

Women Are Safe, Inc. Newsletter



a domestic violence program serving Dickson, Hickman, Humphreys and Perry Counties
Summer 2005

Love Doesn't Have To Hurt...

UPCOMING EVENTS

July 6

CCRTeam
Career Center
Linden
Noon

July 18

23rd JD Coalition to
End Domestic Violence
Main Street
Interventions
Dickson
11am

July 19

Hickman Co DV
Coalition
Sexual Assault
Awareness Kickoff
WAS
Noon

August 6

Humphreys Co.
Women's Expo '05
Fairgrounds
Exhibit Building
10am-4pm

September 9-10

Lobelville
Homecoming
Park in Lobelville

September 27-30

Law Enforcement
Training
Renaissance Center
Dickson
call to register

October 20

A Dinner To
Remember
Caesar's
LaDolce Villa
6:30pm
RSVP required

December 2

Open House
WAS

Mary's Minute

This year's summer newsletter is a team effort. Each staff member has been encouraged to write an article about her work with Women Are Safe, Inc. And everyone has lots to share. Our staff is composed of a group of professional advocates who have kept up with training and research in domestic violence. We have a combined 64 years of experience in advocacy. WAS advocates are active in the community, serving in a variety of community service organizations and expanding their skills to better serve our clients. Rhoni has an article about suicide prevention in this newsletter, from her work with the Suicide Prevention Task Force. Paula writes about the Perry Co. CCRTeam, which with persistence from Paula has become active in working against domestic violence there. Korie provides some suggestions on helping child witnesses to domestic violence. Deb highlights improvements to the web site. Mary Jo discusses her work as a Court Advocate in Hickman County. These articles provide a candid look at the life of an advocate.

Staff members simply cannot write articles about all the things they are involved in. Women Are Safe, Inc. staff are constantly working to improve our services and to be involved in their communities. Deb is attending Spanish classes and is working to help with cultural diversity issues. Paula and Korie are very involved with the Perry and Hickman County Health Councils, respectively. Korie has just completed the Hickman County Leadership

Program, following Mary, Jane and Paula who have also completed county leadership programs. Judy has been attending computer maintenance classes to keep the cost of technical assistance to a minimum. Jane continues to be involved with the Humphreys County United Way. She and Deb are members of the 23rd Judicial District Coalition to End Domestic Violence. Mary Jo, Korie, Rhoni and Mary regularly attend the Hickman County Domestic Violence Coalition. Mary serves as the co-chair for the Tennessee Coalition Against Domestic and Sexual Violence and has been nominated to serve on the Domestic Violence State Coordinating Council which is mandated by the State Legislature. Staff members also serve on a variety of advisory councils and boards, Adopt a Class in two schools, and present to numerous civic and church groups, as well as professional organizations. We truly care about our communities and are willing to put in the time and effort to be part of the solution.

In the Interest of helping our community, we are joining with the Department of Health, the Rape and Sexual Abuse Center and Tennessee Coalition Against Domestic and Sexual Violence to provide sexual assault awareness in our area. This means creating a response team of interested individuals, distributing brochures, training professionals, and presenting to school children about staying safe in all kinds of situations. If you are interested in helping with this new project, call or email us at mary@womenaresafe.org or maryjo@womenaresafe.org.



THE WEBSITE GETS A FACELIFT

Deb's Digest

We've redecorated! Our website has a fresh new look and you're all invited to the virtual open house.

The website is an important part of our ongoing education and awareness campaign. It's the staff member who works 24-7 and there's no limit to the number of people it can reach.

Sometimes victims are reluctant to contact us directly; they may be embarrassed, frightened of revealing their identities to *anyone*, or simply unsure whether our services fit their needs. By visiting us online, victims can learn about the different types of family violence, how dangerous their own situations are, and they can become better acquainted with WAS before calling our hotline or visiting our outreach center.

Our website makes it possible for anyone to get information at any time while remaining completely anonymous. The site provides, among other things, facts about the prevalence and dynamics of domestic violence, a guide for developing a safety plan, teen dating violence information, suggestions for children to help them protect themselves, and original articles by our staff and other experts in the field of domestic violence.

The site also contains items that can be helpful to those who are not victims but who want to help end family violence, a quiz to assess your understanding of the problem, suggestions for helping your friend who is a victim, and links to a variety of online resources about related topics.

What's more, the website provides background and news about WAS – our mission statement, our newsletter, contact names and numbers, a downloadable volunteer application, and a calendar of events – to keep you informed about the work we do and ways you can help end domestic violence.

