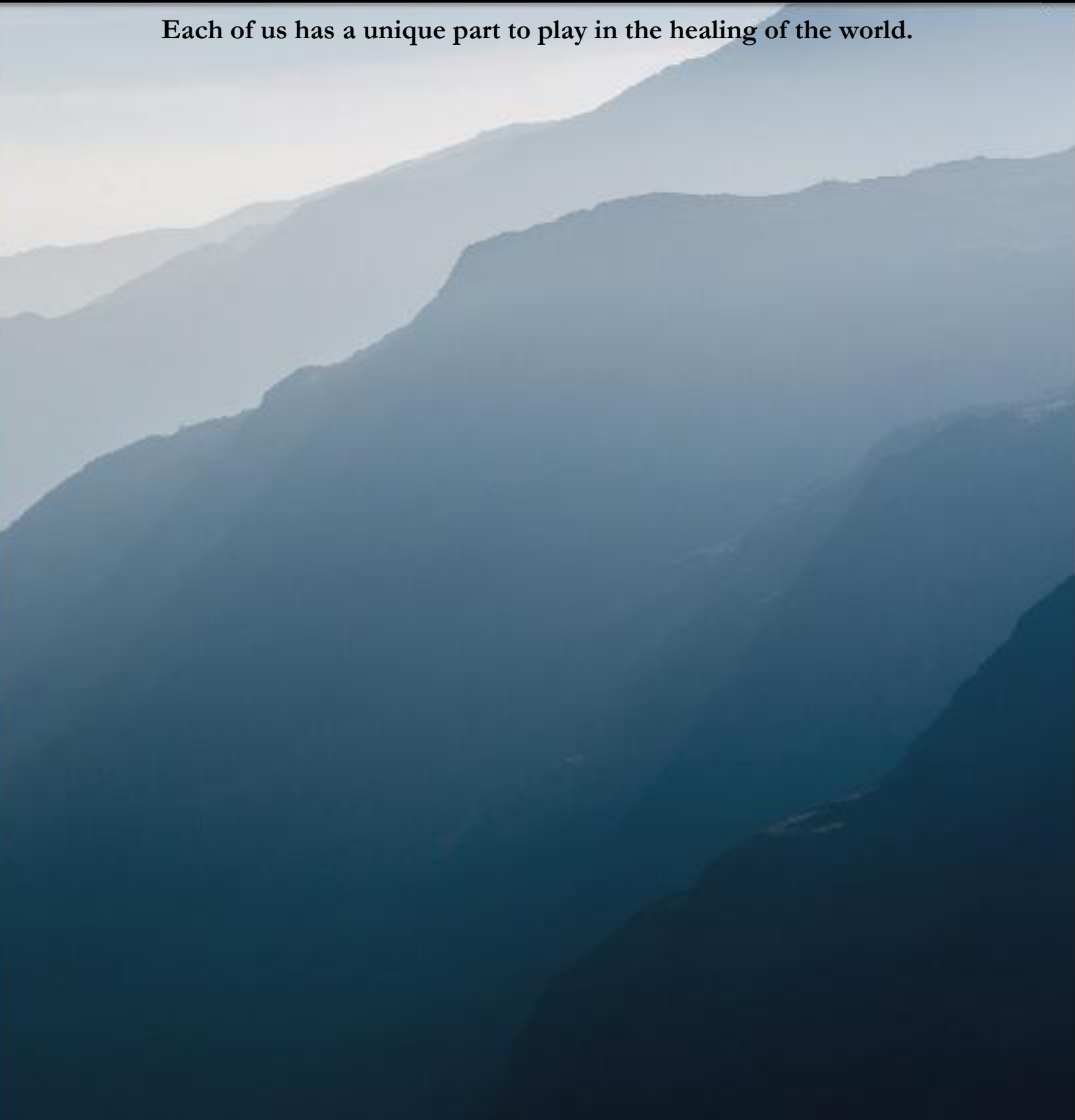


# ADWAS

Each of us has a unique part to play in the healing of the world.



