



THE BRIDGE



COASTAL WOMEN'S SHELTER

The bridge to empower survivors on their journey to safety and security.

NEWSLETTER - MAY, 2021

1333 S. Glenburnie Road • New Bern, NC 28562, 252.638.4509 • coastalwomensshelter.org, 24/7/365 Crisis Hotline: 242.638.5995

In This Issue

CarolinaEast Health System Run for the Shelter - Page 1

Executive Director's message - Pages 2

Agency Statistics - Page 2

Helping Hands Boutique - Page 3

Good Neighbors - Page 4

Domestic Violence Series - Impacts of Domestic Violence on Children - Page 5

What Monetary Donations Can Provide - Page 6

CAROLINA EAST HEALTH SYSTEM RUN FOR THE SHELTER COMING UP JUNE 19, 2021



THIS MEDAL COULD BE YOURS



The excitement is building for the 22nd CarolinaEast Health System Run For The Shelter 2021 on Saturday, June 19, 2021 at Creekside Park. Make sure your running shoes are in good shape and register now for in-person or virtual race. There's a 10k, 5k and one mile run/walk. It's fun for the entire family.

We are so grateful to our sponsors and a very special thanks to CarolinaEast Health System our title sponsor, Envee Spa, Flatlands Jessup, Moeller PA Attorneys at Law, Craven County Independent Insurance Agents, Nutrien Aurora's Wellness Committee, and StandUp Outfitters.

A special thanks to Coastal Sole for being a pickup location for runners to get their run packages. More details will follow.

To sign up visit coastalwomensshelter.org/news.

Executive Director's Message



April showers bring May flowers. This phrase gives me hope; beauty can grow from the storms. This past year has been full of so much fear, heartbreak, anger and so many other emotions that took us all on a rollercoaster ride, but as I look out the window, I see the sun shining bright, the flowers blooming, and I hear the birds chirping. As we continue to deal with COVID-19 and find a new sense of normal, if we look around, we can find beauty and kindness in the world, even if that beauty and kindness starts from within.

Last month CWS sent out our Spring Appeal letter, and we are so overjoyed by the response we have received so far. Thank you all so much for your generosity to our agency, our mission and those we serve daily. We could not continue our mission without the community's support and generous donations. With each donation we receive I find myself thinking of the "Love like salt" story. For those who are not familiar with it, I will do my best to paraphrase it. A King has three daughters. One daughter tells the King she loves him like salt, which makes the King angry because he takes it as an insult, and he sends her away. While away, the Princess is proposed marriage and accepts. On her wedding day the King is sent his food, but the Princess tells the cook to hold the salt. The King takes a bite of his food and is disgusted by the taste. He immediately knows what is missing and realizes just how much his daughters love meant. One dish was ruined just by not having salt on it. Something so small could have such a huge impact, much like every donation we receive. No matter the amount of the donation, it can change the life of an individual seeking services from our agency: a gas card to get to work to continue to feed their families, relocation assistance to break free from their abuser and begin healing in a safe environment, tuition assistance to get their GED and begin college to better their future for themselves or their family or a one-on-one session with our licensed counselor to set a plan to escape or pave a way for a better future. Each donation has a meaningful purpose.

Thank you to those who have given to our Spring Appeal, those who plan to give and those who continuously answer our calls for donations. Our agency would not be able to do the work we do without your continued generosity and support of our cause.

If you would like to donate to our Spring Appeal but are unsure how, please call our office or visit our website.

Client Service Statistic for April 2021



Helping Hands Boutique



TIME TO
ADD TO
YOUR
SUMMER
WARDROBE
FOR LESS



Summer's almost
here time to shop to
help end domestic violence

STORE HOURS:
MON TO FRI 10AM TO 5PM,
SAT 9AM TO 4PM
2509A NEUSE BLVD
NEW BERN, NC



Good Neighbors

Operation Pretty Things generously donated these beautiful bags for Mother's Day 2021. Contents included make-up, nail polish, perfume all things to have Mom's feel pampered this Mother's Day.



Tom McClay generously donated a 42 inch TV for our shelter. Pictured here are Tom and Sheila of our shelter staff.



