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From the Desk of your Friendly Neighborhood CEO



Most people I know bristle at the thought of winter. As soon as temperatures fall under 40 degrees, they go inside and stay there. The darkness brings sadness for many people who crave and need the sun. In recent years, we have come to know this as seasonal depression.

As a nature-oriented person, I have had my own struggles with winter. When I first started running outdoors, I would stop as soon as November came. I was afraid of the winter. I didn't want to be cold; I didn't want to be uncomfortable. Fast forward many years and one child later, I had lost my relationship with running. We struggled to get back together. In 2018 we finally found each other again in the spring. It was a joyous reunion. As winter came closer, I made a promise to myself. I will run outside ALL winter. That's right, ALL WINTER LONG. I loved running outside and detested the treadmill. If I wanted to keep my relationship with running, I knew I would have to let myself be uncomfortable and see what happens.

AND I LOVED IT!

Giving myself this challenge was one of the best things I have ever done. I learned that the discomfort doesn't really last that long. I learned that if you keep going, it gets better! I learned nothing is more peaceful than a run in a forest preserve with an ever so slight cover of snow and big, fluffy flakes falling on your head.

I learned that growth happens when you embrace the discomfort.

And low and behold, I spent that winter training for a half marathon, which I ran that spring with snow on the ground. This once dreaded activity opened a whole new world for me and I accomplished things I never even dreamed possible. I grew as a runner and as a person.

This winter you have an opportunity to challenge yourself. Take the chance to get a little uncomfortable and see how you grow.

In Peace,

Jennifer

Board Member Spotlight

by Kris Scott, Chief Advancement Officer



Renee Williams Jefferson has been a Board Member of Anew since March 2021. She is a long-time resident of Olympia Fields, Illinois and is an artist, former higher education administrator, professor, and lawyer. Renee currently serves on the Development Committee and the Strategic Planning Committee. I had a chance to speak with Renee recently and I want to share our conversation.

Kris: Renee, I understand that you used to own an art gallery. Can you tell me about that experience?

Renee: When I moved to Olympia Fields in 1995, I found that there was very little representation of African American artists in the few art spaces located in the south suburbs. As a practicing artist, I wanted to change that and bring patrons/collectors and artists together under one roof. I decided to look for a space where I could exhibit my art, select, and exhibit the work of other artists, including African American artists, and hold events that promoted the visual arts in general.

I decided to locate the gallery in downtown Homewood on Martin Ave in 2002. I called it Wisdom Art Gallery. I kept it there for two years and then moved it to 183rd Street, a little west of Dixie Highway, where it remained until I closed it in 2012. Owning and running an art gallery was a wonderful experience and sometimes I miss it. However, I continue creating and exhibiting my art. I am a member of an African American Women's artist collective called Sapphire and Crystals and a supporter of Woman Made Gallery located in Chicago.



Renee Williams Jefferson
The Journey #1 - Vessel
Handcast Cotton Linter Pulp, Encaustic, Mixed Media
13"H, 12"W, 11"D
2022

Kris: What is your art medium?

Renee: I use cast paper pulp, either cotton linter or abaca, and encaustic (molten pigmented wax) to create my art. The process involves preparing the pulp, and casting (applying) it onto a surface that might be a canvas or a board. I shape the pulp and allow it to dry and then using acrylic paints and dyes to create the painting I envision. I also create 3-dimensional vessels using either cotton linter or abaca. I cast the pulp into a mold, let it dry and then use acrylic paints, dyes, and other materials such as glass, beads, and handmade paper tiles to complete it. My encaustic works require me to heat and melt pigmented wax and apply it to a substrate, usually wood. Sometimes I apply encaustic to my 3-dimensional cast paper vessels. I also use these two mediums to create wall panels and spirit angels.

Kris: That's awesome! You became a board member of Anew in March 2021, how did that come about?

Renee: Well, Esther Jenkins, who was the former chairperson of Anew's board asked me to consider joining the board. We've known each other for quite a while and were colleagues at Chicago State University.

Kris: Were you a bit familiar with our organization before you became a board member?

Renee: Yes, I was, and it dates back a few years. It first started with a ministry I was involved with at my previous congregation. We donated various supplies to the

Sanctuary (the transitional housing program of Anew). One of the ministries I belong to at my current community of faith, the Emmaus Community, also donated various supplies, such as cleaning essentials, painted and help ready an apartment for an incoming client, and completed yard work and light landscaping. We continued this relationship for about four years.

Kris: You currently are working and serving on the Strategic Plan Committee which is helping Anew create a strategic plan to guide the organization over the next couple of years. Do you have any thoughts that you could share about what your current hopes are for the organization?

