

Women Are Safe, Inc.

Spring 2008

Helping Is Healing

Women Are Safe, Inc. is a domestic violence program serving Dickson, Hickman, Humphreys, and Perry counties.

Main Office

131 West End Ave.
Centerville, TN 37033
Phone: 931-729-9885
Helpline: 931 729-5730 or
1-800-470-1117
Fax: 931-729-0556

Humphreys Co. Satellite Office

3343 Hwy 70 E
Waverly, TN 37185

Shop 'til It Stops

102 South Public Square
Centerville, TN 37033
931-729-7737

Shop Hours:

Tue-Fri 10am-5pm
Sat 10am-2pm
Closed Sun & Mon

WAS 2008

Board of Directors:

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When I tell people I am the director at a domestic violence program often their response is something like, "Bless your heart. That must be really difficult... seeing all those poor women". That is a nice thing to say but it leaves me feeling a bit uncomfortable. The truth is I am a better person for having known the women and children that we serve at Women Are Safe, Inc. They have enriched my life by reminding me that given the space and encouragement to grow, a woman can overcome seemingly impossible obstacles. Their needs have forced me to think creatively about how to meet the demands of daily life and to appreciate the basic comforts of family and home. I have been humbled by their strength and ability to rise above adversity. As we have gotten to know these survivors over the years and listened to their stories, we have gained valuable insight into the causes of domestic violence and why it is so hard to escape.

In order to address some of these issues, Women Are Safe, Inc. has partnered with the Tennessee Coalition Against Domestic and Sexual Violence on two new exciting projects. The first is called Boys Against Violence. This is a three year endeavor during which time we will help develop a curriculum for middle school boys. The

curriculum will be designed to coach boys on how to make good choices when conflict arises. The second is our 12 month transitional housing program called HAVEN. This

program grew out of the realization that one of the main reasons why women feel trapped in abusive relationships is they do not have the financial means to leave. We are taking advantage of this one year grant to pilot a financial assistance program that will supplement survivors'

incomes as they rebuild their lives.

In this issue you will find more information about these projects. You will also find letters of thanks written by some former victims we have served. I hope these letters will give you a sense of why advocating for families has been so rewarding for us at Women Are Safe, Inc. In addition, you will find stories from some of our staff and volunteers describing how they have been able to heal through helping others. If you would like to learn more about how you can help please call our office at 931-729-9885.

Thank you for your interest in our program.

Kind regards,

Vanessa Davis

Executive Director

"...given the space and encouragement to grow, a woman can overcome seemingly impossible obstacles."

Meet Our Staff

Vanessa Davis, Executive Director

wastn@bellsouth.net

Vanessa received her B.A. in Psychology from Georgia State University. Vanessa joined the staff in August 2006 as Office Manager then moved into direct services as Children's Program Coordinator in February 2007. She became Executive Director in December 2007.

Vanessa is primarily responsible for securing funding, community relations and management of the program. She is currently a member of the Hickman County Domestic Violence Coalition.

Shannon Tays, Children's Program Coordinator

shannon@womensaresafe.org

Shannon is working on her B.S. in Psychology at Middle Tennessee State University. She is a mom and foster-mom for a total of 6 children. She first joined WAS as a volunteer in 2006 and was hired as the Children's Program Coordinator in December 2007. She provides for the physical and psychological needs of children in shelter, facilitates children's support groups, coordinates community education presentations, and networks with local organizations to secure services for children.

Shannon serves on the East Hickman Family Resource Center Advisory Committee and is the WAS Adopt-a-Class representative.

Korie Cochran, Community Outreach Coordinator

korie@womensaresafe.org

Korie is a graduate of Middle Tennessee State University with a B.S. in Child Development/Family Studies. She began working in the domestic violence field in 1995. Korie currently oversees the operations of our new Shop 'til It Stops, Thrifty Boutique. She works closely with volunteers and with the community ensuring awareness of ongoing domestic violence issues. Korie serves on the Hickman County Coalition Against Domestic Violence, and is the Chair of the Hickman County Health Council.

