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I'm All Ears

HOLIDAY BLUES



For many, the holidays are a time of giving, companionship, and celebration. However, the expectations of the season can also cause feelings of stress, anxiety, loneliness, and depression. In fact, more people become depressed during the holiday season than at any other time. The stress of preparing for the holidays is one major cause of negative feelings. Not only must perfect gifts that fit our budget be found for friends and family, but houses and apartments must be decorated, cards must be bought and sent, and holiday events must be attended,

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*Volunteer
Crisis
Counselors
answer
calls 24
hours a
day, 365
days a
year.*

ABOUT BREAKING THE WORLD RECORD

ON JANUARY 24, 2004, VOLUNTEERS WILL GATHER TO BREAK A WORLD RECORD FOR THE LONGEST BASKETBALL MARATHON BY PLAYING FOR OVER 27 HOURS TO RAISE AWARENESS ABOUT SEXUAL ASSAULT. At 9am, 24 Listening Ear volunteers split into two teams of 12 will take to the court to play, dribble and shoot. It's all part of the World Record Basketball Marathon, the most fun and the longest effort put forth to end rape and sexual assault.



By raising funds, players are supporting the Listening Ear Crisis Intervention Center and its Sexual Assault Counseling program. The Listening Ear is the nation's oldest all

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GIFT-WRAPPING SERVICES WHERE YOU SHOP!

Volunteers from The Listening Ear will be wrapping at Barnes & Noble on Grand River and at the Community News Center in Frandor, with all donations benefiting the Listening Ear Crisis Intervention Center. Come and see us

at the following dates, times, and locations:

Barnes and Noble:
Sunday
December 14
5:00 PM—9:00 PM

Community News Center
Monday-Friday

December 15-19
6:00 PM—9:00 PM
Saturday & Sunday
December 20-21
10:00 AM—7:00 PM



The Listening Ear Financial Report

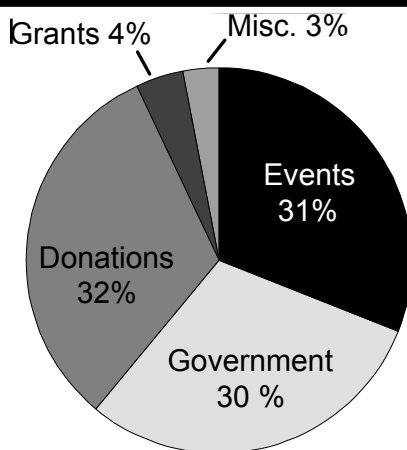
2002-2003

The first graph shows our sources of income. Almost two thirds of our support came from small contributions in the form of donations (primarily during mail campaigns and through United Way payroll deductions) and from events like Bob's Run and Operation Freefall. Another 30% comes from East Lansing and Ingham County. The rest came from a grant and miscellaneous income (for example rent on parking spots at our previous building).

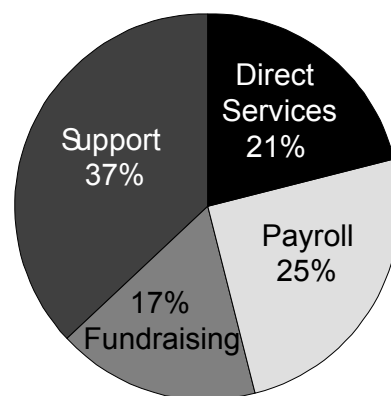
The second graph shows how we spent our money. The largest expense is the support category, which is cost of keeping the Ear open

(rent, utilities, supplies, etc.). The second largest expense is to pay one part-time office manager who keeps the organization operating smoothly. One fifth of our budget goes to paying expenses directly associated with providing services to our clients: community education, crises intervention, and sexual assault counseling. We are able to provide these services at very little expense because of the efforts of our all-volunteer crisis staff. Raising smaller contributions is fairly expensive so 17% of our budget goes to soliciting funds to keep our doors open.

“NEVER DOUBT THAT A SMALL GROUP OF THOUGHTFUL, COMMITTED PEOPLE CAN CHANGE THE WORLD. INDEED, IT IS THE ONLY THING THAT EVER HAS.”
—MARGARET MEAD



Income



Expenses

Operation Freefall

Operation Freefall has a date set for 2004!!! On April 24th, thousands of people across the country and over a dozen volunteers from the Listening Ear will take a two-mile high stand against sexual assault. We will take to the sky, jump, and then float gently back to earth demanding an end to sexual violence.

The success of Operation Freefall depends on you. We are asking all jumpers to raise a minimum of \$500 (in addition to their registration fee) in tax-deductible donations from friends, family, coworkers and neighbors. By raising funds, jumpers will support RAINN (the Rape, Abuse & Incest National Network) which will be donating its portion raised locally to The Listening Ear, Inc.; and SOAR (Speaking Out About Rape) whom founded the jump.



Operation Freefall participants needn't be experienced skydivers — in fact,

The Listening Ear Crisis Intervention Center extends our thanks to the community, individuals, and businesses that allow us to continue to serve as a helpful, supportive presence to those in need.



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volunteer crisis hotline which is in operation 24 hours a day, 7 days a week. The Listening Ear is the areas rape crisis center with calls routed to the center from RAINN (the Rape, Abuse & Incest National Network). Breaking the World Record will help:

- Maintain the Sexual Assault Counseling program at the Listening Ear and will ensure access to free, confidential counseling for survivors, 24 hours a day, 7 days a week, as well as, guarantee survivors access to free one-on-one counseling and advocacy.
- Maintain and expand the efforts to educate men, women and children by raising awareness about incest, rape and other forms of sexual violence, while continuing to reach out to the thousands of people in the greater Lansing Area.
- Expand programs to educate lawmakers, police officers, students and the media about sexual violence.