# Executive Director Foreword



## Happy New Year 2020

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*Dear you,*

*At the beginning of each year, many of us wish our friends, family, and colleagues a Happy New Year. Often, we feel inspired to reflect on our personal and professional life and create goals for the year to come. As I reflect on this past year I feel gratitude for so much, the big things and the little things. And one of my goals as Executive Director this year is to make sure I am saying Thank You.*

*THANK YOU for working and volunteering with ADWAS;*

*THANK YOU for donating to ADWAS whether it is time, money, or things;*

*THANK YOU for believing and being a part of ADWAS' mission and vision;*

*THANK YOU for supporting your loved ones impacted by violence;*

*THANK YOU for being involved with those who have caused harm by supporting them to end their harmful behavior;*

*THANK YOU for being part of the solution to end violence against all genders.*

*Our collaborative work in ending violence is not done, so on behalf of ADWAS; I look forward working and connecting with you in 2020.*

*Warmly,*

*Libby Stanley*

# Get to know our team

## What are you passionate about?



Libby Stanley  
Executive Director

Outside of work, I really enjoy cooking and baking, especially for other people. Often I test recipes and have friends sample them. At one time, I had them do a taste test on 15 different banana breads! Tough job, right? Being around animals gives me energy, so I rarely turn down an opportunity to pet sit or do volunteer work with them.



Emily Buhman  
Office Manager/HR

I am passionate about creating an equitable world through policy, best practice, evaluation, and reflection. I enjoy spending time outside, collecting fish, berries, shellfish, and other plants and herbs for food and medicine. If I need to relax, you can almost always find me near or in water.



Misty Flowers  
Finance Director

I love learning new things about how/why/and when people connect, traveling the world to develop a better understanding and appreciation of other cultures, and having intense conversations with people that lead to an in-depth understanding of how life (timing of things and people) and connections evolve.



Lore Ameloot  
Development Director

I have a great passion in bringing healing to people who have been through a traumatic/stressful experience, spreading mental health awareness, and animal rights. I also love doing tarot readings for people.



Ashlynn Walker  
Program & Development Assistant

To be honest, I haven't found my passion yet. I know that it involves connecting with people one-on-one, being involved in a community, and some type of movement. But I have not found it yet. My 2020 intention is actually to find my passion. One of the first things I'm going to try out is dancing!



Kellie McComas Shapard  
Property Manager

My passion is working here and being able to provide single mothers with children a place to live because of their limited income/finances, and financial abuse. When they move in, their faces glow with big smiles. Especially when their children are so thrilled to have their own bed.



Dawn Ovesen  
Facilities Staff

Be kind & helping others DOES make a difference!



Jory Pedersen  
On Site Support Staff

I'm passionate about working on vintage Volkswagens vehicles. I love to spend my free time working on them. It is a good way for me to relax after a busy workday.



Paula Clark  
Program Director

All types of art, it can be healing. In both creating and experiencing or observing art. Stories are told and we are moved to remember our stories through art.



Linda Goldman  
Shelter/Parenting Coordinator

I am passionate about gardening and the natural world.



Nancy Edney  
Children's Advocate

I am passionate about working with kids and creating a safe, positive connection that can support resilience and growth to buffer some of the negative effects of traumatizing experiences.



Morgan Breese  
Therapist

I love meeting people and learning about their worldviews. I especially like it when their value systems challenge my beliefs and inspire me to question and refine mine further. Variety is the spice of life.



Wilma Dennis  
Advocate

I'm passionate about doing what makes me happy. In this field of work, vicarious trauma can really affect how I serve survivors, so self-care is really important so I can keep myself going.



Jeniffer Mendoza-Morales  
Advocate

I have a passion to work with DV/SA survivors succeed and be empowered. I enjoy scrapbooks or homecare decorations and keeping well organized

I feel strongly about being service-oriented to the people's needs and care.



Jimel Wright  
Outreach/ Prevention Specialist

I'm passionate about changing the direction of modern relationships. Our relationships are based on rules that were set hundreds of years ago and I believe it's important we analyze modern relationships and it's constraints as it plays a role in our everyday life.



Megan Erasmus  
Hotline Coordinator

I'm passionate about exchanging resources and being committed to healing as an individual and as a community.

Dylan Hinks  
Hotline Advocate

I'm passionate about using systemic analysis to develop solutions for a better world.



Marie Goodman  
Hotline Advocate

I am passionate about hiking and being out in the nature because it is soothing, healing and let my thoughts wander. It also rejuvenates and increases my happiness. I am also passionate with my dogs and chickens. They give me so much happiness and sure keep me busy everyday!



Kellie Martin  
Hotline Advocate

My passion is to create safe places for LGBTQ+ survivors, and provide access to resources for them.



Olivia Mackey  
Hotline Advocate

My passion currently focuses on recycling material into new projects such as pallet wood projects.



Heather Daley  
Hotline Advocate

I am passionate about advocating for Deaf survivors who experience violence & abuse and doing what I can to help break the cycle of violence.



