

Randi's Message

Providing Therapeutic Programs to Help
Children Who Experience Domestic Violence

2018 | EDITION II

www.randishouseofangels.org



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Letter from the Chair

Many factors influence a child's response to domestic violence. Some children may show obvious signs of stress or emotional distress. Others could be more isolated, quiet and withdrawn. Those same factors for children that experience domestic violence vary: such as age, trauma history, and severity of the violence they witness.

Educational and therapeutic programs like Randi's Kidz Club have proven to be a great model to address the needs of children who witness domestic violence. Since 2012 Randi's Kidz Club has helped over 40 children. The children meet weekly with therapists and learn about safety planning and conflict resolution. Children find a safe place to talk about their experiences and learn that they are not at fault for what they experience.

Randi's House of Angels is continuing to grow as we assess the needs of children who experience domestic violence. In the next few months we will be launching Randi's Clubhouse, a new program for children ages 5-7. This new program will blend emotional and art therapy, and psycho education to children using kind, gentle and playful interactions. The program will involve non-violent parents or caretakers.

My dream is to continue to stop the perpetuation of domestic violence by stepping in early and putting our children first.

Children who witness domestic violence or are victims of abuse themselves are at **SERIOUS RISK FOR LONG-TERM PHYSICAL AND MENTAL HEALTH PROBLEMS.**

– Kathryn Jones, M.S.W., Public Health Advisor, National Center for Injury Prevention and Control, Centers for Disease Control and Prevention (CDC), (2017)



Randi's Race 2018: A 5K Run/Walk For Hope and Courage

Last May, we completed our 14th annual Randi's Race. Raising more than \$35,000 this year, our grand total has now topped \$423,000 over the course of this community 5K event. At this year's race, 13 energetic teams raised \$6,035.

These important funds allow RHOA to operate and grow the programs we offer to area children. Earlier this year, we announced Randi's Camp and Randi's Kidz Club now serves children in 6 counties: Cumberland, Perry, Dauphin, York, Adams and Lebanon. Randi's Race funds also help support programs and services for children at Domestic Violence Intervention of Lebanon County. This year marks the 15th anniversary of Randi's death.

Our many volunteers, community partners, sponsors, vendors and local township/EMS workers continue to work together, organizing our event to run smoothly and safely. Additionally, our partners have an opportunity to showcase their important services to the community at Randi's Race. And most importantly, we have fun! **Please save the date for the 15th Annual Randi's Race - Saturday, May 11, 2019. We hope to see you all there!**

VENDOR SPOTLIGHT: KPMG LLP



KPMG LLP, a leading audit, tax and advisory firm with a local office in Harrisburg, has an unwavering commitment to doing the right thing in the right way for our people, our clients, and the larger communities in which we work and live.

Each and every day, we bring our values-based culture to life. This commitment enables KPMG to thrive because we are able to attract and to retain the best people and to team with the most deserving charitable organizations to create stronger communities.

"KPMG is honored to support Randi's Race: A 5K Run/Walk for Hope and Courage and the tremendous work it does supporting the most vulnerable members of our communities – our children," explains KPMG Advisory Principal Robert Mitchell. "At KPMG, our continued relationship with Randi's House of Angels is a natural extension of the human services work we do with the Commonwealth."

KPMG has been a corporate sponsor of Randi's Race for the past 5 years.

3rd Annual A Round Fore Randi Golf Outing

On **Friday, September 7th**, please join us for the 3rd annual "A Round Fore Randi" Golf Outing, held at the Rich Valley Golf course, located at 227 Rich Valley Road, Mechanicsburg, PA. Enjoy great golfing, fun contests, team prizes, a delicious lunch and more. Our "Hole in One" contest will feature the chance to win the free use of a Chevy Cruz for a year, courtesy of our Platinum Sponsor Sutliff Chevrolet. Last year's event raised more than \$5,872, and this year with the support of our community and friends, we are looking to raise even more. Proceeds will support programs and services offered on behalf of RHOA such as Randi's Kidz Club, a ten-week therapeutic group for children; and Randi's Camp, a three-day interactive summer camp.

Register on-line at www.RandisHouseOfAngels.com.



MAKING A DIFFERENCE – A Mother's Story

For me to be writing in this newsletter is surreal. I swore that my children would never experience domestic violence as I did when I was a child. While there was no Randi's House of Angels back then, I did get help from a program in my hometown in New Jersey. My sister, however, refused. Furthermore, she was angry with me for letting people know what was going on. I got help as a child, and she didn't. I am here writing this article, and she watches over us from Heaven after having been murdered by her husband.

Even after it was pretty clear that our children did experience domestic violence, I tried to shrug it off, like it never happened. After all, so many people I spoke to said things like "kids are resilient," or "they were so young, they probably won't remember anything." Thanks to a conversation with Nancy Chavez, I realized that the children did experience domestic violence and they deserve help just like any adult does.