We'll be adding new features regularly, and we want your input. Please visit us online at www.womenaresafe.org then tell us what you'd like to see added. Our webmistress is standing by....

It's A Family Affair

The Wilkes Women moved to Hickman County from Memphis, TN almost 18 years ago, in search of privacy and a laid back lifestyle in the country. As independent designers, the only necessity was easy access to an interstate highway and international airport. They found all of that and more when they bought their farm and 100 yr. old farmhouse, which they have updated and restored.

Wanda Wilkes and her two daughters, Kathy and Tracey have been lifelong crusaders for human rights, environmental conservation and animal causes. During the 1980's, the women became aware of the problems of homelessness in Memphis, and that a majority were women and children. Many of the women had fled abusive relationships and at that time there were few resources available. In addition, they were active in the Memphis Humane Society and when the Wilkes' moved to the country they became aware of the overwhelming problem of stray dogs and cats due to a lack of animal control. The women, along with a handful of people organized the Hickman Humane Society. The Wilkes continue to help animals through a private foundation that focuses on spay/neuter as the best solution to address the problem of unwanted animals.

The Wilkes Women have been long time supporters of Women are Safe. They volunteered their time, talent and donated materials to spruce up the safe house and designed and decorated the lobby and common areas of the Women Are Safe offices in Centerville. In addition, they have donated generously throughout the years to help the women and children who have passed through the doors. Wanda Wilkes says the reason is because...“Women Are Safe is a wonderful organization that provides a lifeline for women at the lowest point in their life.”

**VOLUNTEERS ARE A KEY THAT CAN HELP
UNLOCK A WORLD OF
OPPORTUNITY FOR
VICTIMS OF
DOMESTIC VIOLENCE.**



SUICIDE

by: Rhoni (Shelter Manager)

In Hickman Co. in 2003, 14 individuals completed suicide. In 2004 there were 4 documented suicides in Hickman Co. In 2005 there have been 2 documented suicides so far. This number does NOT include the number of unsuccessful attempts, which often go unreported. This is a staggering number considering the population of Hickman Co. is less than 23,000, and the national average is 12 individuals per 100,000 population per year complete suicide. A county this size should expect no more than 3 suicides per year.

Thanks to the Hickman Co. Times Editor, Brad Martin, and some other concerned citizens, a Suicide Prevention Task Force was formed. The focus is on educating the community about the current epidemic, eliminating the stigma surrounding depression and suicide, and making everyone aware of the warning signs.

In September of 2003 the state Suicide Prevention Task Force presented a two day training: Applied Suicide Intervention Skills Training (ASIST) which I and 2 other WAS staff attended. It was extremely informative, it gave me the confidence and skills needed when dealing with domestic violence victims who are considering suicide as a way out of their situations. We learned about estimating risk factors such as:

- 1 Does he or she have a plan?
- 2 Symptoms such as: mood changes-depression-sadness etc. and changes in eating or sleeping habits,
- 3 Poor coping skills: substance abuse or prior suicide attempts.

The most important thing I learned is that it is necessary to be open and non-judgmental enough to ask the person if they are thinking about suicide. Being direct relieves the individual of having to bring up the subject first, and opens the door for them to be honest about their feelings, thoughts, and possible plans. This allows a risk assessment and discussion of problems to make a plan of action to get needed help. Bringing up the subject of suicide does NOT cause a non-suicidal person to consider it.

The Hickman Co. Suicide Prevention Task

Force, of which I am a member, meets monthly. We have developed and distributed a resource book with local numbers for emergency and long term help. We have also conducted depression screenings for adults and teens, developed a two hour training called QPR (Question Persuade Refer) and last November (suicide survivors month) the 1st annual "Moment of Remembrance" service was held. Thirty nine persons attended. Most were related to the suicide victims in Hickman Co. The survivors expressed gratitude for recognition of their grief, and the opportunity to meet others in similar situations.

Anyone wishing more information or to set up a training may contact me.

Be Aware of the Warning Signs

There is no typical suicide victim. It happens to young and old, rich and poor. Fortunately there are some common warning signs which, when acted upon, can save lives. Here are some signs to look for:


- Talks about committing suicide
- Has had recent severe losses
- Has attempted suicide before
- Experiences drastic changes in behavior
- Withdraws from friends and/or social activities
- Loses interest in hobbies, work, school, etc.
- Gives away prized possessions
- Takes unnecessary risks
- Is preoccupied with death and dying
- Has trouble eating or sleeping
- Loses interest in their personal appearance
- Increases their use of alcohol or drugs

