



## November Newsletter 2021

HOPE • EMPOWER • HEAL

Supporting survivors of domestic and sexual violence, stalking, teen dating violence, elder abuse and human trafficking

Salina Office  
148 N Oakdale  
785-827-5862

Concordia Office  
336 W 5<sup>th</sup> St  
785-243-4349

[www.DVACK.org](http://www.DVACK.org)



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### Meet DVACK's Night Residential Advocate and Shelter Advocate!

Krysta joined DVACK in August of this year as the Night Residential Advocate and then quickly became a Shelter Advocate in the evenings. Some of her duties in those roles include listening to clients in our shelter and on our hotline talk about their stories. She offers them support where needed and wanted, and she helps keep the shelter tidy and safe for shelter residents. Krysta feels that one of the most important ways she can be there for clients is to help them realize that they are not alone in their journey. Krysta said, "It takes a lot of support to be able to start down a healthy path, and restructuring can be scary and very hard to do alone. That is why we often see our clients isolated from friends, family, or coworkers." She feels that is why we at DVACK have found that offering support and structure in their lives can be one of the best steps to ending the cycle of abuse.



Krysta W.

In addition to helping others at DVACK, Krysta said she has learned more about herself. "I have been my own support system and safe place for such a long time. Working [at DVACK] has helped me to learn how to ask and accept help and support from others." Having been a survivor of abuse herself, she wants other survivors to know that if she can get out, she thinks anybody can. Krysta said that her getting out of an unhealthy relationship was mostly thanks to one of the people she calls her good friend and now coworker. Krysta said, "I met them in college and had I not, I definitely would not be where I am today. I strive to be a good advocate for the people in this community, and through it, hopefully, I can make them proud of how far I've come and how good things are for me, thanks to them and their partner."

Our Bargain Basket has seen some changes recently, including a new sign and door decals for better visibility. Please call us if you have any questions about our Bargain Basket or visit our Bargain Basket Facebook page (click on link [here](#)).

We always have a list of donations we are needing on our website, but we currently have a high need for the following items:

- children's pants (shorts, sweats, leggings, and jeans) in all sizes for girls and boys
- winter clothes (jackets, coats, long sleeves, etc.) in all sizes for women, men and children
- shoes in all sizes for women, men and children



## A look at Domestic Violence Awareness Month (October) Activities.



[Above, Left] DVACK Staff pose after “Glow Yoga,” hosted by KWU and our Campus Advocate, Carly. [Above, Right] The attendees of “Glow Yoga” smile for a group photo. [Right] Advocates, Sheila and Caitlyn, present at “Speak Night,” co-hosted with CAPS, to talk about domestic violence and bullying. [Below, Right] Dancers from the Salina Community Theater perform pieces about self-love and loneliness at “Speak Night.” [Below, Center] A panel answers questions from students from KWU and community members at this year’s “Domestic Violence Vigil.” [Below, Left] DVACK staff smile while wearing purple for “National Wear Purple Day” to show support for domestic violence survivors.



We also have a very high need for 911 phones with chargers. Any phone has the ability to call 911 - even if it doesn't have a current service plan. We often give donated phones to our clients, either to use as a primary phone or for them to use as a backup in case their abuser takes or destroys their primary phone.

- We accept all phone types and brands.
- We always have a need for chargers for all phone brands.
- If you are going to donate a phone, please make sure that you “Factory Reset” it.
- Our staff will be happy to help you reset it if you have any questions.



## Thank you to all who donated items last month!



Christ the King Church



Maurice's



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