

ISSUE 4 · NOVEMBER 2022

FALL NEWSLETTER

Survivor Leadership Collective

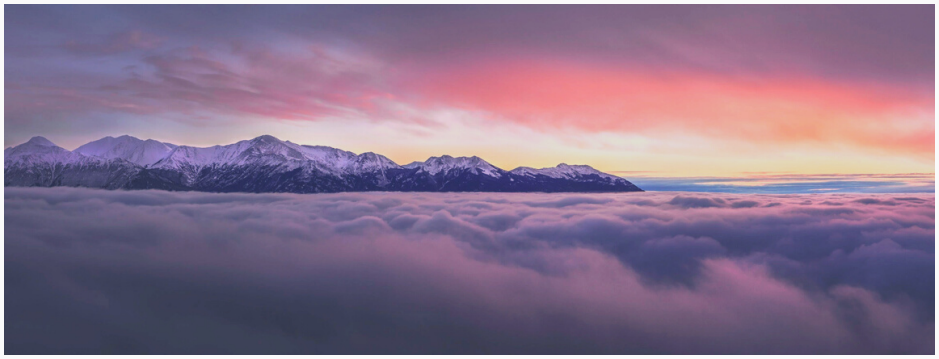
Cover photo by: SLC Advisor Laura

A Warm Greeting

Dear SLC Members and Friends,

We wanted to share with you a little bit about what we've been up to, upcoming opportunities and ways to get connected to us during this season. In addition, if you are looking for support you can reach out to us by email at slchealing@gmail.com or by phone call The Center for Violence Prevention and Recovery at 617-667-8141. Take care and be well.

Warmly,
The SLC Advisory Board



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"Stronger Together" Quilt Project

OCTOBER 2022 DOMESTIC VIOLENCE AWARENESS MONTH EVENT

On October 27th, Survivor Leadership Collective and Center for Violence Prevention and Recovery hosted the Quilt Project event. This project was co-facilitated by our SLC Advisor Cynda and CVPR Intern Aubrey Jun. We appreciate all those who have joined us in this space as it was a meaningful time together. Survivors came together to create quilt squares that reflect the following prompts:

- What strengths and supports have you discovered in your healing journey?
- How do you imagine a strong and supportive community?

Our vision is to sew these quilt squares together to create a beautiful quilt that represents the strength and journey of the DV survivors. We will keep you updated on the progress of the sewing process as well as the final reveal event to display the quilt.









YOU ARE INVITED TO PARTICIPATE!!!

If you would like to create quilt squares to be included in the quilt please reach out to Aubrey at jjun@bidmc.harvard.edu for more information on how you can receive the quilt decoration kits and participate. This is also a great activity with family and other survivor groups, so feel free to request as many kits as you need. Decorated squares will be accepted until 12/31/22.

Check out our SLC social media for content and updates:
FB: https://www.facebook.com/slchealing?mibextid=LQQJ4d
Instagram: https://instagram.com/survivorleadershipcollective?igshid=Nzg3NjI1NGI=
SLC Website: https://www.survivorleadership.com/



RECIPE: SUPER MOIST FUDGE BUNDT CAKE

1 devils food cake mix
4 large eggs
1 (4 serving) box instant choc. Pudding mix
1 cup sour cream (not low-fat or fat-free)
½ cup warm water
½ cup vegetable oil
1 ½ cups semi-sweet chocolate chips
Optional: powdered sugar

- Place all ingredients except chocolate chips in a large mixing bowl. Blend with an electric mixer for 1 minute. Stir down sides. Continue to mix on medium speed for 2-3 minutes. Stir in chocolate chips.
- Pour batter into prepared (greased and floured) bundt pan. Bake 45-50 minutes at 350 degrees. Cool 20 minutes. Invert onto serving platter. You can dust it with powdered sugar for an elegant look.
- Check at 40 minutes if using cake release