Paula Fisher, Court Advocacy Program Director

paula@womensaresafe.org

Paula attended Columbia State Community College and began her studies in Criminal Justice and Psychology. Paula began her career with Women Are Safe as a volunteer in March 1995 and joined the staff in December 1998 as the Rural Outreach Worker at the Perry

County Satellite Office. In January 2006 Paula was promoted to Court Advocacy Program Director. She continues to assist victims of domestic violence in court and provides case management to shelter clients. She facilitates the Perry County support group, is a member of the Perry County Health Council and serves on the Perry County 3-Star program. Paula also serves on the the Perry County CCRTeam Domestic Violence Coalition.

Mary Jo Leaver,

Court Advocate/HAVEN Coordinator

maryjo@womensaresafe.org

Mary Jo received her B.A. in Liberal Arts from Ambassador University in Brickwood, England. As Court Advocate, Mary Jo is available to assist victims in filing for Orders of Protection and providing support before or during hearings. As Transitional Housing Coordinator, she manages financial assistance to survivors, facilitates financial planning sessions and helps clients achieve new levels of independence. Mary Jo has been affiliated with WAS for over 10 years. She is a member of the Hickman County Domestic Violence Coalition.

Deb Adams, Grant Specialist

deb@womensaresafe.org

Deb served as a WAS volunteer for 13 years before joining the staff in December 2004. She assists with grant writing, volunteer coordination, staff training and manages our website. Deb is a member of the National Network to End Violence Against Immigrant Women.

Rhoni McCollum, Shelter Coordinator / Volunteer Trainer

rhoni@womensaresafe.org

Rhoni is a founding member of the Women Are Safe program having provided service to victims as a volunteer beginning in 1989 and joining the staff in 1991. As Shelter Coordinator, Rhoni makes sure the shelter is maintained, orients new residents to shelter, is responsible for documentation in client case files, and handles donations. As Volunteer Coordinator, Rhoni recruits, trains and coordinates volunteer services including the hotline. Rhoni is a member of the Hickman County Suicide Prevention Task Force.



Parnell is our Feline Outreach Coordinator. He provides pet therapy for our clients young and old. He also reminds us of the link between animal abuse and domestic violence. From time to time WAS needs to find foster homes for a client's pet. If you would like to volunteer to foster these animals, call Rhoni at 931-729-9885.



Impact of Volunteering

Volunteering Showed Me the Path to Becoming a Survivor

In 1995 I was volunteered by my church group to find out how we could help our community through Women Are Safe's program. Little did my church group know but I was a victim of domestic violence and had been for the last 15 years. I was afraid of what my husband would think or say. Strangely enough when I told him about my involvement with the group, he thought it was a good idea. Imagine my surprise. I would later understand that, like so many batterers he never saw himself as an abuser.

I called WAS and spoke with Rhoni. She explained the training that I needed in order to volunteer for direct services. I told her about my situation at home. It felt good to talk with someone who could understand what I was going through.

I and another lady attended training so we could help with both the hotline and support group. While training I learned more about the cycle of domestic violence. The most eye opening moment was a video called "Heart on a Chain". The video was about teen dating violence. After watching this I realized how the cycle of abuse began long before my husband ever hit me.

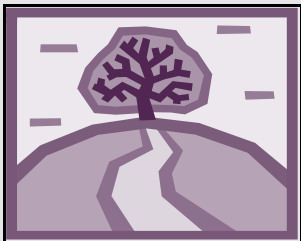
I volunteered for 3 years before I was asked to join as a staff member. I was still in the abusive relationship but I had been preparing to break free. We had a daughter together and financially it would've been next to impossible to pay the bills alone.

In December 1998 I was hired to staff the Outreach office in Perry County. Working at WAS opened many doors in my life. One door was the ability to support my daughter and myself. I learned I had strength within to stand up and be heard. Within 7 months and despite the threat of being killed by my husband I filed for a divorce.

