



ISLAND OF SAFETY

Crisis Nursery



NEWSLETTER

april 2015

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Keeping Them Safe...

By Stephanie Record, Ed.M, LCSW

Executive Director

srecord@crisisnursery.net



Dear Friends,

This past year, there were nearly 30,000 indicated cases of child abuse and neglect in Illinois. Of these cases, 13,637 children were under the age of 6. Studies estimate that 13 out of every 1000 children in Champaign County will be harmed at some point in their life. Child abuse and neglect is a reality in Illinois – but it doesn't have to be.

Crisis Nursery helps protect children and works to prevent child abuse and neglect. By providing 24-hour emergency care and supporting families in crisis, we keep children safe and strengthen families. However, there is always more work to be done. One of our greatest responsibilities is spreading the message of the Nursery, so that families in need know where to turn for help. In the spirit of Child Abuse Prevention Month, the Nursery will be hosting a series of informational events in April to raise awareness about child abuse and Nursery programs. Join us in April to take action and learn how we can prevent child abuse in Champaign County. Among other events, a "Lunch and Learn" geared towards social service professionals will be held at the Nursery on April 13 from 12-1:30 pm, and a community open house will take place on April 15 from 5-6:30 pm. Contact Katie at 217-337-2731 or katie@crisisnursery.net for more information, or visit our website for our full listing of Child Abuse Prevention Month events.

We will also celebrate National Volunteer Appreciation Week from April 12-18. Our amazing volunteers provide for the children in our care by rocking them to sleep, singing and dancing (the music from Frozen is a favorite), playing dress up, and snuggling up with a good book. Crisis Nursery volunteers always greet children with a smile and the patience to handle whatever comes their way. In FY2014, we were able to serve 840 children – a figure that would not be possible without the help of our volunteers! We are thankful for their generous donation of time and talent to make the children in our care feel extra special.

If you are interested in joining our volunteer team, please give us a call today!

Warm regards,

Stephanie

IT'S EASY AS 1-2-3:

3 EASY WAYS TO GIVE

1. ACH

Did you know Crisis Nursery can accept recurring donations straight from a bank account, making it easy for you to donate without the hassle of writing a check? For example, for just \$10 a month, you could provide 3 home visits a year to a mom who is struggling, helping her learn strategies to address issues that her child may be experiencing. Or, for \$150 a month, you could fund one "Day at the Nursery" a year, guaranteeing Crisis Nursery can open its doors to keep children safe.

2. SCHNUCKS ESCRIP

If you shop at Schnucks, sign up for their escrip program and designate Crisis Nursery as your charity of choice. Each time you use your member card, not only do you get your gas discount, but Crisis Nursery receives a donation as well.

3. AMAZONSMILE

You shop, Amazon gives. Simple as that. Amazon donates 0.5% of the price of your eligible purchases to the charitable organization of your choice. Choose Crisis Nursery and start shopping today!

Want to learn how to sign up for these programs? Email ryann@crisisnursery.net for more information.

REMEMBERING ZACH MCNABNEY

On January 12, 2015, Zach McNabney, former board president of Crisis Nursery, passed away. Zach served on Crisis Nursery's Board of Directors from 2000-2008, was President of the Board from 2005-2007, and continued serving as a community team member on the Special Events Committee and remained a loyal advocate of the Nursery after leaving the Board.

In the last few months of his life, Zach spearheaded an effort among his friends to donate to the Nursery's "Day at the Nursery" campaign. As a result of his commitment and the love of his friends, Crisis Nursery was funded for operation on December 24, 2014 in dedication to Zach. Zach's friends and family have since ensured his memory lives on at Crisis Nursery by contributing three additional "Days at the Nursery."

In a newsletter from 2005, Zach, then President of the Board, shared the following story about why Crisis Nursery meant so much to him:



"Five years ago a good friend, Jennifer Shelby, introduced me to Crisis Nursery. I must admit at that time I knew very little about the Nursery. When I received my welcome packet, I was asked to help accomplish the mission to prevent child abuse, improve the caliber of programming, and provide more quality services to our families and children. Needless to say, I was overwhelmed.

In an ideal world, there would be no need for the Nursery. For me, knowing that amazing people are working hard to ensure the doors are open every day of the year makes me strive to work that much harder, whether it is trying to find just one more item for the Basket Auction, talking to one more person about the financial needs of the Nursery, or assisting at the Holiday Shop and watching the face of a little child light up when she realizes she has purchased just the right gift for a loved one.

