

**Celebrating Good Taste in Giving
"Festa del Donna" Raises \$1,100**

LaCASA was the beneficiary of Lake Forest resident **Donna Brandt's** annual "Festa del Donna." In addition to raising \$1,100, the event,



Torrie joined Donna Brandt and over 100 other women at the annual "Festa del Donna."

named after the Italian Celebration of Woman, also provided Torrie with the opportunity to speak to the 100+ women in attendance about supporting LaCASA. Thank you Donna!

Food For Thought

Our thanks to **The College of Lake County** and the **Vernon Hills Seniors Organization**, which both ran food drives for LaCASA in recent months.

Special thanks go out to **Bob Bode of Saluto's Pizza and Pasta** in Gurnee, who for the second year in a row generously agreed to donate food for our "LaCASA Celebrates" community event!

Vagina Monologues Event Raises \$2,000 and Awareness for LaCASA

Lake Forest College students and staff recently produced the popular "Vagina Monologues" as an awareness builder and fundraiser for LaCASA.



Timed to coincide with Valentine's Day, the event raised \$2,000, along with a lot of laughter and

more than a few eyebrows. "Monologues" creator **Eve Ensler** donates limited performance rights to organizations dedicated to women's rights – such as Lake Forest College and LaCASA. Thanks to everyone who helped make the event a success!

LaCASA Groups Scheduled

To ensure that LaCASA's counseling programs continue to meet the needs of our clients, we have added several new groups, including:

- AMAC II - Ongoing until 1st week of May
- Adolescent Body Image - to be announced
- Healing the Body Image - for adults/June 2003
- AMAC I - August 2003



LaCASA
Zacharias Center

Lake County Council
Against Sexual Assault



4275 Old Grand Avenue
Gurnee, IL 60031

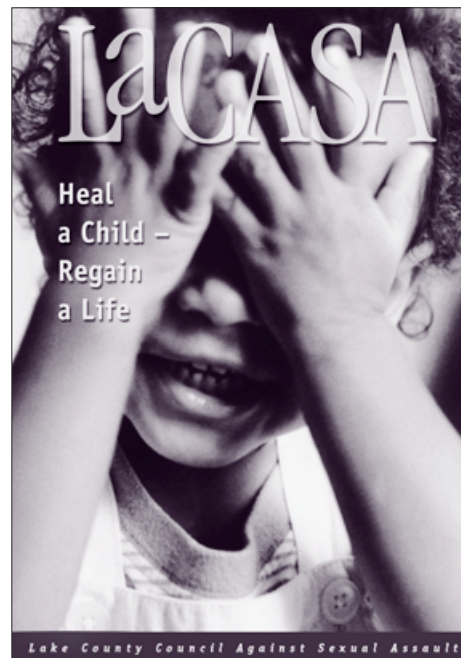
Change Service Requested

NON-PROFIT ORG
U.S. POSTAGE
PAID
GURNEE, IL
PERMIT NO 352

Spotlight on LaCASA Endowment Campaign

Built in 1997, The Zacharis Center embodies LaCASA's commitment to the power of healing, and establishes an unmistakable presence for our organization and its goal of reducing the threat of sexual assault. We have established our Major Gifts/Endowment Campaign to ensure the permanence of the LaCASA/Zacharias Center, as well as the programs and services it provides to people in need throughout our community.

We recognize that this is an uphill battle in uncertain times. But the truth is that LaCASA has fought and won many uphill battles since its founding more than 21 years ago. We wish to thank wholeheartedly the first wave of endowment supporter's who have either given or promised a gift: **Chuck and Teresa Bartels, Morris and Sema Belzberg, John and Claudia Calhoun, Jean Cozier, Corinne Dovekas, First Midwest Bank, Torrie Flink and Peter Kroll, Nancy and Gary Freedman, Anne Hunting, Jaros Family Foundation, Harold and Naida Lipman, Mike and Mary Meyer, Jon and Lois Mills, ULINE Corporation, Beverly Zacharias, and the estate of Jim Zacharias.**



Special thanks to **Abbott Laboratories** and **Illinois Attorney General Lisa Madigan** for their generous assistance in the creation of all printed materials related to this campaign, including the brochure seen here.

ISSUE 1 2003

Breaking The Silence

EXAMINING THE SEXUAL VIOLENCE EPIDEMIC IN AMERICA

Few subjects impact society as greatly or erode our collective psyche as relentlessly as sexual assault. Yet fewer still are as carefully avoided and quickly "swept under the rug." Among the reasons for this is that sex is still a taboo subject. In addition there are many myths surrounding sexual violence and abuse, the most damaging being that victims cause the violence. As a result, sexual assault is the nation's least reported crime (only 1 in 10 cases is reported to police).



LaCASA's Executive Director Torrie Flink (right) and Joe Howard met with **Chicago Up Close** host Lee Ann Trotter to tape a US99 segment about LaCASA's programs and the inspirational support of Honorary Endowment Chair Tom Paciorek.