Blair Rasmus  
Hotline Advocate

I'm passionate about sharing resources and tools with our community by providing services that have been inaccessible until now, like, birth and postpartum doula services. I am also passionate about improving the quality of life for ourselves, for our children, and our planet by reducing waste and growing food.



# What did ADWAS do in 2019?

**School** - ADWAS supported 19 new student registrations, and gave 46 students backpacks and supplies for the school year. We attended IEP meetings and met with schools and counselors throughout the year. We also provided homework club for students needing extra help.

**Chill Snow 2019**- ADWAS partnered with the Chill Foundation that provides a positive youth development program where boardsports become a vehicle for empowerment. Revolving around a core value-driven curriculum, Chill programs consist of experiential learning activities, reflection, and discussion, paired with boardsport lessons. We had a great group of 5 kids up on the slopes snowboarding and learning self empowerment.

**Seattle Children's Theatre**- partnered with us and came to ADWAS in both the Spring and Fall to provide acting classes in ASL from acting instructor, Andrew Wilkes. 38 students attended, both Deaf and CODAs, with over 64 hours of instruction.

**Family Nights**- Every month ADWAS has a family night which consists of a delicious dinner and an activity or guest presenter. These nights give the families information or fun activities they can do together each month. Approximately 32 moms and their children participate every month.

**Summer Meals** – the Hunger Intervention Program provides summer breakfast and lunch meals for survivors and their families. We served 53 days of breakfast and lunch for those families in need this year. Cooking three meals a day on a limited income can be a challenge and this program really helps to reduce that burden.

**Chill Skate**-ADWAS partnered with Chill for another boardsport, skateboards! Approximately 5 kids participated in the fall and spring.

**Spa Day for Survivors-** 20 survivors attended a self-care event which included getting their hair cut and styled, soaking their feet while they sat comfortably with their facemasks, and enjoying scents of lavender and tea tree essential oils. Additionally, their nails were painted by volunteer students from Lynnwood High School. ADWAS provided childcare for parents to take a break and focus on their healing through self-care. They also took home lots of spa swag including pouches for their nail polish, makeup, facemasks, and more.

**Man to Man Real Talk: Healthy Masculinity-** The purpose of this event was for men to get together and talk about masculinity, violence towards women, privilege, and what they can do as men to support each other and end gender based violence. This was also a space for men to build each other up instead of putting each other down. Masculinity for many many MANY years has been toxic to society, women, people of all genders, and even to other men. This was an opportunity for us to reframe masculinity and create a new culture that is not destructive to others. We hope to continue to host discussions like these in the future.

**Escalation: What would you do if you saw a friend in an unhealthy relationship? Would you even know?** - Escalation was inspired by a woman named Yearly Love who was killed by her ex-boyfriend in 2010 before her college graduation. This short movie and discussion was hosted at Edmonds Woodway High School with the Deaf students who attended. 20 students watched the short film and had a discussion afterwards about bystander intervention, healthy relationships, and domestic violence. Afterwards, there was an activity to spot different red flags in a relationship and what we can do if we see them.

**Summer Camps 2019** – The camp’s theme was a pirates, and we had so much fun! ADWAS turned into a mermaid lagoon with a pirate cove. The Preschool camp stayed here at ADWAS and the fun came to them. They had a visit from the Zoo, Re-Creative, and Rock Solid Science. Lots of dress up, stories, and laughter filled the week. The older kids got to go on some fun field trips to Rock Solid Science to find treasures and crack open geodes. At the Center for Wooden Boats, we made pirate ships out of carved wood and added sails, then tested them for floatation. We went on a treasure hunt on bikes with Outdoors for All then swam in the lake to cool off.

We had many Deaf guests come to talk about their hobbies and what they do for fun outside of work. We had a real Seafair Pirate, Kurt Folsom who is the parent of a

Deaf son, come and surprise the kids. He gave them goodies and shared some fun stories and answered A LOT of questions.

The grand finale was riding on a real pirate ship on Lake Union all dressed like pirates, which was a great way to end the week. The best part about the camp was having the kids hang out with each other, meet new friends, learn about Deaf culture, and have one last hurrah for the summer.

**DV/SA training-** Deaf Action Project hosted a 40 hour DV/SA training at ADWAS in October. This year's training was led by folks from our sibling DV/SA agencies; Najma Johnson (DAWN), Erin Esposito (IGNITE), Aracelia Aguilar (Deaf Hope), and Amber Hodson (Deaf Hope).

There were also six co-trainers; Deanna, Michelle, Jeniffer, Robert, Wilma, and Jimel. 30 participants came from all over the United States for a week to learn about DV/SA advocacy and survivorship, including dynamics of oppression and violence in our Deaf communities.

