

Newsletter

“Working together to stop the cycle of domestic and sexual violence.”

Capital Campaign Reaches New Heights!

The campaign for The Laurel Center’s much needed new facility reached the \$1.35 million mark earlier this year, and received a significant boost when Byron Brill and Kathy Kantor joined the leadership team as Co-Chairs of the Major Gifts Committee. According to Donna Carpenter, Executive Director:

“We are grateful for the addition of these two terrific community leaders and the talent they bring to our fundraising efforts. With their help, and the great work of all our leaders, The Laurel Center is much closer to reaching our goal of providing a safe, private and secure facility for individuals and families escaping domestic violence. I am amazed at the dedication and passion that all of our leaders bring to the cause of serving those trying to escape domestic violence.”

The timing of the capital campaign for The Laurel Center’s new facility could not be better. Due to space limitations, the Center had to turn away 200 women and children seeking safe shelter last year. The capital campaign will provide a facility with more than triple the residential space and will dramatically improve our ability to provide counseling, programming and community education and outreach. It is truly an exciting time to be a part of The Laurel Center!

The Laurel Center facility will expand much needed counseling, educational,

and training space, including:

- Conference and meeting rooms
- Private counseling rooms for clients
- Individual work areas for staff
- Community Support Group areas

Additionally, the residence space will include:

- Eight individual bedrooms that will give families the privacy of their own rooms
- A large kitchen and living area where individuals and families can gather to eat, read, or talk
- Cheerful play areas indoors and outside for both older and younger children
- A respite room and outdoor leisure space where adults can find solace
- Private counseling rooms
- Support group meeting areas
- Separate group area for teens
- Bathroom facilities with private shower and toilet stalls that will accommodate the larger number of people
- A resident computer lab, laundry room, and storage space

For additional information, or ways to contribute, please contact us at 667-6160.



Every day for over 25 years we have been here for families in crisis.

The Laurel Center
P.O. Box 14
Winchester, VA 22604

Office: 540-667-6160
Hotline: 540-667-6466
Fax: 540-667-0138

Email: thelaurelcenter@comcast.net

Mission Statement:

The Laurel Center empowers victims of domestic and sexual violence by providing emergency housing, advocacy, support services, and education. We reach out to our community through education and awareness programs.

The Laurel Center is the only organization in the area whose primary mission is aid to victims of domestic and sexual violence. In our 25 years of service, we have provided emergency shelter to over 4,500 individuals and provided support services to over 45,000 others.

Highlights:

SAAM	2
A Window Between Worlds	3
Women’s Conference	4
Upcoming Events	5
Acknowledgements	6
Ways You Can Help	7
Who’s Who	8

Sexual Assault Awareness

April was Sexual Assault Awareness Month (SAAM). The goal of SAAM is to raise public awareness about sexual violence and to educate communities and individuals on how to prevent sexual violence. The 2010 SAAM national slogan is: "Prevent Sexual Violence...on our campuses." This year's campaign focused on preventing sexual violence on higher education campuses. College students experience disproportionately higher rates of sexual violence. 1 in 4 college women will be a victim of rape or attempted rape by the time she graduates. During SAAM and throughout the year The Laurel Center hosts and co-sponsors events to raise awareness and motivate the community to address this serious issue. The Laurel Center invites you to attend these informative and powerful events. For more information on upcoming events visit us online at www.thelaurelcenter.org or join us on Facebook

or MySpace. Working together, we can raise awareness, change attitudes, and help prevent sexual assault.

During the current fiscal year, The Laurel Center provided services to more than 140 individuals who reported some type of sexual violence. Crisis Advocates responded to 50 victims of sexual assault at Winchester Medical Center. Considering that only 1 in 10 sexual assault victims reports the crime, the actual number of assaults occurring in our community is much higher. Sexual violence takes many forms – it is any unwanted sexual contact, including rape, molestation, and child sexual abuse. For those who have been assaulted, help is available. Crisis intervention, emergency shelter, confidential 24 hour hotline, counseling, support groups, legal advocacy, and other support services are provided by Laurel Center staff.

Dear Jessica Advice Column

Dear Jessica,

My boyfriend and I live together and he is constantly abusing me. The last time it happened I called the police and got an emergency protective order against him and he was told to leave the house. When I went to get the protective order extended it was denied. Why?

Answer:

When filing for an extension of a protective order you must be as detailed as possible. All the judge has to go by is what is written on the extension paper. You must make whoever is reading the statement feel like they were in the house when the abuse happened.

Dear Jessica,

Social Services has been involved with my family in the past because of the violence that has been occurring in my home. If I come into shelter will I be at risk for having my children taken away.

Answer:

Coming into shelter means you are trying to protect your children and take them away from the abuse. This is good. Staying in the abusive home and having your children continue to witness the violence is much worse than coming into shelter.