That was 9 years ago. Through WAS I have been able to give back to victims of domestic violence. I help give victims a chance to a safer way of life. I know it is up to each person to decide their path. I'm thankful WAS gave me the opportunity to volunteer. I believe that was my door and I was finally brave

enough to walk through it.

*-Paula,
Court Advocate Director*



Helping Is Healing

Having survived domestic violence first as a child and then in my first two marriages has left me with some wounds that need healing. I have only been free from that way of life for 5 years, so I am still learning how to behave in the "real world". After 30 years of being who other people wanted me to be, it is still hard to find my own voice in the river of chaos in my head. One thing I have found is that helping others is a way to begin the healing process.

Despite the difficulties in my past, I am now happily married and raising 6 great kids. We moved into a 100 year old farmhouse in Hickman County about 3 years ago, and for the first year we remodeled and tried to tame the yard. Once we got that under control, we decided that it was time we started giving to this community. We didn't have a lot of money—but we did have a big house and parenting skills. So, we began the process of becoming foster parents, and I started volunteering with Women Are Safe in the Children's program. Since then, we have fostered 7 wonderful kids, and my volunteering turned into a paying job, as the Children's Program Coordinator at Women Are Safe. My training and experiences with other survivors at Women Are Safe has helped me confront and reexamine my past.

Over the past few years I have learned that I don't have to try to anticipate every little thing that might be upsetting, and then try to prevent it from happening, lie about it happening, or worry because it happened. Most of all, I am finally able to allow myself to be who I really am—even though I am still trying to figure out who that is. I firmly believe that what goes around comes around. If you put out good stuff, good stuff will eventually come back to you—even if it is only in the form of the good feeling you get when you help someone else out. In my opinion, that good feeling is the best part—it is what has helped me begin to heal.

*-Shannon,
Children's Program Coordinator*

Thank You Notes from Near and Far

"Dear Friends,

This card is to express my gratitude and humbleness to all of you who have been there for me and have gone far out of your way to help me. I am forever grateful and will always remember."

"To all the ladies of Women Are Safe,

Thank you so much for all you have done for me down through the years. I will never forget you."

"Dear Friends,

I wanted to thank you so much for all the beautiful gifts you gave me for Christmas. You will never know how much I appreciate them. I hope all of you have a wonderful New Year. God bless you all for your kindness."

"Rhoni,

I just wanted to say thank you for all you have done for me. I really did learn that getting hit wasn't my fault. That made me feel 100 % better about myself."

"Paula,

You are such a fabulous person and willing to help everyone. It was so thoughtful for you to even help my male client. I appreciate everything and I know you will continue to do extraordinary work. Take care of yourself and may God bless you always."

"To all of you at Women Are Safe,

Thank you so much for all of the help and support you have given me...I hope to someday be there for -anyone- the way you have been there for me!"

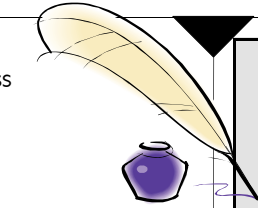
"Women Are Safe,

Thank you so much for everything you have done for me and my family. Each of you are special to us in your own unique way. My family and I will never forget any of you or the kindness you have shown."

"Dear Women Are Safe,

Looking back on my life, it has been an incredible journey. None of my recent success would have been possible without you. Thank you so much for the self-confidence you have given me. ...I am beyond the low self-esteem and timidness that were forced upon me by my former spouse.

At each stage of rebuilding my life you have helped me in more ways than I could ever have imagined. You gave me shelter and food when I was homeless due to domestic violence. You gave me a place to live safely with my family through Homeless No More. You donated clothes, furniture and dishes. You were even thoughtful enough to start me off in my new home with cleaning supplies, toilet paper and food. To this day you have continued to support me by providing me with a vehicle. Thank you so much! The vehicle has helped me achieve another level of independence. It was so wonderful for you to consider me and my family for such a blessing."