Five years have passed, and I have never thanked Jennifer for the wonderful gift of opening my eyes to a world that I never knew, but will never forget. I have witnessed dedicated people working to make sure that the mission set forth to me is successfully reached each and every day. Crisis Nursery has become a part of my family and for that I will be eternally grateful."

Zach will forever be remembered as one of those dedicated people who worked selflessly in support of Crisis Nursery's mission, helping prevent child abuse and neglect in Champaign County. Zach will always be a part of Crisis Nursery's family and for that, we are eternally grateful.

GENEROUSLY SUPPORTED BY



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CRISIS NURSERY MISSION

Crisis Nursery creates an "Island of Safety" dedicated to the prevention of child abuse and neglect by providing 24-hour emergency care for children and support to strengthen families in crisis.

SPECIAL THANKS

Many thanks to Patterson Office Supplies for providing our envelopes and to Premier Print Group for their donation towards printing costs.

Volunteer Spotlight: Stacy Swisher

April 12-18 is National Volunteer Week. Each week, Crisis Nursery utilizes the help of over 150 volunteers in a variety of roles – from caring for children to sorting donations to tending the gardens outside the Nursery. Volunteers provide the Nursery with tremendous support and a multitude of different talents. In fiscal year 2014, 1,195 volunteers helped Crisis Nursery support the children and families of Champaign County by providing over 17,000 hours of service. From Crisis Nursery to our volunteers: **THANK YOU!**



A mother and her two daughters attend a Crisis Nursery Parent-Child Interaction group at their local library after one daughter sees a room full of toys and exclaims, "Mommy, I want to go in there!"

A woman wakes up early every Saturday morning to arrive at Crisis Nursery by 7am for her volunteer shift where she is greeted by children who have just woken up for the day.

A family of four buys Christmas gifts for children in need and sponsors a "Day at the Nursery" each year, guaranteeing Crisis Nursery can open its doors and keep children safe for at least one day that year.

Client, volunteer, donor: three very different ways in which someone might interact with Crisis Nursery, yet each is equally important. Occasionally, these roles overlap. The three scenarios above tell the story of one person's connection to Crisis Nursery: Stacy Swisher.

Stacy, a current Crisis Nursery volunteer, lives in Tolono with her husband Mike and two daughters, Madelynn, 9, and Emma, 6. Recently, we sat down with Stacy to get her perspective and find out why she volunteers at Crisis Nursery and how sometimes, volunteering can be so much more.

"I always knew Crisis Nursery existed, but to me it was just a volunteer opportunity. In high school and college, I volunteered at the Children's Holiday Shop at Lincoln Square. Then, I got married and had kids. My children and I went to the Tolono Library looking for something to do. My daughter saw toys in a room at the library and shouted 'I want to go in there!' The toys were for a Parent-Child Interaction group hosted by Crisis Nursery, which was new to me. My children fell in love with the group. We attended every Friday morning for three years, so I got to interact with Crisis Nursery staff members and learn more about what the Nursery does.

At group, I learned some different games I could play with my daughters and was able to see what they gravitated to. It was also good to just be around other parents. **There's nothing like being around another parent who is in the same shoes as you, especially when your kids are young.** There are days you think, 'gosh, this is tough work,' so it's nice to be around a group of parents who are all going through the same thing and know that you're not the only one. The leaders of the group always did a great job interacting with the kids and with the parents, making sure everyone got something out of the group.

Our family has been blessed greatly. We're surrounded by family and friends and have amazing jobs that let us be with our children all the time, so I just felt a need to give back. Since children are very near and dear to me and I had been attending the group, I thought Crisis Nursery was a great opportunity. So, I started volunteering four years ago. I joke that I have the most coveted spot, because who doesn't want to volunteer at 7 o'clock on Saturday morning? There are Saturdays that I wake up, especially after a late night, and say 'It's dark, it's cold, I don't want to go.' But then I arrive at the Nursery and just know that there's a calling to be there. Some days, there is that one child who clings to you, needing extra love, and it's those mornings that I'm reminded of why I volunteer and why I keep getting up early on Saturday mornings.

I love to come play and enjoy my time. There are no worries – you just play, have fun, and make the children smile. My favorite part of volunteering is hearing the kids laugh. The best part of my day is when my husband makes me laugh – even on the worst day, I know I'll get at least one laugh. **So when volunteering, to know that at least once that day a child has smiled, laughed, and enjoyed his day and that I was a part of it, there's satisfaction in that.**

Around the time I started volunteering, my husband and I went to our first Dinner & Auction. Mistakenly, we bid on an item that we ended up not being able to use. We donated it back which in turn led to us sponsoring our first Day at the Nursery. Bidding was an impulse, but after it all set in, I thought - **wait a minute, we just guaranteed that Crisis Nursery can open their doors for 24 hours to take care of children.** Once we looked at it that way, we decided to do it every year and give the Nursery that support. There have been a couple years when we haven't been sure we could afford it, but we decided to make it work. We've been blessed so immensely that if we're able to do it, we want to give it. We can donate that "Day at the Nursery."

