

FIGHTING HOLIDAY FATIGUE

We all have busy schedules and when you throw in the holidays, one has a tendency to go into stress overload. From Goblins, to Gobblers, to Gifts and Goodies...this time of year can be draining. Every year we try to avoid it and every year we still do it. Think about all of the extras that you have been adding to an already hectic lifestyle—holiday parties, gatherings with relatives, holiday shopping, cooking, and entertaining guest from out of town.



Stressed by holiday fatigue!

The list seems endless, but to eliminate holiday fatigue, one must take steps towards stress relief.

First, if you are running from one task to the next without a break, it may be time to down size. One does not have to stay until the end of every party or even attend every gathering. Look at your list of events and obligations and see where you can cut back on time, energy, and money.

Second, make sure that you are not suffering from the lack of sleep. You do not have to pull an all-nighter or miss several hours of sleep to feel negative effects. Getting one hour less than you normally need can leave you drowsy and unable to handle the increased chaos. Try to get your normal amount of sleep during the holidays.

Finally, avoid alcohol. Be aware that alcohol depresses your central nervous system and acts as a sedative making you tired for hours even after a drink or two. It may also disrupt your sleep if you drink before bed.

The holidays are here and by making a few changes in your lifestyle, you can turn drudgery into delights and fatigue into festivities.

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In this issue:

Fighting Holiday Fatigue	1
Task Force to Meet in January	1
Making A Difference to Community Families	2
Safe Holiday Tips	2

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TASK FORCE TO MEET IN JANUARY

The Service Provider's Task Force of the 2nd and 14th Judicial Circuits will not have a meeting for the month of December. However, they will resume meeting on Tuesday, January 10, 2011. The meeting will be held at the J. Carl Kears Extension Building located at

847 Calhoun Street, Bamberg, South Carolina. The meeting will begin at 2:00 p.m.

The Service Provider's Task force is an organization that meets monthly. Its purpose is to plan two regional trainings each year to allow professionals to learn about issues effecting

victims while providing a networking forum. The task force is always seeking new members who are interested in our mission. To join, contact Jennifer A. Medlin at phone number (803) 245 4994.

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Holiday Greetings!



We are on the web:
www.sova.sc.gov

MAKING A DIFFERENCE TO COMMUNITY FAMILIES

The Aiken County Solicitor's Office Victim/Witness Assistance Program (VWAP) is a strong advocate for victims in the community. The program, managed by Angela (Ann) Key, is not only active in victim functions, but they are also a strong force in the community. Recently, the group participated in the Muscular Dystrophy Association (MDA) Lock-up in which Ms. Key was required to raise "bail money" in order to secure her freedom. The group raised over \$350.00 in the event.

Additionally, the program extended its generosity to the community by participating in the North Augusta Christmas Community Care project. This project's purpose is to assist families who are in need and do not have the resources to provide Christmas gifts for the children. The VWAP sponsored 16 families and also donated 3 Christmas trees.

Some of the other victim related projects that they accomplished this year consists of organizing their first Victim's Rights Awareness Campaign during the month of April. With the help of the U.S. Department of Justice Office for Victims of Crime, they created bookmarks in English and Spanish, flyers and a calendar of events. This information was distributed in Aiken, Bamberg, and Barnwell Counties. The group also assisted with the Victims' Memorial Garden at Aiken's Eustis Park which was dedicated during Victims' Rights Week.

The goal of the VWAP is to provide support and advocacy to all victims throughout the prosecutorial process. They want all victims to feel safe and secure. This is evidenced by the Children's Corner, a room in the courthouse which provides a safe, colorful and comforting environment for children involved in court proceedings. They also have the "Bear with Me Program" which provides stuffed animals to children. VWAP maintains a pantry that provides snacks, diapers, gas cards, cell phones and journals. When asked how they pack all of the volunteer work and outreach into one year, Ms. Key stated, "The jobs of victim advocates are very important and make a difference in ways that no one knows."

SAFE HOLIDAY TIPS

During the festive season, our thoughts turn to giving and receiving gifts, visiting friends and relatives, and delightful culinary experiences. However, there are others who are thinking how to take advantage of the season. Do not give a thief a chance this year. If it does not look or feel right, it probably isn't. Being safe does not take a holiday. The American Red Cross offers the following tips:

WHILE SHOPPING:

- ◆ Park in a visible well lit place and lock your vehicle
- ◆ Place all shopping bags and gifts out of sight
- ◆ Avoid carrying a large amount of cash

OUT FOR THE EVENING

- ◆ Turn on lights and a radio so it appears that someone is home
- ◆ Secure windows and doors

HOLIDAY TRAVEL:

- ◆ Ask a neighbor to watch your house
- ◆ Use automatic timers for your lights
- ◆ Stop mail and newspaper deliveries
- ◆ Notify your local police department and leave a number where you can be reached

AT HOME:

- ◆ Keep doors and windows locked
- ◆ Mark all property with your license number
- ◆ Beware of strangers coming to your door and asking for donations, instead, help a charitable group you know