

Peace  
Hope  
Safety

1979-2014

35 years of service to the community

## Shelter News



Working to End Domestic Violence in Our Community

Spring 2014

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M.Ed., NCC

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Jenny Patterson

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**Fiscal Manager**  
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**Fundraising & Development  
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**KidsWatch Coordinator**  
Carol Fox

**Legal Advocate &  
Outreach Counselor**  
Robin Hoover

**Outreach Advocate to the  
Spanish-speaking Community**  
Patty Roseberry

**Receptionist**  
Kayla Ferguson

**Residential Office Manager**  
Amanda Taylor

**Volunteer Coordinator**  
Robin Goldstein

**Shelter Managers**  
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Kat Gursky  
Bre Lundgren  
Cindy Nowak  
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**Board Members**  
Lori Brookins  
Helene Downs  
Pam Garrison  
Denise Horbaly  
Tina Krall  
Carol Lee  
Mark Lorenzoni  
Ann McAndrew  
Charron Montgomery  
Ruth Parsons  
Christine Peterson, M.D.

### Domestic Violence and Animal Abuse

April is nationally recognized as Animal Abuse Awareness Month, shedding light on the disturbing link between domestic violence and animal abuse. The National Coalition Against Domestic Violence reports 71% of women in domestic violence shelters admit their abuser had also threatened, injured, maimed, or killed the family pet as means of controlling or enacting revenge against them. The same report stated that 32% of children who had witnessed violence in their home had hurt or killed animals as a way of emulating the abusive parent's behavior or in an effort to take out their aggression on something less powerful.

A pet represents many things in a family living with abuse – a source of comfort and support, a friend to a lonely scared child, or an empathetic bond between a victim and an abused animal. These strong bonds can also serve as a hindrance in leaving the violent home and coming into shelter. Between 25% and 40% of women stay with their abusers because they are afraid of what might happen to their pets after they leave. Some choose to leave but live in their car with their pets because many shelters are often not able to accommodate them. Recognizing this dilemma for victims, the Shelter

created a Pet-Safe Program nearly 10 years ago. In collaboration with Creatures Great & Small, the pets are fed, housed, loved, and given medical care.

Research indicates that children exposed to domestic violence are three times more likely to commit acts of violence to an animal. This type of abuse among children is considered when diagnosing behavioral disorders, and is viewed as a precursor to perpetuating violence as an adult. What we know is that children living in abusive homes learn that power is gained through violence and often continue the cycle as they grow older, making it important to address the needs of children exposed to violence.

In recent years, new laws have been introduced and are beginning to take effect throughout the country to keep companion animals safe from abusers much the same way we work to keep women and children safe. More shelters are offering programs to house pets as part of their wrap around services, and in some states, protective orders are being written to include pets. In the 2014 General Assembly session, a bill passed both the House and Senate to offer protections for companion animals and now moves on to Governor McAuliffe's desk for signing into law.



## TADA—Teens Against Dating Violence

TADA—Teens Against Dating Violence is the Shelter's program dedicated to promoting healthy relationships for teens, bringing awareness of teen dating violence, and ending bullying, and it got off to a great start in 2014! In February, Teen Dating Violence Awareness Month, TADA introduced its new Facebook page geared toward adolescents, teens, and their parents. With social media's audience growing larger every day, it seems like a viable medium to reach teens. The TADA Facebook page will offer tools to prevent violence before it starts, and educate parents that abuse can happen even at young ages. We encourage you and your children to like and share this page, found at [www.facebook.com/TADAcville](http://www.facebook.com/TADAcville).

Our newest ally is Megan Beuscher, a 17 year old senior at Western Albemarle High School, who approached TADA with her plan to help middle school girls in the community. Megan worked with Lea Calvani, the Shelter's Child & Adolescent Advocate, to develop a curriculum designed to empower young girls with self-confidence, leadership skills, and a support system. In February, they held the first of many seminars for girls ages 11 through 14 hoping to help to guide them in the development of a strong sense of worth and a foundation for making good choices about their future dating partners. In a recent news interview, Megan was quoted as saying *"I love working with younger girls. I love being able to that positive role model for them because I grew up in an abusive household."* Megan's commitment to working with TADA for one year will help her achieve her goal of earning the Gold Award, the highest honor in Girl Scouts.