"The Healing Circle"

Meets continuously each Thursday 5:00-6:30 pm

The Healing Circle is an eclectic support group for adult survivors of sexual assault.

The format includes education and activities designed to facilitate continued healing

Jannie's Story

Jannie* was a walk in client. She showed up at The Laurel Center offices early one morning. When staff answered the door they saw that she was severely beaten.

Jannie had spent the night in her truck following a violent incident with her boyfriend. After intake for emergency shelter she was sent to the emergency room. Jannie had a broken nose and broken finger in addition to multiple bruises. This was her second time in shelter in the past year. She was in a year long relationship that involved verbal abuse, threats, physical abuse and threats with a weapon. She suffered this abuse on a weekly basis. Jannie did not want to report the incident to the police, she was concerned they would not believe her because she was an alcoholic. In addition Jannie had a long history of child abuse and domestic violence in former relationships.

Jannie was a single mother. Jannie and her daughter stayed in emergency shelter for 30 days. During her stay she completed weekly service plans which outlined her goals. In addition, Jannie attended domes-

tic violence education groups, life skills groups, and joined the local chapter of Alcoholics Anonymous. The Laurel Center was able to provide Jannie with financial assistance to obtain her birth certificate, marriage license, driver's license and funds to support her exit into independent housing. She and her daughter also received Christmas Assistance during their time in emergency shelter. Jannie was able to obtain a full time job during her stay that supported her ability to continue to live independently. The local Habitat for Humanity Restore provided Jannie with furnishings for her new apartment. Upon exit she had completed her goals. She found classes offered through The Center to be a positive experience and had developed a safety plan for herself and her child. Jannie continues to live independently, has remained sober and continues to focus on herself and her daughter in an effort to live a violence free life.

**Jannie is a fictional character that represents survivors seen at The Laurel Center*

A Window Between Worlds

A Window Between Worlds was founded by Cathy Salser, a Los Angeles artist. In 1991, Cathy left her job as an art teacher and traveled from one domestic violence shelter to the next, making art with battered women. During the tour she offered art workshops and training at thirty-two shelters in eighteen states from California to Massachusetts.

Upon returning to Los Angeles Cathy partnered with a local domestic violence organization to pilot the first ongoing Window Between Worlds Project. The project provided weekly art workshops at a shelter and launched "A Window Between Worlds". Workshops were designed to help women reclaim their lives and move toward a healthy future. The Women's Windows program quickly grew to serve over 50 shelters. In 1996, the Children's Windows Program launched. During the past eighteen years, AWBW's programs reached over 49,500 women and children. Permanent, ongoing Women's Windows and Children's Windows Programs have been

implemented in domestic violence shelters, transitional homes, and outreach centers in twenty-eight states. In 2008, The Laurel Center partnered with A Window Between Worlds in an effort to bring this valuable resource to women and children in the Shenandoah Valley. The Laurel Center has 10 certified Windows facilitators and offers weekly Windows groups. Last year Center staff facilitated over 40 Windows groups to over 200 women and children.

"I've been broken for a lot of years, both physically and emotionally, and now it is time to fix me. I am happy now!"

Participant in *Turning over a New Leaf*

"These workshops make me feel more powerful, more positive, better about myself, more relaxed, more educated about domestic abuse, decisive and able to move forward."

Participant in *Vision Board*

Fourth Annual Women's Conference

In 2007 The Laurel Center hosted an annual conference for women in the community. Attendance at the first conference was small but encouraging. The conference has grown over the past three years. In 2009 over 50 women attended this community outreach effort.

Outcomes from last year's event indicated all of the women present enjoyed the conference and learned something new about the importance of self-care. Participants also made amazing comments about the conference that included: "I had a wonderful time", "thanks for a beautiful evening" and "This was my first time and I will definitely return!"

This year's conference is shaping up to be the best

yet. The event will be held at the Social Hall in the War Memorial Building at Jim Barnett Park on Tuesday, May 11th from 5pm - 8:30pm. The conference is funded by Virginia Family and Children's Trust Fund. Workshops scheduled include: Job Skills for Women, Fung Shui Interior Design, Reiki, Belly Dancing, Personality Profiles and Xtreme Fit Dance Fusion! There will be refreshments, goody bags and good times for all! A special door prize will be awarded to one lucky winner. Bring your girlfriends or come on your own. Join us for this free conference. Call Lavenda Denney at The Laurel Center 667-6160 to make your reservation.

8th Annual Golf Tournament



Reserve your spot now for the 8th Annual Rock Solid Golfing Experience at Rock Harbor Golf Course in Winchester, Virginia and show your support for The Laurel Center!

