel’s memory.

What does this rambling tale have to do with you? Maybe a lot. Who knows why we give ourselves, our skills, our “elbow grease”, our love and our money to this organization? The “why” isn’t important. It’s simply wonderful and incredibly important that we do. Now, back to RACS history!

In 1990, RACS sheltered 264 residents for a total of 3,480 days. The length of stay increased from 11 to 13 days. Volunteers increased from 50 to 80. There were 672 Hotline calls.

The 1991 Fairy Tale Festival was caught again in bad weather and only netted \$2,000. By 1993 a new fund raiser had been snagged ... the Great American Circus which netted \$9,300 but declined to perform in 1994. Our massive floods had wiped the state of Missouri off of its schedule.

“Fund raising” was ... and remains ... one of the primary efforts of RACS. We learned to ask for what we needed. We were serving more clients and serving them as well as we could in what was becoming a difficult and frustrating building. When UE provided an audit of our energy use and pronounced the structure as comparable to a “building without a roof,” we realized we had to wake up ... and there were no “roses” to smell. We were in trouble. One of the first buildings we investigated was one which had been used for a church. RACS’ Building and Grounds committee recommended against it because it did not meet City code. Back to the drawing board.

Then a miracle happened. The Building and Grounds Committee announced that an anonymous donor had offered to give us land in West Jefferson City as the site for a new RACS shelter. That meant “Pull up your socks and get to work!”

By 1994 we were in full swing. The projected budget for the year was \$219, 236 ... a far cry from the \$300 we stretched to raise in 1980. We had begun to be recognized as worthy of support. Our RACS volunteers beat the bushes, reminding local businesses and organizations of our cause and our accomplishments. In March, the Campaign Committee set a goal of \$250,000 from the community. The Building and Grounds Committee reported that the total

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**30 Years of Being There (Continued from Page 5)**

goal should be \$850,000. Mrs. William Weldon and Mrs. Jean Carnahan agreed to serve as Honorary Co-Chairs of the Capital Campaign. Phil Freeman took on the job of chairing the fund-raising effort. A gigantic effort! The Board was expected to make a 100% commitment to the campaign. One hundred percent of the staff pledged to the drive. In the meantime, RACS continued to provide the services which it had provided since 1980. The Board approved positions of a children's counselor and full-time secretary. By 1995 it became painfully apparent that our fund raising goal had to be raised ... a lot! The new goal was thrashed out. It started at \$1,800,000 which sent many Board members into spasms. But we were reassured by the receipt of a \$25,000 grant from the William T. Kempker Foundation. Eventually, by 1996 the Board approved a public capital campaign goal of \$1,300,000.

The detailed reports carefully summarized by Janice and Tina are significant in many ways. They grew, as RACS did, from a three-line summary in 1980 to full pages in 1996 and 1997. A lot was going on. These records remind us that RACS continued to raise funds for day to day operation. Its staff changed (with the Thank-the-Lord exception of Linda and Mary!). We had audits. We had phone problems. The Board discussed possible revisions of By-laws. The copier needed help. The Board approved a budget of \$1.5 million for the new building. The Board changed its meeting date ... again.

At this stage in RACS' history, we must bid farewell to Janice and Tina's efforts. All we can rely on now is recollections, spotty at best. Many of us have the scars and the pleasure of seeing the new shelter become reality. And we would not part with either. From a personal perspective, I remember being underfoot as steel beams were installed to outline the dimensions of this marvel. I remember being astounded as the furniture arrived, beautifully made by Missouri Vocational Enterprises. What's more, it matched! Thanks to the planning of volunteers who knew how. I remember how grateful we were for every cent of contribution. With clarity I recall asking Maytag if they could get some kind of a discount on the appliances for us. I was told to send a list, which I did, expecting, if we were lucky, a 10% reduction in the cost. When I called to check on the status of my request, I discovered that Maytag had given us the appliances ... all of them! Later they added a massive freezer to the gifts, replacing the one from the old shelter which was hung together with duct tape. What generosity! I hope and pray that we were not contributors to a decision to move Maytag out of Jefferson City!

