

Newsletter

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

The Laurel Center Pays Off New Facility Site

The Laurel Center completed the purchase of its new facility site this past fall by paying off the short term loan granted by BB&T Bank! Site development work completed at the project has also been paid in full! This is an exciting time for everyone who has worked on the Capital Campaign committee and for those who have donated to the project. With the City's recent approval of the building design, we are ready to break ground for the new building. Completion of the capital campaign will dramatically improve our capacity to deliver services to the community. We will be able to provide shelter in a safe and secure location as well as better meet the needs of the community for counseling and

educational programs on-site in the new **Laurel Center**. The entire facility will be handicapped accessible. It will provide much needed counseling, educational, and training space. If you need more information on the campaign progress, you can reach us at 667-6160.



Cabell Foundation Issues Challenge!

The Cabell Foundation awarded The Laurel Center a challenge grant for the capital campaign in the amount of \$50,000! Matching funds must be raised one to one with new funds pledged after November 20, 2008. The Foundation further requires that no more than 50% of matching funds come from other private foundations. We have already secured \$20,000 towards the match from the Paul and Monica Bancroft Family Foundation!

Thank you to Greg and Wendy Bancroft for presenting this to their family foundation and securing the first money towards the match!

The grant offer will expire on June 30, 2010.

To make a donation towards this challenge grant, please write Cabell on your capital campaign donation check.



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:

Expect Respect	2
Upcoming Events	3
Guided Imagery	4
New Support Group Forming	5
Acknowledgements	6
Ways to Help & Wish List	7
Who's Who	8

"Hands and Words Are Not For Hurting"

The dramatic rise in child abuse, domestic violence, bullying in schools and suicides demonstrates the need to teach children at an early age that anger is a feeling and abuse and violence is ALWAYS a choice. "Hands and Words Are Not for Hurting" is a domestic violence prevention program for young children. Over the fall and winter, staff collaborated with 6 daycares and preschools in Winchester to bring this program to a total of 134 preschoolers. The goal of the Hands project is to create a safe and respectful school environment. Children recite and sing daily the Hand's pledge: "I will not use my hands or words for hurting myself or others". By

taking a pledge against violence these preschoolers and their families are making a promise each and every day to think before they use violence and ultimately not use their hands or words to hurt themselves or others. The program encourages involving the entire family in practicing the skills learned from the Hands Projects' curriculum.

"Ms. Carrie, I think that's a good promise we made."

—Quote from a 4 year old boy after reciting the pledge.



Expect Respect

During the months of July, August and September, staff from the Laurel Center will implement the curriculum "Expect Respect" with youth from the Boys and Girls Club of the Northern Shenandoah Valley. Free dinner and fun incentives will be offered to all those who participate. Expect Respect is a comprehensive prevention program designed to raise awareness of dating violence, teach skills for healthy relationships, develop youth leadership, and increase safety and respect on school campuses. This cur-

riculum is implemented by advocates, counselors, and educators in middle and high schools, and youth-serving organizations. Expect Respect was recognized as a promising practice by the National Resource Center on Domestic Violence and received the Innovative Program of the Year Award from the Texas Association Against Sexual Assault in 2005. For more information contact Jessica at 667-6160.



The White Ribbon Campaign

The White Ribbon Campaign is the largest multi-national effort to get men involved in ending violence against women, to raise awareness about the problem, and to support organizations that deal with the consequence of this violence. The White Ribbon Campaign was founded in Canada in 1991, and there are now White Ribbon Campaigns in over 50 countries. To participate, men wear white ribbons as a personal statement that they will never commit, condone, or remain silent about violence against women. Currently, the Virginia Department of

Health is providing training on how to carry out the campaign and will provide an Organizer's kit and ribbons for the campaign. Our goal is to get young men involved and educate them about positive and healthy behaviors so that they can be positive role models. We are fortunate to already have some men interested in starting a White Ribbon Campaign in our community!

If you or anyone you know is interested in getting involved with the campaign, please call Melody at 667-6160.



Check Out Our MySpace Page!

