

ABW sustains \$53,000 in funding cuts in NY State Budget – see p. 3

ALTERNATIVES
for Battered Women

Alternatives

www.abwrochester.org

Fall 2010

No matter what our age...

We're all still learning important lessons!

Words of wisdom from our clients we can all benefit from

No matter how old we get, autumn still feels like a time of transition—the leaves are changing colors, kids are going back to school. Even if it's been years since we were in a classroom, there's still a part of us that feels like fall is really the start of a new year, not January.

For our clients, beginning the journey towards a safer tomorrow is often filled with lessons, many of them particularly hard-won. As part of their first few counseling

sessions, they are asked to think about what they've learned so far. Their responses are something we can all learn from, and provide a lot of food for thought.

The tough thing is, many victims of domestic violence struggle with leaving their abusers—it's seldom a linear path from abuse to safety. It might be hard for those of us on the "outside" to understand this—"Why doesn't she just leave?" is a question we've all asked ourselves at one

*"I learned
it is not
my fault"*



time or another, when reading a story in the newspaper or hearing something on TV about a particularly grim incident.

There are many impediments to just simply leaving a dangerous situation (if it were that easy, places like ABW wouldn't be necessary). Fear of harm is certainly a huge reason, but there are others, too:

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Alternatives for Battered Women SERVICES TO THE COMMUNITY

We're all still learning, continued

- *not having any resources* (abusers often control their family's finances completely, as yet another way of keeping their victims under thumb);
- *not wanting to separate their children from their father* (or their friends, or their school);
- *hoping desperately that when he says he's sorry and he'll change, he really means it this time, and he really will.*

"I learned that I have to take one step at a time"

That's why our counselors at ABW receive special training to work with

"I LEARNED THAT I CAN'T CHANGE ANYONE BUT ME"

victims of domestic violence, to help them navigate the often winding, up and down path from their current situation, so they can get to a place of hope and healing.

"I LEARNED THAT I'M NOT ALONE"

It's not an easy journey, full of stops and starts, steps forward and steps back. But it's certainly a journey that we couldn't help them make, if it weren't for your support! Because of generous friends like you, we can help

"I learned that I deserve so much better than abuse"

anyone who needs us—we never charge for our services, and no one is turned away because they can't afford help.

Your donations really do make a difference, and help save lives—**thank you for making our work, and our successes, possible!**

Honor/Memorial Gifts

(Gifts made between May 14, 2010 to September 8, 2010.)

IN MEMORY OF

MARTHA BROWN

Rev. Linda Brebner

EMILY HOWE

Ms. Debra Salmon

BERNICE ISAACSON

Jill and Carl Rohrberg

ROBERT KESSELRING

Elizabeth and Charles Peer

Ms. Audrey V. Schrader

Ms. Patricia K. Schulz

Barbara and Robert Scrimgeour

Betty and Edward Smith

Mr. Charles W. Treat

Mr. Jerry S. Welcher

JACKIE OWENS

Ms. Rose Marie Duffly

Ms. A. Jeanne Goldman

HANNAH ELIZABETH SPRINGER

Mr. Ronald J. Billings

Ann and Charles Gertner

Dr. Bernard Isaacson

Ms. Donna L. Thompson

Ms. Rita J. Widner

ANN MARIE VAN GELDER

East Rochester Teachers Book Club

IN HONOR OF

SHARON KOVALSKY ON MOTHER'S DAY

Ms. Elyse G. Kovalsky

JEANNE PETERS' BIRTHDAY

Rohm Services Corporation

SHARE *your* STORY

ABW's website has a new page where you can share your story—**anonymously** if you wish—about domestic violence and your own personal experiences. Just visit us at: **www.abwrochester.org** to view others' stories, and to add your own. Certain restrictions apply.



- 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

Walk A MILE In Her Shoes®



A March to Stop Rape, Sexual Assault & Gender Violence

To benefit



SATURDAY, OCTOBER 16, 2010

Registration 10:00 a.m. - Walk begins 10:30 a.m.
 Monroe Community College

WALK A MILE IN HER SHOES® is a nationwide event that invites families to walk one mile to raise awareness about rape, sexual assault, and gender violence. The march invites men to join in the effort to make the world a safer place, and provides an opportunity for the community to talk about these important issues.

Walk a Mile in her Shoes® asks men to literally walk one mile in a pair of women's shoes while raising funds for Alternatives for Battered Women. It is a great opportunity for men to educate the community about a very serious subject. So, ladies, challenge your husbands, boyfriends, brothers, and friends. Guys, challenge your buddies and help raise awareness about this important issue.

Of course, women are welcome to walk—the men might need a little support along the way!

SPONSORS



YOUR help is especially needed NOW!

The good news is, New York State finally has a budget. The bad news? **ABW sustained almost \$53,000 in funding cuts, mostly to our Court Advocacy Program.**

ABW Court Advocates provide counseling, support, safety planning, advocacy, referrals and court accompaniment to victims of domestic violence securing an Order of Protection in Family Court. Advocates serve as a resource to Judges and court personnel to assist the criminal justice system in being more responsive to the needs of victims of domestic violence. This important effort helped over 1,800 clients last year.

HOW CAN YOU HELP?

By sending in a donation today!

Just use the envelope that's enclosed with this newsletter—or, if that's missing, just mail your check made payable to "ABW" to P.O. Box 39601, Rochester, NY, 14604-9601. You can also donate on-line on our website, at www.abwrochester.org, or call us at 585-232-5200, ext. 265.

Thank you so much for whatever you can give, to help us make up this shortfall. Your generosity will help keep thousands of women and children in our community safe!

For more information please visit:
www.abwrochester.org • www.walkamileinher shoes.org

Community Support

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

- A Special Thanks to LUCAS GREENHOUSES for their donations that helped us set up a rooftop vegetable garden at our agency, as did J & A GREENHOUSES of Avon, NY.
- MOTOR MAIDS/CHROME DIVAS raised \$500 for us at a May fundraiser.
- M&T BANK renewed their support for our Education/Prevention Program, with a \$2,500 grant.
- The GREATER ROCHESTER WOMEN'S PHILHARMONIC raised \$1,162 for us at their annual benefit concert in June.
- RMANI'S CHARITY CONCERT netted \$410 for ABW on June 4.
- Our summer intern program was made possible with a grant of \$18,000 from THE GLOVER-CRASK CHARITABLE TRUST and a \$2,000 grant from the GOLDBERG-BERBECO FOUNDATION.
- The ROAD PATROL UNION of the Monroe County Sheriff's Office raised \$3,000 for ABW at their annual golf tournament in August. Top Sponsor for the tournament was Chamberlain D'Amanda.
- The PENFIELD HIGH SCHOOL NATIONAL HONOR SOCIETY—long-time friends of ABW!—raised \$1,000 for us at their annual faculty/student basketball tournament last Spring.

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 Director Catherine Mazzotta Layout and Design Debra Bishop

CALENDAR OF EVENTS



Twisted Sisters 9th Annual Pig Roast SUNDAY, SEPT. 26, 2010 • 2:00 pm

Black Creek Park
North Chili, NY

Walk a Mile in Her Shoes

SATURDAY, OCT. 16, 2010

10:00 am registration • 10:30 am walk
Monroe Community College

Charity Arts and Crafts Auction

FRIDAY, NOV. 19, 2010 • 12:00 - 4:00 pm

Flaum Atrium, Kornberg Building
University of Rochester Medical Center

3rd Annual Woman for Woman Event

THURSDAY, DEC. 9, 2010 • 6:00 - 9:00 pm

The Four Walls Gallery
34 Elton Street, Rochester, NY 14607

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.