**Gala Event-** ADWAS hosted a succesful Gala event on November 2<sup>nd</sup> at SODO PARK and raised over \$92,000 for our cause. This would not have happened without community support, our sponsors Sorenson Communication Inc, Zvrs/Purple, Convo, Communication Service for the Deaf, Universal Language Services and Clifton Larson Allen, Storm Smith our Master of Ceremonies, Corinne Gregory the Auctioneer, and all of the volunteers.

**Holidays-** The founder of The Hotes Foundation along with a group of volunteers came to ADWAS the day before Thanksgiving, and donated 23 FULL Thanksgiving dinners to families in need. The families were so thankful that they were able to sit down at the table and celebrate the holidays without stress.

Thank you HOTES for making this holiday so special! The links below are videos documenting their journey.

<https://hotesfoundation.org/a-thanksgiving-delivery-part-1/>

<https://hotesfoundation.org/a-thanksgiving-delivery-part-2/>

Thanks to the generosity of the Seattle community, our “Share the Holidays” adopt-a-family program was able to provide holiday gifts, wrapping paper, gift cards, and pre-

lit Christmas trees to families of more than 50 children! We are grateful to everyone who participated.

**Zoo Wildlights** – The Zoo graciously gave our families and community members free tickets to the Wildlights to enjoy during the holidays. We took a bus with 50 people to see the Wildlights this year and everyone loved seeing the lights and had a blast in the Snowmazium.

**Healing from Trauma with Nature** – Mallory Malzkuhn from DeafShare was in town and hosted an outdoor workshop to talk about nature’s role in all of our healing. A group of about 10 folks met at Maple Leaf Park and engaged in conversations about nature, how we connect with nature and took a moment to practice mediation along with other activities.

**Holidays and Trauma Conversation** – This was co-hosted by ADWAS and HSDC. Diego Guerra, a guest from Texas, hosted a conversation with community members about trauma and the holidays. Holidays can be a tough time for folks with family trauma, relationship trauma, communication and access trauma. This space was created for folks to process and share experiences as well as tips on how to cope and heal.

# ADWAS 2020 EVENTS

## February

- **February - April: Washington School for the Deaf Boys Club:** In this club students will talk about toxic masculinity, oppression, gender based violence, and work to become better boys/men in our society.
- **February 18<sup>th</sup>: Survivors of Sexual Assault Support Group:** ADWAS will be hosting a space for Deaf, Hard-of-Hearing, and DeafBlind sexual assault survivors to meet and heal together. LGBTQ+ and male survivors are also welcome. Go to our Facebook and website for more details.

## March

- **Date TBD: Self Defense Seminar** with Angela Nardillo.
- **March 5<sup>th</sup>: Be Bold Now Event:** Join us to celebrate International Women's Day. Marilyn Smith, ADWAS' Founder, and Lore Ameloot, ADWAS' Development Director, will present. [www.bboldnow.com](http://www.bboldnow.com)
- **March 25<sup>th</sup>: ADWAS' Birthday**
- **March 25<sup>th</sup>: Healthy Masculinity Workshop at Bellingham HSDC**

## April

SAAM is a month of Sexual Assault Awareness and Action. Stay tuned for SAAM activities with ADWAS, as well as nationwide. Follow us on Instagram and Facebook for more information.

- **Date TBD: 5k Run/Walk/Move** for Sexual Assault Awareness Month
- **Date TBD: Healthy Masculinity/Reframing Masculinity Workshop**
- **April 17<sup>th</sup>: Breakfast Fundraiser** more information coming soon!

## May

- **Date TBD: Relationship Skills Class** will be hosted at ADWAS. The curriculum is from Northwest Network and is designed to be a 6 week group process to discuss aspects of relationships and build tools and skills in how to connect with others and ourselves. Contact [adwas@adwas.org](mailto:adwas@adwas.org) for more information.
- **May 6: GiveBIG:** 2020 is the 10<sup>th</sup> anniversary of GiveBIG. Let's celebrate our world's generosity by donating to ADWAS.

## Children's Events

ADWAS hosts 3 week-long summer day camps. The preschool camp is a half-day and filled with lots of activities and guests. The Deaf and CODA camps are a full-day camp that includes lots of fun field trips and activities. This years theme is Space! Registration will start early April. Contact [Nancy@adwas.org](mailto:Nancy@adwas.org) if you would like more information about camp.