Some rape and incest survivors say the only thing worse the offender could have done would have been to kill them, and a frightening number attempt suicide when the pain is too much to bear. This is why it is vital to get the word out about

LaCASA's efforts to reduce the threat and impact of sexual assault. The 1999 State of Illinois proclamation designating April as **Sexual Assault Awareness Month** made it clear that sexual violence is a public health issue requiring action by stating "Sexual assault, sexual abuse and sexual harrassment are overwhelming moral, economic and public health burdens..."

The **Advocate**

More children are "burned" by sexual assault each year than by actual fires. Yet many schools continue to teach fire safety, including how to "drop and roll," while resisting efforts by LaCASA to provide students with personal safety information to help them understand their right to be free from sexual predators and acquaintance abuse. Community education, both in English and Spanish, continues to be one of LaCASA's top priorities.

Another key to opening society's "deaf ears" is to crank up the volume and frequency of our messages. LaCASA's **Torrie Flink** and **Joe Howard** have teamed with sports celebrity and survivor **Tom Paciorek** to tape a series of impactful radio interviews on WLS-AM, US99, MAGIC 103 and WBEZ. Among the issues discussed in these interviews are:

- 1 in 3 girls and 1 in 6 boys is sexually abused by age 18.
- 90% of children who are sexually abused know their offenders.
- 1/3 of rape victims consider suicide, and 13% actually attempt it.
- Sexual abuse survivors are prone to alcohol, drug and other addictions.

By breaking the silence, we hope to mobilize society to help prevent sexual assault, to increase prosecutions (see article on SANE nurses) and to move people to get the help they need...as well as to help however they can.



LaCASA
Zacharias Center

Lake County Council
Against Sexual Assault

SANE Nurses: Survivors First Line of Defense

Rape survivors report that waiting 4-10 hours in an emergency room, and then going through the harrowing evidence collection process with doctors or nurses who are not trained to understand and help with the emotional and physical trauma of sexual assault, was one of the most agonizing aspects of being attacked.



“Most ERs are so busy dealing with life threatening injuries that they don’t consider special care for rape victims as a priority,” said **Sharon Dimitrijevic**, an RN at Midwest Hospital/Zion which last year became one of only four hospitals in Illinois, and the first in Lake County to host a SANE (Sexual Assault Nurse Examiners) program. “Our administrators and staff are very supportive, providing funds and time off for me and other nurses to participate in SANE training. Other hospitals are following suit, but it’s an uphill battle.”

Working through a program sponsored by the U.S. Dept. of Justice’s Office for Victims of Crime, Sharon and others including LaCASA’s former Director of Advocacy Services, Lynn Nash, helped form the *Lake County Sexual Assault Task Force* which drafted the grant proposal that brought the SANE program to this area.

“Our job is to provide survivor-sensitive solutions which help people who are sexually assaulted through the medical, legal and healing process,” **Pamela Baker**, LaCASA’s Crisis Intervention Advocate said. “Proper evidence collection and documentation increases the chance of a successful prosecution, so fewer criminals will go unpunished and remain free to attack unsuspecting victims or abuse other family members.”



“I got called in to help a rape victim last night, and the first thing I said was: ‘I am your own personal nurse. You have my full attention for as long as you need me,’” said



Patty Schlick, the only SANE nurse on-call at Good Shepherd Hospital which serves a large part of the northwest suburbs. “We have other nurses in SANE training, so there will be help soon. But right now anytime I’m not at the fire house, I’m on call,” explained Schlick who is also a full-time fire fighter. “We’ve had sexual assault patients referred to Good Shepherd because of the hospital’s support of SANE. It’s amazing how much of a difference SANE procedures make for the survivor, both in reducing the time spent in the ER and the anguish that they feel.”

SANE nurses are trained to work with LaCASA and other organizations. “A LaCASA advocate is always with us in the ER to help ensure the rape victim is not re-traumatized by the medical/evidentiary exam, and to help begin the healing process,” Patty said.

LaCASA’s Baker says the first step is to get hospitals committed to SANE, and then getting everyone working together as a Sexual Assault Response Team. “When a rape victim finds the courage to go to the hospital and report her assault, it can be an overwhelming experience with no end in sight,” she said. “By working as a team, caregivers can help her see that there’s light at the end of the tunnel.”

Events Preview

2nd Annual LaCasino Night is a Big Deal



Unable to pry last year’s gamers from the tables at The *Royal Melbourne Country Club*, we’ve re-lit LaCASINO’s neon for a reprise. Mark your calendar to join us on **Saturday, May 24th** at 7:00PM for the event that will include more gaming, better prizes, great food, live entertainment and a fabulous silent auction. Former Chicago White Sox baseball player/announcer **Tom Paciorek** will bring his competitive spirit as one of our celebrity dealers. Thanks in advance to long-time LaCASA supporters **John and Cheryl O’Meara** for serving as honorary chairs of the event.

