

# Safe Haven News

SAFE HAVEN WOMEN'S SHELTER SOCIETY, PO BOX 4113,  
TABER, AB, T1G 2C6, 403-223-0483

## FROM THE EXECUTIVE DIRECTOR

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I have to admit that I find this time of year a little rough. Winter has set in so it's cold and dark. Christmas is over and it's time to start thinking about the next fiscal year. Strangely enough, it's time to start thinking about summer programs for Safe Haven.

For the past three years Safe Haven has offered a summer day camp program for children ages 6 – 11. It has been incredibly successful! Funded by donations, fundraising and the Community Spirit donation matching program, we've been able to run the program free of charge. I'm really proud of that fact! It's important that cost not be a barrier for anyone wanting to participate. Children get to have fun, take part in recreational activities and field trips and are given healthy snacks and lunch to eat, without added financial stress to their families.

I'm not sure day camp will happen this year.

Understandably, 2009 – 2010 was an economically rough year for our province and its impact on Safe Haven was expected. We experienced a decrease in financial donations in 2009 – 2010 and as a result we will not be receiving as much through the Community Spirit program. We are grateful to our many community supporters and those who have helped us, in any way, throughout the year. We would not be able to continue providing our services without their support. That being said, an unfortunate outcome may be the loss of our day camp program.

There is light at the end of the tunnel as the economy rebounds and other grant opportunities for funding are explored. If our day camp does not happen in the summer of 2011 I feel confident that it will return in 2012!

I will continue to look for any possible way to keep this program going, whether it is through volunteer leaders or asking for corporate sponsorship. If you are interested in helping our day camp continue, please contact me at 403-223-0483.

Before I close, I would like to take time to thank all of the individuals, families and businesses that donated to our Christmas Adopt a Family campaign in 2010. It was the biggest year ever, with 23 families, a total of 80 people, being adopted. Thank you very, very much!

As always, Safe Haven is here to help; 24/7, 365 days a year. If you, or someone you know, is in need of help please call us at 403-223-0483. Collect calls are accepted.

All the best to you for 2011!

Jennifer Gullage  
Executive Director

## Staff Profile...Introducing Ronda

**1. What is your job title?**

Crisis Intervention Worker.

**2. How long have you worked at Safe Haven?**

Just over two years, in three different positions including Crisis Intervention Relief Worker, Aboriginal Support Worker, and currently full time Crisis Intervention Worker.



**Ronda**

**3. What qualities should someone in your position possess?**

They should be non-judgmental, supportive of people's needs, compassionate, patient, optimistic, resourceful, and flexible in nature. Other desired attributes would be listening skills, communication skills, a desire to help people, the ability to think on the go, and the ability to deal with the unexpected.

**4. What is the best part about working at Safe Haven?**

Going home at the end of the day feeling like I have done something to help make someone's day a little bit better. I enjoy the company and shared knowledge of the ladies I work with.

**5. What hobbies or interests do you have outside of work?**

Reading, I really enjoy History, Sci-fi, and vampire stories. Spending time with my children, they're awesome, unique, & so much fun. Music, I can't play anything but appreciate it. School, I love learning!!

**6. If you could meet one famous person, who would it be, and why?**

Non-living...Catherine the Great, she was an "enlightened" leader, and was one of the first royal advocates of education for all. She made efforts to improve conditions for her less privileged subjects. Living...Alexander Skarsgard, from what I know of him he is funny, intelligent, and has interesting world views.

**7. If you could travel anywhere in the world, where would you choose, and why?**

Switzerland, I would like to see where my great grandparents came from, plus I hear it is beautiful. I would also like to see as much of Canada as possible.



## Safe Haven Offers...

**Women's Support Groups:** The goal of women's group is to encourage, support, and teach women how to make positive changes in their lives. Women's support group takes place in Fall and Winter, and the topic for each group varies based on suggestions from clients, or members of the community. Look for our advertisement regarding women's support groups in the Taber Times Newspaper, or the Taber Adult Learning catalogue.

**24/7 Crisis Line:** Safe Haven staff are available to help those in need 24 hours a day, 365 days a year. Our friendly and educated staff can provide counseling, and advice for crisis related situations 24/7 via our 24hr crisis phone line, our crisis contact phone number is 403-223-0483. \*\*\**Collect calls are accepted*\*\*\*

**Life Skills Program:** Our life skills coach can provide advice and workshops on developing essential skills for success. Information is readily available on topics such as budgeting, health care, hygiene, education, cooking, housing, employment, and more. The Life Skills Program is available to all clients residing in our shelter.

**Girl's Group:** A fun and interactive group for girls aged 11-14 years. Girls can learn self defense, cooking, dancing, and plenty more!

