



ReachOut

NOVEMBER 2018

SPAN 
Safehouse Progressive Alliance
for Nonviolence

Director's Desk



"Ester" is 92. She has lived through World Wars, the Great Depression, and 18 different US

presidents. She has also survived a terrifying history of domestic violence and is a member of SPAN's Elder Support Group. We have learned so much from her: resilience, humor, and the importance of finding one's voice – even year after surviving abuse.

Like other survivors of abuse, Ester's reluctance to tell her story was complicated by her own feelings of shame and other's insinuations of doubt and blame. While the #MeToo movement has encouraged many survivors

to talk about abuse, it has also emboldened a backlash fueled by misinformation and resentment. Rather than retreat in silence or outrage, we can meet this backlash with accurate information (fewer than 5% of abuse reports are ever determined to be "false") and a genuine invitation to work together to reduce the prevalence of abuse.

At a time when cruelty, hatred and violence dominate the news cycle, it is important to remember the courage of survivors like Ester. She inspires our commitment to work toward peaceful families and a peaceful community. We invite you to join SPAN – and Ester – in this effort.

Peace,
Anne Tapp, Executive Director

DONATE TUES., DEC. 4 | ColoradoGivesDay.org

Make a Contribution Today

\$50

Provides legal advocacy for a survivor seeking protection order assistance

\$250

Will help our shelter paint and replace much needed furnishing in one room

\$500

Provides 12 weeks of counseling for a child in need

Program Profile

SPAN Supporting Older Survivors of Domestic Violence

SPAN has a long history of working with older survivors of domestic violence, providing services and changing the systems to better older victims' lives. In 2007, nine agencies with common goals to focus on the systemic challenges, community awareness and responses, access to resources and information, and safe living with dignity and respect came together to create what would eventually be known as The Boulder County Elder Justice Coalition.

Statistics shows that today 13% of population in Boulder and Broomfield Counties are ages 65 and older. In 2035, 26% of the population will be 65 years or older. And over the next 50 years, of population ages 85+ will grow faster than any other age group.

Older adults may experience physical, sexual, or emotional abuse, neglect, or/and financial exploitation. Causes of elder abuse is a combination of factors such as power, control, humiliation, degradation, sense of entitlement, objectification as well as institutional ageism which inequalities in public funding for protective services to elders.



Senior Trauma-informed Yoga Group by Kate Josephsen

Over the past three years, I have had the fortune of offering seniors yoga in the Lafayette community. As a SPAN counselor, it isn't often that seniors come forward to talk about domestic violence or elder abuse. The stakes are far higher for an older adult (someone over 60) to come forward with reports of elder abuse, because it is the person who takes care of them, or maybe the abuser is paying their bills, or maybe they have no one else to be with.

Because of this, SPAN works closely with senior services ensuring that at risk older adults know that we are here.

When I first began working with older survivors I started process groups. These groups didn't meet the needs of older survivors who didn't feel comfortable sharing in a traditional group environment. So we listened, and decided that I would use my Kripalu Yoga Teacher training skills and connect with the community through teaching yoga. This has been a powerful way for seniors to experience trauma – informed yoga and to connect with the resources available through SPAN.

Teaching seniors yoga has been one of the most rewarding parts of my job as a SPAN counselor. The class is so dedicated, and will always push me to push them more. They won't let me treat them as frail or delicate, and they love balancing and doing their warrior poses. They feel strong and empowered afterwards, and that's the point. We laugh a lot together, and there's a community that we've established that otherwise may not find themselves together. I have to say it's wonderful to be in the senior's community. Offering this beautiful skill of yoga without charge, connecting seniors to their breath, body, and to each other, is a real joy.



San Juan Elders Group

“Gracias a la vida” is a song originally sung by Mercedes Sosa, often known as the Voice of Latin America. In her song, Sosa talk about the incredible beauty of the world, the mystery in the night and the warmth and hope in the light. This song highlights the universal experiences of pain, heartache, love and life. While an incredibly popular song among many in Latin America, Gracias a la vida is frequently expressed in SPAN’s Latinx Elders group.

