



## *Children Helping Children*

You have heard that *“When we help others, we are also helping ourselves.”* You have also heard it said time and again that *“Children are our future.”* What does not get said aloud often enough is that it is our collective responsibility to insure that children have the tools, the skills, the compassion and the understanding to create meaningful futures.

To this end, LaCASA is very pleased to announce that we have enriched our Children’s Services and Prevention Awareness arms to include a program piece called **Children Helping Children**. We wish to thank Abbott Laboratories and the First Presbyterian Church of Lake Forest for providing LaCASA with start-up grants for this new program.

Children Helping Children was born out of the community’s and individual’s desire to become more involved with LaCASA. We were especially moved to action by the number of children and teens who have stopped by the agency on their way home from school or who have called to ask how they could be more helpful to their peers. (Photo: Gurnee Park District Teen Camp kids hold car wash, raising \$235 for LaCASA.)

Our Children Helping Children program provides opportunities for individuals or groups to work directly with LaCASA’s professional staff and adult volunteers in truly meaningful and inspiring ways. It provides young people with opportunities to volunteer and fund raise, while developing leadership skills and receiving prevention awareness information.

If you know of a young person, age 11 to 21, who you think would be interested in knowing more about this program – and how they can help other youth while gaining skills that will serve them in their future – please call or e-mail Lynn Osborn or Jane Hunter for more information. We look forward to seeing you and “your” kids at our Pizza Party on September 22, 2005!

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# Women Helping Women

## Feeling the Power of Community

This year's Women Helping Women Luncheon was our most successful ever, raising over \$44,000 and drawing more than 300 women from all over Chicagoland. Sponsored for the third consecutive year by Hewitt Associates, the fundraiser featured powerful talks by Keynote Speaker Dr. Karen Koffler



Ms. Flink (left) thanks NBC5's Anita Padilla for her enthusiastic support and for serving as the celebrity host of "Women Helping Women."

and LaCASA's Executive Director Torrie Flink. Joining many of the north shore's most influential social and business leaders were: NBC5 Weekend Anchor and Waukegan native Anita Padilla, who served as Master of Ceremonies; a representative of Senator Barack Obama's office; State Representative Karen May; Lake County Coroner Richard Keller; and Gurnee's newly elected Mayor Kristina Kovarik.

Ms. Padilla welcomed attendees and introduced Dr. Koffler, who directs the Integrative Medicine Program at Evanston Northwestern Healthcare.

Along with inspiring talks from both Dr. Koffler and Ms. Flink, guests were treated to tours of The LaCASA/Zacharias Center, a gourmet box lunch, silent auction and raffles, as well as live music provided by drummer Sarah Allen and her

trio. The program also included a brief narrative by a teenage survivor who said that speaking publicly about her trauma is part of her own healing process.



Women Helping Women was a beautiful day. Among those who enjoyed the solidarity of this inspiring event were: Julie Fixler (Riverwoods), Marlene Wein (Highland Park), Susan Belgrad (Glencoe) and Lois Mills (Highland Park).

"We planted a seed with this event two years ago and now it's really flowering," said LaCASA's Executive Director Torrie Flink. "There's a gardener's saying about planting: the first year the plant sleeps, the second year it creeps and the third year it leaps. Women Helping Women certainly did 'leap' this year!"

Event volunteer co-chairs Nan Streicker and Sherry Byrne were amazed by the community's enthusiastic response. "We had twice the attendees than last year, and many women told me that they are already looking forward to attending next year's event with several friends," exclaimed Streicker. "There is a rare feeling of solidarity and compassion at the Women Helping Women event," added Byrne. "Plus, it gives LaCASA a chance to showcase our spectacular Zacharias Center."

Dr. Koffler summed up the event by observing that, "People who choose to spend their time in altruistic ways – giving of themselves, their time and their money – tend to have less chronic disease, like arthritis, heart disease, cancer, than people who do not. In addition to helping those in need, altruistic behaviors actually help you stay healthy and heal yourself. So the bottom line is...we are all in it together."



## LaCASA Board of Directors

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## LaCASA Staff

Pamela Baker, Adult/Adolescent Counselor, ext. 13  
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## LaCASA Groups

Fundamentals of Healing - 12 week introductory group offers information and support for adults just beginning to come to terms with issues of sexual violence in their lives.

AMAC Therapy Group - 16 week group provides advanced therapeutic guidance and support for survivors of childhood sexual abuse who have had previous therapy.

Caregivers Group - 6 week group gives support/information to adults who are in parental roles to children who have been sexually abused. Topics include child development, childhood trauma and its impact on the family, mandated reporting, boundaries, discipline, and communication.

Latency Age Group - for children 8-12 who have been sexually abused. May be held in conjunction with a caregivers group. Topics covered include understanding sexual abuse, safety, feelings and coping with feelings, and boundaries.