**Public Education:** A staff representative is able to provide presentations in the community on topics such as teen dating violence, child abuse, family violence, and bullying. Call the shelter to book a presentation at your local school, or business.

**Kid's Club:** Kid's Club is an enjoyable group for children aged 6 - 10 years. This program includes games, crafts, anti-bullying strategies, and art therapy.

**Child Support Services:** Safe Haven offers support to parents or guardians in need of advice on various topics regarding their children. Our staff can help you sort out everyday issues, such as enrolling in school, behavioral problems, dealing with the effects of abuse on a child, parenting advice, and more.

**Crisis Intervention:** We have resources available for those people who need help, and don't know where to turn. We have 18 beds, and can accommodate families as well. Call our crisis line if you are experiencing any form of abuse or personal crisis, and we can assist you.

**Community Outreach Services:** This service is available to former clients of the shelter, or to new clients that do not want to, or do not have time to meet our staff at the shelter. Our staff will come

## The Fun Page

At times we have all struggled to feed our families healthy well rounded meals, especially when we are trying to stick to a budget. Cooking with eggs is a great option for saving money, as they are cheap to buy, and diverse in nature. Take a look at the recipes below for some great ideas that you can try!

### ZUCCHINI RED PEPPER OMELETTES

#### Ingredients:

8 eggs  
1/4 tsp. salt  
1/4 tsp. pepper  
4 tsp. butter



#### Filling:

1 tbsp. vegetable oil  
1 small onion, diced  
1 small zucchini, cubed  
1/2 tsp. dried oregano  
1/2 cup roasted red pepper strips  
1 cup crumbled feta cheese

#### Preparation:

In large skillet, heat oil over medium heat; fry onion, zucchini and oregano, stirring occasionally until tender, about 6 minutes. Stir in red pepper. Transfer to small bowl; set aside.

In bowl, whisk together eggs, salt, pepper, and 2 tbsp. of water just until blended, but not frothy.

In 8 inch non-stick skillet, melt 1 tsp. of butter over medium heat. Add one quarter of vegetable mixture, and one quarter of egg mixture, making figure eights with spatula to combine. Sprinkle with cheese. Cook until almost set, gently lifting edge with spatula to allow any uncooked eggs to flow underneath, about 3 minutes.

Fold in half; cook for 2 minutes. Slide onto plate. Repeat with remaining ingredients. Makes 4 omelettes.

*Source: [www.canadianliving.com](http://www.canadianliving.com)*

### EGG SALAD SANDWICH

School lunches, picnics, or potlucks can all be the perfect place to serve this sandwich.



#### Ingredients:

6 eggs  
2 tbsp. mayonnaise (more if desired)  
Salt and pepper  
2 stalks celery, washed and chopped  
1/2 bunch chives, chopped  
2 small handfuls of lettuce  
8 slices of bread

#### Preparation:

Place eggs in a pot of boiling water for 10 minutes. Remove from heat and allow eggs to cool. Crack and peel each egg, place in a medium mixing bowl. Add the mayonnaise, a couple generous pinches of salt and pepper, now mash with a fork. Don't overdo it, you want the egg mixture to have some texture. If you need to add a bit more mayo to moisten up the mixture a bit, go for it a bit at a time.

Stir in celery and chives. Taste, and adjust the seasoning, adding more salt and pepper if needed.

To assemble each egg salad sandwich: place a bit of lettuce on a piece of bread, top with egg salad mixture, and finish by creating a sandwich with a second piece of bread. Serves 4.

*Source: [www.101cookbooks.com](http://www.101cookbooks.com)*

**Did you know.....** Eggs promote healthy hair and nails because of their high sulphur content and wide array of vitamins and minerals.

*Source: [www.healthdiaries.com](http://www.healthdiaries.com)*

## Crisis Intervention Worker News

For many, the holiday season brings thoughts of togetherness, joyful children, and hearty meals shared around the table. For others, the holidays become a time of high stress, high conflict, and in some cases, family violence. Many families face the decision of whether to "stick it out" for the holidays, or leave a potentially dangerous situation. For some family members, the awareness of a loved one being involved in an abusive relationship becomes more prevalent. This awareness can cause families a great deal of stress as they are unaware of the resources that are available to help their friend, or loved one.

Here are some signs to look for if you suspect that a friend, family member, coworker or loved one might be involved in an unhealthy or abusive relationship:

- He/she has become isolated from family, friends, or supportive people.
- Their partner humiliates them in front of family members or friends.
- He/she is controlled by their partner (for example, where they are allowed to be, who they are allowed to speak to, and how they are allowed to spend money.)
- They often mention their partner's anger, jealousy, bad temper, or possessiveness.

- They are exhibiting signs of depression/anxiety or become withdrawn. They may lose interest in hobbies, and activities that they used to be involved in.
- Their children are fearful of their partner.
- They disclose that they feel their partner may be abusive.