Those breaking the world record are not experienced players – in fact, all are dedicated volunteers at the crisis line. The players will take the court and play consecutive regulation basketball games and attempt to break the world record, which is currently 26 hours and 47 minutes.

By doing such a public activity, we are helping remove the shame and stigma that surrounds survivors of sexual violence. We are playing to honor and celebrate the courageous spirit of survivors. We will successfully reclaim, at least this one day where survivors may leave their feeling of shame and hopefully turn what is a dreaded memorial into, if only for this one day, an empowerment celebration.



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most are first-timers. Participants will make a “tandem” skydive, tethered to a certified expert skydiver for maximum safety. The registration fee of \$265 includes everything needed for a tandem jump; which comprises complete safety training at a USPA-certified skydive facility, all necessary gear, and an expert tandem partner.

Operation Freefall started when SOAR founder and RAINN advisory board member Kellie Greene made her first jump on the anniversary of her rape. In doing so, she successfully reclaimed the day that had been taken from her, reviving her own courageous spirit and turning what had been a dreaded memorial into an anticipated celebration. Each year, more people join Kellie, and her jump has attracted national attention by television programs such as Oprah, The View, Extra and the Today show.

Registration, general information, and how to sponsor a jumper are available by contacting Tamika Payne the Sexual Assault Counseling Staff Coordinator at The Listening Ear, Inc. at (517)337-1728 or by e-mail at thehear@msu.edu. Special packages are available for teams of three or more.

Board Members

Community Members

- Cynthia Alderson
- Russell Britton
- Brian Baer (Treasurer)
- Louise Forsythe
- Lou Hekhuis
- Sarah Shaw (Vice-Chair)

Staff Members

- Sandy Amble (Secretary)
- Alyssa Baumann
- Chad Halsey (Chair)
- Tim Harvey
- Fred Jaecklein
- Rebecca Low
- Kevin O'Donohue

Staff:

- Office Manager
- Over 70 volunteer crisis counselors.

If you are interested in joining The Listening Ear, Please call (517)337-1717!

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and all while maintaining an appropriately jolly attitude. People often feel pressure to behave cheerfully during the holiday season when they are actually anxious or depressed, and are more inclined to keep their troubles to themselves rather than talk them out with a caring friend or family member.

People who have experienced the loss of a partner, family member, or friend may feel especially depressed during the holidays. The loss of a loved one can be especially painful during a season that focuses on companionship and family togetherness, and memories of a loved one may be particularly vivid during this time of year.

If you are dealing with the loss of a loved one, depression, or just need to talk, please call 337-1717 for counseling and referral services. To combat general holiday stress, you may wish to consider the following tips from the National Mental Health Association:

- *Keep expectations for the holiday season manageable.* Try to set realistic goals for yourself. Make a list and prioritize the important activities. Be realistic about what you can and cannot do. Do not put entire focus on just one day (i.e., Thanksgiving Day) remember it is a season of holiday sentiment and activities can be spread out to lessen stress and increase enjoyment.
- *Remember the holiday season does not banish reasons for feeling sad or lonely;* there is room for these feelings to be present, even if the person chooses not to express them.
- *Leave "yesteryear" in the past and look toward the future.* Life brings changes. Each season is different and can be enjoyed in its own way. Don't set yourself up in comparing today with the "good ol' days."
- *Do something for someone else.* Try volunteering some time to help others.
- *Enjoy activities that are free,* such as driving around to look at holiday decorations; going window shopping without buying; making a snow-person with children.
- *Be aware that excessive drinking will only increase your feelings of depression.*
- *Try something new.* Celebrate the holidays in a new way.
- *Spend time with supportive and caring people.* Reach out and make new friends or contact someone you have not heard from for awhile.
- *Save time for yourself!* Recharge your batteries! Let others share responsibility of activities.

Honor your family and friends with a gift

**Is there someone special that you would like to remember or thank?
Honor them with a gift to The Listening Ear.**

Your information:

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____

In Honor/Memory of _____

o Please send a card of acknowledgement to:

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

I want to make a difference in my community with a gift of:

1 \$90 1 \$ _____
1 \$60 1 \$180
1 \$30 1 \$120

Receive a copy of
Goldfish Dreams by
Jim Hines with a dona-
tion of \$100 or more!

Please Charge my Visa/MC \$ _____ Exp. Date: ____/____
(Check one: One time charge **OR** Charge me monthly ____)

Signature: _____

Card #: _____

Security Code (The security code is a three or four digit code printed is usually
on the back of the card, to the right of the card number.): _____

If charging to a credit card, please complete the below information using your credit card billing address.



Thank You!

The Listening Ear
Crisis & Referral Center
313 W Grand River Ave
East Lansing, MI 48823

517.337.1717

Name _____

Address _____

City/State _____ Zip _____

E-mail _____

Please return to: The Listening Ear, 313 W. Grand River Ave, East Lansing MI 48823

Does your company offer a program that matches your donations to community non-profit organizations? Ask your employer's personel/human resources department and if they do, let them know each time you make a donation to The Listening Ear. You will double your support of our mission, for free!