- Preschool Camp July 6-10 9:00-12:00
- Deaf Camp August 3-7 9:00-5:00
- CODA Camp August 10-14 9:00-5:00

Seattle Children's Theatre has been given a grant to work with ADWAS and the community to offer acting classes in ASL, at ADWAS. We have done 5 seasons of 3 separate age groups of acting classes with SCT acting instructor Andrew Wilkes. We will have another one in the spring of 2020.

If your child is interested in acting in a signing environment contact Nancy Edney, at [Nancy@adwas.org](mailto:Nancy@adwas.org)

# National Deaf Hotline

Written by: Heather Daley, Megan Erasmus, Marie Goodman, Dylan Hinks, Olivia Mackey, Kellie Martin, and Blair Rasmus

## Using Resources and Planning

The National Deaf Hotline was established to fill in gaps of accessible services for Deaf, DeafBlind, and DeafDisabled survivors of intimate partner, domestic violence, and sexual assault. The National Domestic Violence Hotline and Abused Deaf Women's Advocacy Services (ADWAS) partnered to form this service.

How does this hotline work for callers? Deaf advocates form a team of on-call sign language responders who are extensively trained in domestic violence, sexual assault, confidentiality, safety planning, crisis intervention, education, information and referrals. Advocates provide these services in sign language, and can also be reached through email and live chat on [www.thedeafhotline.org](http://www.thedeafhotline.org). We established this hotline so that it can be a vital means for finding resources, or for planning your next step beyond intimate partner violence or sexual assault.

Resources are a critical part of life planning. They can vary from support systems, service providers, hotlines, advocacy, medicine, education, and more. Usage of resources permeates our social fabric in every way, from small to large decisions, venting to a friend for advice, spending time at a family member's place while moving, meals at soup kitchens or churches, therapy sessions with counselors, health tests offered by healthcare providers, arranging major legal changes with your lawyer, attending presentations by specialists, and calling hotlines for help.

All of these are acts of using available resources. It is often through these resources that we open more options. It is important to remember that we all start somewhere, and it is never too late. It is also common that we already have resources available but forget or undervalue their role in our life planning. This is normal, but life will require many moments where we must ask for help. In many of these moments, we will need more than one resource. This is where the hotline comes in to support you.

All survivors of intimate partner violence face the same issue: abuse thrives in isolation. This isolation can mean intimate partner violence can sneak up on the survivors. By the time they realize that they are in a difficult unhealthy situation, the person causing harm often becomes aware that the survivor knows too. That is why isolation can happen in the first place—abusers understand that without resources, we lose support systems and the power to enact change.

That is what our hotline provides for the Deaf, DeafBlind, and DeafDisabled community. We provide accessible advocacy for every step of the way in life planning—from questioning and seeking advice to developing next steps. We provide safety planning to end an abusive relationship or flee one. We support survivors in how they want to move forward out of their unhealthy relationships with ideas, resources, and space to process these decisions. We know who we can contact in times of crisis and support survivors so they are not alone in these extreme moments.

We also provide education and information for people who are unsure if their relationships are healthy. This includes understanding what makes healthy boundaries, communication and interactions in thriving relationships. We can also refer survivors to appropriate resources if our services do not meet their needs. Our services intend to support planning a thriving life for people, whether that means breaking away from isolation, from self-doubt, or unhealthy relationships.

Life planning is major, and we will need others to help us develop our lives. How can we know when we need outside support? We can welcome support in our life planning when we face barriers that stun us, when we face isolation as a barrier, when we have our choices made by other people or our choices monitored by others. This is when it is a good time to seek support for our own independence for a thriving life. It can be easy to forget what choices will help us thrive, so it's helpful to have an outside perspective. Our advocates are trained in domestic violence, sexual assault, and more in order to provide what the perspective survivors may need for healthy planning. We are networked with services all over the country, so we can also find physical aid or resources in many situations. When you are feeling unsure and want to see what you can do to make life planning easier, reach out to us. We are always here and available for you.



# Toxic Relationships

Written by: Morgan Breese, Paula Clark, Wilma Dennis, Nancy Edney, Linda Goldman, Jeniffer Mendoza-Morales, and Jimel Wright.

Marriage has been around as long as we can remember. However, it was not always intended for love as it is today nor was it accessible to everybody. The United States only JUST legalized gay marriage in 2015! Marriage was originally for alliances between families and there were economic advantages. Women weren't allowed to own property or have their own income, when they married they were considered to be their husbands' property. In the eyes of the law, the husband and wife were considered one person.

How might this affect our view of relationships in modern day society? The concept of monogamy, for one. Monogamy is when you are married to, or in a sexual relationship with one person at a time. Humans are one of the few species that practice monogamy. Research shows that people believe that monogamy is the way to go when it comes to relationships even though studies have proven that people in non-monogamous relationships are just as happy and satisfied as people in monogamous relationships.

