



THE
CENTER
FOR
WOMEN
AND
FAMILIES

THE *strength* WITHIN

FALL / WINTER 2008 Newsletter



**JOURNEYS
OF HEALING**
Stories of survivors

.....

**FEED YOUR
HEALTHY RELATIONSHIP**
Restaurants raising funds
to end violence

.....

INSIDE
Announcing the
2009 Women of Distinction

Jennifer was a victim of domestic violence, and today she is a survivor preparing to attend Jefferson Community & Technical College to earn her degree in elementary education.

WHAT'S INSIDE

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Feed Your Healthy Relationship and our holiday gift card drive

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Three stories of survival

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Celebration of Service & Survival

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People donating their time, energy and talents to The Center

A new mural with cheery pastels and hopeful images greets visitors, residents, clients and staff at our Joan E. Thomas, M.D. Campus in downtown Louisville. Five survivors of domestic violence brainstormed, designed and painted for three months to complete the mural. They proudly unveiled it during a press conference earlier this summer. The project was made possible through a partnership with the Louisville Visual Art Association's Open Door program, led by Ashley Cecil, and The Center's Art Therapist Frances Englander, MA, ATR-BC, CPAT.



Featured on the cover: Jennifer walks up the steps to Jefferson Community & Technical College (JCTC). The Gothic-inspired structure was once home to the Louisville Presbyterian Theological Seminary, but today serves as a classroom building for the college.

Letter FROM THE PRESIDENT / CEO

Maya Angelou has said that "history, despite its wrenching pain, cannot be unlived; however, if faced with courage, need not be lived again." These few words have been a comfort to me considering the headlines dominating our local news in recent weeks.

How many domestic homicides can one community handle before we raise our voices in unison to say, "no more?" This question seems to be hovering over us like a black cloud. From Oldham County and Hikes Point to Shepherdsville and St. Matthews, the violence continues to occur.

The Center for Women and Families, then the YWCA, opened Kentucky's first domestic violence shelter during the 1970's, and today we are the largest dual service provider in the state. Still, despite our best efforts, this violence continues to happen right here in our hometowns.

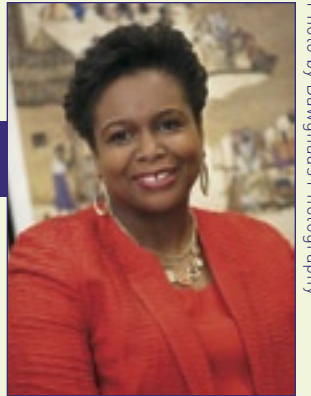
It would be easy to become discouraged in the work that we do. Our shelters are at capacity every day and our crisis line almost never stops ringing. But our staff and volunteers know what survival looks like. They experience it every day right here between the walls of our shelters and offices.

I hear children laughing and women supporting each other when I walk around our facilities. I see children doing their homework in chairs next to their mothers, who are there studying, too. As President/CEO of our organization, I have the privilege to witness amazing transformations in spirit that are almost impossible to describe with words. This issue of our newsletter does its best to tell some of these stories.

I hope these true accounts of courage, strength and resilience inspire you to become more involved with The Center for Women and Families. Save the date to attend our 22nd Anniversary Celebration of Service & Survival, rally your team at work to help make our holiday gift card drive a success, raise your hand to become a volunteer. Your time, talent and treasury are vital to our success.

As you read this issue of our newsletter and consider how you can help, please remember these words of inspiration imparted by Helen Keller: "I am only one, still I am one. I cannot do everything, still I can do something."

In Peace,



Denise Vazquez Troutman

Photo by Dawghaus Photography

OUR MISSION

The Center for Women and Families engages individuals and community in the elimination of domestic violence, sexual violence and economic hardship through service, education and advocacy.

