

ISSUE 17 · SEPTEMBER 2020

# TURNING POINTS

News and Updates from Turning Point of Lehigh Valley



## THE LAST SIX MONTHS

As we approach the six-month mark of the COVID-19 pandemic, our team at Turning Point looks back with a bit of amazement at this past half of a year. Plans we had were immediately halted. Sometimes, plans we had at 9 AM were completely reversed by that afternoon. Today we have certain routines that were unimaginable just a few months ago. Counseling through telehealth, offering shelter exclusively off-site, meeting people at virtual Protection from Abuse hearings via Zoom – all unthinkable but here we are, making it work.

Like everyone else on the planet, our staff and volunteers managed to adapt our work to be there for survivors in need while the rest of their lives were also in flux. We have employees who became sick with and lost loved ones to COVID. We had partners who became unemployed. Many became homeschool teachers and principals while keeping their heads above water at work.

I am sure you can relate, because at this moment in history, we are all living with the ongoing stress of uncertainty and wear many new hats. The need to live moment to moment while trying to plan for futures. Being isolated and having a sense we are swimming against the current. There are days when doing anything but getting out of bed feels like more than what is manageable. If you can relate, then unfortunately you also have a sense of what daily life is for our survivors in abusive relationships. The feelings of powerlessness, not having control over your situation, being cut off from the people and things that bring you support and joy.

We see daily examples of how people can not only rise above the stress of the pandemic, but manage to do so while also having lived with the ongoing stress of an abusive relationship. We face each day because we need to use whatever strength we may have to help them find theirs. It is inspiring to see the amazing things people accomplish.

On days it hard to focus on the future, I find myself thinking of one our recent residents at Safe House. She gained the courage to leave a marriage during the pandemic with her children and a few belongings. She had no real vision of where she was headed – she just knew that her life would be better if she was willing to face uncertainty and work hard to make a positive change. In just two months she managed to get a better job and become a homeowner. She now has a place she feels safe to call home. She is a true example for me of how stress can overwhelm us or motivate us.

My hope for you is that you too have the strength to let stress during this time propel you to positive places and allow you to be an inspiration for others.

In peace,  
Lori Sywensky, *Executive Director*



TurningPoint  
of Lehigh Valley

# *Virtual Empowerment Group*

*You are not alone!*

**EVERY THURSDAY**

**6:00-7:30PM**

**We offer you a safe space for you to talk,  
if you wish – or simply just listen.**

**Break the isolation created by abuse  
and build a circle of support.**

**ALL OUR SERVICES ARE CONFIDENTIAL AND AT NO COST.  
FOR MORE INFORMATION, CALL OUR 24/7 HELPLINE:**

**(610) 437-3369**

**[www.turningpointlv.org](http://www.turningpointlv.org)**



# SURVIVOR SPOTLIGHTS



## Survivor *Spotlight*

**"Today, I can say I am happy. After many years of suffering, isolation, and fear, I just received my work permit. I am no longer financially dependent. Thank you for your support and guidance. I thought I was alone, but now I know I am never alone."**

- Counseling Client

**24/7 Helpline: 610-437-3369**  
**[www.turningpointlv.org](http://www.turningpointlv.org)**

## WAYS TO HELP

### **NEW, FULL SIZE donation items needed for our clients:**

Visit our updated Amazon wish list: <http://bit.ly/tplv>

- **Baby Diapers & Pull Ups (all sizes)**
- **Baby Bibs & Baby Outfits**
- **Twin Size Comforters & warm blankets**
- **Twin Size Sheets & Pillows**
- **Children & Adult Sneakers & Slippers**
- **Shampoo & Conditioner**
- **Body Wash, Lotion, Deodorant**
- **Bath Towels & Washcloths**

**MAKE A DIFFERENCE.**  
**DONATE TODAY.**

**All items may be dropped off at or mailed to our Administration Building located at 444 E. Susquehanna St., Allentown, PA 18103 from Monday-Friday, between 8:30am-4:30pm.**

# UPCOMING EVENT

JOIN WEST END YOGA CENTER  
FOR A FUNDRAISER FOR  
TURNING POINT OF LEHIGH VALLEY

## **TRAUMA-INFORMED YOGA IN THE PARK**

Saturday, September 26, 2020  
from 10:00-11:00am

St. Francis Center For Renewal  
(Virtual Zoom optional available)

Instructed by Larissa & Monique  
of West End Yoga Center



All proceeds to benefit Turning Point of Lehigh Valley.  
To register, please visit <https://secure.qgiv.com/for/tywlam>