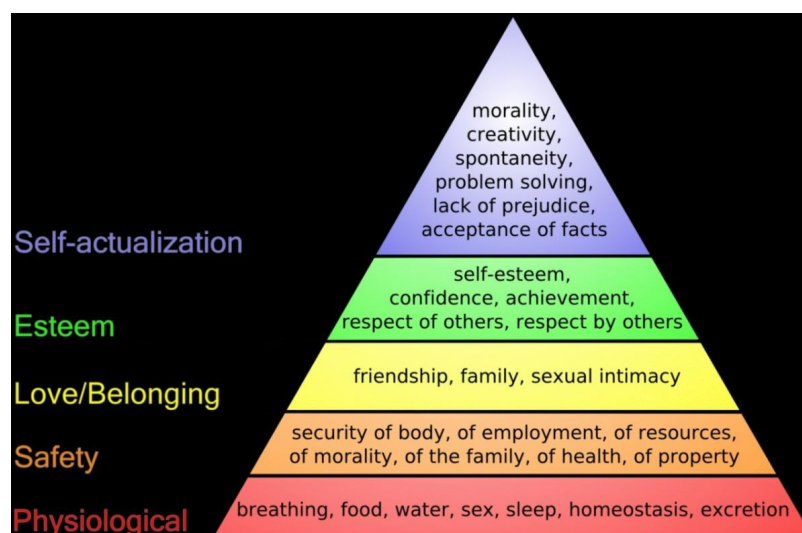
Renee: The Strategic Planning Committee has worked diligently over the past several months to develop a framework to further strengthen Anew's service to its constituents and the communities it serves. I am looking forward to the upcoming retreat that will bring board and staff together to develop a roadmap to help us continue doing this.

If you or someone you know might be interested in becoming a board member at Anew: Building Beyond Violence and Abuse, please email us at info@anewdv.org.

A Safe Home for the Holidays: Transitional Housing and Rapid Rehousing

Maslow's Hierarchy of Needs, as shown in the image below, ranges from more concrete needs such as food and water to abstract concepts such as self-fulfillment. According to Maslow, when a lower need is met, the next need on the hierarchy becomes our focus of attention. Meaning, if physiological and safety needs are not met, then the priorities of love/belonging, esteem, and self-actualization are set aside, or even completely disregarded until the former can be achieved.

Not every case of domestic violence is the same, but oftentimes survivors are faced with the possibility of becoming homeless when choosing their safety over remaining in their home. Anew: Building Beyond Violence and Abuse works to help survivors of domestic violence become safe, heal and rebuild their lives. Ultimately, we hope to provide that safe environment where they can thrive and build a sense of belonging, boost their self-esteem and confidence, and create fulfillment.



For forty years, we have provided emergency shelter to survivors. In 2000, we began providing transitional housing to survivors and their children. Our transitional housing, known to many as Sanctuary, can house ten survivors and their families free of charge. We provide all the essentials of home: furniture, dishes, blankets and sheets,

and most of all, safety. Survivors can live in our transitional housing for up to 2 years and during that time, they receive counseling and case management to help them move forward and create a beautiful life. When our clients move out to their own special home, they can take whatever they need from the apartment to start anew.

In a single day in the United States, more than 37,000 survivors of domestic violence and their children rely on a domestic violence shelter or transitional housing program to meet their needs for safety and shelter. In addition to the transitional housing, Anew works to help survivors avoid homelessness with assistance to stay in their existing homes through homelessness prevention funding or find new housing through Rapid Rehousing. Our Rapid Rehousing program provides short-term rental assistance and supportive services, with a goal of helping our clients end their homelessness by securing safe housing quickly. Our Rapid Rehousing Manager works to recruit and build relationships with landlords in Cook County to have access to as many housing options as possible for our clients. Anew steps away when the survivor can maintain their housing without further financial assistance.

Anew believes in helping our clients meet their most basic needs as they build a better future for themselves and their families. Being in safe and secure housing allows our clients to look forward towards their goal of financial independence, and help them reach the very top of Maslow's Hierachy of Needs and-- most importantly--stay there.

For more information visit our website at www.anewdv.org.

Anew's Adopt-A-Family Program

The magic of the season came early to Anew!
It brought presents and goodwill to the families in our services.



Thanks to the spirit of giving, Anew's 58 Secret Santa's who participated in Adopt-A-Family, were able to provide a holiday experience that our families otherwise would not have had. Thanks to these Santas, 36 families totaling 81 people were provided with gifts and a holiday meal. Thank you to each and everyone of the donors that participated in this beloved annual program. We hope to see you next year!



A note from the Counseling Program:

For the past 14 years (it might be more) Auto and Home Insurance Agency Inc has purchased holiday gifts for every one of child clients, no matter how many children we have had. Thank you for your long term partnership! Your dedication to our young clients is so appreciated!

Anew is expanding rapidly-- Join our team!

**ARE YOU
AWESOME?**

WE'RE HIRING

Anew is searching for the best and MOST AWESOME people to join our team and grow with our agency! We have a total of 7 full-time positions available:

- ★ Bilingual Children's Counselor > bit.ly/BilingualChildrensCounselor
- ★ Court Advocate > bit.ly/CourtAdvo
- ★ Government Grants Manager > bit.ly/GovGrantsManager
- ★ Partner Abuse Intervention Program (PAIP) Assistant > bit.ly/PAIPAssistant
- ★ Safe From the Start (SFS) Project Coordinator > bit.ly/SFSCoord
- ★ Community Education Program Manager > <https://bit.ly/CommEdManager>

★ Staff Accountant > <https://bit.ly/AnewStaffAcct>

All positions have been newly updated, so if you checked them before, make sure to check them again!

Anew offers full time benefits including 14 paid holidays; 20 days of Paid Time Off (PTO) annually; medical, dental, vision and life insurance; short-term and long-term disability; and the ability to contribute to our 403(b) plan with 3% company matching. This position is also eligible for Aflac benefits.

If you are interested in applying for any of these positions, please email your cover letter and resume to careers@anewdv.org.

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Sent by jennifer.g@anewdv.org in collaboration with



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