The following letter was written by Sister Eileen Schuenburg, a founding mother of Women Are Safe:

"My heart is filled with deep joy, pride and gratitude for all you, the staff, the board and all who help WAS. When I read the newsletter I am amazed at all you are doing, all that is happening, all the services and creative, innovative ways you are reaching out to women and children. Sometimes I just can't believe how all this good work continues 20 years later. It happens through the good hearts of so many. Sometimes I wish I was still there so I could be a part of all the happiness of WAS. You know I hold WAS, the women and children and all of you in my heart."

The Gift

*A young girl sits there alone, fearful of what lies at home.
Will he be up or passed out cold? What does my future have
to hold?*

*She wonders how, she wonders when, a new life she can
begin.*

*How can she make it on her own? She sobs and says,
"I must go home."*

*As she walks through the door he screams and knocks her
to the floor.*

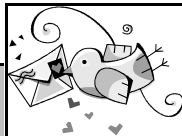
*Where have you been? Who were you with? As he hits her
with his fists. She covers her face the best she can to limit
the bruises from his hand.*

*The next day she began to pray, "Lord, please help me
through another day!" She gets in her car and drives away.*

*Then it happened, a stranger appeared, took her hand and
said, "have no fear, I'm here to help you my dear. You must
leave and get away. You know in your heart you cannot
stay."*

*Then the stranger was gone and she was left there all alone.
Something was different, she wasn't afraid. The fear some-
how lifted, and hope was there instead. She looked to heaven
and said, "Thank you Lord for the gift of love you sent to
me, the strength and courage to carry on, for you Lord, I
will be strong."*

—The stranger in this poem was an advocate from Women Are Safe.



New Projects



HAVEN

Thanks to the Tennessee Coalition Against Domestic and Sexual Violence (TCADSV) and the Allstate Foundation grant that allowed us to implement our HAVEN (Housing And Victim Education Network), we have three survivors getting their financial situations back on track again. We'll be educating them about sound financial practices and encouraging them to get into the saving habit. Hopefully by the end of the year they will have their finances under control and enough in savings for emergencies so that when life happens it will be a bump in the road not a roadblock! We need more financial mentors to help these and other clients on their paths to success. If you would like to be a volunteer with the HAVEN project, please contact Rhoni at: (931) 729-9885

-Mary Jo,
HAVEN Coordinator

BOYS AGAINST VIOLENCE

Women Are Safe, Inc. is teaming up with the Tennessee Coalition Against Domestic and Sexual Violence (TCADSV) on a new venture called the Boys Against Violence Project. This effort is funded by the Baptist Healing Trust, and is a three year endeavor to reduce intimate partner violence by fostering attitudes that empower boys to intervene when they witness behavior that promotes or condones violence against women or girls. During the course of the project, we also intend to increase Middle Tennessee domestic and Sexual violence programs' capacity to engage boys and young men in violence prevention. We will be creating a diverse Middle Tennessee Youth Advisory Group (MTYAG) to assist in the project, consisting of high school students from Middle Tennessee. Each participant will be asked to attend monthly meetings for six months, and will receive a stipend of \$25 for each meeting. The MTYAG will assist in developing a violence prevention curriculum for middle school boys. This curriculum will be created, tested, and disseminated to 21 programs in middle Tennessee. We are very excited about this project and are proud to be involved in something so important. Simply being on this committee will enlighten these teens and change

their lives forever.

-Shannon,
Children's Program Coordinator

Women Are Safe, Inc. is a member of:



2007 Calendar Statistics

Categories	Dickson	Hickman	Humphreys	Perry	Other	Total
Total Served	325	235	102	49	48	759
% Of total served	44%	31%	13%	6%	6%	100%
Safe Bed Nights	403	758	161	24	292	1638
% Safe Bed nights	25%	46%	10%	1%	18%	100%
Court Advocacy/ Outreach	167	118	50	23	4	362
% Court by County	46%	33%	14%	6%	1%	100%
Hotline Calls	126	90	39	25	33	313
% Hotline by county	40%	28%	13%	8%	11%	100%

Making a Difference



Symbolism of the Purple Ribbon (Ohio Domestic Violence Network 2001)

What began close to 20 years ago in scattered communities as a visible gesture of support for survivors and victims of domestic violence, today has become one of the most widely-recognized symbols of the battered women's movement-*the purple ribbon*.

