



# Advocacy In Action

March 2023 Newsletter - News and Updates from Turning Point of Lehigh Valley

## Brain Injury Awareness Month

Turning Point Advocates work hard all year round to bring awareness to partner-inflicted brain injury and are not only screening survivors for a potential brain injury, but also referring survivors out to Good Shepherd Brain Injury Rehabilitation Clinic here in the Lehigh Valley to receive the best care available.

**An estimated 36% of domestic violence survivors have sustained injuries to the head, neck, or face. <sup>1</sup>**

Through new research and studies, researchers have identified that the head, neck, and face are the most common areas of a person's body that an abusive partner targets with physical violence that can cause a brain injury. This can be done through hitting, kicking, slapping, falling, and any blunt force trauma to the head, neck, or face region. A survivor may also acquire a brain injury through strangulation. Strangulation prevents blood and oxygen from entering the brain causing someone to become unconscious within seconds, permanent brain damage can occur within under a minute, and possible death as an outcome. The Training Institute on Strangulation Prevention describes strangulation as "the last warning shot, often a last escalation of terrible violence that precedes a homicide".

**90% of all individuals with a history of interpersonal violence have concomitant signs and symptoms of traumatic brain injury <sup>2</sup>**

Even one injury a survivor experiences can change the way someone thinks, feels, and acts within seconds of sustaining that injury. Unfortunately, the reality for most survivors is that they are sustaining multiple injuries and therefore possibly multiple brain injuries. If you take a look at statistics specific to Pennsylvania, it becomes clearer that this is a larger issue than we may have known.

At Turning Point, we understand how serious brain injuries can be and how the symptoms can be a barrier for a survivor that is facing every day and future decisions. You can use the "Has Your Head Been Hurt?" questionnaire to the right to help you decide whether to seek medical attention. We are here to help support you through this journey and if you would like to speak to someone within our agency, please reach out to our 24/7 Helpline.

## Has Your Head Been Hurt?

- Hit you in the face, head, or neck?
- Puts their hands around your neck and tried to strangle you?
- Made you fall and hit your head?
- Shaken you severely?
- Has done something that made you pass out, lose consciousness, or have trouble breathing?

Are you having problems with...

- Headaches?
- Feeling dazed or confused?
- A change in your vision?
- Ringing in your ears?
- Dizziness or balance problems?
- Seizures?
- Pain in your head, face, or neck?

Are you having trouble....

- Remembering things?
- Paying attention or focusing?
- Getting things done?
- Organizing things?
- Following conversations?
- Feeling motivated?
- Controlling your emotions?

If you said YES, you might have a head injury. Call your healthcare provider, go to the nearest emergency room, or contact Good Shepherd Brain Injury Rehabilitation Center directly at (888)447-3422.

1. 2011. FERN GILKERSON. PARTICIPANT'S GUIDE. TRAUMATIC BRAIN INJURY AS A RESULT OF DOMESTIC VIOLENCE. MODULE V.  
2. JOURNAL OF AGGRESSION, MALTREATMENT & TRAUMA  
VOLUME 28, 2019 - ISSUE 6: TRAUMATIC BRAIN INJURY AND DOMESTIC VIOLENCE VICTIMIZATION



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# Brain Injury Awareness Month Cont.

Below are the most common challenges associated with brain injury that survivors face. It's important to note that not every survivor will face these challenges and no two brain injuries are alike.



Supporting

## International Women's Day

#IWD2023

#EmbraceEquity



ENCOURAGE AND RALLY YOUR FRIENDS, FAMILY, COLLEAGUES, AND COMMUNITY TO EMBRACE EQUITY.

TOGETHER WE CAN WORK COLLECTIVELY TO IMPACT POSITIVE CHANGE.

TOGETHER WE CAN ALL HELP FORGE AN EQUAL WORLD.

LET'S ALL EMBRACE EQUITY TODAY, AND ALWAYS.

**TURNING POINT OF LEHIGH VALLEY WILL BE CLOSED FOR INTERNATIONAL WOMEN'S DAY ON MARCH 8, 2023  
WHAT CAN YOU DO TO EMBRACE EQUALITY FOR ALL?**

**TAKE A PICTURE LIKE THE ONES ABOVE AND DON'T FORGET YOUR TAG!**

**#IWD2023 ~ #EMBRACEEQUALITY ~ #MYTURNINGPOINTLV**



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# Building A Safer Lehigh Valley For All

The support of The Davis & Smith Family Foundation has been nothing short of transformative over the past year. Through their generosity, we have been able to assist survivors with numerous expenses, like purchasing home security systems and helping to offset the high cost of childcare.



This past month, we learned that The Davis & Smith Family Foundation would not only continue their support in 2023, but they committed to a \$300,000 grant to be paid out annually in \$100,000 installments to assist with our Strategic Plan initiatives.

Our ambitious three-year Strategic Plan is meant to help us improve the quality of our services and programming while also increasing our agency's capacity to continue to meet the needs of survivors in the Lehigh Valley in 2023 and beyond. Our loftiest goal is our Capital Campaign to secure funding for a new joint administrative and Safe House building that is capable of accommodating the demand for our shelter services and support our growing staff and trauma-informed programming.

