

Randi's Message

Providing Therapeutic Programs to Help
Children Who Experience Domestic Violence

2017 | EDITION 2

www.randishouseofangels.org



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via PayPal at
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Children exposed to domestic violence sometimes meet the criteria for Post Traumatic Stress Disorder (PTSD) often seen in combat veterans.

– Childhood Domestic Violence Association

Living in a household where domestic violence is present can alter children's DNA. This can cause them to prematurely age 7 to 10 years.

– Childhood Domestic Violence Association

Letter from the Chair

I would have never dreamt that I would see the impact that Randi's House of Angels has made on children and the community. As I stood listening to the words that Senator Vance and District Attorney David Freed shared with the audience at Randi's Race, I knew that my perseverance to see that children who are victims of domestic violence is being heard.

Advocating for children impacted by domestic violence is my "new normal." Over the past years I have taken strides to contact and visit with domestic violence agencies, crime victim agencies and other agencies to share the programs and services offered through RHOA. I am proud to say that RHOA is now in six counties reaching as far as Adams county. Agencies are now seeing RHOA as a resource to their counselors and offering more services to children.

More than often I am asked how you reach the children. My first reaction is to explain the stigma that women who are victims of domestic violence face. Some simply do not recognize the signs of domestic violence and if they do, they don't know how to act or help. The other stigma is children within the family witness firsthand the scale of domestic violence and grow up exhibiting the same behavior as their parents. We feel strongly about continuing to build relationships with DV and crime agencies. More importantly we cannot ignore the hundreds of first responders and staff that provide guidance and share resources to families.

Kids do matter to us. Let's continue to help to break the cycle of domestic violence by listening to our children. They, too, are victims.



Randi's Race 2017: Randi's Race A 5K Run/Walk For Hope and Courage

The results are in! The 13th Annual Randi's Race for Hope and Courage was held on May 13, 2017. Over 150 runners and walkers came and braved the rain to make this year's event a huge success.

Since 2005, Randi's Race has raised over \$388,152! This year's race had 32 sponsors totaling \$18,740. Special thanks to our community partners and those who

participated in the run. Together you helped raise a grand total of \$34,151.50 for the 2017 race.

Because of you, Randi's House of Angels can offer multiple therapeutic programs and mini grants throughout the Central Pennsylvania region. Mark your calendars for next year's race: May 12, 2018!

2nd Annual A Round Fore Randi Golf Outing

On September 8, 2017 the second annual "A Round Fore Randi" will once again hit the links of the Rich Valley Golf Course. This fun event will start with a light breakfast, then 18 holes of golf with team prizes and contests including the chance to win a free car from Faulkner Subaru. The outing will culminate with a luncheon where the team prizes will be announced. 100% of the proceeds will support Randi's House of Angel's programs for children that are victims of domestic violence including: Randi's KIDz Club and Randi's Camp.

Cost: \$80 per golfer and \$320 per foursome and includes golf fees, cart, breakfast and lunch.

Register on-line at RandisHouseOfAngels.org



IT'S ALL ABOUT PERSEVERANCE

By Nancy Chavez

She is a mother, a survivor and a woman of courage. When most people initially meet Rebecca Davis, they see that she speaks with an impairment and walks with a slight limp. Many years ago, Rebecca was injured in a terrible accident. In Rebecca's mind, this is no reason for her to stop being an active mother of three or to stop riding her horses. No matter when you talk to her, she will tell you that nothing keeps her down.

Each year since 2005, Rebecca Davis has participated in Randi's Race. At first, there was skepticism if she could handle walking more than three miles. She assured me that she could do this and wrapped her hands on the handles of the stroller that held her first son and walked side by side with her sister Kim. Rebecca walked and pushed herself to reach up and down the hills. Many walkers and runners passed her, but that didn't make a difference to Rebecca. Two hours later she came closer to the finish line escorted by a police car. At that moment, with many tears of joy, the crowd cheered her on as she held her head high and smiled with exhaustion as she came to the finish line. Every year since then she participates in Randi's Race and pushed each of her three children in that stroller. Each year she never stopped until she walked across the finish line.