Cake release:
1/3 C oil
1/3 C flour
1/3 C shortening

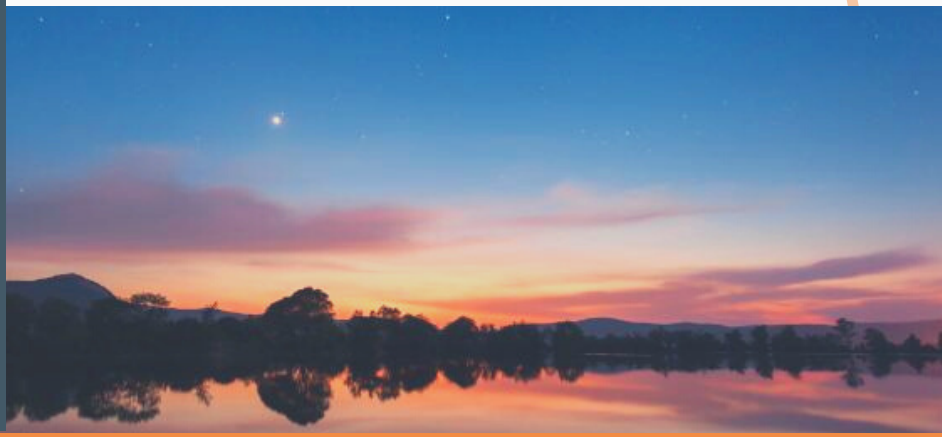
- Brush on pan
- can store in to cupboard up to 3 months

POETRY FOR THE SOUL

ECLIPSE

BY YVONNE, SLC ADVISOR

In the tranquil November night when not a sound
raged, we walked away from city lights
on a narrow trail covered with fallen leaves to
see the rare Blood Moon partial eclipse.
And we needed no money, no mask, nor
security stop or guides. When the silver moon
slowly swallowed the earth's shadow and
particles flickered across the sky illuminating
the moon's surface with copper-red hues.
It was the largest eclipse for many centuries, so
rare that heads from all corners of the world gazed
toward the sky to witness the lunar event.
Most not expecting a miracle or paused to pray and
some without any ancient prophetic religious
beliefs. When the majestic sun cascaded onto
the horizon bringing in screeches and strange hums.
And the peace was gone.



Self Care Corner

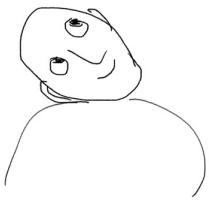
Self care is something we should all make sure we incorporate into our daily lives. It is something that will help you get through the busy and tough times in life. Self care looks different for everyone, today we explore Self Care by regulating the Vagus Nerve.

The vagus nerve is responsible for many things in our body and also aids many organs in their functions. It regulates your heart rate, breathing rate, and helps your body relax when you're stressed, amongst many other things. There are many exercises that are used to stimulate the vagus nerve to help us relax. Below is one exercise you can do to help activate your vagus nerve, help you feel more relaxed when you're feeling anxious or stressed and also ease tension in your neck where many of us carry our stress.

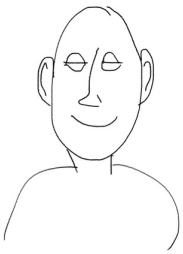
This exercise should be done sitting on the floor or a chair and done for a minimum of 30 seconds on each side, but you can do it for longer if you would like. It's usually done with the assistance of your hand guiding your head and holding it in place during each side(right hand for right side, left hand for left side)but for the sake of my drawing skills I did not illustrate that here.



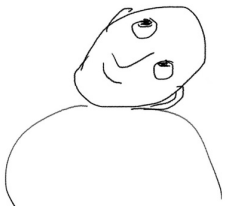
Lee is taking a moment during a stressful day at work to activate their vagus nerve.



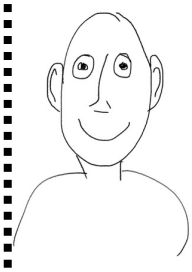
Lee tilts their head so their right ear is near their right shoulder, now Lee looks up and to the left and holds their stare for 30 seconds.