The exact history of the purple ribbon is somewhat difficult to pinpoint. Over the years, a number of sources have been credited with originating the use of the purple ribbon as a unifying symbol of courage, survival, honor and dedication to ending domestic violence.

Across the country, families and friends of victims have adopted the purple ribbon to remember and honor their loved ones who have lost their lives at the hands of a person they once loved and trusted. Shelters and local battered women's programs use the purple ribbon to raise awareness about the crime of domestic violence in their communities. The purple ribbon also has been recognized by State Legislatures in proclamations commemorating October as National Domestic Violence Awareness Month.

Purple ribbons are made into pins and passed out at local events...they're embroidered on the t-shirts, hats and bags of those passionate about ending the violence...they're tied to the antennae of police cars...they're hung on doors, wrapped around trees, draped over fences at scenes.

In addition to the demonstration of support for victims and advocates, the display of purple ribbons throughout a community conveys a powerful message that there's no place for domestic violence in the homes, neighborhoods, workplaces, or schools of it citizen's.

This article was taken from the website for the Family Violence Prevention Center for Greene County, OH

Volunteer Opportunities:

- Answer the hotline
- Work with support group
- Assist with children's support group
- Court Advocacy
- Shop 'til It Stops
- Shelter maintenance

In addition to the volunteer opportunities listed above, WAS is currently in the planning stages of a financial mentoring program. It is our goal to aid survivors in becoming financially empowered and to decrease the number of victims who return to abusive situations due to financial hardships. The role of the financial mentor will be to help survivors develop money management strategies including budgets and savings plans. If you are interested in becoming involved with this project please contact Rhoni at 931-729-9885.

Shop Talk

Shop 'til It Stops Weekly Specials

- Tuesday**
Manager's Choice
- Wednesday**
Women's Tops \$1
- Thursday**
50% Off Women's
Dress Clothes
- Friday**
Blue Jeans for a Buck!

Volunteer and Make a Difference

I am Samantha Pace and I am 15 years old. I have been volunteering at Women Are Safe's shop for over a year. I enjoy helping at the shop because I know that I am helping domestic violence victims. I love how Korie and the shop volunteers work together as a team and make the shop a fun place to be. I'm very glad to be working in the shop. It is a great satisfaction knowing that I am helping victims get on their feet and start a good life for themselves. Working at the shop has helped me to understand the dynamics of domestic violence and that helping others is fun, fulfilling, and exciting. If you are interested in volunteering at the shop, contact Korie at: 931-729-7737.



*-Sam Pace
Shop 'til It Stops Volunteer*

Partners Against Domestic Violence

2007 Cash Donations

Orchid: \$500 and Up

Megan Bladen-Blinkoff
 El Paso Cooperation
 First Farmers & Merchants
 Highland Corp. Charitable Fund
 Frank and Peggy Lovell
 Pamida
 Sam's Club
 Jim and Patty Sisk

Wisteria: \$100-\$499

Bank of Perry County
 Red Hat Society of Dickson
 Robbie Beal
 Bon Aqua UMC
 Calvary Episcopal
 Centerville Lions Club
 Columbia District Fund UMC
 Susan DeBolt
 Dickson FCE
 Dickson Friendship Club
 Janice Duncan
 Farm Bureau of Humphreys County
 First Bank

First United Methodist Linden
 Harville & Associates
 HCA Employees
 Zack and Neetsie Hutchens
 Kendron UMC
 Hugh David Love
 Brenda Lane
 McDonald Funeral Home
 McEwen United Methodist Women
 Sisters of Charity
 Tristar Bank Employees

Iris: \$50-\$99

Doug and Molly Bates
 Cumberland Furnace FCE
 Roger and Janie Betty
 Daughters of the King St. James Episcopal
 Julie Gilliam
 Jennifer Harris
 Grinder's Switch FCE
 Delia Harmon
 Beverly Maasen
 Rosanne L. Sietins
 Jonathan and Kimberly Starkman