Every week, SPAN Latinx elders gather to catch up with each other, knit and talk about their lives. In the midst of memories of loved ones, shared experiences of growing up and growing old. The conversations often return to the sense of isolation and the growing pains or ailments they face. Within this atmosphere, these Latinx elders graciously hold both sides of coin the pain and the beauty, isolation and love, loneliness and self-care. They say “Gracias a la vida”.

SPAN’s Latinx Elders group has resulted in increased connections between participants, who too often only live their home for appointments, some family and supportive spaces like this. This group challenges the ‘out of sight, out of mind’ mentality that society frequently imposes onto elders and many other marginalized groups. Support groups like this elders group are critical spaces for community healing and community integration.

In Boulder County

70% of older adults in Boulder County are earning below 30% of the county’s area median income. 82% of adults 55 and older own their home in Boulder County, but this can make leaving an abusive relationship all the more difficult, particularly for women not yet 62 and qualified for senior housing programs. The prospect of losing their home, which is often also their only significant financial asset, can be a daunting impediment to leaving the abuser.

The number of older adults seeking SPAN’s services has more than quadrupled in the past decade, from 66 people age 55+ in 2007, to 292 in 2017.

60 %

of elder abuse is by a family member

2.5 Million

annual cost of financial abuse to elders

1 in 13

elders financial exploitation

47%

of elders with dementia report abuse by a caregiver

News and Events



CU Women's Tennis Team



photo of Alli Franzaglia by Karen Jacot



Serena Williams Purple Purse 2018 Ambassador



Theresa Gatewood
SPAN Education Director

National Purple Purse Campaign

SPAN participated in 2018 National Purple Purse Campaign with Serena Williams as a spokes person. Utilizing social media, SPAN encouraged teams to sign up to be ambassadors for the national matching Purple Purse campaign. Teams reached out to networks and raised over \$2200 for SPAN services. Jointly an Instagram campaign was posting #WheresThePurseBoulder. Pictures of the suede purple backpacks were all over town! Here are a few examples of the many fun posts. See more by connecting with us on Instagram at SPAN_safehouse-boulder or donate on Facebook @followSPAN.



Unknown vintage VW



District Attorney
Michael Dougherty



John Tayer
Boulder Chamber President



McGuckins Hardware Staff



Hear Our Voices

The 'Hear Our Voices' creative arts workshop was a wonderful success in October. A community of survivors made up of elders, adults, parents, youth, children, interns, externs, volunteers, and counseling staff met at the Naropa Community Art Studio to weave stories and create artwork together. A interactive mural of wings was created so more people could add individual and collective messages of "what lifts us up." A HUGE thank you to SPAN Counseling team, volunteers and interns for making this day possible.



Photos by Erin Shannon

DONATE TUES., DEC. 4 | **ColoradoGivesDay.org**



SPAN is excited to be part of Colorado Gives Day again this year! Go to www.safehousealliance.org or ColoradoGives.org to schedule your donation. All donations have a matching amount and a reduced processing fee made possible by Community First Foundation.

Tell your friends and family – no more stamps, envelopes – just a simple and safe online donation.

Recurring donations are also accepted! Your recurring donation to SPAN is support we can count on! When you use this option, you are making a commitment to donate a particular amount over a specific period of time. You can give as little as \$10 a week, month, quarter or year. Simply set up your donation schedule and your deductions will happen automatically, straight from your credit card, debit card or bank account through a secure network. Learn more by visiting ColoradoGives.org

Who We Are

VOLUNTEER SPOTLIGHT



KIT & WANDA FULLER



Kit and Wanda Fuller have volunteered for the Chocolate Lovers' Fling in various capacities for about ten years. "We like to contact businesses to request donations to the Fling silent and live auctions because it helps in several ways at the same time. We spread the word about SPAN's important work in the community; we collect donations that become dollars to carry out the work; we give local organizations the opportunity to present themselves and their goods and services to the SPAN audience; and finally, we offer Fling attendees fun items to bid on at a great event. We are glad to help support SPAN's very important work, and this is how we feel we can do it the best."

