



Welcome to 2022 >>> Enter with Self-care!

True self-care is creating a life one does not wish to escape.

At Starting Point we believe self-care is social justice work and we recognize that living lives we are comfortable living is key to supporting others in obtaining lifestyles that are safe and sustainable.

We are serious about our self care as advocates and as a staff, supporting one another in maintaining individual foundations and our collective foundation. This is the true underpinning to advocacy. At Starting Point we pride ourselves, not in achieving this to perfection but in working always to that end, for ourselves, our co-workers and supporters, for victims and survivors, and our wider community.

We have been greatly challenged over these past two years to maintain these ideals, but we *have* maintained them and in some areas we have excelled. Advocates are trained to respond to crisis *and* at the same time to strive in bringing a level of prevention and awareness into each situation.

Self-care remedy often takes the form of spa treatments, vacation, or rest. All of which are helpful accoutrements to true self-care. It is in these moments that we have opportunity to connect to self, to feel our body's well-being or misalignment. To reflect on self and to evaluate our route to

achievements and goals, and our relationships with others. And, to simply take a moment to honor the need for rest and restoration.

These accoutrements, however, are not the self-care itself, they are the fuel that delivers us to self-awareness and our true self care, living well. Like fueling a car, you can't get to where you're going and back home again without regular fill ups!

One message that we find has to be repeatedly delivered to advocates and victims/survivors alike is that self-care is not selfish, it is community activism.

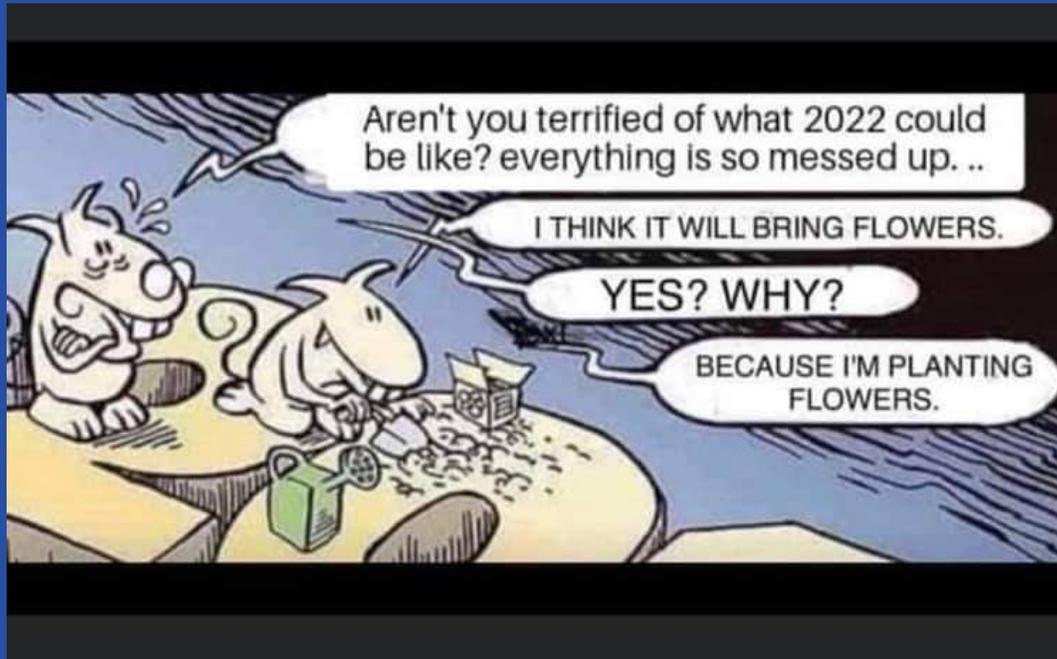
If you are a caregiver your timeclock often does not have a check out mode. If you are a victim or survivor your mode of surviving often does not include rest stops. Not recognizing these speed bumps can result in spinning out and needing urgent care rather than delivering it or obtaining proactive support, both of which can potentially encumber systems already overburdened. We all have a responsibility to care for ourselves just as we would others.

2020 and 2021 presented us all with challenges. For many the challenges were insurmountable and caused our numbers at Starting Point, and those of our partner programs, to reach unprecedented highs. At Starting Point we went from just over 6,000 bed nights in 2019 to more than 15,000 in 2020. The numbers for client needs continued to rise in 2021 and gives every indication of continuing in that trend for 2022. Our partners report similar trends - along with staff shortages and fatigue.

At Starting Point we have not experienced staff turnover as many sister agencies and local partners have. We attribute that to our strong leadership and staunch belief in self-care, preserving and persevering. We also attribute our strong foundation to the support of our community, donors, volunteers and partners. Thank you all for your generosity in goods, monies, volunteerism, and spirit of hopefulness - always, and especially in these past two years of the pandemic.

