



# **The Point**

**enews April 2022**



## **April is Sexual Assault Awareness Month**

### Meanderings of an Advocate:

*I'm careful not to compare my life to those I work with as a measure for how fortunate I am. Statements like, "Well things are tough but at least I don't live in a shelter" are not only unhelpful they are comparative in an "us" vs "them" sort of way. My struggles are mine and they are difficult for me. And, no I don't live in a shelter but perhaps I lack the pearls of wisdom, or artistry, or intellect like some who do. Always I am aware too that "but for the grace of God" has a great deal to do with me not being a victim.*

*Although my risk of victimization is for the most part the same as anyone else's, the difference is my network - I may fall victim in a myriad of ways, but I would not be alone in my recovery. That is often the ONLY difference between me and someone who struggles to recover from victimization. As a social worker, or resident of earth, it's my job to bridge that gap and become the "us" that's needed to take care of them. And, not just with a donation or material support but with an awareness of trauma and recovery.*

*Starting Point networks with dozens of partners, both within systems and with private entities. These partnerships work as stabilizers, training wheels, and eventually as onramps for victims. And, most of all Starting Point's partnerships help to create an overall awareness that has a rippling effect in the care victims receive, and in ending the overt misconceptions of the "us" vs "them".*

*Starting Point's networking is a ROI that Wall Street can only dream about! It's remarkable and even in times of economic hardship, much like we've faced during the pandemic, it is reliable.*

*I've been doing the work long enough now to have witnessed victims grow and rebuild their lives in such a way that they return to Starting Point, not for help but to help, and thus create an even stronger "us".*

-Starting Point Advocate

During April's Sexual Assault Awareness Month Starting Point is asking supporters to help create awareness.

What does it mean to create awareness?

At times it can seem daunting. In reality, it is just about the willingness to have conversation, make mention, and create a simple progression in changing the jargon around the topic. There are other contributions that require a bit more effort like volunteering or testifying for legislation, sometimes showing up for a vigil or an event that supports the cause. None of this is daunting in itself but understanding the deep systemic issues or imagining the change necessary to make a difference can be.

Did you know that our support line isn't just for crisis intervention? It's for our community to use when they are supporting others or even for when they need support in *creating awareness!*

The steps that lead to change can take many forms - from a donation toward our Prevention & Outreach programs to learning more about the complex issues of domestic and sexual violence by engaging in our training courses, forums, and book reviews.

Simply learning to respond to someone who says something as damaging as, "Wasn't she sort of asking for it by wearing that skirt?" with "Well, maybe she was asking for attention but for sure she wasn't asking to be violated, don't you think?", can alter the misconceptions of sexual assault. Or by supporting family and friends by believing them when they recount their experience, thereby helping them sort out the gaslighting and other soul-crushing tactics abusers use.

Call us...we have lots of ideas for creating awareness!

Please see our calendar below for opportunities to engage this month.

We do hope you will consider a donation toward the change that we all hope to see.

**Make Change Happen**



Listen for our radio campaign all month long on WMWV-93.5

TBA - Spotlight on NHPR *Give Back* program

All Month - at A Little Off the Top Salon in Conway - Teal Fairy Hair

Tinsel extensions by donation. Show your support by donning teal tinsel hair extensions, a fun way to draw attention to the work of Starting Point and showing your support for victims of sexual assault. And, if you're all in - teal and purple lash extensions are also being offered with 25% of the proceeds being donated to Starting Point. Call Jahz at 603-730-2276 to make an appointment.

12, 5-8pm - Volunteer Training Orientation - all are welcome to attend this first training to learn more about the agency. All trainings will be held at the Advocacy Center at 30 Pleasant St. in Conway

13, 5-9pm - Volunteer Training  
14, 5-8pm - Volunteer Training  
19, 5-8pm - Volunteer Training  
20, 5-9pm - Volunteer Training  
21, 5-8pm - Volunteer Training

26, 7-8pm - First in a series of Parent Workshops. This one will be highlighting ways to talk to teens about sexting, a precursor to sexual harassment and assault. Learn about the laws, protections and resources available. Facilitated by Starting Point Prevention Specialists and local police.

28, 5-8pm - Volunteer Appreciation party at Camp Calumet in Freedom for all Starting Point Volunteers! Dinner, appreciation and networking.