“LaCASA Celebrates” on Juneteenth

The date of this event was chosen to coincide with Juneteenth because LaCASA believes sexual violence is a form of slavery which can strip victims of self-esteem, their desire to achieve and their free will. So, as Juneteenth is a celebration of the historical freeing of American slaves (the day after the Civil War ended, **June 19th**, marking the end to slavery under the Emancipation Proclamation), our celebration is of freedom from the slavery caused by sexual violence.

This celebration of healing and freedom will be held outdoors in a picnic atmosphere at LaCASA. **Gurnee’s Saluto’s Restaurant** has generously donated food for the occasion, which will also feature a dance performance by the **Hip Hop ConnXion** and storytellers for the younger kids. This comfortable and caring atmosphere will support the brave voices giving testimony to healing from sexual assault and abuse. Please mark your calendar to join us at LaCASA on **June 19th**.

LaCASA’s Grows as Community Center

Three out of five of our major events this year will be held at the LaCASA/Zacharias Center. We would like to express our very special thanks to **Mike Glabowicz** and

Stellar Productions for providing tents to help ensure that these LaCASA events go on “rain or shine!”

LaCASA CSI - “Women Helping Women” Luncheon Emphasizes Solidarity & Purpose

Set for noon on **Monday, June 30th**, LaCASA’s summer fundraiser (replacing the golf outing) will focus on “Women Helping Women.” Subtitled: *Shining A Light on Sexual Violence*, the luncheon event will feature an address by our own CSI **Lake County Coroner Barbara Richardson** detailing sexual violence’s effect on individuals. **Illinois Attorney General Lisa Madigan** will offer opening remarks in support of LaCASA’s vital role in assault prevention and survivor support.



“In changing to lectures by influential women like **Richardson** and **Madigan**, we hope to inspire women to take action for a cause that impacts their lives,” co-chairs **Leslie Kischer** and **Nan Streicker** said. “This new approach builds on the importance of female solidarity and women looking out for each other.”

The event will be held on the LaCASA/Zacharias Center lawn and will feature building tours, a gourmet box lunch, silent auction and live music. Please call **David Diaz** at (847) 244.1187 ext. 21 to reserve your spot.

Giant Rummage Sale is a Team Effort

Mark Your Calender: **August 22, 23 & 24th** and bring a friend along to LaCASA’s annual Giant Rummage Sale. Rummage sales raise money for LaCASA and also community good will. So please sign up to volunteer and keep us in mind when spring cleaning. “It’s gratifying to see people at the sale who are seeing LaCASA for the first time. We will have an information booth set up to answer questions about LaCASA,” said Co-chairs **Mary Meyer** and **Alison Kolloff**. To donate items or volunteer, please call (847) 244.1187 ext. 15. We cannot accept medical equipment or used computers.

The Advocate

LaCASA Board of Directors

President - George Shafer
Vice President - Jim Schlesinger
Treasurer - Dane Morgan
Secretary - Nancy Jennings
Susan Aldrich
Eleanor Taylor Bland
Michael Farrell
Thomas Gurewitz
Ann Hunting
Lori Jaros
Brad Jenks
Leslie Kischer
Merle Lynch
Del Martinez
Mike Meyer
Elise Potenz
Sylvia Pullins
Saul Rosen
Cindi Schwarz
Peggy Taylor

LaCASA’s Auxiliary Board

Elaine Altenberg
Ruth Allison
Maggi Banick
Nora Byrd
Dee Curns
Mary Doll
JoEllen Erdman
Nancy Gallagher
Wendy Gorden
Carol Herrington
Ludwina Homs
Gail Kahover
Alison Kolloff
Marlene Koskotat
Diana Leza
Merle Lynch
Mary Meyer
Caryn Pignato
Joan Reinhardt
Nancy Sanders
Jill Schlesinger
Denise Washko

LaCASA Staff

Pamela Baker, Crisis Intervention Advocate, ext. 13
David Diaz, Fund Development Assistant, ext. 21
Janette Dingee, Child/Adolescent Counselor, ext. 27
Toren G. Flink, Executive Director, ext. 16
Cathy Guzolek, Director of Administration, ext. 11
Lynn Haines, Office Manager, ext. 18
Sandra Heraver, Prevention Specialist, ext. 25
Joe Howard, Major Gifts Campaign Manager, ext. 23
Jane Hunter, Director of Community Education, ext. 26
Wendy Ivy, Advocacy Services Program Coord. ext. 24
Lynn Osborn, Associate Director, ext. 28
Claress L. Pettengill, Director of Development, ext. 17
Marcela Rodriguez, Bilingual Counselor, ext. 30
Deirdre Simpson-Rhoads, Director of Volunteer Svcs, ext. 20
Georgia Vasquez, Prevention Specialist, ext. 22
Cecy Wren, Director of Client Services, ext. 32
Genevieve Willson, Adult/Adolescent Counselor, ext. 31

LaCASA Phone Directory

24-Hour Assistance Hotline (847) 872-7799
Non-Emergency Office Phone (847) 244-1187
Web Site Address: www.lacasagurnee.org