If your teen is interested in learning more about the fundamentals of a healthy relationship, what they can do to help their peers, or if you fear they may be in an unsafe relationship, have them contact Lea at (434) 293-6155 or by email at [lcalvani@shelterforhelpinmergency.org](mailto:lcalvani@shelterforhelpinmergency.org).

*Nearly 1.5 million high school students nationwide experience physical abuse from their dating partner each year, and over half never telling anyone. (Centers for Disease Control)*

## A Child's Letter of Thanks

*"Thank you for being a great loyer and friend. You are like a mother to me I love you with all my heart. Thanks to you I have a better life. Thank so much. Now me and my mom can go where ever we want and nobody yells at me. I and my mom love you. We think you are great. I love you have change my life. God bless you."*

These kind words were written by the child of a women attending the Shelter's Spanish support group. The little girl wanted our Advocate to the Spanish-speaking Community to know she could feel her life changing for the better after her mom and her had come to the Shelter for assistance. She was overwhelmed with a sense of freedom and safety as her mom and her were starting their new lives free from the abuser.

Our Spanish support group meets weekly at our Community Outreach Center. Guided play sessions are offered for children attending with their moms.

**H**elp Someone in Need

**O**ffer to Donate

**P**articipate by Giving Your Time

**E**mpower Yourself by Learning More

Every journey begins with hope! You have the power to help someone in their journey by giving them the building blocks they need to build a strong foundation for a safer life free from abuse. Learn what you can do to offer someone hope by calling our Community Outreach Center at (434) 963-4676 or visit our website at [www.shelterforhelpinmergency.org](http://www.shelterforhelpinmergency.org).



This May, Design House celebrates its 5th anniversary as the Shelter's signature fundraising event! We added many exciting things this year to make your experience better than ever including a silent auction, boutique, raffle, and informative seminars.

Our 2014 Design House was built in the 1950's and has a spacious living area great for entertaining both inside and out, five bedrooms, a gazebo and a secret garden. Twenty five designers have come together to volunteer their time, expertise and materials to transform the home into a designers' show house. In addition to the wonderful work the designers do, this house will also feature a complete kitchen remodel - a must see!

A Silent Auction will be held during the Design House Preview Party with some very special items available, including a Zero Gravity experience, a stay in a Beach House outside of Charleston, a beautiful pearl necklace designed by Gabriel Ofiesh, and a private dinner and tour at Montpelier. The Preview Party gives attendees a chance to be the first to tour the home and meet the designers and sponsors.

Visitors coming to tour the home will also have the opportunity to attend our informative seminars and shop at our new boutique. Seminar topics include interior design, identifying antiques, opportunities to learn how to prune your shrubs and trees, and visit with Peter Hatch as he discusses his new book on his experience as Monticello's former gardener. The boutique will feature unique, hard to find items for your home and garden.

Tickets are available for purchase at \$20 for a single tour and \$45 to come as often as you like—the latter being the best option for those who plan to attend more than one seminar. Stay tuned to the Design House website and Facebook page for more details as they come in. *See you in May!*



*because peace on earth begins at home*

### **Our Volunteers Rock!**

We are grateful to have such a wonderful group of volunteers giving freely of their time and energy to help the women and children we serve each day! Volunteers work tirelessly to ensure our crisis hotline is staffed 24-hours a day, children are given guided play sessions while their mothers meet with case managers and attend support groups, offer translation services to our non-English speaking clients, provide administrative assistance for our office staff, and help to organize community activities and events such as our annual 5K and Design House. We would not be able to provide all of the vital services and programs for the victims reaching out to us for assistance without the amazing support of our volunteers. April 6-13 is Volunteer Appreciation Week, please take that time to thank someone you know who sacrifices their time so that others can get the help they need.

If you are interested in joining our volunteer team, please email [rgoldstein@shelterforhelpinemergency.org](mailto:rgoldstein@shelterforhelpinemergency.org) to learn more about our Summer Volunteer Training session coming up in June.

### **Community Support**

Each Monday in May, visit Sedona Taphouse for their *Steak Out for Charity* event. For just \$5 you'll get an 8oz. Angus steak over red skin mashed potatoes. Sedona Taphouse is donating 20% of all sales from this menu item to the Shelter.

Minda's Boutique is donating \$5 for every \$15 shawl or scarf purchased during April through July. Just in time for Easter and Mother's Day, you can add a bit of flair to your wardrobe with their lovely spring colored pashminas. Find Minda's in Charlottesville at 2125 Ivy Road.