30, TBD - Peer Support Group on resilience - this is an open support group focused on returning to the 'norm' or more so creating a new norm through self-care and networking practices. email [community@startingpointnh.org](mailto:community@startingpointnh.org) or call 603-901-2237 for more information.



We are so very grateful to Valley Promotions for providing nonprofits fun, interactive opportunities like the Valley Food Fight to raise money and a greater awareness of our work in the Valley.

And, we couldn't be happier to be represented in this culinary competition by the fabulously talented Beth Carta-Dolan of Joseph's Restaurant!! We're feeling pretty confident!

The competition is the Valley's take on popular food reality shows. Participants are asked to create a gastronomic breakfast delight, with the added challenge of some *mystery ingredients* generously donated by Valley Originals. What would we do without the support of our business community!!

Beth is competing for a chance to win \$1000 for Starting Point!

Contestants will be judged on April 12 at 5pm at Fire by Wicked Fresh in Settler's Green.

There's still time to donate to our registration fundraiser with the excess to go to direct service work.

**FOOD  
FIGHT!!**

## A Roaring Big Thanks to the Lions Club of North Conway

Thanks to the Lions Club for a recent donation of cleaning supplies and household goods for our shelter! These types of donations save the agency money and helps survivors get a jump start on supplies needed

when they move on from shelter into homes of their own.



A sparkly thanks to Jordyn Fitzpatrick, Styles by Jahz, from A Little Off the Top Salon in Conway for providing the teal tinsel for our staff!

During the month of April for a \$10 donation to Starting Point she is offering tinsel extensions! And, if you want to go all in she'll give you teal & purple eyelash extensions, with 25% of the proceeds going to Starting Point!

A little teal goes a long way toward opening a conversation or just letting folks know, "Yep, I'm tealing-up to support victims of sexual assault."

To make an appointment call 603-730-2276.

If you are looking for ways to contribute, Starting Point has an ongoing needs list at Amazon.



**Amazon Wish List**

If you shop on Amazon 'Smile' you can choose Starting Point as the receiving charity! It all adds up! \$370 so far!!

For more information on Amazon Smile you can check out the link here: [Amazon Smile For Starting Point](#)



Only 61 days until our 10th Annual Boots n Bling!!

Big thanks to our sponsors so far:

Valley Originals  
Memorial Hospital  
Huggins Hospital  
OVP/Settler's Green  
Green Mountain Furniture  
Penny Pitou Travels  
Minuteman Press  
Mt Washington Radio Group

If you would like to become a sponsor, make a donation to the auction, or volunteer please contact [Raetha@StartingPointNH.org](mailto:Raetha@StartingPointNH.org) or call 603-901-2237

Be sure to get your tickets soon they are going fast!

[BnB Tickets](#)

Just when you thought it couldn't get any more exciting...a travel credit donation shows up!

Don't miss a chance to win a \$3500 travel credit!! Tickets are on sale now and will be drawn June 9th! There will only be 100 tickets sold so your chances of winning are pretty sweet!!  
Click [HERE](#) to purchase your ticket now!



*Starting Point*  
**RAFFLE**  
**\$3500 TRAVEL CREDIT  
FOR YOUR NEXT VACATION!\***

**POSSIBLE TRAVEL OPPORTUNITIES BUT NOT LIMITED TO THESE IDEAS:**

- London getaway with air, hotel, transfers and sightseeing
- Cruise from Boston to Bermuda
- Mayan Riviera All-Inclusive Getaway with air and accommodations

 **penny pitou  
Travel**

**ONLY 100 TICKETS  
SOLD AT \$100 EACH**

\*Travel Credit is valid for most tour packages and most cruises (agency has final discretion)  
\*Not valid for Airbnb, VRBO, or other similar rentals  
\*Not valid for airline tickets only  
\*No cash value

**FOR MORE INFORMATION CALL 447-2494 OR EMAIL [COMMUNITY@STARTINGPOINTNH.ORG](mailto:COMMUNITY@STARTINGPOINTNH.ORG)**



## Starting Point Services

In a conversation with a community member our Outreach Coordinator realized how often people are surprised by the breadth of services offered by Starting Point.

So, we thought we'd dedicate a little space here to highlight the range of services provided by Starting Point.



### Shelter - Part 1

The Grace House is the Starting Point shelter. It was acquired in the 1990s, a time of federal defunding which is to say that it came to be out of local support!