My eldest child, actually my sister's eldest, attended both Randi's Kidz Club in the winter and Camp in the summer, and the experience has



been amazing. Prior to attending Randi's Kidz Club, she was so hesitant to show me affection. One of the nights when I was waiting for her to be done with the session at the Kidz Club, she literally ran up to me with open arms and hugged me. I was floored. Prior to the club, that had never occurred. Now hugs are a constant occurrence. In the winter she started out asking for a hug, and since attending camp this past summer, she even hugs both my husband and me without asking first. I know that as an outsider looking in, as someone who never had to deal with domestic violence, this probably sounds pretty trivial, but the truth is that it is huge. She is finally at a point where she feels safe. Furthermore, she is excited to go back to the club and camp. She can't wait to go back, share more, and learn more. I too am excited that this little girl will grow up to know what a healthy relationship looks like and be able to walk away from one that is not good; I am excited that she will have the tools to end the cycle of domestic violence in our family.

Sincerely,
Tammy Delgado

Thanks to THE RUDY FAMILY

The Family of Kim Rudy would like to give a donation to Randi's House of Angels in loving memory of their mother, grandmother, **Ethel Sleekinski**. Ethel loved children and never turned any away. During her life she babysat many children in her community, in addition to her own grandchildren and great grandchildren. The children called her "gram" and adopted her as their grandmother. She loved them all.

The monetary donation is to honor Ethel's memory and her love for children. The family chose Randi's House of Angels with hope that every child who has experienced domestic violence receives the love, care and compassion they so deserved. MATTHEW 19:14 Jesus said, "Let the little children come to me and do not hinder them, for the kingdom of heaven belongs to such as these."

Lovingly, The Kim E. Rudy Family



Are you on our mailing list?

Not sure? Quickly sign up and we'll keep you posted on major announcements and events:

<http://bit.ly/2CV51pj>

UPCOMING: RHOA Youth Advisory Committee

Randi's House of Angels is currently forming a youth advisory committee that will promote youth empowerment while providing a public face for youth and families that experience domestic violence.

The youth board will encourage youth to take on leadership roles, give a platform for youth to talk openly, and enable youth to serve as ambassadors to support children experiencing domestic violence.

The presence of a gun in the home during a domestic violence incident
INCREASES THE RISK OF HOMICIDE BY AT LEAST 500%.

— American Journal of Public Health, 93(7), 1089-1097
.Schollenberger, J., Frye, V., & Lauphon, K. (2003). Risk factors for femicide in abusive relationships: Results from a multisite case control study.

Randi's House of Angels: Board of Directors

Nancy Chavez: Chairman and Founder, Retired; Commonwealth of Pennsylvania

Julie Barley: Director of Eastern Operations, Office of Mental Health and Substance Abuse Services, Department of Human Services

Deb Donahue: Vice Chair, Retired; Commonwealth of Pennsylvania, Adjunct Professor Central Penn College

Sherry D'Agostino-Wickenheiser: Secretary, PA Society of Public Accountants

Gregory Green: Treasurer, Retired; Commonwealth of Pennsylvania

Edward Katz: Retired; Commonwealth of Pennsylvania, Office of Victims Services, Retired; Chief of Police, Penbrook Police Department

George Labecki: Retired Teacher; Cedar Cliff High School

Dr. Megan Luft: Associate Director of Graduate Admissions

Amy S. Norris: Vice President, Cash Management/Business Development, Bryn Mawr Trust Company

Dr. Melissa Ricketts: Professor, Shippensburg University

Karen Rousche: Public Relations Coordinator, PSECU

Donna VandeMortel: Retired; Director of Cumberland County Victim Services

Jodi Pezzuti Sentz: Physical Therapist Assistant



CALENDAR OF EVENTS

9.07.2018 Round Fore Randi 3rd Annual Golf Outing

FALL 2018 Randi's Kidz Club

5.11.2019 Randi's Race: A 5K Run/Walk for Hope and Courage



Board of Directors: Spotlight on Sherry DeAgostino Wickenheiser Secretary | Director, PA Society of Public Accountants

I first met and subsequently became friends with Nancy in 1993 during my initial semester at Penn State Harrisburg's evening graduate program. Through Nancy, I was blessed to have also met her daughter Randi and admired the very close mother/daughter relationship that the two of them shared. When I was asked to serve on the RHOA Board, the decision was a very easy one.

While I had no former knowledge or experience with domestic violence unlike many of the other individuals who served on the board, I knew that I had some skills to bring to the table, having worked in nonprofit management all of my professional career. More

important than any of that though was the emotional connection I had to the mission of the organization as a result of Randi's tragic death. I remember thinking that awareness is key and that it would be very fulfilling to be a part of an organization that made people aware of domestic violence BEFORE a tragedy occurs. The commitment that the organization and in particular, Nancy Chavez has to providing services to children is uplifting and serving on the board of directors is one of the best decisions I have made. I feel many emotions about serving, but more than anything, I feel lucky.

My 20-year old daughter Emily has also become involved in various aspects of RHOA, and I am extremely proud of her commitment and service. As a mom, I am also hopeful that her exposure to and her awareness of this often-hidden epidemic will prevent her from ever becoming a victim.