Adolescent Groups - offered for young people 13-18 who have been sexually abused. Topics include: safety, feelings and coping strategies, relationships, intimacy, and sexuality.

Adult Sexual Assault Group - for women sexually assaulted as adults. It is not intended for adults who may be concurrently dealing with sexual abuse issues from childhood.

African-American Women's Support Group - 10 week group that provides a forum for African-American women who have experienced sexual trauma, to increase their knowledge and awareness of healthy relationships and cultural expectations. Child care will be provided.

## LaCASA Phone Directory

24-Hour Crisis Hotline: (847) 872-7799  
Non-Emergency Office Phone: (847) 244-1187  
Web Site Address: [www.lacasagurnee.org](http://www.lacasagurnee.org)

# Volunteers Helping LaCASA

## Annual LaCASA Volunteer Picnic Was Awesome!

Stacey and Wendy thank all who attended our annual LaCASA Volunteer Picnic for making it such a lovely event! The building was packed with food and wonderful people. We enjoyed meeting your family members and letting you all get to know each other better. We had significant others going over and above helping out, from moving tables and chairs to cooking all the food. Thanks to all of you SO's who support your SO's here at LaCASA.



It was a pleasure to have you join us, and we hope you all enjoyed yourselves.

## Shout Outs!

Our gratitude and admiration go out to Janet Malloy for 10 years of service to LaCASA! Thanks also to the volunteers (listed below) for providing child care during our African American Woman's support group: Rachael Friedman, Chris Roberti, James Scottberg, Terry Coviello, Andie Michaels, Connie Cline, Jennifer Jones, Georgia Vasquez, Yvonne Vasquez, Sandy Heraver, and Phyllis Lubel.

*Jane and Pam said this group could not happen without them.*

**Welcome LaCASA volunteers, and "Thank You" for your heartfelt commitment.**

## Summer Training Class Preps New LaCASA Volunteers

The summer training is complete and we have a number of new volunteers in the LaCASA family: Jen Miller, Sheri O'Brien, January Berkley, Shareef AsSadiq, Cho Kisellus, Christine Stroetzel, Kristen Meyer, Peggy Best, Melissa Elliott, Katie Olnas, Lakisha Cameron, Bob Appelbaum, Bob Gelbort, Shelly Tsai, Paul Carson, Liz Larson, Yvonne Lulias, and our two volunteer/interns, Amy Gralewski and

Erin Matre'. Welcome to all and thank you for your heartfelt commitment to LaCASA.



## It's All Good!

Every single contribution matters for LaCASA, no matter whether it's sweat equity or dollars. Below: Ronald McDonald's House Charities presents a check, staff and rummage sale committee volunteers.



## Remembering LaCASA

For information about charitable planned giving, please contact LaCASA's Major Gifts Campaign Manager Joe Howard at (847) 244-1187 ext. 23 or [joe@lacasagurnee.org](mailto:joe@lacasagurnee.org).

## Darfur – A Policy of Rape

**LaCASA deplores all sexual violence and stands against the systemic rape of African women in Darfur. We urge people to speak out against the genocide. Check out websites including: [www.savedarfur.com](http://www.savedarfur.com).**



**LaCASA**

Zacharias Center

Lake County Council  
Against Sexual Assault

4275 Old Grand Avenue

Gurnee, IL 60031

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## Design & Architecture Helping People

Tours of The LaCASA/Zacharias Center were a highlight for guests at the Women Helping Women luncheon. Most people have no idea that a rape crisis center could look like LaCASA. We know that The Zacharias Center is, in effect, the 17th member of our 16 member staff. Clients say their healing begins when they walk in the door. One child recently remarked to her therapist, "This place is so beautiful. I can't believe there is a place like this for someone hurt like me..."



Of major help in making The LaCASA/Zacharias Center succeed in creating such a warm and caring atmosphere is interior designer Susan Fredman, shown in photo at Women Helping Women. (from left Debbie Ellis (Northfield), Susan Fredman (Chicago) Karen Heffernan (Highland Park), Terri Hawley (Chicago) and Susan Rossi (Deerfield).



## Calendar of Events

- August 26-28** *LaCASA's 3-Day Giant Rummage Sale:* includes new and gently-used books, clothing, collectibles, furniture, household items, linens, sporting goods & toys.
- September 10** *LaCASINO NIGHT:* an evening of "mock" gambling, dinner, silent auction, and a salute to LaCASA's Aunts & Uncles.
- September 22** *Pizza Party* for kids interested in participating in LaCASA's Children Helping Children program.
- September 27 - October 18** *Volunteer Training:* 40-hour mandated training for hotline, legal, medical and prevention advocates. Tuesday and Thursday evenings & Saturday mornings.
- October 24** *LaCASA's Annual Dinner*

### *Keep in Mind*

**Stranger rape gets most of the media attention, but the fact is: *the majority of sexual assaults are committed by people known to the victim.***