Monogamy as a cultural institution has been interpreted and practiced in ways that can be unhealthy. These ideas are often romanticized or perpetuated in media, cultural norms, and social expectations. This is not to say that monogamy is inherently toxic, but we may need to take a closer look at how we conduct our relationships. Here are some traits of relationships that are influenced by history and monogamy that could also be toxic.

## **Do you find yourself doing and believing these things in your relationships?:**

- We must do everything together
- We must be able to read each other moods and uplift each other
- We must not be attracted to anybody else than our partner
- Jealousy, overprotectiveness is an indicator of love

- Possessiveness/ownership is romantic
- Sharing money, joint account
- Treat each other as objects (I own you, or you're mine)
- Attraction or love towards others is disloyalty and shameful
- Putting relationship before yourself
- Being in a relationship equals success or status, more if married and have kids
- Partner must be number 1 priority
- Only allowing your partner to have certain friends
- The idea that your insecurities are your partner's responsibility to adapt to, and never yours to work on
- Idea that an intense love is enough to overcome any incompatibility

All of those listed above are often considered the norms for a relationship in our society- we see it all of the time in the movies we watch, the books we read, the news we consume.

Who doesn't remember swooning over Noah's love for Allie in the epic love saga "*The Notebook*"? His love for her lasted forever! He couldn't love anybody other than Allie. He would not give up on them even when she had. (Never mind the implications of stalking and consent) However, as we grow up, we learn how unrealistic that is and perhaps, just a tad unhealthy?

This is only a scratch on the surface of how ingrained those norms are in our society. We often don't give it a second thought- until we find ourselves in a relationship and struggling. Even then, we still often don't discuss and dissect our thoughts, feelings, and behaviors with other people because we can't put a finger on those unspoken rules.

It's difficult to be able to talk about it when we still don't feel satisfied after all of the conventional expectations are met. We often find ourselves resenting our partners without being able to name the reason- why would we be upset if they appear to be doing everything right?

Don't worry- there is good news! There is no one way to have a relationship. Regardless of the messages we see through media, or even through our friends on Instagram, you can have your relationship the way YOU want; the way you and your partner decide. Not the way others think you should. You can feel satisfied in your relationship without meeting all of society's relationship norms.

### In your relationship(s), you can:

- Commit to personal growth- separately and together
- Agree to have individual freedom- no need to be together at all of the time or to let the other know where you are at all time.
- Agree to have open communication and abstain from manipulation- this may require some self reflection but it's possible!
- Remember 1+1 doesn't necessarily equal 2- it could equal more!
- Compromise because you WANT to, not because you NEED to
- Live for NOW instead of the future. Realistic expectations
- Flexible roles and equality in your relationship- no more of that "Who wears the pants in this relationship?"
- Decide your own relationship terms
- Privacy from your partner
- Decide to not have kids or get married
- Be your own person
- Put yourself first before the relationship
- Treat each other as humans and not objects

It is okay if your relationship doesn't look like everybody else's relationships. What matters is that YOU feel loved and content to be in the relationship. What matters is that you have a choice and say in how your relationship works- that you have the choice to keep growing, learning, and loving.

When unspoken rules are enforced in a relationship, that could cause a lot of unease and confusion. Traditions are made to be broken- let's communicate about our needs and modernize our relationships!

# Help keep the support flowing by making a monthly pledge today

## Show your commitment with an automatic monthly donation to ADWAS

Want to make your donation go a little farther? As a monthly donor, you can ensure that when someone needs support, ADWAS can provide it. Your monthly contribution will help ADWAS better provide services that meet the needs of survivors and their loved ones across the country.

Some donors prefer to give smaller monthly donations over a longer period of time, rather than a single lump sum. Not only can this be easier for personal budgeting, but it also allows you to contribute more to ADWAS than you may have thought possible.

For example, a gift of \$10 per month might be easier to manage than a one-time gift of \$100—and over the course of a year you’ve increased your overall donation to ADWAS by 20%.