The tournament takes place on Friday, June 25, 2010 and begins with a noon time lunch followed by a 1 p.m. putting contest—shotgun start. \$80 single or \$310 foursome (prepaid by 6/1/10): includes green fees, cart, lunch, awards buffet reception, putting contest raffle drawing, goody bags for all golfers and a free round of golf at Rock Harbor (Mon-Thurs., value \$46). Great prizes will be given for low scoring teams, long drives and closest to the pins. Hole sponsorship including fee for one golfer is available for \$250.

For more information or to register, call Angie Davis at 540-667-6160 or Phyllis McGovern at 540-535-1209 or if you prefer you can mail the registration form below with your check payable to:

The Laurel Center, PO Box 14, Winchester, VA 22604

Visa, Mastercard and Discover accepted

◇ Enclosed is my \$80 fee for a single spot at the 8th Annual Golf Tournament:
 Name of Golfer: _____ Phone _____
 Address _____ City _____ State _____ Zip _____

◇ Enclosed is my \$310 fee for a four-some at the 8th Annual Golf Tournament:
 Name of Golfers: _____

◇ I am interested in sponsoring a hole at the 8th Annual Golf Tournament:
 Name of Sponsor (as you would like it to appear) _____
 Name of Golfer: _____ Phone _____
 Address _____ City _____ State _____ Zip _____

I prefer to pay using my Visa, Mastercard or Discover
 Card number _____ CID _____
 Amount _____ Expiration Date (MM/YY) _____
 Signature _____

Volunteer Shelter Managers

The Laurel Center developed a new volunteer program to support shelter staffing in our emergency shelter on weekend days. The Center provides 32 hours of training for all volunteers. In addition volunteer shelter managers are given 20 hours of on-the-job training upon successful completion of the training. Volunteers work two 5 hour day shifts a month. Their volunteer work supports our efforts to keep the residence staffed!

In January, four new volunteers

joined the program. We would like to welcome Adrienne Hayes, Margaret McClanahan, Connie Parker and Eileen Scanlon. They join Summer Jeirles, Lorretta Lashley and Vivian Walker.

The next Volunteer Shelter Manager training will be held Monday through Friday, June 21st – June 24th 9am-4pm.

Call Lavenda Denney at 667-6160 to complete a phone interview and register for the classes.

Welcome New Staff

Hello one and all! My name is **Angela Ratchford**, and I am the new **Sexual Assault Program Coordinator and Capital Campaign Coordinator**. I am very excited to join the wonderful team here at The Laurel Center. I have a bachelor's degree in Business Administration from Old Dominion University and an Associate's degree from Lord Fairfax Community College. Over the past several years I have worked and volunteered with the Free Medical Clinic, the Shenandoah Alliance for Shelter and for Healthy Families NSV. It is and will continue to be an honor to assist the community and the community members we serve.

My name is **Suzanne Walker**. I relocated to Winchester from Hillsdale, New Jersey with my two cats, Gordy and Bo who are my little buddies. I joined The Laurel Center in October 2009 as a **Shelter Manager**. I enjoy working here very much and working with such a great staff. What brought me to work at The Laurel Center was a personal friend. She was being abused by her live-in boyfriend when he was high on drugs. Her stay at the shelter saved her life. I enjoy working with the public and helping people. I want to be involved with the people in my community. I enjoy living in the Winchester area and being near my family.

*Bring your family, bring your friends to experience two exciting games of the All American sport of Softball as local Firefighters go up against Law Enforcement and Doctors play Lawyers. The tournament takes place at **Eagles Field, Jim Barnett Park in Winchester on Saturday July 10, 2010.***

First game begins at 9:00 am

We hope to see you at this community event to cheer on those who help others as well as to show support for The Laurel Center.

FREE ADMISSION! DOOR PRIZES! FAMILY FUN!



Upcoming Events

TV3 Winchester vs. Millbrook High School Girls Championship Basketball Team

Saturday, May 15, 2010

Come out to Millbrook High School and cheer for your team! The first shot will be thrown at 7:00 pm. \$5.00 per person.

Rich Rau Memorial Bike Tour Saturday May 22, 2010 7:30 am

Courses start and end at Duncan Memorial UMC in Berryville, Virginia
This tour is a self-paced ride for recreational and serious cyclists
Sign up at www.berryvilleva.gov or call (540) 955-1099

Loudoun Street Mile Race Monday May 31, 2010

This annual event is sponsored by the Shenandoah Valley Runners.
For more information call Mark Stickley at 665-8394

Annual Meeting and Recognition Banquet Thursday June 3, 2010 6:00-8:00 pm

War Memorial Building
Social Hall - Jim Barnett Park
Ticket Price: \$15.00 per person
Call 667-6160 to purchase tickets or for more information.

