

# The *SafeVoices* Echo

Working to End Domestic Violence

Formerly the Abused Women's Advocacy Project

## Board Of Directors and officers:

*New Officers  
inducted for  
2011-2011*

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Cindy Cronkhite

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## NOTES FROM THE EXECUTIVE DIRECTOR:

In the state of Maine so far this year, we have had 9 murders related to domestic violence. This is nearly half of the murders in Maine. Unfortunately, we have watched some of these cases play out in the media, specifically the deaths of Amy Lake and her two children and Sarah Gordon, both of which were followed by the suicide deaths of their perpetrators. Others included Renee Sandora, whose death took place in a neighboring community just outside Safe Voices' catchment area.

To put these events in perspective, in the last five years, 4,000 service men and women died because of two wars in the Middle East. In the same five years, in the United States, 6,000 people died because of domestic violence. That is startling.

As we mark the beginning of another fiscal year, I want to

commend our staff, volunteers and involved community members for the exemplary work they do every day to keep victims safe, as well as to educate the community and children about the effects of domestic violence and how to recognize it.

One of the major issues with domestic violence is that people do not know how to become involved—how to stop this social ill that permeates society. I encourage you to speak directly and pointedly to someone you think might be a victim of domestic violence. Ask what you can do to help. Encourage him or her to call our offices. You can also get involved through volunteering and internships, as well as awareness activities in your work or school.

When we work together, great things can happen. Everyone needs to say **End the Silence, Stop the Violence.** ~Jane Morrison

## IT'S NEVER TOO LATE: CARLA'S STORY

Carla\* is a 70-year-old woman who contacted Safe Voices through our 24-hour Helpline. She has been married for 25 years to an emotionally abusive man, whose behavior was becoming increasingly erratic. She was isolated, not allowed to have money of her own, and constantly had to adjust to her husband's

frightening and changing moods. She needed to leave for her own safety and sanity, but couldn't see any options. With the help of Safe Voices' Elder Abuse program, Carla found a beautiful apartment and is starting to enjoy life again. She recently opened her first bank account. She is looking forward to becoming a part of the community

through volunteering. And best of all, relationships with her adult children that were fractured due to the difficulty of interacting with their stepfather have now been restored.

\*Name has been changed to protect confidentiality



## HOLIDAY WREATHS AND KISSING BALLS FOR ORDER

Safe Voices will be accepting orders for wreaths and kissing balls again this year! Inserted in this newsletter is a wreath order form, which for convenience can be mailed, faxed, emailed or dropped off at the office. Payment can be made by credit/debit card, check, money order, cash or PayPal. Wreaths are available for \$20 and kissing

balls for \$30. You have your choice of red or burgundy ribbon, and ornaments or pine cones for decoration. In addition, Safe Voices staff and volunteers will deliver these wreaths if 5 or more wreaths are ordered, so get your co-workers, family and friends to order too!

For more information see enclosed order form, download the order form at

[www.safevoices.org](http://www.safevoices.org) or feel free to call or email Lana at 795-6744 x14 or [lwhittemore@safevoices.org](mailto:lwhittemore@safevoices.org)

Interested in some holiday volunteering? Call Lana to find out how you can help sell, make or deliver wreaths. We deeply appreciate all of the volunteers that make fundraisers fun and make a difference in our agency.

## ANNUAL MEETING

Safe Voices' Annual Meeting took place on October 20th. At this meeting we looked back on accomplishments of the past year and took the time to recognize those who have gone above and beyond in furthering our mission.

Sharon Lewis, Safe Voices' Transitional Services Coordinator, was recognized for doubling the number of elders served in the second year of our elder abuse programming. She sits on the Androscoggin Elder Abuse Task Force and has done an exceptional job of networking with other social service agencies.



Jessica Dorr, Franklin County Community Educator, was also recognized for her work with school children of all ages as well as physicians and other community partners. Recently she secured a grant through

the Maine Women's Fund to support resources for reading groups in area high schools.

Jerry Cayer, Executive Vice President of Franklin Community Health Network, was recognized as a community hero. Mr. Cayer was instrumental in offering ownership of the Farmington office building to Safe Voices at no cost. He also started No Excuses—A Call to Men, an initiative to engage men in the fight against domestic violence in Franklin County.



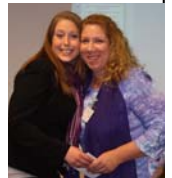
Jolene Lovejoy, also received a hero award for her work spearheading a private fundraising drive for Safe Voices in Rumford, which later inspired the Women's Auxiliary of the American Legion to hold a fundraiser for Safe Voices.

Cumberland Legal Aid, a partner of Safe Voices for over 10 years, was recognized as a community hero for all they do to represent our clients in hearings and family matters

cases concerning domestic violence.



The volunteer award went to Melody Currier, who this year alone provided 445 hours of Helpline coverage.



Thank you again to everyone for their contributions.



Our annual report will be posted to our website at [www.safevoices.org](http://www.safevoices.org).



## ADOPT A FAMILY / FEED A FAMILY HOLIDAY PROGRAMS

Now that Fall is well upon us, Safe Voices is gearing up for the holiday season with our annual Feed-A-Family and Adopt-A-Family programs. For many families Safe Voices works with, recovering from domestic violence comes with various financial setbacks. In response to this need, Safe Voices collaborates with donors from our community to provide Thanksgiving and Christmas to those families. Our Thanksgiving program,

Feed-A-Family, collects traditional Thanksgiving food from local citizens and businesses. These baskets are delivered to our administrative office, and then distributed to recipients.

Immediately after we wind down from Thanksgiving we jump into our final program of the year, Adopt-A-Family. We pair donors and families in need of support with gifts and sometimes food for the holiday season. Both of these

vital programs support those we work with in their efforts to recover from domestic violence and move on to a better life for themselves and their children.