Waverly UMC
 Eloise Weatherspoon

Violet: \$25-\$49

Mr. and Mrs. Loyd Bocoman Sr.
 Larry E. Dotson
 Ruth Ann Carathers
 Elizabeth Christams
 Ronnie D. Hooten
 David Kozlowsky
 Peggy Owen
 Perry County Heritage Festival
 Sharon Pilgrim
 Patricia June Prince
 Angie Primm
 Judith S. Rawland
 Jaycee Rawlings
 Jean Reeves
 Betty Barber
 Janet Sullivan
 Sylvia Baptist Church
 Jessica Ann White
 Betty Young

Many thanks to everyone who provides sponsorship and support through donated items and fundraising events!

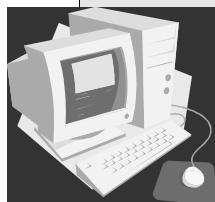
Other Supporters

Jim and Nell Ahl
 Centerville Office Supply
 St. Christopher's Catholic Church
 Fairfield Baptist
 Fairfield Church of Christ
 FCE clubs
 First Baptist Church of Centerville
 Mary Lou French
 Margaretta Goodpasture
 Greater Faith Fellowship
 Hickman County Farm Bureau Women
 Helping Hands of Hickman County
 Main Street Interventions
 Martin Memorial 7th Day Adventist School
 Men Against Domestic Violence:
 -Phil Bittle and Steve Hannah
 Louise Merritt, M.D.
 Carolyn Phillips
 Devin Pickard
 Annette Rader
 Sole Supports, Inc.
 Southwind Farms
 Wanda, Tracey, and Kathy Wilkes

We extend a special thanks to the following volunteers for giving ten or more hours of service in 2007

- * Amanda Aydelott
- * Molly Bates
- * Joyous Bey
- * Linn Blanchard
- * Beverly Davis
- * Brenda Fly
- * Mary Fox
- * Christina Gaza
- * Trista Hopkins
- * Joyce Kely

- * Betty Lampley
- * Dawn McIntosh
- * Samantha Pace
- * Mary Pickard
- * Tracy Ramos
- * Linda Rollins
- * Terese Sawyer
- * Connie Sharp
- * Rae Ann Stutzman
- * Clara Wright



Remember to use www.GoodSearch.com each time you search the internet. Enter WAS as your charity of choice and each time you search, GoodSearch will make a donation to us!

We make every effort to acknowledge all of our supporters. Please accept our sincere apology if your name was inadvertently left out or misspelled.



Women Are Safe, Inc.
PO Box 2
Centerville, TN 37033

Mailing
Address
Goes
Here

Women Are Safe, Inc.

Mission Statement

Women Are Safe, Inc. is here to serve the immediate needs of victims of domestic violence in Hickman, Dickson, Humphreys, and Perry counties in TN through core services: 24 hour hotline, safe, temporary shelter, court advocacy, transportation, education about the dynamics of domestic violence, support groups, referrals to community resources, and advocacy; and to support change through legislation that will end domestic violence toward women and their dependent children in Tennessee and nationwide. Furthermore, Women Are Safe, Inc. will work diligently to change social attitudes which condone violence toward women through public education programs.



United
Way



Wish List

- 60 minute prepaid calling cards
- prepaid gas cards
- household cleaning supplies
- laundry detergent
- small and medium women's underwear
- personal care items
- zip-top freezer/storage bags
- paper towels and toilet paper

Volunteers Needed

- hotline
- support group
- landscaping
- Shop 'til It Stops
- community education
- multilingual translators
- court advocacy
- financial mentoring

Women Are Safe, Inc., does not discriminate in regard to sex, race, religion, sexual orientation, national origin, disability, age, or marital status. All of our services are free. The program receives funding from United Way. This program is partially funded under an agreement with the State of Tennessee, Department of Finance and Administration and Office of Criminal Justice Programs. Points of view or opinions contained within this document are those of the author and do not necessarily represent the official position or policies of the Department of Justice.