



# COMMON THREADS

Fall 2020



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from Herb Fair***



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Domestic Violence and Sexual Assault Services  
24 Hour Helpline (814) 274-0240 or Toll free (877) 334-3136  
[www.myawayout.org](http://www.myawayout.org)





*We are here.*

*As the situation with the COVID-19 virus evolves, we want you to know that our office is still open and we are still providing services to those in need. We will continue to assist with court related issues and our hotline is still being manned 24/7.*

*We are practicing social distancing and taking appropriate precautions to protect our clients and staff from potential infection.*

*If at all possible, please call prior to coming in to the office (274-0368) so we can take whatever special actions necessary to meet your needs during this time.*

*- David Hyde, Executive Director*

## **Mission Statement**

**The mission of A Way Out is to assist and support all victims, survivors, and families of domestic violence and sexual assault through ethical, culturally competent, and compassionate services.**

**We advocate for social change designed to end the cycle of abuse through dedication, community involvement and education.**



# THANK YOU, Frosty Hollow!



Pictured are Judy Brown, Legal Advocate for A Way Out (left) and Donell Ayers, Partner and Business Manager for Frosty Hollow Lodging, LLC (right).

**A Way Out** was honored to receive a donation from **Frosty Hollow Lodging** following the Annual Frosty Hollow Herb Fair. The Herb Fair is held annually on the first Saturday of August on the beautiful grounds of the Frosty Hollow Bed and Breakfast. Donations were accepted during the Fair with the proceeds being invested back into the community through two service organizations: A Way Out and the Foster Closet. Thank you, Donelle!



# *A Way Out* branches out on social media!

We are always exploring new and different ways to serve the community by providing information and support for survivors of abuse. We've recently added Instagram and Twitter accounts as well as a YouTube Channel.

We're just getting started with these so we would love to hear your ideas on what kinds of information we should offer on our social media. You can Message us at our Facebook page or email your suggestions to [awayoutlucinda@gmail.com](mailto:awayoutlucinda@gmail.com). Be sure to Follow us!



<https://www.instagram.com/myawayout/>



<https://twitter.com/myawayout>



[https://www.youtube.com/channel/UCaQfkR2oidUXXItpn9ii8Hg?  
view\\_as=subscriber](https://www.youtube.com/channel/UCaQfkR2oidUXXItpn9ii8Hg?view_as=subscriber)



<https://suicidepreventionlifeline.org/chat/>

### **What Happens When I Call The Lifeline?**

First, you'll hear a message telling you that you've reached the National Suicide Prevention Lifeline.

We'll play you a little hold music while we connect you.

A skilled, trained crisis worker who works at the Lifeline network crisis center closest to you will answer the phone.

This person will listen to you, understand how your problem is affecting you, provide support, and share any resources that may be helpful.

**Remember, your call is confidential and free.**

**YOU ARE  
NOT  
ALONE**

Now more than ever, we need to find ways to stay connected with our community. No one should feel alone or without the information, support and help they need.



# October is Domestic Violence Awareness Month

This Domestic Violence Awareness Month,  
we're inviting everyone to

## Speak up.

To spark change, we have to talk openly and  
acknowledge how domestic abuse affects our  
communities, our families and our lives.  
We have to be brave. We have to **See DV.**

## Virtual Candlelight Vigil

*In honor of those we have lost and those who have survived.*



Watch our FB page and webpage at [www.myawayout.org](http://www.myawayout.org) for details.

# 6 Steps for Safe & Effective Disinfectant Use



## Step 1: Check that your product is EPA-approved

Find the EPA registration number on the product. Then, check to see if it is on EPA's list of approved disinfectants at: [epa.gov/listn](https://www.epa.gov/listn)



## Step 2: Read the directions

Follow the product's directions. Check "use sites" and "surface types" to see where you can use the product. Read the "precautionary statements."

## Step 3: Pre-clean the surface

Make sure to wash the surface with soap and water if the directions mention pre-cleaning or if the surface is visibly dirty.



## Step 4: Follow the contact time

You can find the contact time in the directions. The surface should remain wet the whole time to ensure the product is effective.

