



P.O. Box 142, Daytona Beach, Florida 32115 ❖ 386.257.2297 ❖ Fax: 386.248.1985

www.domesticabusecouncil.com

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For Immediate Release:

For more information contact:

Lynn Kaiser Conrad

lynn@domesticabusecouncil.com

386-257-2297 ext. 22

Outside room 3, it appears and sounds chaotic. Staff responds to the incessant ringing of two crisis hotlines, buzzers sound as guests and residents wait for access through the front door, from the playground or through the security gate.

A toddler cries as his mom vanishes from his sight in the communal dining room at the emergency shelter where separation anxiety seems to intensify for all, young, old and everyone in between.

Down the hall, an advocate puts up the yellow tent signs warning the floor is wet since she just mopped up a sticky substance. It could have been Jello or juice.

In room 3 there is an oasis; the blinds are closed shutting out the sun and the fluorescent bulbs are turned off. Light creeps in from the hallway. There is a hint of cucumber in the air, soft and subtle. The instrumental music is sprinkled with flutes, oboes and exotic percussion pieces setting this serene stage.

Vanessa Mitchell, a state licensed massage therapist and a state certified facial specialist creates the atmosphere once a month when she comes to the shelter to provide upper body massages for the staff at the Domestic Abuse Council. The service allows staff to take time during the work day for self-care.

Mitchell says that immediately after the massage, staff may appear subdued and quiet, but because of the endorphins and the serotonin that are being released, work production and attitudes significantly increases in the subsequent days. Further, she claims that massages are part of a circle of healthy selections. "After a massage, people feel better. They enjoy that feeling and want to sustain it so they make adjustments to their routine and lifestyle for healthier choices," Mitchell said.

Mitchell brings her massage chair and all of the tools of her trade each visit so the staff can take 15 to 30 minutes out of their work day to rejuvenate. Mitchell volunteers her time and expertise as part of her way to make a difference in the community.

To learn more about Domestic Abuse Council go to www.domesticabusecouncil.com. The Domestic Abuse Hotline is 1-800-500-1119.

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- ❖ Court/Legal Advocacy ❖ Community Education and Professional Training ❖