Peace on Earth Begins at Home

## Cards for a Cause

Introducing our new 2014 notecards! These unique cards showcase the artwork of Lindsay Knights, a 9th grade student at William Monroe High School in Greene County, winner of our *Peace on Earth Begins at Home* art contest.

The contest is designed to reach children in local school systems and offer them preventative measures against violence in the home. Lindsay's design, also featured on our 17th Annual 5K Run/Walk for Shelter t-shirt, highlights our message that everyone deserves to live in a peaceful and safe home.

Cards are available for purchase at \$0.75 each or 5 for \$3.00. Please call (434) 963-4676 for details. All sales will go to help fund Shelter programs and services.

## One Day of Services: Sept. 17, 2013

The 8th annual Domestic Violence Counts National Survey conducted by The National Network to End Domestic Violence in September 2013 highlights one day of services provided to domestic violence victims throughout the United States as well as victims turned away due to lack of funding and resources.

	<u>National</u>	<u>Virginia</u>
Victims served in one day:	66,581	1,158
Victims in need of emergency shelter:	36,348	638
Victims seeking counseling, legal advice, or children's support groups:	30,233	520
Hotline calls answered:	20,267	443
Unable to receive services due to lack of space, staff, or resources:	9,641	75

The Shelter for Help in Emergency provided emergency shelter, hotline services, outreach services, and advocacy and outreach services to 24 victims/survivors on this day.

## Adopt-a-Family Program

In December our Adopt-a-Family program helped to make the holidays a little easier for 61 mothers, children, and single women all working to rebuild their lives free from their violent abusers. The generosity of over 40 local businesses, churches, and community members was felt by all as gifts were distributed. *"This is amazing! Thank you so much! Bless you!"* one mother said as she put presents for her 3 year old daughter in the back of her van. A single woman feeling alone this holiday season asked only for a grocery gift card and cried as she saw a multitude of gifts just for her.

We are grateful for such an outpouring of community support and extend our deepest thanks on behalf of all you helped bring a smile and a sense of joy to during the holidays. **THANK YOU!**

## RACE AGAINST DOMESTIC VIOLENCE

The Shelter for Help in Emergency would like to thank all who contributed to the 17th Annual 5K Run/Walk for Shelter!

**Bankers Insurance**                      **Nest Realty**  
**Charlottesville Solutions**        **Relay Foods**  
**Crutchfield**                              **SNL Financial**  
**Heppner Family Chiropractic**    **T&N Printing**  
**Ragged Mountain Running Shop**

Bella 2 Photography • Benessere Spa Services •  
 Blue Ridge Country Store • Bodo's •  
 Brian Keena, Certified Massage Therapist •  
 Cappellino's Crazy Cakes • Carter's Mountain •  
 Charlottesville Track Club • CiCi's Pizza •  
 Crème de la Crème • Derriere De Soie • El Puerto •  
 Eppie's • Greenberry's • Hamilton's At First and Main •  
 Lynn Goldman Studio's • Massanutten Resort •  
 Michie Tavern • Mona Lisa Pasta • Nan Rothwell Pottery •  
 New Dominion Book Shop • Opal Yoga • Pepsi •  
 Pizza Bella • Shenanigans • Spinderella • Splendor's •  
 Starbucks 29N • The Carving Board Cafe • The Cat House •  
 The Hair Cuttery at Barracks Road • The Hip Joint •  
 The Needle Lady • Trader Joe's • Travinia •  
 Tuel Jewelers • Ty Cooper • Whole Foods •  
 5K Race Committee Members • 5K Volunteers

*We have checked our records carefully and apologize if we have made any errors.*