## Step 5: Wear gloves and wash your hands

For disposable gloves, discard them after each cleaning. For reusable gloves, dedicate a pair to disinfecting COVID-19. Wash your hands after removing the gloves.



## Step 6: Lock it up

Keep lids tightly closed and store out of reach of children.

[coronavirus.gov](https://www.coronavirus.gov)





# SURVIVOR ONLINE SUPPORT GROUPS

*While you're social distancing and staying at home, you can still get support and encouragement.*

*Need someone to talk to who knows what you're going through?*

Peer support can be a great tool for helping survivors find their way through the recovery process.

On our webpage at [www.myawayout.org](http://www.myawayout.org), you can select from a wide range online support sites that focus on specific needs and circumstances. On these sites you can participate anonymously and find support and encouragement with other survivors.

Go to the tab at the top of the page and click on **SURVIVOR ONLINE SUPPORT** to look for an online support group that might be helpful to you.

## Our donation wish list for our client families...

**Thanks so much** to all who have been bringing donations to us during this time. Your support means so much to our clients and their families.

Out of an abundance of caution to prevent the spread of the COVID-19 virus, we are limiting donations to only new cleaning and personal care items, and packaged food items during this time. These include:

Disinfecting spray cleaners  
Disinfecting wipes  
Hand sanitizer  
Paper towels  
Feminine hygiene products  
Spray disinfectant  
Laundry pods or small bottles  
Baby wipes

Deodorant – men/women  
Toothbrushes  
Toothpaste  
Baking Soda  
White Vinegar  
Toilet paper  
Dryer sheets  
Diapers / Pull-ups – all sizes

Microwaveable dinners  
Ramen noodles  
Instant Cup 'O noodles or  
soup  
Peanut butter  
Tissues



## PLEASE NOTE...

**During this time when we are all staying at home to stay safe, contact service providers by phone before traveling to their location to find out their social distancing procedures.**

### ➤ **FOOD BANKS:**

**Coudersport** / Alliance Church 814-274-8661

**Austin** / Methodist Church 814-544-8740

**Ulysses** / Zion Christian Assembly 814-848-7407

**Galeton** / St. Paul Lutheran Church 814-435-2471

**Shinglehouse** / Methodist Church 814-697-6191

**Roulette** / Methodist Church, call Boro Office at 814-544-7459



➤ **AA online meetings** - [https://www.aa.org/pages/en\\_US/options-for-meeting-online](https://www.aa.org/pages/en_US/options-for-meeting-online)

➤ **Al-Anon online meetings** - <https://www.ola-is.org/>

➤ **NA online meetings** - <https://virtual-na.org/>

➤ **Celebrate Recovery** - <https://www.celebraterecovery.com/> -

***NOTE: While this is a Christian-based program, no religious affiliation is required. All are welcome.*** In person meetings are being held locally at the Pine Creek Valley United Methodist Church, 761 Route 6, Gaines, PA every Tuesday evening starting at 5:45pm with a Meet and Greet. For more information call Barb at 814-203-2022.

Additional phone numbers for local services and resources are listed on our website under the LOCAL RESOURCES tab. Our website is [www.myawayout.org](http://www.myawayout.org)



Be sure to LIKE us on Facebook and watch for upcoming events and fundraisers!



Northern Tier Children's Home picnic area, Harrison Valley

### *Closed Office Holidays for 2019-2020:*

November 11<sup>th</sup> – Veterans Day

November 26<sup>th</sup> & 27<sup>th</sup> – Thanksgiving

December 24<sup>th</sup> & 25<sup>th</sup> – Christmas

December 31<sup>st</sup> & January 1<sup>st</sup> 2021 – New Years

*If you need assistance outside of regular business hours or on a holiday, you can call the 24 hour Helpline at 814-274-0240 or toll free at 1-877-334-3136.*

Regular office hours are 8:30 a.m. – 4:30 p.m., Monday – Friday  
814-274-0368

Our **COMMON THREADS** newsletters are also available at [www.myawayout.org](http://www.myawayout.org)  
under the **A WAY OUT SERVICES**.