<http://www.myspace.com/thelaurelcenter>

Third Annual Women's Reception & Workshop

Annually The Laurel Center hosts a women's workshop for the community. Because the past year was filled with stress and uncertainties, this year's workshop is focused on self-care. The first thing women often do in response to crisis is neglect their own needs. Give the gifts of relaxation, laughter and empowerment to the most important person in your life...YOU! Our Keynote speaker is Loretta Duncan, Professor of Psychology at Lord Fairfax Community College. Workshop participants have the opportunity to participate in two of six breakout sessions. Topics include: Self-Defense, Personality Pro-

files, Yoga, Healthy Sexuality, Healthy Boundaries, and Seeking Serenity Self-Care. The evening will wrap up with a special Laughter Yoga session facilitated by Ramana Heyman! The event will be held Tuesday, May 12th from 5-8:30pm at Jim Barnett Park War Memorial Building Social Hall. There will be refreshments, resource guides and good times for all. A special door prize will be awarded to one lucky winner! Bring your girlfriends or come on your own. Return home rejuvenated! Call Lavenda at The Laurel Center 667-6160 to make your reservation.

Dear Jessica Advice Column

Dear Jessica,

I have a friend who has been in an abusive relationship for years. I have tried to help by offering her a place to stay and giving her the phone number to The Laurel Center but she just won't leave. Why is it that so many women stay in abusive relationships?

Dear Concerned Friend,

There are many reasons a person may stay in an abusive relationship. They may fear physical harm if they leave, they may fear leaving the abuser angrier, they may be fearful of being alone or living alone especially if they have children. The most danger-

ous time for a victim of domestic violence is when they leave. Victims of domestic violence usually do love their partners and it is hard to leave someone you love. If the abuse has been going on for a long time the victim may often experience low self-esteem, be emotionally exhausted, have feelings of guilt, blame themselves for the abuse, or even feel like a failure. It is important you don't give up on your friend. Let her know you are there for her. Abusers like to isolate the victim from their friends and family so if you turn your back on your friend you are letting the abuser win.

"There are many resources here that help a woman become independent again. The staff seems very knowledgeable about domestic violence in the home and not only cared for my well-being but that of my son too."

—Quote from a former client

Upcoming Events

Please invite a friend to join you in support of The Laurel Center.

Rubbermaid Sale April 25, 2009

Apple Blossom Mall
Belk Parking Lot
8:00am-12:00pm

Loudoun Street Mile Race Monday May 25, 2009 Olde Town Winchester

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

Annual Meeting and Recognition Banquet

Thursday June 4, 2009
6:00-8:00 pm

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

7th Annual Golf Tournament Friday June 26, 2009

Tournament begins at 12:00 pm
with lunch followed by putting
contest and 1:00 pm shotgun start
\$80.00/single*

\$310.00/four-some*

\$250.00/hole sponsorship
includes fee for one golfer

*includes green fees, cart, lunch,
raffle drawing, awards buffet recep-
tion, goody bag for all golfers and a
free round of golf at Rock Harbor
(Mon.-Thurs., value \$46)

Prizes to be awarded for low scor-
ing teams, long drives and closest to
the pins.

**Raffle to be held during the Golf
Tournament for Capital Capers;
A Great Trip to Washington, DC**
Includes a 2 night stay at Washing-
ton Suites; \$100 Capitol Hill Club
gift certificate **AND MORE!**

For more information on the tourna-
ment or raffle or to register call
Phyllis McGovern at 540-535-1209
(Need not be present to win)

**PROGRAM STATISTICS
(July 1, 2008 to December
31, 2008)**

Sexual Assault:
New Victims: 206
 (13 of which were children)
Number of hospital calls: 25
Number of hotline calls: 121
Number of trainings: 58
 (1108 participants)
Number of Crisis Intervention calls: 188
Number of Criminal Justice Advocacy Clients: 118

Domestic Violence:
Hotline Calls: 502
Adults Sheltered: 74
Children Sheltered: 44
Non-Sheltered Counseling Clients: 18
Non-Sheltered Support Group Clients: 24
Victims That Received Protective Order Assistance: 170
Victims Receiving Criminal Justice Support: 324

The Laurel Center would like to thank our outstanding volunteers who provided over 3,000 hours of service during the last six months of 2008!