### One-Year Pledge Payment Examples:

<u>Amount Pledged</u>	<u>Weekly</u>	<u>Semi-Monthly</u>	<u>Monthly</u>	<u>Quarterly</u>
<b>\$50</b>	\$0.96	\$2.08	\$4.17	\$12.50
<b>\$100</b>	\$1.92	\$4.17	\$8.33	\$25.00
<b>\$250</b>	\$4.81	\$10.42	\$20.83	\$62.50
<b>\$500</b>	\$9.62	\$20.83	\$41.67	\$125.00
<b>\$750</b>	\$14.42	\$31.25	\$62.50	\$187.50
<b>\$1000</b>	\$19.23	\$41.67	\$83.33	\$250.00
<b>\$2500</b>	\$48.08	\$104.17	\$208.33	625.00
<b>\$5000</b>	\$96.15	\$208.33	\$416.67	\$1,250.00

# How does my donation make a difference?

Data from an eight-year survey of college students at Rochester Institute of Technology indicates that Deaf and Hard-of- Hearing individuals are 1.5 times more likely to be victims of relationship violence including sexual harassment, sexual assault, psychological abuse, and physical abuse in their lifetime.

When you give to ADWAS, you are not just donating to an organization—you are helping to improve the lives of thousands of people affected by domestic and sexual violence.

## **Where Your Money Goes:**

- Educates the community on prevention and healing through hosting workshops, support group, community events, and the media.
- Advocate for domestic violence/sexual assault laws and policies to ensure that survivors get the justice they deserve.
- Allows us to provide individual/family therapy and provide childcare for each client appointment.
- Allows us to provide support with a client in job seeking and secure housing by providing financial support.
- Allows us to provide school supplies/clothes to children in need.
- Allows us to give food and gas gift cards to families in need.

# PLEDGE FORM

*Abused Deaf Women's Advocacy Services empowers Deaf and DeafBlind survivors of domestic violence, sexual assault and harassment to transform their lives, while striving to change the beliefs and behaviors that foster and perpetuate violence. We provide comprehensive services to individuals and families, community education, and advocacy on systems and policy issues.*

## **Donor information**

Contact: \_\_\_\_\_ Birth Date: \_\_\_\_\_

Business/organization (If applicable): \_\_\_\_\_

Mailing Address: \_\_\_\_\_  
\_\_\_\_\_

E-mail: \_\_\_\_\_

VP/Phone: \_\_\_\_\_

## **Pledge Information** <https://www.adwas.org/donate>

I (we) pledge a total of \$ \_\_\_\_\_ to be paid  Now  Monthly

Quarterly  Yearly Start date: \_\_\_\_\_ and end date: \_\_\_\_\_

I (we) plan to make this contribution in the form of:  Cash  Check

Payroll deductions \$ \_\_\_\_\_ per paycheck  Credit card

CC number: \_\_\_\_\_ CVC: \_\_\_\_\_

CC Type/ Exp. Date: \_\_\_\_\_

Authorized signature: \_\_\_\_\_

Gift will be matched by (company/family/foundation): \_\_\_\_\_

## **Acknowledgement information**

Please use the following name(s) in all acknowledgements: \_\_\_\_\_

I (we) wish to have our gift to remain anonymous

In honor of \_\_\_\_\_  In memory of \_\_\_\_\_

Signature:

Date:

# BUY A BRICK

**Pave yourself into ADWAS history with a personalized brick to be laid at the front of ADWAS building.**

Become part of our history and have an engraved brick at Roosevelt Way NE/NE 88<sup>th</sup> street – Honor family, friends, loved ones, pets, a business, or share an inspirational quote. All proceeds will go towards completing our landscaping project.

**OFFER 1: \$100**  
COMMUNITY PAVER

Size: 4x8, up to 1-2 lines  
(16 characters per line, including space/punctuation)

LEONARD & TINA  
SEWELL JR

**OFFER 2: \$150**  
IMPACT PAVER

Size: 4x8, up to 3 lines  
(16 characters per line, including space/punctuation)

 **Ginger**  
2003 – 2017  
*Never Forgotten*

**OFFER 1: \$200**  
BRIDGE PAVER

Size: 8x8, up to 5 lines  
(16 characters per line, including space/punctuation)

  
**Amy Jo Reed**  
01/13/1951 - 12/06/2021  
Beloved Mother And Wife  
Our Angel Has Gone Home  
Forever Loved

### Payment options:

- Go to [www.adwas.org/donate](http://www.adwas.org/donate)

On the bottom you will see “Pathway to Healing Campaign” choose your offer from these three options, and type your message for engravement

- Contact ADWAS at [adwas@adwas.org](mailto:adwas@adwas.org) or through VP 206-922-7088. Share which option you would like to choose and your message for engravement.