If you notice some or all of these signs and/or you think that someone might be in an abusive relationship there are supports within the community that can assist you to help them, or can assist them directly. The following are ways that you can support someone that you know that may be in an abusive or unhealthy relationship:

- Listen to what they are saying.
- Take it seriously.
- Be Supportive - reassuring them that it is not their fault.
- Help them to develop a safety plan - Includes a plan to leave (for example, photocopying identification, opening a separate bank account, packing a duffel bag of essential clothing etc.)

Local resources in the Taber/ Lethbridge area include (but are not limited to):

- **Safe Haven Women's Shelter (Taber)**  
-Resources include a 24 Hour

crisis line, community outreach support, and residential services for women and their children.  
-Phone: (403) 223-0483

- **YWCA Harbor House (Lethbridge)**

-Residential services and crisis line for women and their children.

-Community Outreach Services.

-Phone: (403) 329-0088 or 1-866-296-0447

- **Lethbridge Emergency Shelter and Resource Center**

-Emergency shelter services for men and women.

-Emergency resource center.

-Phone: (403) 327-1031

- **Alberta Council of Women's Shelters**

-Toll free phone number will connect you to the nearest shelter.

-Phone: 1-866-331-3933

Do not hesitate to contact Safe Haven for additional information, resources, emotional support or requests for residential space.

Amy

CIW Supervisor



## Upcoming Groups & Events

All programs are free, completely confidential, and will be held at Safe Haven. For more information on any of our programs, or if you would like to register, please call 223-0483.

### Women's Support Group - Spring 2011

Women's group will begin 1st week of March & will run for 8 weeks. Topic TBA. Call Bobbi for details.

### Kid's Club

For kids 6 - 11 years old. Will run on Fridays from February 18 - April 15, 2011. Call Christie for details.

### Girl's Group

For girls 11 - 14 years old. Will run on Thursdays from February 17 - April 14, 2011.  
Call Christie for details.

## Safe Haven Contact Information

•Phone: 403-223-0483    •Fax: 403-223-4889    •E-mail: [shwss@telus.net](mailto:shwss@telus.net)

Mail: PO Box 4113, Taber, AB, T1G 2C6

Website: [www.tabersafehaven.org](http://www.tabersafehaven.org)



## Board of Directors

**President: Lorraine Dykstra**

**Vice President: Melanie Jespersen**

**Treasurer: Karen Hamilton**

**Secretary: Stevie Farough**

**Director: Ken Reinke**

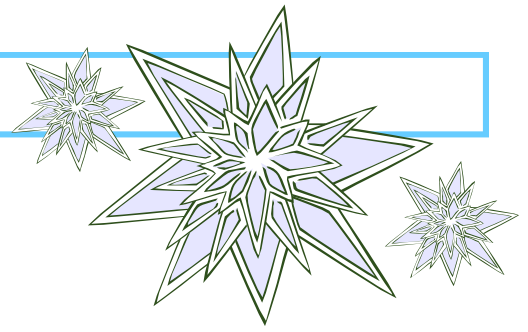
**Director: Andrew Prokop**

**Director: Ashley McFarlane**

**Director: Ellie Orsten**



## Life Skills Lane



Life Skills Coach is a new position here at Safe Haven and I'm thrilled to have the position. I've had the opportunity to work in several positions at Safe Haven in the last four years and have seen the shelter's services adapt and evolve to our client's needs. This position will give me the opportunity to work closely with our residential clients and help them build a good foundation for healthy independent living once they leave the shelter. Some of the skills I can work on with clients are the following: self care, nutrition, meal planning, food

preparation, sanitation, budgeting, grocery shopping, housing, employment, resumes, healthy relationships, boundaries, assertiveness, abuse awareness, safety planning and anything else pertaining to life skills. I look forward to this New Year of assisting women and children to live healthy, happy lives.

Jody  
Life Skills Coach



**"Champions have the courage to keep turning the pages because they know a better chapter lies ahead."**

**~ Paula White ~**

**"Normal day, let me be aware of the treasure you are. Let me not pass you by in quest of some rare and perfect tomorrow."**

**~ Mary Irion ~**

## Child Support Corner

"Maybe Christmas, he thought, doesn't come from a store. Maybe Christmas...perhaps... means a little bit more."  
*~ Dr. Seuss ~*

For some reason the generosity of our community at Christmas never seems to amaze me. I am always honoured to run our annual Adopt a Family. Safe Haven's Adopt a Family program came into place 5 years ago due to the generosity and vision of community members. Individuals and corporations contacted Safe Haven to offer assistance to

some of the families that we have worked with, and so began this wonderful blessing to all involved. We offer those who feel they have a little extra to give at Christmas, to do just that, and Adopt a Family that we know could benefit from a little extra support over the Christmas holidays. This year we were able to get families nominated, not just through our organization, but others in the community as well. Every year we are truly amazed and touched by the overwhelming generosity of people like you!! This year we were able to get 23 families

adopted, making it by far, our most successful Adopt a Family yet. I would like to send a special thank you out to all of our sponsors and generous people who donated to our organization this year. I can not explain the difference that you made for these families. I am looking forward to seeing how Adopt a Family will grow next Christmas.