Shenandoah Spring Raffle to be drawn Friday June 25th during the Golf Tournament

Package includes:
Blackthorne Inn, Upperville, 1 night stay & breakfast,
\$100 Gift Certificate,
George Washington Hotel,
6 course gourmet dinner & wine at Nancy Shepherd House,
Handmade quilt in Shamrock Design,
Original Oil Painting
by Pam Singer, **AND MORE!**

Suggested Donation:

1 for \$10, 3 for \$25, 7 for \$50
Send your check to "The Laurel Center", PO Box 14, Winchester, VA 22604 and your raffle tickets will be sent to you promptly.

(Need not be present to win)

Words of Acknowledgement

On behalf of 3,000 victims who receive services each year, The Laurel Center wishes to thank the following supporters for their Cash Contributions received November 1, 2009 to February 28, 2010:

**All or part of the donation went to the Capital Campaign*

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		Middletown Presbyterian Church	Shuman's Flag Car
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Ways You Can Help The Laurel Center Make a Difference

Our Wish List	Cell Phones	Monetary
<p>New Children's Sweat Suits-All Sizes New Pajamas For Women and Children Clorox Wipes Twin Size Fitted Sheets Standard Pillow Cases Crib Sheets Bath Towels Toilet Paper & Paper Towels Laundry Detergent & Bleach Lysol Spray Dishwashing Liquid Aluminum Foil & Plastic Wrap Shaving Cream Hair Brushes Money Store Gift Cards Pre-paid Phone Cards</p>	<p>Copy Paper, 8½ x 11- (all colors) Bus Passes Hand-Held Tape Recorder Gift Certificates for Families, such as: Movies, Bowling, Fast Food, Pool Passes Trash Bags-Extra Large, Heavy Duty Light Bulbs: 40 & 60 watt</p> <p><i>*Individual or Group to periodically haul large trash items to the dump.</i></p> <p>Note: Due to storage limitations, we do not accept items that are not listed above. We do <u>not</u> accept used clothing, children's toys, or yard sale items. We also cannot accept sample sized toiletries.</p>	<p>You can donate your old cell phone to The Laurel Center and help someone in need. Cell phones may be given to people at risk to use for 911 without a service agreement. This can be life saving for someone in a violent relationship or someone who is being stalked. Cell phones can also be turned into cash for The Laurel Center operating expenses.</p>
		<p>The Laurel Center is a 501(c)(3) nonprofit. Monetary contributions to support the day-to-day operations of The Laurel Center are tax-deductible to the extent the law allows.</p> <p><i>Please use the enclosed envelope to send your supporting contribution.</i></p> <p><i>Mastercard, Visa, Discover accepted online at www.thelaurelcenter.org and at 540-667-6160</i></p>



When you dine at a Glory Days Grill between May 1, 2010 and June 30, 2010, the restaurant will contribute 10% of your total food purchases to The Laurel Center. Bring your neighbors, friends, and relatives, because the 10% applies to the total food bill. Simply ask your server for a copy of your guest check (not credit card receipt), and mail it to:

The Laurel Center, Attn: Carrie Titus, PO Box 14, Winchester, VA 22604

Words of Acknowledgement (Continued)

- | | | |
|--|--|--|
| Hazel Spriggs
Sara St. Thomas
*Staff of The Laurel Center
S.J. Stafford
Linda Steele
Stephens City UMC
Lorie Sterling
Donna Steward
Donald & Madeline Stewart
Mark Stickley
*Suntrust Foundation
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Winchester City Public Works Dept
Winchester Medical Center Forensic Nurse Program
Winchester Water Aerobics
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Lois & Jesse Wismer
Stuart Wolk
Walter & Alexandra Woodson
George Yenowine
John & Kristin Zimet
The Zimmerman Group, Inc.
Zachariah Zinman-Hillerson |
|--|--|--|

Thank You!

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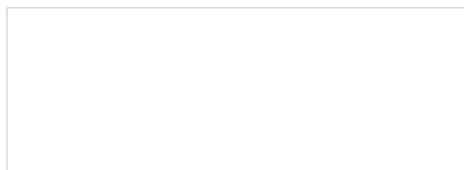
Amy Pell, CIC On-Call

Incorporated in 1983, **The Laurel Center** serves the City of Winchester and the Counties of Fredreick and Clarke. We offer a comprehensive program of emergency shelter and support services to victims of domestic and sexual violence. Approximately 3,000 individuals receive services from our program each year.

Our vision is to work together in our community to stop the cycle of domestic and sexual violence. We ask for your support to make our vision a reality.

This newsletter is published twice a year and sent to supporters, community organizations, and allied professionals.

Check us out online: www.thelaurelcenter.org
We are also on Facebook and MySpace!



theLaurelCenter@comcast.net

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