



Domestic Violence Association of Central Kansas

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DVACK Newsletter August 2015

DVACK News

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- Requested Donations . . . 1
- Day of Beauty 1

- DVACK Client Needs**
- Diapers, all sizes
 - Diaper Wipes
 - Baby Formula
 - Toilet Paper
 - Household items for those transitioning into a new home
 - Bedding
 - Kitchen Ware
 - Childcare Volunteers
 - Hairbrushes
 - Deodorant
 - Toothbrushes
 - Dish & Laundry Soap
 - Gluten-Free Foods
 - Nail Clippers

Clipped for a Cause: DVACK Cut-A-Thon, August 4th

After attending a presentation regarding DVACK’s services, owner Dixie Jones of Salina’s Hair Affaire Salon and Day Spa proposed a Cut-A-Thon to raise funds for DVACK. “I didn’t realize all of the services DVACK has to offer survivors of domestic violence, sexual assault, stalking, teen dating violence, and elder abuse,” said Jones, “Maybe by doing a Cut-A-Thon we can help make a difference in our community.”

The Hair Affaire will hold their first ever DVACK Cut-A-Thon this Tuesday, **August 4th** from **5:00-9:00 P.M.** Haircuts are **\$12** per person, and all proceeds benefit victims of domestic and sexual violence. Patrons will be welcomed by cheerleaders, offered a drink koozie, entered into a drawing to win a Day of Beauty and two gift baskets of hair care products valued over \$100 each, and given a groovy haircut for supporting their local domestic violence and sexual assault agency!

BABY, IT’S HOT OUTSIDE, BUT THE DEALS ARE EVEN HOTTER INSIDE!
DOLLAR DAYS AT DVACK’S BARGAIN BASKET THRIFT STORE



AUGUST 6, 7 & 8!

Don’t miss this exclusive 3-day sale:
All clothing \$1.00!

Save on name-brand clothing for work and school while supporting survivors of Domestic Violence & Sexual Assault.

August specials still apply on sale days.
Lime green tags are excluded from sale.

Sale Day Store Hours
Thursday 9am-6pm
Friday 10am-3:30pm
Saturday 11am-3pm

Shelter Day of Beauty: Regaining Self-Worth

One of the most prevalent and damaging consequences for those enduring abuse is a diminished self-worth. Between name-calling, shaming, and blaming—in conjunction with intimidation and isolation—abusers chip away at their partner’s feelings of independence and self-worth. Victims are forced into a co-dependence and belief that they are nothing without their abusive partner. This leads victims to anxiety, depression, and feeling helpless and lonely instead of respected, dignified, and safe.

Source: HelpGuide.org



Recognizing the destructive nature of abuse on one’s self-worth, hairdresser Jamie Bloomfield dedicated seven hours last month to styling, cutting, and coloring DVACK’s shelter residents’ hair. Bloomfield explained, “I like to make people feel good about themselves because if they don’t they can’t go on adequately with their children or the job force. This was one way I could give back, put my life into perspective, and raise another’s self-esteem.”