Even my kids have gotten involved. Emma helped us pick out Christmas gifts for the Nursery's Unwrap a Smile program this year. Madelynn has done a little bit more. She bought snacks and brought them to the Nursery to donate and collected money as part of a fundraiser for Crisis Nursery. When your child says

'Mom, I want to donate to Crisis Nursery,' I can't help but think I really did something right. **Children are the foundation of everything so whatever we can do to help, whether it's donating Christmas gifts or volunteering time, we do whatever we can.** We really love Crisis Nursery. There are many other people who do just as much work for Crisis Nursery, and we're happy to play a little part, doing what we can to help.

I support Crisis Nursery because there is nothing more important than the safety of a child."



Crisis Nursery is thankful for the many clients, volunteers, and donors that we interact with on a daily basis. It truly takes a village to raise a child and we are honored to serve this community, preventing child abuse and neglect in Champaign County for the last 30 years.

CRISIS NURSERY NEEDS YOUR HELP!

Now is the perfect time to start volunteering.

Visit www.crisisnursery.net to read more about our opportunities and complete an application.

Or, stop by for a tour, call 217-337-2731, or email volunteer@crisisnursery.net and we'll answer all your questions.

In Honor of . . .

September 1, 2014 through February 28, 2015 (Given in honor of birthdays, anniversaries, births, Mother's Day, Father's Day, etc.)

Emma and Sam Bennett	• Lois Harvey	• Deb Nelson	• Linda Spradlin
John and Connie Caveny	• Betsy Hendrick	• Rita Nelson	• Roland and Nelda Starszak
Champaign Surplus Customers	• Mary Diana Hiser	• Rosemary Nicholson	• Stormy, Auggie, Lexi, Eva, Vaughan, and Shawnee
Abigail Combs	• Kim Houk	• Duncan and Brody Oliveira	• Joan Tate
Marie Costello	• Carisa Jones	• Phil, Dorothy, and Kathy O'Neill	• Marilyn J. Tucker
Phil and Fran DeMaris	• Frank Kresca	• Kimberly Patchett	• Darrell and Donna Uken
Diana	• Makenna	• Darrin and Lindsey Peters	• Naneera Vidhayasirinun
Iona Donohue	• Kate and Jen Mallman	• John and Alice Pfeffer	• Kim Walder
Katie Doubet	• Paul and Lola Mayes	• Karen and Scott Pickard	• Diane Wilhelm
Barbara Downs	• Mary McGrath	• Andrea Rose	• Jeremy Youse
Grace Ducey	• Zach McNabney	• Willard and Elizabeth Rothermel	
Ron and Leslie Goldberg	• James Miller	• Judi Sherman	
Pamela Hadley and Matthew Rispoli	• Susan Miller Fallon	• Kim Smith	
	• Betsy Mitchell	• Theresa Somers	

In Memory of . . .

September 1, 2014 through February 28, 2015

Daniel Rain Ambrose	• Helen Grace Gaal Burdette	• Donald Mullally	• Ian Joseph Wagner
Brittany K. Babb	• Lena Gieselman	• Raymond Osterbur	• Ralph Weisman
Baby 3	• Marilyn Gladson	• Phil Proctor	• Nawal Youakim
Lexi Barbour	• Norma Harper	• Margaret Quinn	• Edward Zarick
Marie Buhr	• Michael Hartter	• Baby Randle	• Tom Zeigler
Donald G. Burns	• Mary Lee and Robert Hendrick	• Alyssa Robinson	
Frances Carey	• Joe Henry	• Origen and Ruth Ross	
Katelyn Marie Carlson	• Chester and Margaret Hiser	• Caroline Adora Scalzo	
Mike Chapman	• Laura Hughes	• Susie Smoot	
Braelyn Elizabeth Corbin	• Melvin Irvin	• Susan Paine Stromberg	
Richard Danielson	• Jack	• Ray Swigart	
Mike Dill	• Zach McNabney	• Don Tate	
Kurt Froehlich	• Steven Miller	• Ann L. Thompson	

Upcoming Events

ZACH MCNABNEY MEMORIAL GOLF-A-THON

University of Illinois Orange and Blue Courses
Friday, April 17, 2015

Help us remember former Nursery board president Zach McNabney. Zach was at his best on the golf course. His infectious smile and hearty laugh could always be seen and heard as he encouraged everyone he played with to be better golfers and better friends. So gather your foursome, raise pledges, and hit the links to celebrate Zach in the best possible way – golfing for his favorite charity.

