

September 2015 Newsletter

Monthly Days of Interest:

- Sept 6th-12th: Suicide Prevention Week
- Sept 8th: International Literacy Day
- Sept 10th: World Suicide Prevention Day
- Sept 21st: International Day of Peace
- Suicide Prevention and Awareness Month
- Ovarian Cancer Awareness Month
- And Many More...

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Suicide Awareness and Prevention Month



According to the World Health Organization (WHO), nearly 3000 people on average commit suicide daily. For every person who commits suicide, 20 or more others attempt to end their lives.

About one million people die by suicide each year (WHO). World Suicide Prevention Day, which first started in 2003, is recognized annually on Sept. 10. World Suicide Prevention Day aims to:

- Raise awareness that suicide is preventable
- Improve education about suicide
- Spread information about suicide awareness
- Decrease stigmatization regarding suicide

Suicide Warning Signs

People who kill themselves exhibit one or more warning signs, either through what they say or what they do. The more warning signs, the greater the risk.

Talk

If a person talks about:

- Killing themselves.
- Having no reason to live.
- Being a burden to others.
- Feeling trapped.
- Unbearable pain.

Behavior

A person's suicide risk is greater if a behavior is new or has increased, especially if it's related to a painful event, loss, or change.

- Increased use of alcohol or drugs.
- Looking for a way to kill

themselves, such as searching online for materials or means.

- Acting recklessly.
- Withdrawing from activities.
- Isolating from family and friends.
- Sleeping too much or too little.
- Visiting or calling people to say goodbye.
- Giving away prized possessions.
- Aggression.

Mood

People who are considering suicide often display one or more of the following moods.

- Depression.
- Loss of interest.
- Rage.
- Irritability.
- Humiliation.
- Anxiety.

If you or someone you know, struggles with thoughts of suicide or any of the warning signs of suicide, call the national suicide prevention lifeline at 1-800-273-8255.



Save The Date for Pancakes!

The Diane Peppler Resource Center has begun work on a ***Superhero themed Pancake Breakfast fundraiser*** with a date and location set for ***October 17th, 2015 at the Sault Ste. Marie National Guard Armory on Portage Ave. from 8am-11am.*** Tickets will become available for purchase in September. Ticket prices will be \$10 for ages 13 and up, \$5 for ages 6-12, and by donation for kids ages 5 and under. Contact the shelter if you are interested in purchasing a ticket, donating food or other items needed to conduct the breakfast or if you would like to volunteer to help during the event by cooking, serving, or cleaning up afterwards. More information will be available soon.

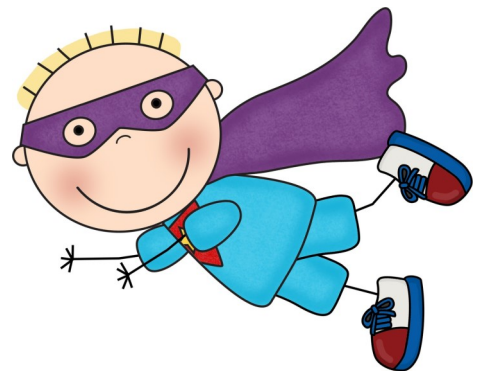
Items Requested for donation:

Pancake Mix (add water only) [~30lbs]
Sausage Links [~10lbs]
Coffee (regular and decaf) [~3 x 39oz containers]
Creamer (regular and non-fat) [~1x 35oz container]
Sugar (and sugar substitute) [~1lb]
Apple Juice [~8 gallons]
Orange Juice [~8 gallons]
Milk [~4 gallons]
Maple Syrup (regular and Low-fat) [~9x 36oz bottles]
Butter [~5lbs]
Fresh Fruits [~8lbs]
Heavy Duty Paper Plates [~200]
Plastic Utensils (forks, spoons, and knives) [~200 of each]
Napkins [~400]
Styrofoam cups [~300]
Stir Sticks [~200]
Serving Gloves (non-latex preferred) [~200count]



Volunteers Also Needed As:

Costumed Superheroes
Cooks
Set Up Crew
Clean Up Crew



Please Contact Kara Heggaton or Betsy Huggett at 906-635-0566 if you would like to volunteer or donate any of the necessary items.

Working With Sault Ste. Marie Police Department

Always working to build community partnerships, Chief Riley of the Sault Ste. Marie Police Department generously donated several bicycles for children to the shelter. At the same time, Betsy Huggett, executive director, gave Chief Riley two cameras for his new officers, purchased with funds from our STOP (Service Training Officers Program) Grant. Each year the STOP grant allows us to spend around \$2400 on equipment to help local law enforcement entities respond to DV/SA cases and bring the best evidence forward when seeking prosecution.



DPRC Welcomes Three New Interns for the Fall Semester

The Diane Peppler Resource Center would like to welcome our new interns for the Fall 2015 semester. We have two Lake Superior State University Interns working with us this semester, Chantel Olschanski and Taylor Jones, as well as one Master's level intern from Grand Valley State University, Kristin Kempf. Good luck with your semester ladies and we look forward to working closely with you this fall.



DPRC Goes to Lakerpalooza

Mallory Bravatto represented the SVP Team while Kara Heggaton and Betsy Huggett represented the Diane Peppler Resource Center this year at LSSU's Lakerpalooza. We attended the event this year in an effort to increase awareness of our services and recruit volunteers among the college age community.

Diane Peppler Resource Center Welcomes Mallory Schley



All of us here at the Diane Peppler Resource Center would like to officially welcome Mallory Schley to the DPRC staff. She was hired on in mid-August to be the Advocate at the St. Ignace office. Our St. Ignace office is open on Mondays from 8am-4pm.