Ms. Cathy Davis donated hampers of food, books, and cleaning supplies.



Jayne Bell of Laureate Alpa Rho makes a monetary and pantry donation. Pictured here are Lisa Moore, CWS Jones County Advocate and Ms. Bell.



Brittany Rhinehart donates food, hygiene products and diapers.



BOARD OF DIRECTORS OFFICERS

Mary Beth Fennel
President

Jim Daub
Vice President

Neil Coffield
Treasurer

Marcia Johndrow
Assistant Treasurer

Marie Bruner
Secretary

Antoinette Boskey
Assistant Secretary

MEMBERS

Jessie Aldridge

Angela Carbonell

Renee Hunt

Debra Liehs

Amanda Smith

Sue Thatch

Jude Tracy

Angela Wilson-Ward

STAFF

Amanda Delgado

Executive Director

Shelter Director

Milagros Belfort

*Interim Craven County Victim Advocate and
Education & Prevention Coordinator*

Lisa Jones

*Jones County Victim Advocate and
Lead Court Advocate*

Ruzalia Davis

Pamlico County Victim Advocate

Mildred Hill

Shelter Evening Manager

Johanna Schaefer

Fund Development Coordinator

Christa Siener

Helping Hands Boutique Manager

Gail Anderson

Bookkeeper

Domestic Violence - Children and Domestic Violence

Children are often considered the “hidden” victims in families where domestic violence occurs. Studies have estimated that 3.3 - 10 million children witness domestic violence each year. Children, like their adult caregivers, experience trauma from the physical and verbal abuse in the home.

Children can display a variety of behaviors due to witnessing domestic violence and those behaviors can affect their ability to be successful in school and other social settings. Also, 30% to 60% of perpetrators of domestic violence abuse children in the household.

Impact of Exposure to Domestic Violence

Newborn to 5

- Sleep and/or eating disruptions
- Withdrawal/lack of responsiveness
- Intense/pronounced separation anxiety
- Inconsolable crying
- Developmental regression, loss of acquired skills
- Intense anxiety, worries, and/or new fears
- Increased aggression and/or impulsive behavior

Ages 6 to 11

- Nightmares, sleep disruptions
- Aggression and difficulty with peer relationships in school
- Difficulty with concentration and task completion in school
- Withdrawal and/or emotional numbing
- School avoidance and/or truancy

Ages 12 to 18

- Antisocial behavior
- School failure
- Impulsive and/or reckless behavior, e.g.,
- School truancy
- Substance abuse
- Running away
- Involvement in violent or abusive dating relationships
- Depression
- Anxiety
- Withdrawal

*Adapted from National Child Traumatic Stress Network

For help and resources visit <https://nccadv.org/domestic-violence-info/children>

source: North Carolina Coalition Against Domestic Violence

Coastal Women's Shelter

The Value of Your Monetary Donation



Historically, most of our funding for Coastal Women's Shelter has come from government grants or foundations; but we are seeing much of that support being cut.

Therefore, we desperately need your help to serve our clients in seeking safety. They often need help with the first month's rent and utility payment; with fees to apply for childcare assistance; with gas cards, with medical bills; and, with legal bills.

Survivors of domestic violence could be your neighbor, your co-worker, your cousin, or the person you pass on the street. Domestic violence lives in secrecy. Every person who can leave an abuser deserves the best chance possible to create a successful life.

Your monthly donation of:

- \$50.00 per month for 3 months provides 45 meals for our safe house guests.
- \$100.00 per month for 3 months provides 30 days of emergency shelter for 1 to 2 families.
- \$250.00 per month will help cover relocation costs for one family, providing its members with a safe new home and a brighter future.

There is no minimum contribution and you can change the amount or cancel the contribution at anytime.

Coastal Women's Shelter is a 501(c)(3) tax-exempt, non-profit organization that serves survivors in Carven, Jones and Pamlico counties.

Please call us at 252.638.4509 for more information.

Mail your contribution to Coastal Women's Shelter
1333 S. Glenburnie Road
New Bern, NC 28662