Even though the shelter was built from grass roots, it's operation requires continuous funding that comes from state and federal grants, each comes with their own set of lengthy requirements. Not to mention the state laws that govern shelters. Describing these complexities will require more space than we have here.

For now, we'll start with the basics and will expand in upcoming enews letters...

The Grace House has the capacity for 13 guests. That's a breakdown of 5 adults and as many as 8 children. The shelter is almost always full. Guests have private rooms with shared gathering spaces. There are rooms for singles and rooms for families. Each room has it's own refrigerator and cupboard space in the shared kitchen. There is a dedicated children's room and a dedicated adult room. Each guest has a small storage bin on the property. The grounds include a small play space, patio and garden.

Living and working in a shelter does pose some amount of safety concern. It is a major task for staff to maintain the high level of confidentiality and security that guests and staff alike require. As such, the building is equipped with state of the art fire-safety equipment and

video monitoring to ward against intrusion.

The building itself is exquisite with ample room and a beautiful yard, and still it is incredibly difficult to live there. Imagine the trauma that leads to homelessness and then multiple that by thirteen, the capacity for the shelter. Communal living under the best circumstances is difficult, the added trauma makes it very challenging.

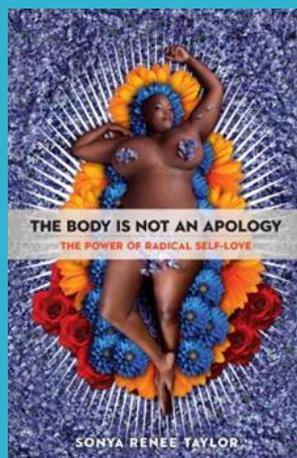
Managing a shelter has all the same responsibilities as a private home but with federal and state guidelines directing the projects and accessibility, with the added challenge of a changing population that often require differing needs.

The shelter is staffed by 2 full-time staffers and several volunteers. Although no staff lives on site it is monitored and managed 24/7.

The Grace House shelter is not just a roof and four walls it is a program, individually designed for 13 guests with the intent to minimize trauma, maximize healing, and support the necessary skills that lead to independent living without victimization. This will be further discussed in an upcoming enews letter.

If you are interested in helping with the care and upkeep of the shelter or working directly with guests please email [community@startingpointnh.org](mailto:community@startingpointnh.org) for more information about ways you can help.

## The Library Corner: The Body is Not an Apology by Sonya Renee Taylor



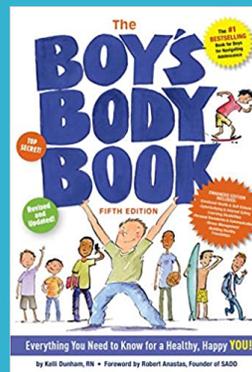
"The Body is Not an Apology" by Sonya Renee Taylor is a mantra for activism that starts with self-love.

"To build a world that works for everyone, we must first make the radical decision to love every facet of ourselves..."

If as individuals we led our lives with self love and acceptance we

would be better stewards for eliminating oppression of others. When one is not defined by their body and more defined by their spirit, capability and vision then avenues previously shut or at best bogged down by cultural misconceptions are open to all and become byways of opportunity and unity. "The Body is Not an Apology" reflects on these possibilities and calls on greater discussion for creating them.

TED Talk by Sonya Renee Taylor: <https://www.youtube.com/watch?v=MWI9AZkuPVg>



"Celebrate Your Body" also by Sonya Renee Taylor and "The Boys Body Book" by Kelli Dunham, RN are both excellent guides and discussion starters that help children not only recognize body and emotional changes but celebrate them as normal and healthy. The topics cover puberty changes and everyday health related habits from brushing teeth and hand washing to moral compass guides.

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](mailto:community@StartingPointNH.org) to learn more.

## Gifting Gift Cards!

Thanks to all our donors who have dropped off gift cards. This is such a great way to support victims and help advocates provide essentials



during crisis intervention. We've had a few folk put gift cards on their weekly grocery shopping list!! We are deeply grateful for your regular donation! Thank you!

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



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

[Unsubscribe admin@startingpointnh.org](mailto:admin@startingpointnh.org)

[Update Profile](#) | [About Constant Contact](#)

Sent by [community@startingpointnh.org](mailto:community@startingpointnh.org) in collaboration with



Try email marketing for free today!