**REMEMBER** 16 characters per line, including space and punctuation

# VOLUNTEER OPPORTUNITIES

## **Direct Service Department (Non-Direct Service Duties)**

- Files (organizing, purging, creating new blank files)
- Organizing (food bags, supplies, donations)
- Assist with projects/planning/events
- Find and create housing resources
- Assist with cleaning/organizing the emergency shelter
- Summer- assist with Children's Camp during Summer months
- Other duties as needed

Contact Paula Clark at [programdir@adwas.org](mailto:programdir@adwas.org), if these volunteer duties interest you

## **Building Department:**

- Painting
- Landscaping
- Cleaning
- Other duties as needed

Contact Kellie McComas Shapard at [Kellie@adwas.org](mailto:Kellie@adwas.org), if these volunteer duties interest you

## **Development Department:**

- Assist at fundraisers events
- Interpreting at fundraiser events
- Assist with mailing letters/flyers
- Assist with decorations
- Perform a wide range of duties and activities

Contact Lore Ameloot at [development@adwas.org](mailto:development@adwas.org), if these volunteer duties interest you



# We want you to join our Board

## Would you like to help shape the future of ADWAS?

Abused Deaf Women's Advocacy Service (ADWAS) is currently seeking for qualified individuals to join our Board of Directors.

### What is involved in being a ADWAS Board member?

- Influence and develop policy
- Participate in fundraising
- Build community relationship
- Provide budgetary oversight
- Participate in strategic planning
- Attend six board meetings annually
- Commit to at least an one-year term
- Publicly support the work of ADWAS
- Represent ADWAS occasionally at external events
- And much more

Want to learn more about our organization or interested in applying? Please contact Board Chair, Dawn Rose at

[board@adwas.org](mailto:board@adwas.org)

We are looking forward to have you be part of the ADWAS team!



# Marilyn J. Smith Inspirational Award 2019

This is a local award and nominees must be currently active in the Washington state Deaf communities.

## Award Criteria

Nominees must meet all five criteria:

1. **Dedicated:** Contributes time and energy to improve the quality of life for others in the Deaf and/or DeafBlind communities
2. **Visionary:** Reflective on past experience to lead in the present and into the future
3. **Mission-Centered:** Creates a compelling vision of social justice for the Deaf and/or DeafBlind communities
4. **Collaborative:** Values the importance of collaborations both within and outside of the community
5. **Ability to Inspire:** Has passion for their work in the community and inspires others with that passion to create change in their own communities

## Nomination Procedures

The nominator must submit both the application and either a letter or vlog to ADWAS that provides a detailed account of the ways the nominee has shown that they meet all five criteria for the Marilyn J. Smith Inspirational Award.

A selection committee of five individuals consisting of members of ADWAS staff, board and community members will review the application and score the nominees in each of the criteria categories.

Letters/vlogs and applications can be emailed to [adwas@adwas.org](mailto:adwas@adwas.org) or mailed to our office: 8623 Roosevelt Way NE Seattle, WA 98115 by **March 16<sup>th</sup> 2020**

Award will be presented at our breakfast fundraiser on April 17<sup>th</sup>, more information to come.



**abused Deaf women's advocacy services**

## **Marilyn J. Smith Inspirational Award Application**

This page must be completed and submitted with letter or vlog of support for the nominee no later than **March 16, 2020**.

Please make sure to write clearly and legibly

### **Nominee Information:**

Name of Nominee \_\_\_\_\_

Address of Nominee \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Nominee Phone/VP number \_\_\_\_\_

Nominee E-mail \_\_\_\_\_

### **Nominating Party's information:**

Name of Nominator \_\_\_\_\_

Address of Nominator \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Nominator Phone/VP number \_\_\_\_\_

Nominator E-Mail \_\_\_\_\_

\_\_\_\_\_

**Signature of Nominating Party**

\_\_\_\_\_

**Date**



## abused Deaf women's advocacy services

### **Abused Deaf Women's Advocacy Services**

8623 Roosevelt Way NE

Seattle, WA, 98115

**Videophone:** (206) 922-7088

**Fax:** (206) 726-0017

**Email:** [adwas@adwas.org](mailto:adwas@adwas.org)

**Website:** [www.adwas.org](http://www.adwas.org)

### **Office Hours**

Monday – Thursday 9AM-5PM

Friday 9AM-4 PM

Closed during Lunch (12-1 PM)

### **National Deaf Domestic Violence Hotline**

24 hours/ 7days a week/ 365 days a year

**Videophone:** (855) 812-1001/ Local: (206) 812-1001

**Email:** [nationaldeafhotline@adwas.org](mailto:nationaldeafhotline@adwas.org)

**Website:** [www.thedeafhotline@adwas.org](http://www.thedeafhotline@adwas.org)

**Live chat 24/7**

