



Creating Opportunities for Personal Empowerment

## COPE Newsletter

August 2017

### Thoughts from our Board President: Carol Roam



As you know the news has been filled with pictures and stories of victims and heroes of the disaster wreaked upon Texas this past week. There are countless stories of families having to flee their homes in a hurry with only what they could stuff in a backpack, knowing that they may never return to their home (at least as a livable structure). This kind of tragedy is hard to truly fathom unless you are in that situation but our hearts are still with them, we pray for them and we give of our time and our money as we are able.

But this also reminds me that many victims of domestic violence often experience a similar heartbreak that they may have to leave suddenly, grabbing very little of their belongings, knowing they may never be back to the place they had called home. And soon will be forced to face the terrifying reality that they may be starting over from scratch to build a safe environment for their children and themselves.

As we support the victims of the horrific events in Texas let us not forget to remember our victims of domestic violence right here in Lebanon. They need our support, our encouragement and our prayers as well.

Thanks so much for all that you do to support our courageous clients.

### From the Editor:

I have to take this opportunity to write about a magical time. Monday, some friends and I were in Lexington, MO, to experience the Great Eclipse. It was great. Preceding the event, the weather threatened to break my heart. However, as the time approached the clouds went away and the magic began. The total eclipse itself was an indescribable event. But the entire atmosphere of the experience was even more impossible to describe. As the hundreds of people began to watch, there was a chorus of oohs and awes rolling across the rolling hills. During the time of the totality, the horizon was as spectacular as the eclipse. I didn't see all of the hundreds of faces, but the ones I saw were all smiling. As we began to disperse, it seemed we all had a common bond. Everyone was so congenial and happy. It was the first time I had left a crowded parking lot when everyone was polite and no one was in a hurry.

The day after the eclipse I was in a Strategic Planning meeting at COPE. As we were making plans for the future of COPE, I realized we are trying to be the horizon. We are striving to help our clients through the darkness of their lives and let them see the sun again. We are grateful for all the help we receive as we work through to that light.



*Marilyn Kimbrell*

Marilyn Kimbrell, PhD

### Shopping on Amazon?...

**Did you know that when you shop on Amazon you can contribute to COPE through that purchase?**

***I know, right!?!...Pretty Awesome!***

Instead of going to [www.amazon.com](http://www.amazon.com), drop the [www](http://www) and add [smile](http://smile.amazon.com). to log into: **smile.amazon.com**. Through the AmazonSmile program you are able to take advantage of the same low prices, vast selection and convenient shopping experience you get on Amazon.com, with the added bonus that Amazon will donate a portion of your purchase to COPE!

Simply log into **smile.amazon.com** and select **COPE Lebanon** as your supporting charity and a portion of every Amazon order you generate will be sent to COPE!

It's like a blessing in disguise! So, remember to log into **smile.amazon.com** for ALL your Amazon orders, which provides COPE with a blessing for every order you place.

### Board Member Spotlight

Julie Warren



Julie Warren is one of our newest Board Members. Julie and her husband have a son Keaton. She has another son, Eric. Keaton works at Independent Stave and is recently engaged. Eric is a police officer in Marshfield. Steve will be getting married in October. He has three daughters, Ashley, Skyler, and Austin.

Julie works from home doing billing and payroll. She takes a gym class, loves to read, shop, and spend time with her family.

When empty nest occurred, Julie found she had a lot more time on her hands. She wanted to be part of an organization to help people. She has known people that have been victims of domestic violence.

In her own words: "I can't imagine what living in that situation would be like. I just hope that I can be helpful in raising awareness of this violence and do what I can to make someone's life a little better."

COPE is glad that Julie Warren has chosen us to fulfill her desire to serve.



Judy's Column  
 From COPE's  
 Executive Director,  
 Judy Kile

## Your Change Can change a life!!

Thank you to everyone who participated in our Your Change Can Change a Life campaign recently. Your donations are still being counted and we truly appreciate your generosity.

However, if you would like to continue to collect your change for COPE, we still have cans available for you to utilize, or you can simply collect your change and then drop it off at the COPE Shelter. Your Change can CONTINUE to Change Lives!

Sincerely,

Judy Kile, Med  
 Executive Director

Your support can help positively affect the lives for all of COPE's clients.



(417) 533-5201

## Don't Miss Out On COPE's Trivia Night!!!

Mark your calendars for **Saturday, October 14** for COPE's 8th Annual Trivia Night fundraiser.