THANK YOU

Elder Abuse

For the past two years staff collaborated with the Winchester Senior Center to provide presentations on late life domestic violence. During the past year, the topic was broadened to include elder abuse. Elder Abuse is a term referring to any knowing, intentional or negligent act by a caregiver or any other person that causes harm or a serious risk of harm to a vulnerable adult. Elder Abuse in domestic settings is a serious problem, but is still largely hidden under the shroud of family secrecy and

under-reported. More than half a million reports of abuse against elderly Americans reach the authorities each year and millions more go unreported. The most common abusers are adult children and spouses/partners. Abuse of the elderly falls within the following categories: physical abuse, sexual abuse, psychological abuse, financial abuse and neglect.

If you or someone you know has been the victim of abuse, exploitation or neglect please call Tonia at 667-6160.

Karen Kimble Joins Staff

Karen recently rejoined The Laurel Center staff as a part-time Sexual Assault Counselor. Last summer Karen worked as a Student Intern at the Center while completing her Bachelor of Science degree in Human Services at Old Dominion University. Upon completion of her internship and degree, she remained involved in the Center as a

volunteer Crisis Intervention Companion and Court Advocate. Karen reports she was thrilled when she found out about the position, and honored to be back working for such a worthwhile organization. "It's wonderful to be back, and I am truly grateful for the opportunity to be a member of such an incredible team."

Guided Imagery

One of the challenges for survivors of violence is the ability to develop positive self-care techniques during their healing process. To help our clients with these important life skills, Connie Parmar, Sexual Assault Counselor, developed an eight week Seeking Serenity self-care support group. During this group, clients explore positive coping skills such as developing relaxation techniques and using art to express themselves. One of the relaxation techniques taught is guided imagery, which is based on the concept that our minds and bodies are connected. Guided imagery is a kind of deliberate and directed daydream. The great news is that

trauma survivors are particularly amendable to guided imagery because of the way trauma is stored in the brain. Imagery also helps calm a hypervigilant body and mind by releasing natural tranquilizers and by lowering blood pressure, heart rate, and anxiety levels. Even better, guided imagery is fast, powerful, costs little or nothing, and gets more effective with continued use. People can invent their own imagery, or they can listen to imagery that has been created by others. There are wonderful CDs with calming voice tones, soothing music and symbolic representations of safety and well-being. For more information, contact Connie at 667-6160.

Engaging Youth in Sexual Assault Prevention

Do you think a woman is asking to be sexually assaulted because she chooses to wear revealing clothing?

This topic inevitably arises when discussing the issue of sexual assault prevention with local college and high school students. Some students disagree and are quick to point out that women have the right to wear what they want. But there are still those students who blame the woman for her assault, “she was asking for it, look at what she had on!” the belief that it is the woman’s fault is an all too common misconception that arises from the thought that sexual assault is acceptable, even normal, in some cases.



So, how do we address this issue and others like it?

The answer may be sexual assault prevention education. The goal of prevention education is to prevent first time perpetration or victimization by improving knowledge and attitudes that relate to the origins of sexual violence. Prevention education addresses negative attitudes about sexual violence, the impact of gender roles, healthy relationships, consent, and respecting personal boundaries. Whether or not we see a decrease in the prevalence of sexual violence will depend on how effective today’s efforts are with adolescents. By engaging young people to be part of the solution, a new generation will be empowered to increase future prevention efforts. For more information, call Raine at 667-6160.



“A Window Between Worlds”

“A Window Between Worlds is a non profit organization dedicated to using art to help end domestic violence. Through creative expression, battered women and children recover a sense of renewal and power. Their images of hope, survival and strength educate the public and become “a window between world” for survivors taking steps to change their lives.”

This group is forming and will begin meeting Monday July 6th. The group is a creative way for survivors of Domestic Violence to deal with their own experiences as well as a great way to reconnect with yourself and your feelings. Please join to gain a sense of power and renewal in your life.

Contact Jennifer for more information or to register at 667-6160

Adapted from information provided by the “Windows Between Worlds” website.