SPAN BOARD OF DIRECTORS

OFFICERS

Lisa Darby, Chair
Meteorologist, NOAA

**Debbie Ramirez,
Vice Chair**
Volunteer Coordinator,
Boulder County

Jean Bowen, Treasurer
Chef/Owner, Cuisine by
Jean Catering; Tech IV, CU
Boulder

Denice Walker,
Secretary, Adjunct
Lecturer, CU Boulder

**Judy Knapp,
Past Chair**
Lead Analyst,
Lockheed Martin

MEMBERS

Shyamlee Pringle
Parent, Payroll & Benefits
Coordinator

Katherine Merlin
Attorney, Private Practice

Doyle Albee
President, MAPR Agency

Linda Pounds
Workplace Behavior Health
Consultant, Growing Self

Sally Thorner
Journalist, Self-Employed

Camilla Petersen
Spanish language
instructor, Owner, Español
Rapido y Facil

HONORARY BOARD MEMBERS

**Linda Damon • Reggie Schmidt
Lydia M. Tate**

*All rights, powers, duties and responsibilities relative to the control of SPAN's property and affairs are vested in the Boards of Directors. Members of the Board are elected to provide a range of expertise, pertinent to agency operations and to reflect the diversity of the community. In addition to volunteering their time and expertise, 100% of Board Members contribute to the organization financially.

In September, when SPAN Board member, Debbie Ramirez, came forward in support of Dr. Christine Blasey Ford to share her own experience of inappropriate sexual contact by now-Supreme Court Justice Brett Kavanaugh, she inspired countless survivors with her courage. Yes, there were threats to both Debbie and SPAN, but those were far overshadowed by tremendous outpouring of support and gratitude. We continue to be inspired by Debbie and touched by all those who have supported her and SPAN. Thank you!

Help us this holiday season: Host a drive with your Business or Friends

Gift cards make our day

Gift cards are the most helpful items we can get! Survivors can use them to pay bills, furnish new apartments, job recruitment, items for the kids and put food on the table! Please consider helping us in this way. The cards we have found most versatile to meet our needs are:

Amazon Gift Cards
King Soopers
Whole foods or Grocery
Michaels
Home Depot
McGuckins
Target/Walmart
Local restaurants, pizza

Please contact us directly if you are interested in making dinner or provided meals over the winter holiday. info@safehousealliance.org

Food Items always in need

Coffee and creamer
Flour
Sugar
Cooking Oil (Olive!)
Pasta/Sauce, Mac and Cheese
Soups
Condiments
Cheeses
Cereals
Tuna
Canned Fruit
Baby food
Salsa
Snacks, chips, power bars
Breakfast items, pancake mix, syrup, sausage links, instant oatmeal
Cake mixes, cake décor, frosting and cupcake liners
Frozen foods such as chicken nuggets, boxed meals, meats, waffles, appetizers, veggie

Other items always in need

Twin size sheets and towels
Kitchen, bathroom and cleaning supplies including brooms, mop, sponges, food storage containers
Deodorant, shampoo, conditioner, body wash, African American hair care products
Detergent (liquid only), kitchen and laundry
First Aid, Tylenol, Advil, bands/ ointment, sleep aids and cold medicine
Tooth brushes and paste
Razors, socks and undergarments

THANKS TO OUR SPONSORS





SPAN 
 Safehouse Progressive Alliance
 for Nonviolence

835 North Street
 Boulder, CO 80304

NON-PROFIT
 ORG.
 U.S. Postage
 PAID
 Boulder, CO
 Permit #84

Sign up today to receive SPAN's e-newsletter! Staying in touch and informed is easy when you receive *ReachOut* via email. Send an email to info@safehousealliance.org and subscribe today!

Join us to celebrate 40 years of SPAN offering support to survivors of intimate partner violence in our community.
 Buy your tickets before December 31 and get invited to a private chocolate pavilion pre-party.




Join us to celebrate SPAN's 40 years of support to survivors of domestic violence in Boulder and Broomfield Counties

NEW THIS YEAR!

Event pre-party featuring "The Chocolate Pavilion!"

To reserve your spot today:
<https://safehousealliance.ejoinme.org/FLING2019>

For more details on how to be a part of this magical night:
 Email: events@safehousealliance.org
 Web: www.safehousealliance.org

Stay connected with SPAN:
 Facebook: @FollowSPAN
 Twitter: @FollowSPAN
 Insta: @SPAN_safehouse_boulder