This years Trivia Night will be held at St. Francis DeSales Catholic Church located at 345 Grand Ave., from 6-9 p.m. with great food provided, six trivia categories, and awards for best table decorations and best costumes. If you've never attended, you have NO IDEA what you're missing! If you have attended...you know what a fantastic time you'll have!

However, we've made some changes that you are going to LOVE, so round up a team of 8 - come up with a cool theme and decorate your table, select your themed costume or simply purchase individual tickets and join this years Trivia Night presented by COPE. You'll have the BEST TIME EVER!!!



Only \$300 for a table of eight people or \$40 per person.

A great way to have fun, test your skills, and support COPE!

## COPE'S CORNER

is featured every Wednesday in the Lebanon Daily Record.

COPE'S CORNER lists brief educational information and items, which are an immediate need:

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 COPE Averages 4999 overnight stays annually.  
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We are in need of: Lysol Wipes, Deodorant, and Hairspray.

24 Hour Hotline:  
 417-532-2885

## How to sign up for Monthly or One-Time Donations to COPE.

Friends of



There are several contribution levels to choose from:

Protector: \$15 Monthly Gift

Protect women & children from abuse

Defender: \$25 Monthly Gift

Defend the right to live free from violence

Guardian: \$40 Monthly Gift

Guard the abused and give them a chance to start over

Friend: \$ \_\_\_\_ Your choice for a One-Time Gift

Your financial donations change lives!

Call: **533-5201** for details



Dedicated to breaking the cycle of abuse

Mission -

Our mission is to lead the community in the prevention of domestic violence and break the cycle of abuse.

Goals -

In order to break the cycle of abuse, we strive to:

1. Provide education to youth in the community on dating and domestic violence.
2. Provide legal advocacy to victims in Laclede, Dallas, Wright, and Texas Counties.
3. Provide a safe haven to victims of domestic and sexual violence.
4. Provide resources to victims of domestic and sexual violence.



**COPE is the local Shelter and Advocacy center for the following counties:**

- Laclede
- Dallas
- Texas
- and
- Wright

**Our shelter operates 24-hours a day and the telephone is answered 7 days a week at:**  
**(417) 533-5201**

**Or Toll Free: 1-877-275-0930**

**Sincerely,  
Your COPE Board of Directors:**

- Carol Roam, President**
- Ellen Martin, Vice President**
- Debbie Cantrell, Treasurer**
- Marilyn Kimbrell, Secretary**
- (Monte) Joe Bailey, Member**
- Rose Childers, Member**
- Bonnie Daniels, Member**
- Teresa Esparza, Member**
- Katie Heimann, Member**
- David Millsap, Member**
- Tom O'Neil, Member**

**Judy Kile, Executive Director**



**COPE's Board is a group of people with varied skill sets working together for the good of COPE and its clients**

NATIONAL COALITION AGAINST DOMESTIC VIOLENCE



## **Facts about Domestic Violence and Economic Abuse**

### **WHAT IS ECONOMIC ABUSE?**

When an abuser takes control of or limits access to shared or individual assets or limits the current or future earning potential of the victim as a strategy of power and control, that is *economic abuse*. In economic abuse the abuser separates the victim from their own resources, rights and choices, isolating the victim financially and creating a forced dependency for the victim and other family members.

### **WHY IT MATTERS:**

Victims of domestic violence may be unable to leave an abusive partner or may be forced to return to an abusive partner for economic reasons. Victims of coerced debt may face massive barriers to economic self-sufficiency, including struggling to find a job or even obtaining a place to live after leaving an abuser due to debt and its detrimental effects on their personal credit scores.

### **DID YOU KNOW?**

- Between 94-99% of domestic violence survivors have also experienced economic abuse.
- Between 21-60% of victims of domestic violence lose their jobs due to reasons stemming from the abuse.

## **There are SO many ways to help COPE and its Clients:**

- ▶ **Donate YOUR TIME!** There are numerous volunteer positions.
- ▶ **Donate FINANCIALLY.** If you are unable to give of your time, we always appreciate financial donations to assist with the daily operations of COPE and its clients needs.
- ▶ **Looking for a 'Community Service' project for your church group or scout troop?** Contact COPE and see how you can help with landscaping or other outside tasks that may need to be done.

Many of COPE's clients who are lucky to escape their abusive environments with the clothes on their backs, or at the very least, a small personal bag, for each person leaving. You can help our clients start fr of the following items;