Understanding Your Right to a PERK Examination

After a sexual assault, a forensic nurse can check a survivor for injuries, talk to survivors about possible pregnancy concerns and/or sexually transmitted infections, and provide a PERK exam. **What is a P.E.R.K. exam? (Physical Evidence Recovery Kit)** A P.E.R.K is a medical exam given to people who have been sexually assaulted to collect evidence that may be helpful in the investigation and prosecution of the sexual assault. **If you think you may want to report the assault to the police, the sooner you have evidence collected, the better.** A P.E.R.K. exam will not be done if more than three days have passed since the assault. **Who will pay for the P.E.R.K examination?** The Commonwealth of Virginia will pay for the costs of the P.E.R.K. exam. You do not have to par-

ticipate in an investigation to have the P.E.R.K. paid for. Your insurance will be billed first if you have Medicaid, Medicare, CHAMPUS, Tri-Care or another type of federal insurance. If you do not want the insurance information to be sent to your home, please tell the health care provider. **If I don’t have a P.E.R.K. exam, will the police be called?** By law, health care providers DO NOT have to report sexual assaults to the police unless there were certain weapons used during the assault. **NOTE:** Health care providers may have to report the assault if you are under 18 years old or an adult who depends on another adult for care. For more information, please call Diana at 667-6160.

This article was adapted from information provided by Virginia Sexual & Domestic Violence Action Alliance: www.vsdvalliance.org

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 July 1, 2008 to February 28, 2009:

Douglas Adams
 Agua Fund
 *Becky Allanson
 Howard & Nancy Lee Allen
 George & Lillian Aloupis
 Lorraine Ambrose
 America's Charities
 *Amherst Family Practice
 Donetta Anderson
 Karen Anderson
 Samanth anderson
 Marco & Christine Andrei
 *ARC Enterprises
 Arnel Elementary School
 John Arnold
 Asbury Fellowship Class of
 Braddock Street UMC
 Association for Police & Sheriffs
 Karen & Doris Avey
 *B B & T Charitable Foundation
 June Babb
 Mr. and Mrs. Carole Baker
 Daniel and Nancy Baker
 James & Lisa Bakos, Jr.
 *Gregory & Wendy Bancroft
 Bank of Clarke County
 Ann Barrett
 Barrett Machine, Inc.
 Bob Bartley
 Thomas & Sarah Beavers
 Chrissie Beck
 Judy Becker-Greenfield
 Andrea Bennett
 Roger & Rebecca Bensenhaver
 William Berger
 Roger Beswick
 Manjua Bewtra
 Bryan & Karen Biggs
 Janice Bittner
 Blue Ridge Electrical Service, Inc.
 Bone & Joint Specialists of
 Winchester, P.C.
 Books-A-Million
 Ronald & Carolyn Borrer
 Joseph & Rebecca Bowers
 Walter & Freeda Bowers
 Gregory W. Bowman Attorney at Law
 Braddock Street UMC
 Julian Bragg
 Robert Bragg
 Nancy & Gary Braswell
 Dana L. Bratcher
 Cynthia Brenneman
 Lori Brindle
 Richard & Karen Brito
 Terrance L. Britt
 James & Kara Brittain

