

Alternatives

www.abwrochester.org

Spring 2010

WHEN ABW ASKED TO HEAR YOUR STORIES, MANY RESPONDED

SO MANY WOMEN, SO MANY STORIES... Some are sad, some are hopeful, all are compelling

We've recently added a "stories" button on our website, allowing visitors to share their tales of survival and success, and to talk about how domestic violence has impacted their lives.

You can go to the website at any time to read all the stories we've posted—but there was one recent submission that was so memorable, we wanted to share an abbreviated version with you, because it illustrates so clearly what so many women struggle with:



I was more than twenty years ago that I realized that the way I was living was NOT normal. I had grown used to the verbal and psychological abuse, and what seemed like rare physical abuse.

I told almost no one. I finally realized that the abuse was beginning to affect my two daughters, and I needed to protect them. I sought counseling, and then found a lawyer. I found a job that had adequate pay - I could afford to leave finally, and moved into an apartment in a secure complex where my kids could continue in their home schools and I had an order of protection.

At no time did I call the police for help - it simply didn't occur to me. And it was hard enough to tell my family and friends. As the abuse had been escalating, I was terrified most of the time, until he moved out of the Rochester area.



I continued with counseling, including at ABW. I finally became a survivor instead of a victim. I taught my daughters, 8 and 10 when I moved out, that they needed to be self-sufficient and independent. And, now adults, they are both doing well - survivors also.

I've struggled with whether my story would make a difference to anyone. I didn't have broken

To read more stories,
visit our website at:
www.abwrochester.org

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Alternatives for Battered Women SERVICES TO THE COMMUNITY

Honor/Memorial Gifts (Gifts made between 12/10/09-5/13/10.)

IN HONOR OF

The Ad Council of Rochester
Tipping Point Media

Lorna Affronti's Birthday
Ms. Christine Affronti

Teri Brown
Ms. Mona F. Kolko

Shawn Carey
Ms. Valerie Anderson

Sarah Celentano
Ms. Mona F. Kolko

Christine Vella-Cibella
Ms. Mona F. Kolko

Dottie Coakley
Mr. John D. Coakley

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Ms. Kimberley Hayton

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Ms. Mona F. Kolko

The Cuttshall Family
Mr. Albert E. Smith

Janis DeGaetano
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Joan DiMaggio
Ms. Mona F. Kolko

June Eichase
Ms. Leslie Vermeulen

Energetix
Tipping Point Media

Episcopal SeniorLife
Communities
Tipping Point Media

Greater Rochester Health
Foundation
Tipping Point Media

Keith Helmicki
Ms. Mona F. Kolko

Dr. Jamie Kerr
Rochester Individual Practice
Assoc., Inc.

Lola Ladin
Ms. Dorothy A. Gordon

Amy Lanciault's Birthday
Ms. Sarra Chasnoff

Ms. Allison Leet and
Mr. Koel Sherman
Melissa and Gregory Schropp

Rev. Martha Moler
Ms. Georgia E. Hubbard

Nazareth College
Tipping Point Media

Rochester Hearing and Speech
Center
Tipping Point Media

The Marriage of Ed and
Molly Shill
Mike and Tara Minor

Susan Still
Barry and Susan York

Lynn Tayrien
Ms. Mona F. Kolko

Gloria Ulterino's 70th Birthday
Ms. Suzanne Bach

William and Christina
Vargulick
Jessica and David Raines

Mr. and Mrs. Seymour Warnick
Patty and Richard Yarmel

The Parents of Mr. & Mrs.
Sidney Yarmel
Patty and Richard Yarmel

IN MEMORY OF

Eileen Eck
Ms. Nancy Anne Phillips

Rosemary Eiholzer
Rose Mary Flihan

Leonard Harris
Ms. Judy Abelman
Carol and Irene Baechtold
Gloria and Horace Becker
Sue and Irving Brent
Judith and Ted Ertischek
Barbara Gastel and Thomas Vogel
Mr. and Mrs. William Gertzog
Lynn and Arnie Goldman
Mollie and Bruce Herman
Dr. Bernard Isaacson

Sue and Neil Jaschik
Alicia and Dean Kalen

Joan and Leonard Kalen
Karpus Management, Inc.
Ms. Phyllis Kasdin
Mr. and Mrs. Robert Kessler
Norman and Edith Lank
Richard and Linda Lawrence
Richard and Joan Markus
Ms. Karen Melin and
Mr. Joseph Bray
Eleanor and Perry Myers

Mrs. Dorothy Pitlick
Ms. Mary Pitlick
Madge and Joe Rindos
Rosalyn and David Schreiber
SCORE Chapter 23
Sandy and Miriam Shapiro
Toby and Solomon Shinder
Ms. Miriam Skimin
Ms. Louise Spivack
Helen and Norman Steinberg
Elliott and Judy Stern
Ms. Anne Z. Turner
Ms. Ida Wattenberg
Myrna and Seymour Weinstein
Gail and Marc Winkelstein

Bernice Isaacson
Ms. Dian Wolk Warnhoff

Dorothy Wall
Gail and Christopher Connally
Ms. Patricia Connally

So Many Women, continued

bones, bruises or any visible injuries, but it has taken me years to speak of what I went through — and I still struggle with trusting men, even though I finally re-married. Abuse happens everywhere — I lived in a middle-class suburb, am educated, and no one knew what was happening. ABW was there when I needed help — twenty years later, I hope I am finally finding my voice. Tears don't help.