## 10 Things Parents Can Do to Promote Healthy Relationships

1. **Be there.** Young people might not say it directly, but they want a positive and caring adult in their life. Even if few words are exchanged, your presence lets them know that you're there when they need you.
2. **Know s/he is watching you.** Your child watches everything you say and do—your way of talking, your sense of humor, how you deal with stress and conflict, and how you treat others. Your child takes cues from you, both good and bad.
3. **Show Respect.** Make respect your way of dealing with people. Young people learn respect by watching how you and other adults treat other people. That means your actions while in traffic, in restaurants, in the backyard, or at the dinner table all matter.
4. **Teach your son/daughter about the importance of healthy relationships.** In a healthy relationship, respect is mutual. Communication, equality, trust, and non-violence are essential.
5. **Offer alternatives to violence.** Share strategies for handling violent or abusive situations and ways to stay safe like calling you or a teacher when they're in trouble, or the police if in immediate danger. Tell them what they can do if they see violence, particularly against girls. There are resources available such as the National Teen Dating Abuse Helpline (1-866-331-9474) or local resources such as the Shelter for Help in Emergency Hotline (434-293-8509).
6. **Ask about their world.** Find out who your son or daughter's favorite people are—sports figures, celebrities, or people in your neighborhood. Ask them who they respect and why. Let them know why people who disrespect others should not be admired.
7. **Listen.** When young people get frustrated and mad, tell them they can walk it off or talk it out with you or a friend. Let them know they can come to you anytime they feel like things are too stressful or out of hand.
8. **Discuss the rules.** Kids need to understand limits. Family and school rules about treating others with respect must be talked about and reinforced. When it comes time for dating, be sure they know that treating people with love and respect is what it means to care for someone.
9. **Take advantage of “Teachable Moments”.** Use relevant, real-life situations to teach your child about the importance of respect, positive role models, and the characteristics of healthy relationships. These everyday examples are Teachable Moments.
10. **We all make mistakes.** Young people (and parents) aren't perfect. The goal is to learn from the past to make a better future.

Futures Without Violence  
RESPECT! An initiative of Family Violence Prevention Fund  
Founding National Partner: Macy's

## Drive Peace Home!

The newly designed Peace Begin at Home license plates will be available for purchase in April. If you already sent in your money, the Department of Motor Vehicles (DMV) will mail them to you. Plates are transferrable online at the [www.dmv.virginia.gov](http://www.dmv.virginia.gov).

A portion of the funds collected through the sale of these license plates will go toward funding prevention programs and services for domestic and sexual violence throughout the state.

Be a visible voice in your community against violence and make your car or truck a *vehicle for change!*



## Craft Corner

Wednesday afternoons children are invited to participate in a new fun play session—Craft Corner. In recent weeks, time has been spent making top hats and vests out of duct tape at the request of a very innovative young man staying in our emergency residential facility with his mother.

The children look forward to this activity each Wednesday and coming up with new ideas of how to be crafty with ordinary items.

Moms are invited to stay and participate during craft corner or take time to work on their progress in building their new life.

# Peace Hope Safety

## **SHELTER FOR HELP IN EMERGENCY**

P.O. Box 1013  
Charlottesville, VA 22902  
Admin. Office: (434) 963-4676 V/TTY  
Hotline: (434) 293-8509 V/TTY  
Email: [info@shelterforhelpinemergency.org](mailto:info@shelterforhelpinemergency.org)  
Website: [www.shelterforhelpinemergency.org](http://www.shelterforhelpinemergency.org)

### *Philosophy Statement*

*The Shelter for Help in Emergency is committed to providing a safe, supportive, confidential and respectful environment in which survivors of domestic violence are empowered with the knowledge of personal and community resources as well as the skills needed to make informed decisions for themselves and their families.*



Non-profit Org.  
Postage Paid  
Charlottesville, VA  
Permit No. 305

### **What about other donations?**

While we greatly appreciate the calls we get about donations such as clothing and household goods, we do not have the storage for such items until they can be used. We suggest donating to the following community agencies that work in partnership with us to help those in need.

#### **Clothing:**

- Central Virginia Baptist Clothing Center (434) 977-6876
- The Salvation Army (434) 295-4058
- Schoolhouse Thrift Shop (434) 973-2271

#### **Household Goods and Furniture:**

- The Salvation Army (434) 295-4058
- Goodwill (434) 295-3967

## **CURRENT NEEDS LIST**

Perishable Food Items	Tissues
Grocery Gift Cards	13-Gallon Trash Bags
Pharmacy Gifts Cards	Bath Towels
CTS Bus Tickets	Baby Monitors
Toilet Paper	White Bedsheets (twin & full)
Paper Towels	Mattress Pads (twin & full)
Laundry Detergent (H/E Only)	Old/Broken Cell Phones

For all other donations, please call (434) 963-4676.  
Due to lack of storage space we are unable to accept donations of clothing, toys or books.