Victoria Broening
 Anne Browder
 Orville M. Brown
 Susan Browning
 James & Dorothy Brunetti
 Buchbauer & McGuire, P.C.
 Stanley & Charlotte Bufano
 James & Elsie Bumgarner
 Lucille Burkhardt
 Burnt Factory UMC
 Margaret Cahill
 Larry & Debra Carbaugh
 Art & Donna Carpenter
 Ellen Carper
 Jessica Carper
 Robin Casey
 Susan Castiglia
 Pamela Chanselle
 Carol Chapman
 Judy Chow
 *Christ Episcopal Church
 Katsuko Clarke
 Rebecca Rice Clay
 Robyn Claytor
 Yuki Cloud
 Steven & Terri Cluss
 Rory J. Collins
 Vernon & Christina Combs
 Judith Cook
 Marjorie H. Copenhaver
 County of Clarke
 County of Frederick
 Gail Cox
 George & Nancy Craig
 Kevin Creany
 Beth Cristy
 Cross Creek Homeowner's Assn.
 Crums United Methodist Women
 Cunningham Chapel Parish
 Frederick & Mildred Curtis
 Dr. Gina Daddario
 Deidra Dain
 Myra Davis
 Maria L. Delalla
 Tom & Lavenda Denney
 Lorraine Dezar
 Dist. 11 Christian Men's Fellowship
 Kent & Lee Dittmer
 Fred Dobbs
 Dodson Brothers Exterminating Co.
 John & Robin Dorsey
 Robert & Ann Dove
 Marsha Drake
 John & Carol Driver
 David & Beth Drumheller
 Elizabeth Duncan
 Mary Duvall
 Ed's Heads
 *Richard & Mary Lou Effler-Lantz
 Deborah Egger
 J. Dianne Eisenbaugh
 Elie Elie Salon
 Harriet Ellis
 Emma May Ridgeway Truct U/W
 Leonard & Juanita Emswiler
 Equine Medical Services, PC
 Charlotte Estep
 Exclusively Faces
 Exxon Mobile Foundation
 *Richard Farland
 FHC Engineering, Inc.
 John Fitzgerald
 Tracy Fitzsimmons

First Presbyterian Church
 First Presbyterian Women
 Helen Fisher
 Rev. John Fitzgerald
 Jacqueline Jones Fleming
 Laura Fox
 Mike & Karen Frazier
 Diana Fulchiron
 Julia Gavelek
 Susanah Godlove
 Susan Good
 John & Gayle Goodloe, III
 Maureen Gorman
 Grace Episcopal Church
 Grace Evangelical Lutheran Church
 Cheryl Gracey
 Albert & Terri Grady
 Grand Piano & Furniture Co.
 David & Bonnie Greene
 Thomas & Mary Ellen Greene
 Thomas & Sharen Gromling
 Page Allen Groseclose
 Robert & Patricia Grove
 Tiffany L. Gunnarson
 Habitat for Humanity
 Ted & Janet Hagen
 Jim Hall
 Dorothy Halligan
 Margaret T. Harrell
 John & Karen Harris
 Merrill & Joyce Hausenfluck
 Ann Hawkins-Viau
 Steven Heath
 Elva-Lynne Henard
 Don, Elizabeth & Chris Hernley
 Joanne Herrera
 Clifton & Donna Hilderley, Jr.
 Zach & Coleen Hillerson
 Hites Chapel UMC
 Burgess & Ivalee Hoffman
 Margaret Hoffman
 Joseph & Carolyn Hott
 Sally B. Hovermale
 Gregory & Pembroke Hutchinson
 Bonnie Jacobs
 Summer Jeirles
 Barbara T. Johnson
 Raine Johnson
 James & Olivia Jones
 Dr. Matthew Karen
 Marvin & Helen Kastenbaum
 Deborah A. Keeler
 Carter & Terry Kellas
 James Keller
 Mary Kelley and Employees
 Kellogg Collection, Inc.
 Kern Toyota/Scion
 Sara Kerns
 *Kernstown United Methodist Church
 C. Robert & Barbara Kidwell
 Henry & Eleanor Kiefaber
 Karen Kimble
 Melanie Kiracofe
 Lois Kirkwood
 Kiwanis Club of Winchester
 Ross & Betty Knee
 Kohl's Cares for Kids
 Jacquelyn Koirtyohann
 Kramer's Bath House, LLC.
 Stephanie Kula
 Mort & Deborah Kunstler
 James & Barbara Laidlaw, M.D.
 Pamela Laird