Sexual Violence Prevention in the E.U.P.

Every year in September, the Sexual Violence Prevention Team of the EUP, host Annual Teen Events. There is one event in each county of the Eastern Upper Peninsula. The main focus of the events is to teach youth about healthy relationships, respect, consent, and safety tips when it comes to sexual violence prevention. Youth between the ages of 11 and 14 years old are invited to participate in interactive games while learning about prevention. The local youth have a chance to be entered into prize drawings as long as they can show us that they have learned at least two things in relation to prevention of sexual violence. Members of the SVP Team and LSSU Sororities and Fraternities come out to help supervise and help the youth through the learning activities. The SVP Team believes the local youth is the most important population to educate on sexual violence prevention, but there are many other areas that must be educated in order to directly affect the individual.

WHERE

Don Dee Bowling Alley

3162 S Mackinac Trl, Sault Sainte Marie

Chippewa County's
Annual Teen Events

Strike Out the Violence!

TIME

4:00 —6:00 p.m.

DATE

09/17/15

PRIZES

Many prizes to be given away, including: Tablet, GameStop/iTunes/Google Play/Restaurant gift cards. Food and Beverages will be provided.

Event is for ages
11-14 yrs. old

Hosted By: The Tri-County Sexual Violence Prevention (SVP) Team

WHERE

Gateway Lanes Bowling Alley

200 Ferry Ln. St. Ignace

Mackinac County's
Annual Teen Events

Strike Out the Violence!

TIME

3-5 P.M.

DATE

09/19/15

PRIZES

Many prizes to be given away, including: Tablet, GameStop/ iTunes/Google Play/Restaurant gift cards. Food and Beverages will be provided.

Event is for ages
11-14 yrs. old

Hosted By: The Tri-County Sexual Violence Prevention (SVP) Team

WHERE

Community Resource & Rec. Center

103 W. Helen St. Newberry

Luce County's
Annual Teen Events

Strike Out the Violence!

TIME

3:30 —5:30 p.m.

DATE

09/16/15

PRIZES

Many prizes to be given away, including: Tablet, GameStop/ iTunes/Google Play/Restaurant gift cards. Food and Beverages will be provided.

Event is for ages
11-14 yrs. old

Hosted by: The Tri-County Sexual Violence Prevention (SVP)

Thank You Women of the Moose

In August, our executive director, Betsy Huggett, spoke at the Women of the Moose convention and they graciously donated many brand new and gently used items to the agency. The items donated were greatly needed and appreciated by the Diane Peppler Resource Center.



Betsy receiving a check from the Women of the Moose.

Representatives from the women of the Moose with our Night Monitor, Jennifer Dibble, and their donation.



Diane Peppler Resource Center Donation Wish List

We gladly accept donations. Here is a brief wish list that the shelter has going for this month:

- Towels
- **Socks (new)**
- Trash Bags
- Clothes Hangers
- Plastic Storage Bins
- **New Unopened Packages of Underwear**
- Laundry Detergent, Fabric Softener, and Dryer Sheets
- Deodorant
- Workout DVDs
- DVD Players
- TVs
- Family Friendly Movies
- Twin and Full Size Mattresses and Box Springs
- Twin Size Bedding
- **Unopened over the counter medications**
- First aid kits
- Feminine products
- Household Furniture

"If you can't provide any of these items but would still like to support us, we always accept monetary donations as well and all donations are tax deductible."



Visit our Website to Donate.

Thank You to Our August Donors and Volunteers

We would like to thank all of the donors who supported the Diane Peppler Resource Center in the month of August.

- Sandra Desjardins
- Kathy Spencer
- Donna Gunderson
- Barb & Annie McKelvie
- Chippewa County Correctional Facility
- Linda Fournier
- Sugar Island Historical Society
- Alan MacArthur
- C.C. Hall
- Women of the Moose
- Cindy Joss
- Ailene Bitnar
- Sharon Sabatine
- Denise Arbelius
- Darlene Miljour
- And many anonymous donors

We would also like to thank our volunteers for giving their time in the month of July.

- Crystal Earl
- Ellen Quinlivan
- Sara Reterstoff
- Jennifer Dibble
- Brittny Poole
- And Vanessa Beck



Thank you for your dedication to helping the Diane Peppler Resource Center Shelter!

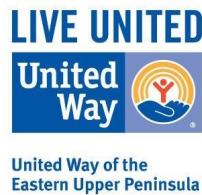
Diane Peppler Resource Center

P.O. Box 698
Sault Ste. Marie, MI 49783

Newsletter Recipient



24hr Phone line: 906-635-0566
Toll Free Hotline: 1-800-882-1515
Fax: 906-635-2952
Website: www.dprcenter.org
Facebook: www.facebook.com/dprcenter
Twitter: @DPRC_Shelter



Our light is always on, Our door is always open.

Diane Peppler Resource Center Support Groups

If you are in need of support, there are local support group options that you are more than welcome to attend. If you have questions about locations, times, or topics of discussion please call the Diane Peppler Resource Center.

Chippewa County
Domestic Violence
Group
Every Thursday
6pm-8pm

Sexual Violence Group
Every Tuesday
6pm-8pm



Groups meet every week.

Mackinac County
Domestic Violence
Group and Sexual
Assault Group
Call 1-800-882-1515
for dates and times.
246 Ferry Lane
St. Ignace MI

Luce County
Walk in anytime
8am-4pm Monday
thru Thursday
407 W. Harrison St.
Newberry MI