



AUGUST 2018

“ OUR MISSION IS TO LEAD OUR COMMUNITY IN THE PREVENTION OF VIOLENCE AND BREAK THE CYCLE OF ABUSE ”

**THOUGHTS FROM OUR BOARD PRESIDENT**

**ELLEN MARTIN—PRESIDENT**

**Board of Directors**

- Ellen Martin - President**
- Carol Roam - Vice President**
- Marilyn Kimbrell - Operations**
- Debbie Cantrell - Treasurer**
- Bonnie Daniels - Secretary**
- Joe Bailey**
- Kristin Brent**
- Rose Childers**
- Katie Heimann**
- David Millsap**
- Tom O'Neil**
- Brian Thompson**
- Julie Warren**

Dear Friends,

I have just gotten back from a two week vacation out west to see a daughter and grandchildren. Montana, Wyoming, and Idaho are beautiful; but, it isn't home. When one is away it is easy to forget what is happening day to day back home. Perhaps that is the point of a "vacation". There is still work to be done, clients to serve, business to take care of, and fundraisers to plan. COPE has a wonderful staff and board and everyone pitches in to do their part to keep COPE running so well. Thank you for your hard work and vigilance.

As the chair of Trivia Night, I would like to let you know what is being planned for this year so you can get on board and support it again this fall. This will be our ninth year, yes, ninth, believe it or not! Set your calendars for October 20th from 6:00-9:00. It will be held at St. Francis DeSales Catholic Church. Our meal will be provided by the catering at Mercy Hospital. More hot food and less veggies! Brian Thompson, board member, has agreed to be our MC. Joe Bailey, board member, has agreed to be our scorer again. Tables will be \$300 for eight or \$40 per person. Please begin to

spread the word so we can have lots of players, auction items, and workers. It truly takes all of us to make it work well. We will begin our planning meetings in August and I invite you to come and help hash out the details. If you have ideas for trivia categories, auction items, how you can help ahead and that night I would like to have you there. Trivia Night is fun, a good fundraiser, and a wonderful venue for COPE awareness to get the word out about what we do and why we do it. Thank you and I look forward to another great year of Trivia.

*Rev. Ellen Martin, President*

**TRIVIA NIGHT**  
 DATE: 10/20/2018  
 TIME: 6PM-9PM  
 SAVE THE DATE  
 COPE Trivia Night  
 Location: St. Frances Desales Catholic Church

**A LETTER FROM OUR EXECUTIVE DIRECTOR**  
**JUDITH KILE—EXECUTIVE DIRECTOR**

When you think about whom someone reaches out to for help through a difficult time, most people think of doctors and hospitals, the police and sheriff's departments or even family and friends. Our community is also blessed with many specialized service organizations such as COPE, The Sound House, The Pregnancy Center, L-Life, Crosslines, The Free Store, Ministers of Fire or our many Churches. Each one of us serves a special purpose to our community and we want to help in any way we can within our guidelines. If you know of someone who is in a dangerous relationship, please give them the phone number to our hotline. We want to help them by listening and determining their needs. We are only a phone call away! The hotline number is 417-532-2885. Please call, any time! We are 24/7.

Thank you,

*Judith Kile*  
Executive Director



**"OUR MISSION IS TO LEAD OUR COMMUNITY IN THE PREVENTION OF VIOLENCE AND BREAK THE CYCLE OF ABUSE"**

**WE NEED YOUR HELP**  
**MARILYN KIMBRELL, PHD**

Five years ago, I retired and moved to Lebanon. I had been an educator for forty-one years. Quite frankly, I was tired. Thus, I spent the first year unpacking, golfing, and doing a lot of nothing. Then my second year, a friend and COPE Board member asked me to consider serving on the COPE Board of Directors. I was invited to join the board in March of 2015. That was a life-changing event in my life. As I sit here writing my 20<sup>th</sup> editorial for the newsletter, I think of all the changes at COPE and the changes in Marilyn. This has been one of the most meaningful and fulfilling volunteer experiences of my life.