Ann & Dr. John Lamanna
 Roger & Pam Lamborne
 Lamps Mt. Pleasant Church
 David & Carol Larkin
 Larkspur Services, Inc.
 Renee Lavitz
 JoAnn Leobold
 David & Carolyn Lewis
 *Debbie Lewis
 *Howard & Joan Lewis
 Dr. & Mrs. Daniel Lill
 Barbara Lilly
 Verna Lineweaver
 *Steve & Leslie Lobell
 Laura Lofton
 Edward & Thelma Lundin
 Lynne Rio Insurance Agency, Inc.
 Bobby & Natalie Lytton
 Jackie Mabesa
 Carolyn Maccubbin
 Joy MacCue
 Katie Mack
 Lois Madison
 Elaine Magee
 Mary MaGuire
 Mindy Manuel
 *Market Street United Methodist Church
 Jim & Lori Markey
 Glenn Ann Marsh
 *Ruth Farley Massey
 Tim Mayfield
 Joseph McCarthy
 Cindy McCoy
 Jean McDonald-Walker
 Mary & Amy McFarland
 Phyllis McGovern
 Virginia McInturff
 *Fred & Joyce McKay
 Harry & Virginia McKeown
 David & Sallie McLellan, M.D.
 Rolf & Lee Anna Mielzarek
 Joan Miller
 Saunders Miller
 Thomas Miller
 Lenny Millholland
 Jesse & Kay Moffett
 Stephanie Monacelli
 Joan Monahan
 *Monford D. & Lucy L. Custer Foundation
 Christine Moore
 Kathleen Morris
 Charles & Carolyn Moyer
 Mt. Pleasant UM Women
 Brenda Murphy
 Network for Good
 New Hope Baptist Church
 Angela Newlin & Robert
 Williamson
 Ruth Newman
 Marian Newton
 *Newton B. Shingleton Trust
 Guy & Linda Nicholson, Jr.
 Old Town Stained Glass
 Clarence & Sheila Omdorff
 Gary & Cindy Omdorff
 William & Jacquetta Owen, Jr.
 P.E.O. Chapter A.M.
 Catherine C. Parham
 Rajdeep & Connie Parmar
 Nancy Pell
 Elizabeth & Edward Pendleton
 Perry Engineering Company, Inc.
 Kathleen Petranech

Thank
 you!

Your kind
 support makes
 it possible for
 The Laurel
 Center to help
 others!



Ways You Can Help The Laurel Center Make a Difference

Monetary Contributions

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. **Please use the enclosed envelope to send your supporting contribution.**



Recycle Cell Phones

You can donate old cell phones 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. Please call 540-667-6160 to schedule your delivery.

In-Kind Contributions

Please see our wish list (at right) to learn of our current needs.



Wish List

Money
New Twin Bed Sheets
Paper Products
Prepaid Phone Cards
Local Grocery Gift Cards
Passes to Local Children's Activities such as: Swimming, Bowling, Movies, Local Museums, Fast Food Certificates
New Bath Towels & Wash Cloths
Trash Bags (All Sizes)
Light Bulbs: 40 & 60 watts
Dish Washer Detergent
Dish Soap
Laundry Detergent
Clorox Disinfectant Wipes
Baby Wipes
Disposable Diaper Changing Pads
Spill Proof Cups for Toddlers
Cooking Oil
Boxed Goods, such as: hamburger helper, microwave popcorn, taco meal kits, cereal, pop tarts
Sugar & Flour
Coffee & Filters & Creamer
Canned Meats, such as: chicken, tuna, chili, spam, beef stew

Note: Due to storage limitations, we do not accept items that are not listed above. We do not accept used clothing, children's toys, or yard sale items. We also cannot accept sample sized toiletries—please take those items to C-CAP.

Please call ahead: To schedule an appointment to bring your donation, please call The Laurel Center at 540-667-6160.

Words of Acknowledgement (Continued)

Philia Class of First Baptist Church
Pifer Office Supply
Pleasant Valley UMC
Michael & Lauren Pointer
Harry & Ann Poling
Barbara & John Poux
Ramona Pressley
PRK Drilling & Blasting, Inc.
Ann-Marie Pursel
Rappahannock National Bank
Hope Anne Reagan
*Jalissa Reeve & Steve Spitzer
Suzanne & Eric Reid
Reliance United Methodist Women
Relief United Methodist Women
Charles & Karen Ridings
*Gerald & Rachele Riley
Mary Scully Riley
Judi Rissler
Charles & Ruth Ann Ritter
Charles & Lydia Roberts
Jack Rogers
Round Hill UMC
Heidi Russell
Vincent Russo
Betty Saunders
Virginia Saunders
Teresa Savoie
Robert & Terry Schaible
David & Deborah Siegfried
Kay Sellers
Jean Settle
Phyllis Shannon
Share the Cheer Foundation
Sherando Presbyterian Church
Ronald & Anne Shickle
Shiloh United Methodist Church
*The Shockey Companies