***If you need help with a suicidal person right now, call
1-800-SUICIDE
(784-2433)***



Humphreys County Women's Expo '05

COME JOIN THE FUN... Women Are Safe, Inc.'s first annual "Humphreys County Women's Expo" will take place on Saturday, August 6th from 10:00am till 4:00pm at the Humphreys County Fairgrounds. This event is Humphreys County's own small version of the Southern Women's Show and will showcase local talents, businesses, and healthcare professionals. There will be door prizes every hour and some of the vendors will have door prizes too. This promises to be a lot of fun. Women Are Safe, Inc. is kicking off a recipe contest which will begin on Saturday, August 6th and continue until the cook off time in '06 at the second Women's Expo. If you are interested in submitting a recipe or finding out information about the contest, please contact the office. The registration form is on our web site at www.womenaresafe.org. Come and join the fun. WQMV Radio will be broadcasting live from the event.



United Way

Partially funded by United Way of
Dickson and Humphreys
Counties

"This project is partially funded
under an agreement with the
State of Tennessee,
Department of Finance and
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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."

Paper and printing
supplied by
Fairfield Church of Christ, Centerville

Volunteers Needed

- Hotline
- Pet fostering
- Landscaping
- Maintenance & repairs
- Painting
- Sorting and stocking
- Multilingual translators
- Men needed to help with
community education.

Mission Statement
Women Are Safe, Inc. (WAS) is here to serve the immediate
needs of victims of domestic violence in Hickman, Dickson,
Humphreys and Perry Counties in Tennessee 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
societal attitudes which condone violence toward women through
public education programs.

Women Are Safe Inc.
PO Box 2
Centerville, TN 37033
Office: (931)729-9885
Fax: (931)729-0556
Hotline: (931) 729-5730
Toll Free Hotline: 1-800-470-1117
www.womenaresafe.org

**Wish List
Goods**

- Pre-paid phone cards
- Hygiene products
- Food
- Over the counter medicines
- Household items
- AA and AAA batteries
- Alarm clocks
- Diapers
- Cleaning and laundry supplies
- Small tools
- Light bulbs (60 watt)
- Playtex baby bottle liners
- Heavy duty shelving
- Copy paper
- Dishwasher Soap
- Deactivated cell phones
- Donated office space for Perry
and Humphreys Counties

Cell Phones

Did you ever wonder what to do
with your old cell phone that is no
longer working? We have the
solution. You can donate it to
WAS who distributes them to the
victims we serve as an emergency
phone only. Drop your phone(s)
at any of the libraries in Dickson,
Hickman, Humphreys and Perry
Counties, and tell them that your
donation is for Women Are Safe.



Emergency Needs

- Paper towels
- Large and kitchen trash bags
- Towels and wash cloths
- Disposable Razors
- Ladies new packaged
underwear and socks

WOMEN ARE SAFE, INC.
PO BOX 2
CENTERVILLE, TN 37033



Board of Directors

- Mary Beth Pruett
- Charlotte Staggs
- Katherine Herzog
- Jane Gilbert
- Linda Shelton
- Elizabeth Coombe
- Susan Maxwell
- Peggy Thompson

Partners Against Domestic Violence

Donations are from
January 1-June 30, 2005

Orchids

Cash Donations \$100 & up

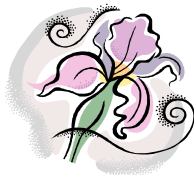
Bobbie Aydelott
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Centerville UMYF
Centerville United Methodist Church
Mike and Fran Batts
Bon Aqua United Methodist Church
Defeated Creek Church of Christ
Waverly Professional Womens Club
Hickman County Ministerial Fund
Good Samaritan Fund
Aspect Matching Gifts-Volunteer Matching
Hickman County Community Hospital
Reba Winters
New Life Christian Church



Iris

Cash Donations \$50-99

First United Methodist Church in Linden
Brenda Lane
Janie McCord
Valise Tamsdell
Inis McFarlin
Leon Fuller



Violets

Cash Donations \$25-49

Billy Holland
Darrell Adkins
Glenda Haggerty
Brad Martin
Delisa Logan
Louis Sensing
Terry Furlong



Other Partners

Michelle Sullivan
Brenda VanCleve
Consign It of Dickson
HCHS Honors 4-H Group
New Hope Baptist UMC
Volunteer Impact Advertising
Wanda, Kathy and Tracey Wilkes
Wanda DeMontigny
Paige Curtis
Farm Bureau Women
New Spring Creek Church of Christ
Vicki Willis
Hickman County Nursing Home
Hickman County Retired Teachers
Fairview Baptist Church
Jennifer Ferguson
Donna Moore
Centerville Church of Christ
Twomey Church of Christ
Lyles United Pentecostal Church
Mrs. Graves 4th Waverly Jr. High
Waverly United Methodist Church
Sisters of Alpha Rho Chapter of Delta Kappa Gamma
The Church of Jesus Christ of the Latter Day Saints in Linden