The cost of the shelter eventually was \$1.8 million, plus equipment and furniture. It can accommodate 36 women, plus children.

After the shelter was completed, we were given enough sod for the lawn. A lovely day in May, volunteers laid the sod. It needed to be thoroughly soaked. Hoses were not going to do it. The Fire Department came to the rescue. They quickly used up their tank of water and then reluctantly agreed to resort to use of the hydrant ... provided I never revealed the name of the Captain who made the decision. Done! Playground equipment was donated and volunteers installed every bit of it.

Where are we now? Light years away from where we started. In 2004 we sheltered 255 clients, including 144 women and 111 children for a total of 4,808 Shelter Days. Volunteers fielded 1255 Hotline calls. Staff served as Advocates for 329 clients. In addition to Linda, we have a Children's Counselor and an Outreach Counselor, all three of whom are licensed. Between them they provided 1630 Individual Counseling sessions for women and 492 for children. Group Counseling sessions were provided for 180 women and children. RACS now serves nine counties and recognizes the need for much more outreach. Including 24-hour shelter staff, we have 12 employees. The 2005 budget is \$530,000. We've come a long way, Baby! We will continue to meet the needs of women and children as best we can. In addition to the capable and loyal staff, we have an active and committed Board and a relatively new Foundation. These stalwart souls will help provide these essential services. We are grateful, to say the least.

Remember Isabel? On what would have been her 102nd birthday, I bought three yellow roses at the grocery store flower shop, intending to put them beneath her tree. The young woman who checked me out smiled at my purchase and said, "Somebody has a birthday!" Never one to let such an opening evaporate, I explained my connection to Isabel and consequently to RACS. The lady leaned across the counter, took my hands in hers and said, "Thank you. I see Linda tonight." I had come full circle.

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**30 Years of Being There (Continued from Page 6)**

This is where Odie's account of our history ends. But RACS' story continues.... Over the last five years, we've seen changes in funding sources, with some grant amounts decreasing or even completely disappearing. Fortunately, we've also been able to locate a few new grants to address pressing needs, including upgrading our security system, a vital concern for a domestic violence shelter! Of course, our fundraising efforts have also continued.

In 2008, we said goodbye to our "Blues & BBQ" fundraiser which we'd held in the park each year since 1999, in weather by turns balmy and breezy, in favor of a new idea. "Comedy Cares," an event which wasn't at all dependent on good weather, was well-received in 2008 and 2009, and will be back again for 2010. We've also continued to benefit from individuals and community groups who have held various fundraising events for us, some on a very much appreciated regular basis! When budget cuts hit, we can always count on you!

RACS began a new program in 2008 that allowed us to provide shelter to the pets of the families who were coming into our shelter. This occurred as a joint venture between a local veterinarian and several other individuals interested in removing this obstacle to leaving an abusive relationship. Together, they formed Safe Harbor, a system of foster homes for pets of families staying at RACS. By the end of 2009, RACS' Pet Program had provided care for 2 birds, 13 cats, and 2 dogs belonging to 10 families who wouldn't have left their abusive homes without this service.

We've made improvements to some of our existing facilities over the last five years as well. In 2008, the young ladies of Z-Club raised funds to build and install better storage shelving in our playroom, making the room much more functional for the many children who use it while living in shelter. Just last year, the Helias High School Spanish classes collected money to benefit RACS, part of which is providing funding for new family room furniture. After 11 years and lots of use, replacement pieces are most definitely welcome! The Master Gardeners have adopted RACS as an ongoing project over the last several years, providing a more peaceful setting for our families who stay with us, as well as for our staff.

In 2009, RACS made efforts to more successfully join the Age of Technology in two ways: first, with the launching of a newly expanded website (www.racsjc.org) which included more information about RACS and abuse issues, as well as a PayPal link and a way to donate vehicles to benefit RACS. 2009 was also the year we began our efforts to send out our newsletter electronically to those who were interested, allowing us to share our news more efficiently while also saving on printing and mailing costs.