Dave & Cathy Shore
John Shuman
Bill & Pam Singer
Dewey & Carol Sink
Mary Kathleen Smart
Susan R. Snowden
Raymond & Julia Solomon
Thomas & Jacquelyn Sowers
Michael & Eileen Span
Velda Spencer
*Staff of The Laurel Center
S.J. Stafford
Marilyn Stearns
Stephens City Lodge N. 2483
Stephens City UMC
Fran Sterling
Kathryn Lee Steuer, M.D., P.C.
Stewardship Committee
Mark Sticklely
Jim & Kim Stutzman
John & Brenda Talerico
Paula Tanner
Target
Mary Tedrow
The Berryville Red Hat Club
*The Hopewell Fund
The Paul & Monica Bancroft Family Foundation
The Pruitt Foundation
*The Titmus Foundation, Inc.
The Treasure Box
Carl Thomas
Louise & Corneilus Tierney
Susan Tierney
Bruce & Doris Trant, Jr.
Trinity LCW
*John & Cheryl Truban
United Bank

Valley Hospitalists, P.C.
Sandra S. Vess
Victory Church
Virginia Farm Market
Catherine O. Warner
Blake Watts
Weatherproofing Systems, Inc.
Weber's Nursery & Florist
Arthur & Elizabeth Weiss
David & Anne Weiss
Terri Welsh
Gloria Whetzel
Mary Whitacre
Dr. Samuel & JoAnn Whitacre, M.D.
F. Anthony White
Richard Whittington
Cynthia Williams
Jo Williams
Winchester Cardiology & Internal Medicine
Winchester Country Club
Winchester Dental Group
Winchester Family Practice
Winchester Medical Ctr-Neuro Nurses
Winchester Pediatrics Clinic, PC.
Winchester Surgical Clinic
Wiseman & Associates
Women of the Moose
Janet Woolverton
Brenda J. Wunder
Susan Wyatt
Kurt & Debbie Zimmerman
Zachariah Zinman-Hillerson
Gerry Zirkle

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



Who's Who at The Laurel Center

Board of Directors

President:
Tim Mayfield
Vice President:
Gina Daddario
Secretary:
Becky Allanson
Treasurer:
Suzanne Reid
Wendy Bancroft
Ann Barrett
Deborah Egger
Dr. Matthew Karen
Page Allen Groseclose
Phyllis McGovern
Joan Monahan
Toni O'Connor

Staff

Donna Carpenter, Executive Director
Angie Davis, Administrative Assistant
Donna Hogan, Criminal Justice Coordinator
Lavenda Denney, DV Program Coordinator
Jennifer Hatfield, DV Services Coordinator
Jessica Carper, DV Prevention Coordinator
Tonia Meyer, DV Victim Advocate
Carrie Titus, DV Children's Coordinator
Diana Fulchiron, SA Program Coordinator

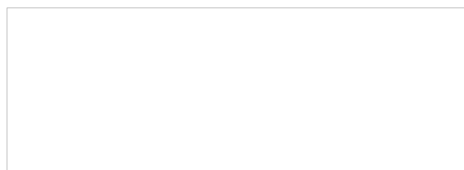
Melody Fish, SA Victim Advocate
Raine Johnson, SA Prevention Coordinator
Connie Parmar, SA Counselor
Karen Kimble, SA Counselor
Mary Whitacre, Shelter Manager & CIC-On Call
Missy Newman, Shelter Manager
Tammy Smith, Shelter Manager
Amy Pell, CIC On-Call
Pam DiCola-Franklin, Shelter Manager
Gretchen Chomas, Shelter Manager

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.

Please check out our website: www.thelaurelcenter.org



NON-PROFIT ORG.
U.S. POSTAGE
PAID
WINCHESTER, VA
PERMIT NO. 40

THE
Laurel Center
CENTER
for Domestic and Sexual Violence

P.O. Box 14
Winchester, VA 22604

Office: 540-667-6160
Hotline: 540-667-6466
Fax: 540-667-0138
theLaurelCenter@comcast.net