Beverly Maasen
Charmaine Harlow
Lisa Thompson
Mary Barnes
Town Crier
Mary Barnes
Three Springs
Ruth Ann Carruthers
Dickson County FCE
Lynn Harris
Roseanne Sietins
Gail Osting
Jennifer Porter
Mary Smith
Liberty Tax
Mary Meadors
Dorothy Howington
New Hope Baptist
Susan Goodman
Trade Secret
Sam Woolfson

Memorials and Honorariums

What a wonderful way to honor a loved one!

The gift that honors one's life is one that keeps on giving...

Donations were made by Ruby Horner in memory of

Mrs. Lankford, mother of Patty Sisk.

Ruby Horner has given a special donation to WAS in honor of her **children**.

A memorial was made in memory of

Debra Wall by

Alicia & Noah Daniel

Virginia & Bobby Petty

Linda Shelton donated a tree in memory of her mother

Morrell Gossett Rochelle

Mrs. Jewel Pace made a memorial donation in memory of her son **Andy Dodson**

The First Pentecostal Church in Hohenwald contributed to the **Leigh Ann Hensley Memorial Fund**

In memory of **Trent Harris**

9/25/82-3/17/02

"missed greatly by your Mom, Meemaw, Shoe, Paula and Kathy."

Donation received from Marci Harris with a matching gift from UBS Foundation.

Many thanks also to those who provide sponsorships and support through fundraising events.

Korie's Korner

If you do any research into the area of domestic violence at all, you will undoubtedly come across this statistic;

In the United States alone, it is estimated that 3.3 to 5 million children witness domestic violence each year.

If you're like me, it is mind blowing to even try to wrap your brain around a number so large. 3.3 million little faces with their eyes and ears subjected, sometimes daily, to unbelievable acts of violence against someone they love by someone they love. These acts of violence leave a tremendous amount of fear and pain in their hearts and cause scars that will last a lifetime.

Another interesting statistic is that 70% of these children will grow up and continue the cycle of violence, either by becoming abusers themselves or by becoming victims. What are the pathways from a terrorized toddler to a terrorizing adult? How does someone develop the capacity to beat, stalk, and torture another human being? Our focus as a domestic violence program, as concerned family members and friends, and as community members must be on what made the difference in the lives of the other 30% and on doing all we can to increase that percentage.

I recognize that there are many important factors that make a difference in the impact that domestic violence has on its youngest witnesses, for example, the type of violence, the frequency of the violence, the age of the child at the time, etc. These are all factors we can do little about, however the factor that I believe is of key importance, and fortunately the factor

we do have the ability to manipulate, is the presence or absence of supportive adult caretakers, and other support systems. Each and every one of us has the capacity to touch the life of a child in a positive way and be a support system.

What can you do?

- ◇ First, change your view that children are the property of their biological parents. Human beings evolved not as individuals, but as members of communities. Children belong to the community, they are entrusted to parents.
- ◇ Second, take the time to educate yourself. Contact Women Are Safe, Inc. or your local domestic violence program for a community education program for your church group, civic group, workplace, or classroom, or make an appointment to talk with an advocate about a situation you are aware of that is concerning you.

Once you have a knowledge and understanding of the dynamics of domestic violence, I bet you already possess many of the other skills you need to be a support system to a child in need. Remember that what many of these children need doesn't require you to SAY or DO anything. Just be there to listen and validate their feelings. Otherwise, live the kind of life you would be proud for them to imitate, because chances are that without other examples, they will imitate the behaviors they witness at home. Remember, the children are watching.



Volunteers

Always Caring-Always Sharing...

Volunteers help in many different ways. Since the last issue of the newsletter, the program has gained some wonderful additions. Linda, Joyce, Paige, and Heidi are among the new volunteers. They help with the clothes closet, fundraising, and assisting with office work. Dr. Louise meets with support groups and provides individual counseling. Hats off in appreciation to all the volunteers. They give their personal time in support of the victims of domestic violence we serve.

WOMEN ARE SAFE, INC.

Court Advocacy

by Mary Jo

As a court advocate for domestic violence victims in Hickman County for the past 2 years, I thought I would share with you what I do and a few things I have learned about our legal system.