Although we have not experienced turnover, we have felt fatigued at times, but because of our belief in self-care we have been able to support each other in obtaining needed rest and have been unwavering in our uninterrupted delivery of services. We are proud of our staff, volunteers and board members and we hope you will acknowledge their dedication when you have the good fortune of meeting them!

We wish for you a sprinkle of Starting Point in your life, a sprinkle of our commitment to self-care, a sprinkle of tenacity found in advocates and victims alike, a sprinkle of the generosity and hope that our volunteers and our supporters steadfastly deliver and most of all we wish for you a life worth being present for!



One of our favorite self-care accoutrements is the Soaking Pot!

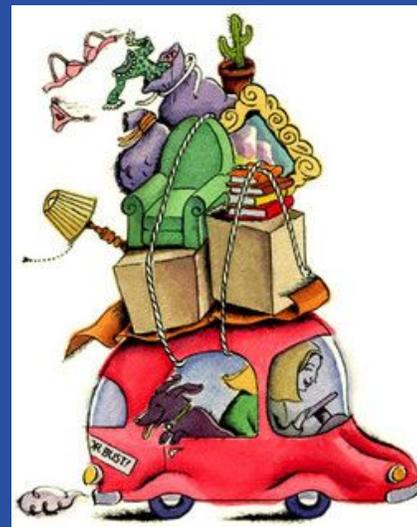
Big thank you to Laurie Banks and her crew for their donation of soaks to our clients and staff!

Check them out at: thesoakingpot.com

Even though the holidays have come and gone we are still in need of some basics for clients.

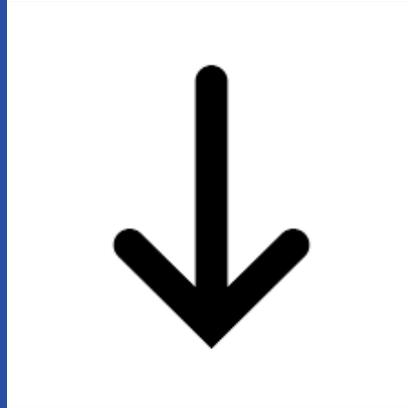
The good news is that we have several clients transitioning from life at the shelter or places of hiding to their own safe, sustainable homes!!

If you would like to learn more about what's needed please email community@startingpointnh.org for



a current list.

And, did you know that Starting Point has an on-going Amazon wish list! Yep! And Oh! Look! There it is...



[Amazon Wish List](#)

If you shop on Amazon 'Smile' you can choose Starting Point as the receiving charity! It all adds up! \$350 so far!!
For more information on Amazon Smile you can check out the link here: [Amazon Smile For Starting Point](#)



Twin Soul Creation & Design's 2nd annual Virtual Benefit Auction >

Public group · 701 members

Enormous Thank you to

Twin Soul Creation & Design!

Owners Jen and Mark held an online auction that raised \$4000 for Starting Point!!

Because of COVID we have not been able to hold our annual fundraiser Boots N Bling for 2 years. This has been a tremendous hit to our fundraising budget. We are so grateful to our local business leaders and our supporters for helping us to fill the gap!

The money donated was only part of the fun that night. Jen did a great job keeping us all entertained as Mark kept all the numbers in line, and the generosity of the bidders was - happy tears worthy!!



Santa's Elves Have Nothin' on Starting Point's Elves!

This holiday season was one of the most difficult ones any of us at Starting Point has seen, and collectively we've seen a few! The needs and painful fears and anxieties were huge. But, so was the generosity of our community. A few posts on our community boards brought loads of Santa worthy help! It would be hard to name you all but please know that your support was felt by all, victims and staff alike. The relief staff felt in knowing that they were not alone in the work was palpable and being able to pass that along to victims, not just the donation but the idea that their community truly wants them to know that they are not alone is...well, like a Christmas-miracle!



Gifting Gift Cards!

One of the most helpful donations, at anytime of the year, are gift cards. Gift cards provide immediate aid and a sense of empowerment to victims.