DRESS DOWN TO STAND UP FOR KIDS

Throughout the month of April
For a \$5 donation, people can go 'casual for a cause.'
Encourage your school or business to participate!

MILES FOR SMILES

Illinois Marathon, April 23–25, 2015—Various race times
Join Crisis Nursery's Miles for Smiles Team at the Christie Clinic Illinois Marathon and help us raise money to support children and families in our community.

22ND ANNUAL DINNER AND AUCTION

Friday, June 5, 2015
I Hotel & Conference Center, Champaign
Save the date for our biggest night of the year—
our annual Dinner & Auction!

**FOR MORE INFORMATION ABOUT
ANY OF THESE EVENTS,
CONTACT HEATHER AT 217-337-2731 OR VISIT
OUR WEBSITE AT WWW.CRISISNURSERY.NET**

CHILD ABUSE PREVENTION MONTH OUTREACH

Spring is a busy time for Crisis Nursery outreach! As Crisis Nursery is open for anyone in the community with a child ages birth through six to access, it is important to spread the word about Crisis Nursery services and programs so families know where to turn when they need help. Staff members will be speaking at different social service agencies and community groups about the work we do throughout the spring. Have a group in mind that you'd like us to reach out to? Tell us by emailing Katie at katie@crisisnursery.net.

Get trained, help protect a child

Studies estimate that 1 in 10 children are victims of child sexual abuse before their 18th birthday, and 90% of victims know their abuser. This abuse has devastating and long-lasting consequences, but it can be prevented.

Darkness to Light is a national organization that empowers people to prevent sexual abuse through their Stewards of Children training module. The Stewards of Children training teaches adults to identify the warning signs of sexual abuse and how to react responsibly. The 2-hour training focuses on five steps to prevent and respond to the reality of child sexual abuse:

1. Learn the facts and understand the risk
2. Minimize opportunity
3. Talk about it
4. Recognize the signs
5. React responsibly

Thanks to funds received from the University of Illinois as part of a legal settlement between the Big Ten and Penn State University due to the Jerry Sandusky case, Crisis Nursery is able to provide this training to the Champaign County community for **free**.

You can join one of the many trainings we're hosting at Crisis Nursery, or we can bring the training to you. Upcoming trainings include April 23 9-11 am, May 22 2-4 pm, June 25 9-11 am, and July 20 9-11 am. Signing up is easy: call 217-337-2731 or email katie@crisisnursery.net to register today!



*Save
the
Date*

Crisis Nursery's 22nd Annual
Dinner & Auction

6.5.15

For more information contact Heather Wienke
heather@crisisnursery.net • 217.337.2731



NURSERY NEEDS

Crisis Nursery doesn't budget for daily operational needs like diapers, formula, wipes, snacks, etc. Typically these things are donated by the generosity of the community. Last year, we spent nearly \$3,000 on items like these. When you're running errands, consider picking up a donation for the Nursery. Here are our top 5 needs:

1. Gift cards to Wal-Mart, Target, Meijer, County Market, Schnucks
2. Pull-ups
3. Toddler snacks
4. Enfamil formula, all varieties
5. Swim suits and swim diapers
6. Hand soap or sanitizer



ISLAND OF SAFETY

1309 West Hill Street
Urbana, Illinois 61801-1405

RETURN SERVICE REQUESTED

Non-Profit Org.
U.S. Postage
PAID
Permit No. 94
Champaign, IL

APRIL IS CHILD ABUSE PREVENTION MONTH

BE PROACTIVE. STAND UP FOR KIDS. LEARN HOW YOU CAN HELP.

1. BE A NURTURING PARENT

Learn new skills at a Parent-Child-Interaction Group at Crisis Nursery or in the community.

2. HELP YOURSELF

Remember, asking for help is a sign of strength. Call 217-337-2730 if you need help.

3. HELP A FRIEND, NEIGHBOR, OR RELATIVE

Crisis Nursery is open 24 hours a day, 365 days a year for everyone in Champaign County with a child ages birth through 6.

4. GET INVOLVED

Attend a Stewards of Children training at Crisis Nursery or we can bring the training to your church, school, or organization.

5. VOLUNTEER AT A LOCAL CHILD ABUSE PREVENTION PROGRAM

Crisis Nursery is always in need of volunteers to help us carry out our mission of preventing child abuse and neglect in Champaign County.