Lee takes a moment, and when they're ready they start on the next side



Lee now tilts their head to the left so their left ear is by the left shoulder, Lee looks up and to the right, and keeps that hold for 30 seconds.



Lee feels a little better and will make it through their work day without cussing out any coworkers.

When your vagus nerve is activated you might take a deeper breath, sigh or even swallow. It's okay if you don't notice any of those signs, you might just feel more relaxed after a while. Keep trying!

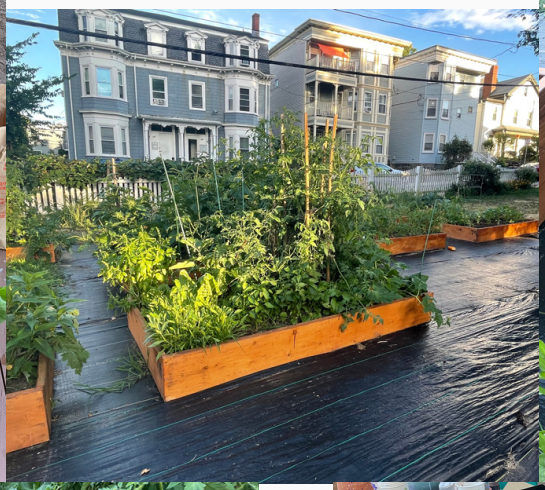
Exercise adapted from the book: Accessing the Healing Power of the Vagus Nerve by Stanley Rosenberg
Drawings and contribution submitted by SLC Advisor, Cynda

FOOD FOR THOUGHT

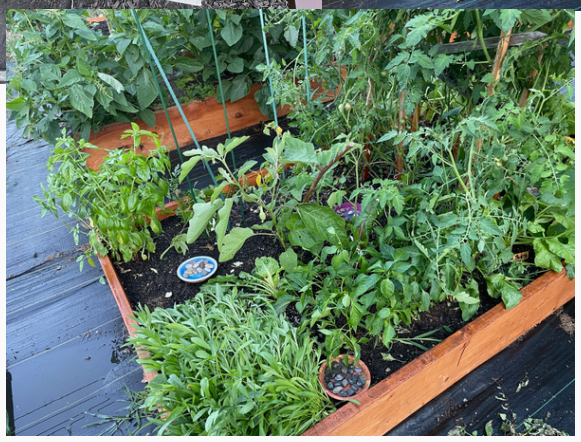
SLC GARDEN UPDATE

This summer the SLC planted and maintained a community garden plot in Boston, inviting survivors into the space for designing, planting and cultivating a garden of vegetables, herbs and flowers. In addition, SLC Advisors, Laura and Yvonne offered workshops throughout the summer on crafting with plants and planters, sugar scrubs and bee plates. See the beautiful fruits of their labor in these images. Can't wait until next spring, hope that you can join us! No prior gardening experience is necessary.











SLC LEADERS ARE AT THE FOREFRONT OF PROMOTING TRAUMA-INFORMED MEDICAL CARE!

Over the past two years, with funding from the Boston Evening Clinic Foundation and the Massachusetts Office of Victim's Assistance, SLC members and advisors have been working with staff from the Center for Violence Prevention and Recovery, Beth Israel Deaconess Medical Center and other stakeholders to develop a teaching video to train health care providers in trauma-informed care from the perspective of survivors and patients. This project was inspired by the vision of SLC co-founder and Advisor, Becca Wefald. The finishing touches are being worked on, so look for a Spring debut. Stay tuned...!



Jocelyn Litrownik, an SLC co-founder and current SLC member, joined CVPR Director Lisa LaChance and Team Leader Jo-Anne Ochalla in training 50 first year medical students in trauma-informed care at Harvard Medical School this month.

Kudos to both of you for your leadership!

Center for Violence Prevention and Recovery

Beth Israel Lahey Health
Beth Israel Deaconess Medical Center

SLC Survivor Leadership Collective