We urge you to visit our website sometime and read the many stories others have shared with us. Some are sad, some

are inspiring, but all are truly heartfelt accounts of the issue of domestic violence. We admire and thank the brave people who have shared their experiences with us.

It is because of generous people like you that we are able to help so many of these victims regain their lives, and begin down the path towards a violence-free future. **Thank you for all you do to help make our work possible!**

- 24-Hour Hotline • Bi-Lingual Services • Children's Programs • Court Advocacy
- Domestic Violence Prevention and Education • Emergency Shelter
- Individual Counseling and Support Groups • Professional and Community Education

First Annual *Celebration of Hope* SETS AGENCY RECORDS

ABW held its first annual "Celebration of Hope" on May 11, at Temple B'rith Kodesh, to a crowd of almost 300 new and old friends, and netted over \$57,000 for the agency—a record-setting event!

The keynote speaker was Susan Still, an ABW client and former resident who shared her compelling story of survival and triumph over almost unspeakable hardship.

Her story was told on the TV show "20/20" a few years ago, and Susan shared a tape of that segment with the spellbound audience. Her case is notable because her abuser received the longest sentence ever given in a non-fatal domestic violence case in New York State. Instrumental in his conviction was both a videotape he forced their then-13-year-old son to make of his abuse, and a careful record Susan's employer kept of her injuries over the course of many months.

The one-hour breakfast represents a major



Susan and Daz Still, guest speakers; Cathy Mazzotta, ABW Executive Director

departure from prior-year evening events that were more social and less centered around the mission of the organization. "We knew this was a bit of a risk," comments **Cathy Mazzotta**, the agency's Executive Director, "but we wanted to do something that focused more on the issue of domestic violence, and why the work we do is so essential—it's too important a message *not* to get out to the community, as often as possible, and this event did so, in a most effective way."



Retired ABW employees Lois Tucker and Phyllis Korn (former Executive Director); Carolyn Washington, ABW Shelter Director



Ruth Kramer, ABW Volunteer Coordinator; Nancy Schoenberger, Peggy Trabert Ilacqua, event attendees/table captains.

"Every person at my table commented on how poignant and compelling this story was. They especially appreciated the focus on the importance of the issue without being distracted by the event itself," said **Ruth Weniger**, a former ABW board member, and current Facilities Committee member.

Plans are already underway for next year's celebration—we hope you can join us for what is sure to be a most memorable morning!

Community Support



Our friends in the community are at it again—raising funds in support of our work, that is!

- Many thanks to Webster Schroeder High School seniors **KRISTEN FRELIER** and **KAREN KUITEMS**, who netted \$345 for ABW with a Silpada Jewelry party/fundraiser for their Senior Project. Helping to organize the party were **SUE FRELIER**, Kristen's mom, and **HOLLY KUITEMS**, Karen's stepmother and a Silpada Jewelry rep.
- The group, **STROLLER STRIDES OF ROCHESTER**, raised approximately \$800 for the agency at a fundraiser this past Spring.
- **JOSÉ RIVERA** and **CODY SMALL**, students at the Fairport BOCES, made and sold metal key chains to their fellow students, with profits going to ABW, and raised \$100 this past April.
- Many thanks to the kind folks of **SIGMA NU FRATERNITY** at the University of Rochester, who raised \$315 for ABW at a recent Disc Golf Tournament.

Does your partner ever act in ways that make you feel afraid?

Call Alternatives for Battered Women's Hotline

(585) 232-7353

TTY (585) 232-1741

**CONFIDENTIAL
HELP
24 HOURS A DAY**

Are you receiving duplicate mailings from Alternatives for Battered Women? Have you moved or changed your name? Do you know someone who would like to be added to the mailing list? Please call Janis at (585) 232-5200, ext. 265 and she will be happy to talk with you.

ALTERNATIVES is a publication of Alternatives for Battered Women, Inc.

Board President..... Teresa Anderson Editor..... Deb Howe Allen
Executive DirectorCatherine Mazzotta Layout and DesignDebra Bishop

CALENDAR OF EVENTS



Greater Rochester Women Philharmonic's annual fundraiser to benefit ABW

SUNDAY, JUNE 6, 2010

7:30 pm

Hochstein Performance Hall

50 N. Plymouth Ave.

no charge to attend/free will donations accepted

Women Skippers Invitational

FRIDAY AND SATURDAY, JULY 16-17, 2010

Genesee Yacht Club

Charity Arts and Crafts Auction

FRIDAY, NOV. 19, 2010

12:00 - 4:00 pm

Flaum Auditorium

University of Rochester

sponsored by URM Medical School Students

Wish List

Space limitations prevent us from printing our entire list here—please consult our website (www.abwrochester.org), or call us, for further details (see below).

PLEASE NOTE: because of severely limited storage space, we **ask that you call us first before dropping off ANY donations!** Just ONE bag of items we can't use and need to discard or pass along to another agency, costs us over \$22 in staff time and resources! If you really want to help us—and we're sure you do!—PLEASE contact us regarding future donations before you leave anything at our drop-off site. Just call our business line at 585-232-5200, and ask for Sondra.