If you are interested in being a donor for one or both of these programs, please contact Claire Pettingill-Austin at 795-6744 x10, or [cpettingillaustin@safevoices.org](mailto:cpettingillaustin@safevoices.org) and she will be glad to match you with families who are rebuilding their lives.



## IN THE COMMUNITY MAKING A DIFFERENCE

Rumford American Legion Auxilliary Unit 24 held a fundraiser for Safe Voices on October 1st. Attendees enjoyed a spaghetti dinner, bake sale, auction, and dance with the band Legend.



Pictured left to right, front: Steve Bosinger, Claire Thompson, Erica Madore, Hillary Dow  
Back: Mark Overhaug, Walter Pulkkinen, George Richardson, Matt Bennett, Rene Landry



Front Row from left to right: Ashleigh Milligan, Yuqi Zhang, Debbie Deroche. Back Row from left to right: Tricia Thurston, Jo Gaudet, Erika Milligan Bickford, Keith Bickford, Doris Martineau, Alicia Yahn, Anita Murphy. Not featured: Kelly Deroche, Kathy Gaul Richard

Austin Associates participated with Safe Voices in the United Way Day of Caring. They worked at the admin office and painted an office, built storage shelves and rearranged the food pantry. Thank you Austin Associates for all of the help.

CMMC School of Radiology also participated with Safe Voices in the Day of Caring. Students worked at the shelter sorting clothing and other donations and painting and scraping outdoor stairs. Thank you for making a difference.



## DOMESTIC VIOLENCE AWARENESS MONTH

Oxford County Domestic Violence Task Force congratulates River Valley Healthy Community Coalition in Rumford and Ari's Pizza & Subs in Norway on winning the Paint the County Purple Contest. Area teens judged the competition and named the winners.



October 3<sup>rd</sup> Safe Voices and community members came together in Lewiston, Dixfield, So. Paris, and Farmington to hold memorial vigils for those affected by domestic violence. All together, over 100 individuals, families, and community leaders attended.



## EFFECTS OF DOMESTIC VIOLENCE ON CHILDREN

Children may exhibit a wide range of reactions to violence in their home, and these reactions vary depending on the age of the child. Younger children (e.g., preschool and kindergarten) often do not understand the meaning of the abuse they observe and tend to blame themselves. Self-blame can lead to feelings of guilt, worry, and anxiety. As a result, children may become withdrawn, non-verbal, and exhibit regressed behaviors such as clinging and whining.

Pre-adolescent children (7-12) typically have greater ability to externalize negative emotions (i.e., to verbally express how they feel). Victims within this age group may show a loss of interest in social activities, low self-concept, withdrawal or avoidance of peer relations, rebelliousness and behavioral problems in school. They may also enact the violence that they see at home on peers and other adults.

Adolescents are at risk of academic failure, school drop-out, delinquency, and substance abuse. Some investigators have suggested that a history of family violence or abuse is the most significant difference between delinquent and non-delinquent youth. Between 30% and 50% of teen dating relationships can exhibit the same cycle of escalating violence as marital relationships.

Home should be a safe place where children can learn and grow, but violence in the home—even just witnessing abuse between family members—can have lingering effects. Safe Voices and the Department of Health and Human Services takes violence in the home seriously. If you are concerned about a child exposed to domestic violence, please contact Safe Voices' at 1-800-559-2927 or make a report to DHHS at 1-800-452-1999.

## 2010-2011 YEAR END STATS

Safe Voices provided:

- 3,622 phone contacts supporting people in domestic violence situations
- 4,385 in-person contacts
- 3,952 bednights for women and children at the shelter
- Education to 5,527 people about domestic violence
- 1,892 hours of empowerment in support groups

## E M A I L

Safe Voices is always looking for ways to conserve resources. If you have an email address you use on a regular basis please consider sending it to us so we can send a copy of the newsletter to you electronically. Send your email address to Claire at [cpettingillaustin@safevoices.org](mailto:cpettingillaustin@safevoices.org) and specify that you would like to receive the newsletter via email and we will switch you over. Thank you for your help on this.



Pictured: Left, Peggy Beltrone, President of Exergy Integrated Systems. Right, Lana Whittemore, Fundraising & Volunteer Coordinator, Safe Voices.

Thank you Exergy Integrated Systems for identifying a financial need for Safe Voices and making a very generous donation of \$4,000. Your contribution will provide many needed resources in our community.

The mission of Safe Voices is to support and empower those affected by domestic violence and engage the community in creating social change in Androscoggin, Oxford and Franklin Counties.

[www.safevoices.org](http://www.safevoices.org)



Stay updated on all our events and activities on Facebook. Search Safe Voices and click "Like."



I would like to make a contribution to Safe Voices.

I am interested in volunteering with Safe Voices. Please contact me.

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

**Please make checks payable to:** Safe Voices

**Please mail to:** P.O. Box 713, Auburn, Maine 04212.

Or visit us at [www.safevoices.org](http://www.safevoices.org) to make a donation



*Thank you for your support!!*

### OUR SERVICES:

24 Hour HELPLINE 1.800.559.2927  
Domestic Violence Shelter  
Transitional Services  
Individual and Court Advocacy  
Support Groups  
Community Education  
Dating Violence Prevention  
Youth Services  
Advocacy with Child Protective Services  
Elder Abuse Services  
Alternatives to Abuse  
Volunteer Programming

Questions or comments about this newsletter?  
Contact Lana Whittemore at 207-795-6744 x14 or [lwhittemore@safevoices.org](mailto:lwhittemore@safevoices.org)



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Working to End Domestic Violence

# The SafeVoices Echo

CHANGE SERVICE REQUESTED

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