The main reason I go to court is to “be there” for victims of domestic violence who feel alone and scared, to find answers for any questions they may have and to inform them of the legal options available to them in their specific situation. I try to empower victims with knowledge and then support the decisions they make. I am **not** there to tell victims what to do or to make their decisions for them. I never condemn their decision even if I don’t totally agree with it. I understand the dynamics of domestic violence and try to help victims understand those dynamics themselves.

I am still learning about court and procedures. I’ve learned that procedures depend a lot upon the judge presiding over the court. Hearings set for a certain date do not always get heard on that date for various reasons. Some reasons are understandable and some reasons are ridiculous and frustrating. I’ve learned that sometimes, attitudes of judges, lawyers, defendants, victims, witnesses, etc. have a lot of influence on the outcomes of cases. Sometimes

mistakes in procedures work for the defendant and against the victim and sometimes the mistakes work for the victim and against the defendant. I’ve learned that everyone involved in the judicial process is a human being with strengths and weaknesses just like me. And I’ve learned that although the laws are made to protect the innocent sometimes they seem to protect the guilty more.

I am in court about 3 mornings a week and you know what? Money can keep you from looking like a criminal. If you have the money to bail out of jail, you can go in front of the judge in civilian clothes. But if you can’t make bail, you get to go in front of the judge in jail clothes and handcuffs. Amazingly, I once saw 3 people in orange jumpsuits and handcuffs go before the judge for **fishing without a license!** So things aren’t always as bad as they look; however, sometimes they are worse than they look – especially when it comes to domestic violence.

In future articles I will share information I give to clients to help them feel more at ease in the court room. I’ll also answer common questions about Orders of Protection. Feel free to call me any time with any questions you may have. I’ll do my best to help you or find someone who can.

October is Domestic Violence Awareness Month. For the last three years Women Are Safe has hosted a dinner at Caesar’s La Dolce Villa as a fundraiser to heighten the awareness of Domestic Violence in the communities which are served by WAS. During the dinner, items donated by local businesses are offered for a silent auction. The proceeds benefit the victims of domestic violence served by Women Are Safe, Inc.

Please mark your calendar and join us

A Dinner To Remember

Thursday, October 20, 2005 beginning at 6:30p.m.

*Caesar’s La Dolce Villa
Missionary Ridge Road
Bon Aqua, TN*

*Honoring
Sister Eileen Schulenburg
and Michelle Flynn
Founding Mothers of Women Are Safe*

*Returning for the 2nd Year
Musical Entertainment
Carol Ponder, Vocalist*

*Please make your reservations by October 14
P. O. Box 2, Centerville, TN 37033
.RSVP: 931-729-9885
\$35.00 per person*



Please Remember Women Are Safe...

...when you designate your gift through the United Way Campaign. If you want to be sure that WAS gets your contribution, you must indicate that on your pledge form by writing in the name of the agency (Women Are Safe).

We appreciate your gift.

The Newsletter turns PDF



The newsletter can now be read online as an Adobe pdf file. You can access it through the web page at www.womenaresafe.org or we can email it to you. If you would like to receive the newsletter by email, please contact us at judy@womenaresafe.org. If you do not have Adobe it is a free download.

Multilingual Volunteers Needed!!!

We need multilingual volunteers! If you are fluent in English and at least one other language, please contact Deb at WAS (931) 729-9885 or via email at deb@womenaresafe.org

Perry Co. CCRTeam Celebrates a Year

By: Paula

“Nothing in the world can take the place of persistence. Talent will not; nothing is more common than an unsuccessful man with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts.

PERSISTENCE AND DETERMINATION ALONE ARE OMNIPOTENT.

“Press on” has solved and always will solve the problems of the human vale.” Calvin Coolidge

The above can be said of the Perry County Coordinated Community Response Team against domestic violence. Persistence helped to form this team and determination has helped to create better relationships with local agencies. This in turn has provided better services and understanding for victims of domestic violence.

We have been working on a Health Care/Frontline Workers Manual. This manual has basic information about domestic violence dynamics, serving victims' needs, and collecting evidence to help in civil and/or criminal proceedings. In April, Karen Tolbert, an attorney from Legal Aid, presented information about Orders of Protection. She gave us valuable information and clarified some misconceptions. Women Are Safe provided a cd of the Judicial Bench book, which is also a useful reference.

July 6th we celebrate our 1st year anniversary with an outlook toward the future. We will meet at the Career Center in Linden at noon. We extend an invitation to all those interested in working toward ending domestic violence and coordinating services to victims to join the meetings. Please call with an RSVP for this meeting. If you would like more information please call the office at 931-729-9885 and ask for Paula.

**Congratulations to Dr. Louise and her husband Russell
on their recent marriage.**