Speaking of volunteers! We need more. At the present time, COPE has two volunteer positions available that need to be filled right away. First, we need someone to pick up food at various locations. This is a weekly occurrence and only requires an hour and a half of your time. Second, we need someone to maintain our booth at the antique mall. The booth needs to have someone to organize, fill and straighten about twice a week. If you would like to work amongst a bunch of fun items from the past, please think about this opportunity. These are not the only ways you can volunteer. Give COPE a call at 417 533-5201 or stop by at 201 Lawson Avenue in Lebanon, MO.

Take a chance at finding a fulfilling experience.

Thank you ,

*Marilyn Kimbrell PhD. Vice President of Operations*



**WHAT WE DO HERE**  
**DIANA GASTON—PUBLISHER**

The tragedy of domestic abuse exists in every community. It knows no boundaries of gender, race, religion, social status or lifestyle. It leaves its victims in search of comfort, compassion, and the strength to make the difficult journey to becoming survivors. In Laclede County, the first step in the journey to becoming a survivor of domestic violence starts at COPE.

COPE is a secure place where victims of domestic abuse find compassionate, knowledgeable advocates offering confidential and individualized help. COPE serves individuals and families of ALL ages, genders, races, sexual orientation, and gender expression. COPE provides counseling, temporary shelter, 24-hour helpline, legal assistance with order of protections, support groups, transitional housing options, prevention education and more.

COPE is here to help.

*Diana Gaston, Grant Manager / Client Advocate*



**" Go forward in life with a twinkle in your eye and a smile on your face. but with great and strong purpose in your heart." Gordon B. Hinckley**

## ADVOCATE SPOTLIGHT

### DIANA GASTON

#### Voice of an Advocate

A couple of months ago, I was worried. I didn't know who was going to be publisher of this newsletter. Then, Judy introduced me to our newest advocate, Diana Gaston. After a brief conversation, I was so impressed with her many talents that I knew we had found our new publisher.

A few days ago, I sat down with Diana Gaston to ask her a few questions. Like many of our advocates, she has a heroic story to tell. I will use this space to share a bit about Diana.

Mrs. Gaston's childhood and young adult years was spent in various setting. Her roots are in the Ozarks. She is a mother and step mother to four children total. Before COPE, Diana worked for Wickmans Garden. That job used her talents as an organized, hardworking, and capable individual. For the past two and half years, Diana was driving round-trip to

Ridgedale, MO. The old saying, "meet yourself coming and going," applied to her.

Faith is most important to her. She lives as she believes. She is an active member of Southern Heights Christian Church. She goes on mission trips and participates in many activities that allows her to live her faith.

Her answer to the question, "Why COPE?" was quite simple. This is where I'm supposed to be. I know the truth when I hear it.

When I asked Diana about the positives of working at COPE she was quick to tell about the positive atmosphere here. She likes to work with the people because they work as a team. Seeing the positive changes in the clients lives is the biggest reward of all.

Diana really didn't discuss the challenges of working at COPE. When she started to mention a challenge changed it to a positive.

Like all of our advocates, COPE is fortunate to be able to call Diana Gaston as one of ours.

*Marilyn Kimbrell, PhD*



Many of COPE's Clients are only able to escape the abusive situations with the clothes on their backs. There are several different ways that you can donate to COPE..

For example you can donate YOUR TIME or you can donate FINANCIALLY.

Donating some of the items we have listed in COPE'S CORNER is always helpful.

"YOU CAN HELP"



STOP THE  
**VIOLENCE**

### COPE'S CORNER

**Cope Averages 4,999 Overnight Stays Annually.**

**Did you know that there is a woman beaten every 9 seconds in the US?**

***We are in need of "Sports bras and kitchen utensils".***

*Twyla Shields - Assistant Director*

**24 Hour Hotline**

**417-532-2885**