

October is Domestic  
Violence Awareness Month

Tahoe  
**Safe**  
Alliance  
Stopping Abuse for EVERYONE

## COMMUNITY IMPACT REPORT

Our mission is to end the incidence and trauma of domestic/intimate partner violence, sexual violence, and child abuse in North Lake Tahoe and Truckee

### Greetings!

As of November 5, 2016 I will retire as the Executive Director of Tahoe SAFE Alliance. I am proud to have been a part of this progressive organization whose dynamic and passionate staff has made a difference in the lives of so many. Over my 11+ years we have worked together tirelessly to fulfill our mission through collaborating with our partner organizations, the community, businesses and our generous donors.

My journey was to make a difference in our community as the leader of Tahoe SAFE Alliance. This was not always an easy journey but through strength, courage and faith we came through each challenge stronger than ever. This success happened because our staff and board worked as a team of leaders staying positive and following our values to accomplish our mission.

It goes without saying that without the support of our community and our donors we would have been unable to accomplish so much. Your generosity and continued support has made a huge difference in Tahoe SAFE Alliance. I will miss each of you who I have come to know and respect. Thank you!

I look forward to continue to support Tahoe SAFE Alliance as Paul Bancroft takes over as the Executive Director. He is an outstanding individual whose integrity and vision will continue to move Tahoe SAFE Alliance forward.

This is not the end of my story. I will continue to make a difference through my own business, "Thrive Coaching and Consulting," helping others to lead with integrity and compassion. Don't just survive...Thrive! If you would like to stay in touch you can find me [here](#).

Warmly,  
Karen S. Carey  
Executive Director

### October 2016

#### Featured Articles:

[Domestic Violence Awareness Month](#)  
[28th annual Tahoe Chocolate & Wine Festival](#)

[Trauma Informed Yoga a Success!](#)  
[Volunteers Needed at Chocolate & Wine Festival](#)



[Donate here](#)

#### Your \$25.00 donation at work!

A donation of just \$25.00 helps fund Youth Empowerment Groups in local schools.

We are responsible stewards of your donations. Currently, .82 cents of every dollar supports direct programs.

October is Domestic Violence Awareness Month

### [Employee Spotlight](#)

October is a beautiful time in the Sierras! Pumpkin spice lattes, yellowing Aspen trees, and Oktoberfest celebrations. It is also a month dedicated to educating the public about domestic violence and encouraging everyone in our community to end intimate partner violence. Domestic violence is a community issue because it not only affects victims but it also impacts our children, our law enforcement, our healthcare providers, our economy, and our neighborhoods.

Domestic Violence Awareness Month is a great time to reflect on our commitment to creating a violence-free world and consider new ways of promoting social change. We need your help in mobilizing our community to end domestic violence.

Your challenge for the month is to take moments to get more informed and engage your social network in conversations about what it will take to end domestic violence. Check out some of these interesting reads and engage your community in discussion!

- [Effects of domestic violence on a classroom](#)
- [Domestic Violence is an economic issue](#)
- [Impact of DV on healthcare system](#)
- [Undocumented victims of abuse](#)
- [Changing social norms that perpetuate violence](#)
- [Same sex DV is a silent epidemic](#)



### Paul Bancroft Named Executive Director

Paul has served the Tahoe SAFE Alliance community for 8 years, most recently as the Client Service and Prevention Director. Paul is an alumni of the Strong Field Leadership Development Program, and serves on the Board of Directors for the California Partnership to End Domestic Violence, Chantal Paydar Foundation, and is a council member on the Nevada Council for the Prevention of Domestic Violence. Paul lives in Kings Beach with his family.

## Tahoe Chocolate & Wine Festival Nov. 5!

[Please join us on Nov 5th at the 28th Annual Tahoe Chocolate & Wine Festival at Hyatt Regency Lake Tahoe.](#) It will be an elegant, magical evening of delectable chocolate creations by local chefs, boutique wine tasting from acclaimed California wine regions, scrumptious appetizers by Hyatt chefs, and tantalizing items in a silent and live auction. **This is an important fundraiser for Tahoe SAFE Alliance** and money raised supports under-funded programming for FY 2016-2017. Tickets are \$125/advance and \$80.00 is considered a donation. There will be an opportunity for everyone to make a meaningful contribution to a special Fund-A-Need to be presented that evening!

[Purchase tickets here!](#)



**Our Executive Director is Retiring**

### Our Executive Director is Retiring

This year's event holds special significance as Karen Carey is retiring after 11+ years of exceptional vision and leadership at Tahoe SAFE Alliance. We will be honoring Karen's successes and an end to an era while celebrating new beginnings under new leadership. **The theme befittingly is Modern Renaissance and guests will delight in our modern interpretation.** Guests are encouraged to dress in theme; cocktail attire is also appropriate. For ideas on how to add a Renaissance look to your existing wardrobe check out our [Pinterest Board for accessories, fashion, jewelry, hair and makeup.](#)

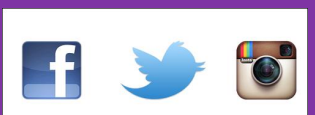
As in years past the event will be elegant and entertaining while raising awareness about the important work that we do helping families on the path to peace and violence-free lives. To learn more or purchase tickets visit [www.tahoechocolatefestival.org](http://www.tahoechocolatefestival.org)



### Jessica Brown named Client Service and Prevention Director

Jessica has been at Tahoe SAFE Alliance since April 2007. Jessica has been working in the fields of mental health, child welfare, and gender-based violence for fifteen years. Jessica has filled a variety of roles at Tahoe SAFE Alliance including Children's Program Manager and Crisis Advocacy Manager. Jessica lives with her family in Truckee and is looking forward to helping Tahoe SAFE Alliance transition into a new era.

### Check us out on:



[Facebook](#)  
[Twitter](#)  
[Instagram](#)

## Trauma-Informed Yoga

This year, Tahoe SAFE Alliance began working with [Firefly Yoga International](#) to provide trauma-informed yoga to survivors of abuse as well as staff

and volunteers. Trauma can have far-reaching impacts not only on the survivor but the professional helpers in the survivor's life. Tahoe SAFE Alliance created this mixed yoga group to address the self-care needs of everyone affected by intimate partner and sexual violence in our community.



Yoga has been shown to be an effective method for healing from trauma. Trauma-informed yoga connects the mind and body while facilitating a controlled release of trauma energy stored in the body. Yoga practice can be a key component of holistic treatment of trauma.

"Trauma-informed yoga gets back to the pure roots of practicing yoga. It's not to look more fit, do crazy arm balances, be pushed beyond your limits or any of the other interesting reasons people are drawn to yoga. It's purely to practice awareness of the body and the breath. To gain a mindful state on the mat in order to take it with you in your life off the mat."  
- Sarah Terranova, Firefly Yoga Instructor

Our current trauma-informed yoga class meets every Monday evening until the end of November. The class is open to current Tahoe SAFE Alliance volunteers so contact [Jessica](#) if you are interested in participating.

## Volunteer Opportunities

### Tahoe Chocolate & Wine Festival:

1. Office-based projects the week of Oct 31-Nov 4
  2. Pre-event decorating on Nov 5th at 9am
  3. Event volunteering Nov 5th 5pm-11pm
- Contact [Jessica](#) if you are interested helping out in any way!

### Ongoing:

[Helpline Crisis Counselors](#)

[Youth Empowerment Group Co-Facilitator](#)

[Ski Day Volunteer](#)

Interested in Volunteering? [Contact Jessica Brown by sending her an email here!](#)