Christie

Special Projects Coordinator



## Outreach Update

January is well known for the month of New Year resolutions, the month we declare a fresh start and go about choosing what it is we want to stop doing, change what we do, or start doing something new. This is usually done in January because it is the start of a new year and people look at it as a clean slate and the perfect time for starting over or making change. However, by the end of February most people have long abandoned their resolutions and fall back into old patterns. The main reason for the failed attempt is unrealistic goals and lack of planning on how to attain what they want to accomplish. Even though its well past the new year here are some tips on goal setting that may help you achieve your desired outcome.

Make your goal a **SMART** goal using these tips:

**SPECIFIC:** My Specific Goal.

**MEASURABLE:** How will my goal be measured? How will I know when my goal is accomplished?

**ATTAINABLE/ACTION**

**ORIENTED:** Is my goal a challenge but still possible to achieve?  
Actions required to achieve my goal.

**REALISTIC/RELEVANT:** Is my goal realistic within the resources at

hand? Am I willing to commit to my goal? Why do I want to reach this goal? Is my goal relevant to my purpose and my big picture? Will achieving this goal help me lead the life that I want to have?

**TIME BOUND:** Is my goal trackable? When will my goal be reached?

The more specific you are about what your goal is and the reason you want to accomplish this goal, the more likely you will be in working towards it. In order to know if you are on the right track in accomplishing your goal it must be measurable in some way. If your goal is to quit smoking, you should be able to measure if you are moving towards that goal. For example, seeing that on week 3 you have cut down by 2 cigarettes a day. A goal should always be attainable or you will end up quitting if it seems too hard or unrealistic. Saying you will quit smoking cold turkey isn't always realistic and may be a sure way to sabotage yourself. Make sure your goal is realistic by taking the time to consider what type of commitment you will need and if you have the time, energy, means, skills and knowledge to accomplish your goal. Lastly, give yourself a time limit

when you will know whether you have completed your goal or not. Being able to track your progress over the days or weeks will help determine if you are on the right track, or if you need to make big or small adjustments to get yourself back on track. Give yourself the best chance of success and utilize strategies such as a tracking chart, or finding an accountability partner to check in with.

As an outreach worker here at Safe Haven I am committed to helping and supporting my client's with whatever their needs are. Goal setting has been a topic of our Women's Group in the past, and with enough interest I certainly would run this group again. If you are interested in a group or individual support in accomplishing your goals, please don't hesitate to call. If you have any other suggestions for our spring Women's Group, I am always interested in hearing what topics are of interest!

Bobbi

Outreach Worker



## Safe Haven Wish List



At Safe Haven we want those who stay here to feel comfortable and secure at the same time. We offer a homey 18 bed facility and a modern security and surveillance system. Our home like atmosphere allows residents and their children to feel as calm and comfortable as possible during their stay. Each year we are able to house and protect women and children in times of need and are continually grateful for the contributions from the citizens of Taber.

Every Donation  
Counts!

### We Are Currently In Need Of:

- Up to date car seats & strollers
- Hygienic products such as tampons, pads, deodorant, toothpaste, shampoo conditioner, and soap
- Hair brushes (new) & hair accessories.
- Journals
- Activity Passes (bowling, swimming, etc.)
- Winter coats for women and children
- Women's socks, underwear, bras, & slippers
- Kid's socks, underwear, & slippers
- Non-perishable food items
- Pillows (new)
- Twin & double size blankets
- Towels
- Flash lights, alarm clocks, batteries
- Craft supplies (scrapbooking, beading, painting, knitting, etc.)
- Gift certificates (Wal-Mart or grocery)



### Safe Haven Donation Form

*Please mail completed form and return address to: Safe Haven, PO Box 4113, Taber, AB, T1G 2C6*

#### **I would like to:**

- Make a donation to Safe Haven. Amount enclosed \$ \_\_\_\_\_ Other \_\_\_\_\_
- Find out more about volunteering.
- Learn more about violence and abuse. Specify \_\_\_\_\_
- Learn more about Safe Haven services. Specify \_\_\_\_\_
- Arrange a presentation/workshop. Please specify group and general topic area(s):  
\_\_\_\_\_
- Other. Specify \_\_\_\_\_

**Do you require a charitable receipt for tax purposes? (Please check yes or no)**

- Yes
- No