Of course, we're never content for long. The staff at RACS is always looking for more ways to reach out and improve our services to victims of domestic violence and sexual assault. In 2009, that led to the addition of a new position: an outreach advocate to travel to our outlying counties and provide referrals and case management assistance to victims in our more rural areas. With the addition of this position, RACS enters its thirtieth year with 11 full-time staff members and 5 part-time employees — quite a change for an agency that began with only a small volunteer staff!

Of all of the changes RACS has undergone over the last five years, easily the most astonishing has been in the increasing demand for our shelter services. Since 2006, our shelter has continued to house more and more women and children for ever-increasing amounts of time. In fact, we've seen a 35% increase in the number of bed nights provided over the last 4 years. In 2006, we sheltered 225 women and children for a total of 4977 bed nights. In 2009, we served 241 women and children and one male for a total of 6704 bed nights: a slight increase in the number of families, but because they've needed to stay with us for longer periods of time, our shelter has often been quite full.

Thirty years ago, RACS was little more than the inspired dream of a dedicated few who hoped to change the lives of abused individuals. Through their vision and perseverance and the efforts of many who followed them, RACS today can proudly say that we are doing just that. For those who need a safe place to stay, RACS offers shelter. For those who need help dealing with the abuse that has clouded their lives, RACS offers counseling and a hotline. For those in need of support in hospital ERs, in court, and in our rural areas following violent situations, RACS offers advocacy services. And for those who want to educate themselves about the issues to help to make a difference and perhaps prevent the violence before it even occurs, RACS offers outreach education. I doubt if the founders of RACS envisioned all of this thirty years ago. I doubt if those of us working with RACS now can envision where we'll be in thirty more years. One thing is certain, though: working together, there is no limit to what we can accomplish. Working together, dreams can truly become realities.



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RACS Services:
Hotline
Shelter
Counseling for Adults
& Children
Support Groups
Children's Program
Advocacy, including
hospitals and court
Referrals
Speakers' Bureau
In-service training
Resource Library

Certain project costs have been underwritten by the Missouri Department of Economic Development through the Neighborhood Assistance Program, and the Missouri Department of Public Safety through the Domestic Violence Shelter Tax Credit Program. Funding is also made by the Missouri Department of Public Safety, Office of the Director, through various grants. Partial funding for the playground project was provided by a Department of Natural Resources Waste Tire grant encouraging recycling. Points of view or opinions stated in this document are those of the authors and do not necessarily represent the official position or policies of the State of Missouri, the Department of Public Safety, or the Department of Natural Resources.

Friends of RACS

We would like to thank everyone who thinks of RACS so regularly with donations of items that help us to keep our shelter running and our families provided with needed items. Some of you have brought us food to keep our pantry stocked, both for our families who are living in the shelter, and for our families who have recently moved out but are still struggling to make ends meet. Others have provided seasonal clothing and personal care items for our families in shelter, or cleaning products to keep the shelter neat and tidy, while some of you bring us household items to help our families start over in new homes. All of you are helping us serve families whose lives have been torn apart by acts of violence and abuse, and we thank you from the bottom of our hearts.

Currently, our greatest needs are for the following items:

Baby wipes	Toothpaste	Deodorant
Diapers, size 3 & 4	Toilet paper	Laundry detergent
Kitchen/Bathroom Cleaner	Ramen noodles	Coffee (not decaf)
Small kitchen appliances	Sets of glasses	

If you have questions about other needed items or want to bring out donations, please call 634-8346, ext. 7. Thank you so much for your generosity!

Help us spread the word:

There's No Excuse for Domestic Violence or Sexual Assault.
Please feel free to copy or share your copy of our newsletter with others who might be interested. Know someone who would like to receive it? Call Pam at 634-8346, Ext. 7.

RACS Donation Hours

We are currently accepting donations on

Tuesdays
from 10am—6pm

We must ask that anyone wishing to bring donations **call first**, even if you've brought things recently. Our needs change with some frequency, and **some-times safety issues force us to cancel** a donation day. To make arrangements, or if you have questions, please call **634-8346, Ext. 7.**

United Way