Rebecca's life has been filled



with many health challenges. In addition to contending with the injuries sustained from her accident years ago, Rebecca suffered from breast cancer and had a double mastectomy. In the past year, the cancer returned with a vengeance. On May 13, 2017, on that cold and rainy morning of Randi's Race, Rebecca arrived in a wheelchair with her mother, daughter and baby son. Her commitment to helping the cause has never changed. The most rewarding moment was seeing the smile on Rebecca's face as she watched her daughter Shelby cross the finish line, taking first place in her age group!

Rebecca's courageous battle makes us all feel that life is not always what we ask for, but it's how we live it that matters most. As she takes her last steps across the finish line each year, it's her perseverance that truly sets an example for others. Let's pray that Rebecca will one day ride her horses with the freedom and happiness she once had.

Thanks to CENTRAL PENN COLLEGE

On February 16th, the Capital Blue Cross Theatre, under the direction of Janet Bixler and with the leadership of activities director Adrienne Thoman, performed *A Memory*, *A Monologue*, *A Rant* and *A Prayer*. The play, a fictional

series of sketches focusing on the experiences of abuse toward women and children, had a cast of local students, staff, community members and local actors. All proceeds were generously donated to Randi's House of Angels.

CALENDAR OF EVENTS

9.8.2017 A Round Fore Randi
2nd Annual Golf
Outing

9.16.2017 Randi's Kidz Club
at Survivors, Inc.
Gettysburg

9.20.17 Randi's Kidz Club at
YWCA of Carlisle

9.20.17 Randi's Kidz Club at
ACCESS York YWCA

Randi's Kidz Club

Randi's House of Angels works in collaboration with agencies in the five surrounding counties implementing Randi's Kidz Club, an outcome-based therapeutic group for children who have experienced domestic violence.

The ten-week interactive group curriculum is designed for children age 8-13 years with the mission of helping children process the feelings associated with exposure to domestic violence. It is an ongoing interactive group focused on helping children express feelings and emotions through games, art therapy, and relaxation techniques helping children build self-esteem, identifying and communicating feelings.

In July 2017,
10 CHILDREN
attended Randi's Camp
for Hope and Courage.

Since its inception,
62 CHILDREN
total have attended.

Randi's House of Angels: Board of Directors

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

Todd Bashore: Chief of Police, East Pennsboro Township

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

Megan Luft: Assistant Dean of Graduate Admin., Shippensburg University

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

Shannon Wood: Director, Geisinger Health System



Randi's House of Angels Provides Mini Grants

Randi's House of Angels engaged in the second year of giving out four (4) mini grants to partnering agencies that support our mission to provide programs to children that are victims of domestic violence.

In February 2017 a total of \$9,574 in grants were given to Pinnacle/Children Resource Center, Domestic Violence Services of Perry & Cumberland Counties, ACCESS York YWCA, and YWCA of Carlisle. Each agency submitted proposals that demonstrated how they will continue to provide services to children that are impacted by domestic violence.



Board of Directors: Spotlight on Deb Donahue

Vice Chair | Retired from Commonwealth of Pennsylvania, Current Adjunct Professor at Central Penn College

Nancy and I first meet in 2000 when she and I were appointed to the first ever Cumberland County Commission for Women. At that time, I was serving as the Executive Director of Domestic Violence Services of Cumberland and Perry Counties.

Little did Nancy or I know at that time domestic violence would strike so close to home. In early 2003, her beautiful daughter was brutally murdered by a contract killer hired by her daughter's husband.

As Nancy struggled with the pain and grief of her daughter's death, Nancy sought an outlet that would keep her daughter's memory alive and raise awareness of domestic violence. In addition to becoming a strong advocate on behalf of victims of domestic violence, she began Randi's Race which was started in 2004 and has raised more than \$388,000.

In addition, Nancy noticed that children who were also victims of domestic violence had no outlets for their emotions. Nancy with her own time, money and a host of volunteers began to run a camp for children. That idea spawned Randi's House of Angels, a program to help children who are victims of domestic violence.

Over the past fourteen years, I have witnessed firsthand the commitment, courage, and compassion that Nancy has demonstrated in ensuring that children who are victims of domestic violence are not forgotten. I am proud to be one of the founding members of the Board of Directors of Randi's House of Angels. In my capacity as a board member I find it extremely rewarding to promote our services to ensure that every child who needs our assistance will receive them.