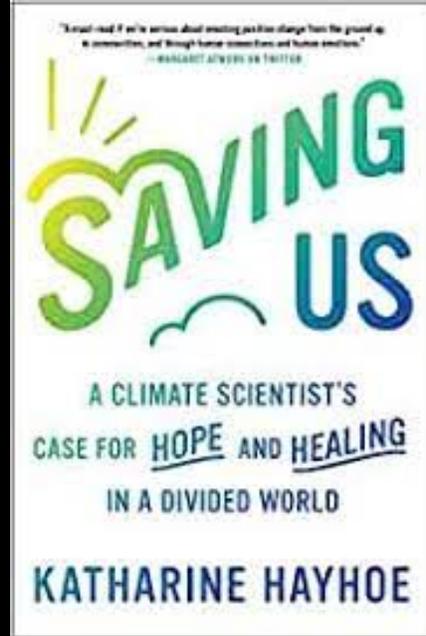
Advocates are fortunate to be witness to the life saving effects of having immediate funds available: *"I got a call at 2 am on the crisis line from a victim who had tried to flee a number of times before. She was in eminent danger, again! She just needed a full tank of gas to get her as far away from him as possible and back to the safety of her family a couple of states away. I was able to get her a few gas cards and a food card and she was able to get back to her family that night."*

During the holidays or whenever a client comes to us, often with nothing but the clothes on their backs, we are able to supply the basic needs from our reserves of donations - clothes, food from the shelter's food bank, and toiletries. But most need so much more and that's where gift cards are magical. The added benefit is that a victim can shop for themselves and after years of being abused of their self-determination the mere ability to shop is healing.

Please consider picking up a gas or food card the next time you shop! It makes a huge difference in the lives of victims and supports the effectiveness of our services.

Cards can be dropped off at Starting Point's new Advocacy Center in Conway on Pleasant Street or mailed to: Starting Point PO Box 1972, Conway, NH 03818

The Library Corner: Saving Us
by Katharine Hayhoe



"The most important thing we can do to fight climate change: talk about it." Katharine Hayhoe

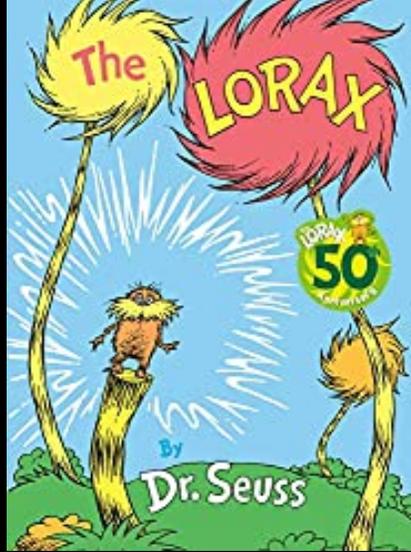
Why are we promoting a book about climate change here you might wonder? Well, in the big picture there are aspects of climate change that directly effect our clients at Starting Point. For instance, the shifting employment of outdoor workers and potential unemployment that can lead to poverty is a risk factor for domestic violence. But, the essence of the book is focused on how to communicate with people who don't grasp the issues. A lesson easily transferable to creating awareness about domestic and sexual violence.

Most Climate Change publications speak to the choir. Hayhoe speaks to the conversation necessary to create a choir. The book, while filled with important information about climate change and the catastrophic consequences of not addressing the need for action, focuses primarily on communicating the message. Helping, even the most dedicated, conceptualize and execute the messaging necessary to get others committed to the work. It's like a masterclass in communications.

Our prevention and outreach specialist read it with an appreciation for the techniques used to engage others, creating an interest in the topic of Climate Change or in our case Domestic & Sexual Violence.

There exists a bounty of books for children on climate change. The trick is to make sure the book is not only age appropriate but that it is aligned with the child's character and temperament.

In prevention work we focus on the



positive, how to engage in healthy relationships. The same can be applied to the environment. The Lorax focuses on being an ally and forming a healthy respect for the trees! Once this foundation is set, the tougher conversations can be introduced and action steps can be applied.

Don't have a child to buy books for? Don't worry - we do! Books, games, and activity packs are always welcome donations for our shelter and young clients!

Contact community@StartingPointNH.org to learn more.

Coming soon...we are teaming up with [White Birch Books](http://www.whitebirchbooks.com), our local independent book store, where we will have a wish list page for ordering books for our lending library at the new Advocacy Center and for our shelter. www.whitebirchbooks.com

We've been reserving this spot of our enews for the count down to Boots n Bling 2022.

Oh!? Thanks for asking...it's just 145 days away!

Save the Date!



DINNER, DANCING,
SILENT & LIVE
AUCTIONS TO
BENEFIT THE
VICTIMS OF DOMESTIC
& SEXUAL VIOLENCE

STARTINGPOINT'S
10TH ANNUAL
BOOTS N' BLING
THURSDAY,
JUNE 9TH
2022 AT 5PM
THE
WENTWORTH INN



TICKETS:
STARTINGPOINTNH.ORG

Our team is currently working on soliciting auction items and packages. If you would like to volunteer before or during Boots 'n Bling, or if you are interested in sponsoring our annual fundraiser please contact us at raetha@StartingPointNH.org or call 603-901-2237.

[June 9, 2022 at the Wentworth Inn in Jackson!](#)



Starting Point | PO Box 1972, Conway, NH 03818 603-447-2494

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