We are so thankful to have the support of The Davis & Smith Family Foundation as we embark on this ambitious but necessary next chapter in our agency's long history.

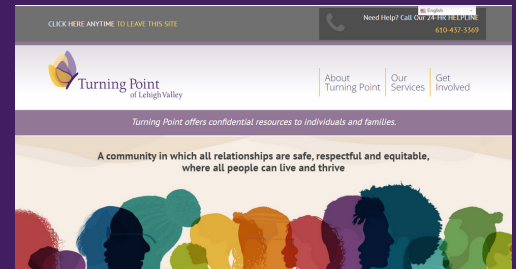
## Donate Through

Did you know you can donate to TPLV using PayPal?

Support our mission by making a one-time or scheduling a monthly donation directly through our PayPal nonprofit page. We have also added PayPal as an option on our [website donation page](#).



## Have You Seen Our New Look?



Thanks to funding from the Keystone Savings Foundation, our Advancement Team was able to update and service our website over the last few months.

As part of our agency's current Strategic Planning efforts, planning for the expansion of safe, easily-accessible service delivery models is a prominent theme. We recognize that many survivors prefer electronic communication options as they offer easier access.

These changes will now make our website much more user-friendly and overall more intuitive to navigate and learn about our services and programming.

Take a look at our newly updated website and make sure to check back often as we will continuously be making updates.

Visit [www.turningpointlv.org](http://www.turningpointlv.org) to view our newly improved look and layout.



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## Ways to Get Involved and Give Back

### Bid For A Cause

Our Third Annual Auction goes live starting on Friday, March 3rd

We have one of a kind experiences, specialty items, unique handmade goods, and gift cards for you to bid on. 100% of the proceeds benefit survivors and their families.

Special thanks to our Presenting Sponsors:  
TierPoint, LLC and The Lisa Diener Domestic Violence Foundation!



EVERY1KNOWSSOME1

THIRD ANNUAL VIRTUAL SPRING AUCTION



ALL PROCEEDS TO BENEFIT

TURNING POINT OF LEHIGH VALLEY

**AUCTION OPENS  
MARCH 3-10, 2023**

Register early by visiting the link below

**BIT.LY/TPLV2023AUCTION**

Auction opens March 3rd.

Go to [bit.ly/tplv2023auction](https://bit.ly/tplv2023auction) to register or to update your bidding profile.

[Click here to view our 2023 Auction Catalog](#)

### Celebrate Women

Join us on Saturday, March 11th from 11am-4pm at The Nazareth Center for the Arts to celebrate women

To celebrate International Women's Month, The Curious Plantaholic and other women-owned small businesses will be at The Nazareth Center for the Arts selling plants, wine, handmade art, and more!

A portion of the proceeds for the day will benefit Turning Point. Want 15% off some plants? The Curious Plantaholic is offering a 15% discount to anyone who brings a donation for The Safe House. We hope to see you there!



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# Special Thank You to all of the Businesses and Turning Point Supporters who made our Auction a Reality!

Through our generous community, there are over 80 different auction items to bid on!

Ai Orthodontics  
Alpha Sigma Tau Alumuni  
Barry and Ruth Search  
Bella Silueta Inc.  
Black River Farms Vineyard & Winery  
Brenda and Ralph McCandless  
Brown & Brown Insurance of the Lehigh Valley  
Cactus Blue Mexican Restaurant  
CliftonLarsonAllen, LLP  
Color Me Mine  
CSENT2U Creations  
Domaci Home  
Elizabeth Anthony's Salon  
Epworth United Methodist Church  
European Body Concepts  
Franklin Hill Vineyards  
Fulton Bank  
Glow With The Flow Skin Studio  
GOLD Credit Union  
Holiday Hair (Northampton, PA)  
Kevin Jones  
Josh Early Candies, Inc.  
Jumbars  
Kuhnsville Car Wash  
Lauryn Neely  
Lehigh Valley Health Network  
Longwood Gardens  
Lost River Caverns  
LTD Lawn & Landscaping  
McCall Collective Brewing, LLC  
MJ Eventos y Regalos  
Mub Media  
New Jerusalem Evangelical Lutheran Church  
Northampton Community College  
Northampton County Historical & Genealogical Society

Philadelphia Eagles  
Philadelphia Flyers  
Philadelphia Wings Lacrosse  
Philly Pretzel Factory  
PhoenixFire Media  
Pocono Raceway  
Price Rite  
Serfass Construction Co. Inc.  
Service Electric Cable TV & Communications  
Split Pine Axe Throwing  
Sweet Girlz Bakery  
Taste Smokers  
Te Lo Juro Collective  
The Baum School of Art  
The Farm & Table  
The Lisa Diener Domestic Violence Foundation  
Three Bees Quilting  
TierPoint  
Renie Unger  
VIA of Lehigh Valley  
Wegmans Allentown  
Wicked LLC  
Wind Creek Bethlehem, LLC  
Women at Amazon  
Woodlawn Fire Department  
Woodloch Pines Resort  
Working Dog Press  
Yergey Brewing  
Yocco's Inc.

Thanks to our Presenting Sponsors - TierPoint, LLC  
& The Lisa Diener Domestic Violence Foundation



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