



United States Women of Today
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1st Trimester State Information Packet (SIP)

I want to take a minute to thank everyone who has given me support in moving on to the next chapter in my Women of Today journey. I am excited to continue serving on the national board. Allow me to introduce myself further for those of you that do not know me and I haven't had the opportunity to meet. I joined the Pawnee Illinois Women of Today in July 2015 and quickly moved into serving my local chapter in various positions including Secretary, President & COB. I then joined the Illinois Women of Today Board as Secretary. I have also served as Membership VP, Programming VP and 3 years as President. My husband Daniel has been alongside me since the beginning always helping with whatever project our chapter was doing. In August of 2018 he became a member and jumped in feet first (maybe head first, not sure). I am deeply honored to serve as your 2026-2027 USWT DVA Program Manager.

Some of my goals this year are:

- Communicate with state contacts monthly.
- Provide educational materials on DVA to state contacts to share with chapter members each trimester.
- Promote fundraising for Domestic Violence Awareness and raise \$25,000.00 through reported transmittals.

That being said, I will be using acronyms to promote DVA awareness, but I want to minimize the paperwork. I prefer that DVA Fast Starts and transmittal submissions be completed using the electronic submission forms via the website under the DVA area or Programming Vice President area.

FAST START

On the website under the Programing VP, you will find a link to complete your DVA Fast Start via electronic submission. Please submit your Fast Start by August 15 and use the following link to provide an electronic submission: <https://www.emailmeform.com/builder/form/pa71293cx1h1l1587>

Your Fast Start will include:

- A letter of introduction and your plan of action.
- Begin to implement one of your goals; include a description of what you have done to implement this goal

- A copy of at least one of the materials you have prepared for promotion of your area within your state. This may be a mailing, article in your newsletter, information shared to your chapters in your state, outline for a forum you are doing
- Make an “official” contact with a foundation or organization with whom you will be working and let me know who it is.

First Trimester Challenge

I want to encourage our members to promote Domestic Violence Awareness. Let’s turn Facebook Purple. Change your profile picture to an image that promotes DVA. You can even use my logo if you want to. Then make a weekly post on Thursdays about DVA and use hashtags in your post. Don’t forget to wear purple on Thursdays to promote DVA in your communities. Post your pictures!

- #EndTheSilence
- #HealthyLoveLooksLike
- #YouAreNotAlone
- #KnowTheSigns
- #SpeakForSafety

Recognition & incentives will be given to those chapters and states that do this on a weekly basis. Individual members' names will be put into a drawing for some special DVA merchandise.

DVA STORE

I have some new creative ideas for the DVA Store all with a purple theme of course. Are there items you would like to see in the DVA Store? Email me at dva@uswomenoftoday.org and let me know.

? DID YOU KNOW ?

1. **Strangulation is one of the strongest predictors of future homicide**
A survivor who has been strangled by a partner is at dramatically higher risk of later being killed by that partner—even if there are no visible injuries afterward. Many people don’t realize strangulation can cause delayed internal damage or brain injury.
2. **Abuse often increases when a survivor tries to leave**
The period right before and after leaving an abusive relationship is statistically one of the most dangerous times. Abuse is often about control, and losing that control can escalate threats, stalking, or violence.
3. **Domestic violence can include “digital abuse”**
Abuse is not only physical. Many abusers use technology to control partners by:
 - a. tracking locations,
 - b. demanding passwords,
 - c. monitoring messages,
 - d. impersonating them online,
 - e. or using smart home devices (cameras, thermostats, locks) to intimidate or harass them.