Coming TOGETHER

A CREATIVE PARTNERSHIP

Our new fundraising campaign forges partnerships with local restaurants and groceries to build awareness and new donor relationships. Restauranters and grocers pledge a small percentage of a

week's income to the agency. In turn, The Center provides valuable advertising time and space to the restaurant.



"The Feed Your Healthy Relationship campaign is a creative solution to a difficult challenge," explains Lydia Prichard, Director of Development at The Center for Women and Families. "In these hard economic times, traditional efforts to build relationships with new donors aren't working like they have in the past. So, we're finding cost-effective ways to meet donors where they are."

Artemisia on Market Street in downtown Louisville was the first to sign on for the Feed Your Healthy Relationship campaign. The restaurant was featured on advertising spots during "Oprah" on the CW, in our e-newsletter and on our website.

"Artemisia is always looking for creative ways to partner with the community, and we are huge fans of the work done by The Center," explains Artemisia's Special Events Manager. "This is a perfect fit for us."

Announcing our next Feed Your Healthy Relationship partner. Make plans to eat at Mark's Feed Store's Shelbyville Road location once or even twice between November 10th and November 17th. A portion of your bill will benefit The Center's services.



GET YOUR BUSINESS INVOLVED. Call Lydia at 502.581.7207 to learn more. Visit www.thecenteronline.org for a complete list of participating restaurants and groceries.

HELP CREATE JOY

It's hard to believe winter is just around the corner, but the snow and holiday bustle will be here before we know it. Please make early plans to support families surviving domestic violence, sexual violence and economic hardship during the holidays. Your generous donation of holiday gift cards will create joy.

We all know and love the look on a child's face when they open that perfect holiday present, and it's the same here at The Center for Women and Families. Sadness and despair are replaced by wonder and delight—if only for a while—when children unwrap the exact doll, board game or MP3 player that they hoped for.

Further, holiday gift card donations empower mothers living in our shelters or receiving supportive nonresidential services to shop for that perfect present for their child this year. This is precious to many of our clients because their abuser denied them this heartwarming experience in the past.

Your support is crucial. **We estimate it will take at least 1,000 holiday gift cards to help all of our residential and nonresidential clients in need this year.** To make an even bigger impact, consider getting your circle of friends, book club, work team or community group involved.

Please contact our Volunteer Manager Janet Sonner at 502.581.7268 or janet.sonner@cwfempower.org for more information.

Gift cards for \$25 from these retail outlets are preferred: Kmart, Target, Wal-Mart, Meijer, JCPenney, Kohl's and local malls.

Gift cards can be donated Monday through Friday at our Joan E. Thomas, M.D. Campus between the hours of 8:00 am and 4:30 pm. Or, if you prefer, complete this short donation form and mail your gift cards to:
The Center for Women and Families, Attention HGC Processing
PO Box 2048 Louisville, Kentucky 40201-2048

Name(s) _____

Organization (if applicable) _____

Address _____

City/State/ZIP _____

E-mail _____

Phone number _____

Number of gift cards _____ Combined value of gift cards _____



Journeys OF HEALING

AGAINST ALL ODDS

“Carla” escaped domestic violence just two years ago, and this month she signed the papers to close on her very own home. “My son and I have come a long way,” she says.

“Healing may not be so much about getting better as about letting go of everything that isn’t you...”

—Rachel Naomi Remen

The Center is dedicated to helping all individuals—and especially survivors of domestic and sexual violence like “Carla”—reach economic self-sufficiency.

SOLD

Before buying her home, “Carla” completed the IDA’s required financial workshops on topics such as home purchase, budgeting, saving, investing, house insurance and credit building.

“Carla” attended Emergency Medical Technician school while she was enlisted in the Army. But during her fourth year of service, she hurt her back and had to become a service-connected disabled veteran. Still dedicated to the healing profession, Carla found work at the Red Cross and a local retirement home. This is where she met her son’s father.

They began dating and, weeks later, found out they were pregnant. “We both had jobs, we had a place to live, and our child was on his way,” explains Carla. “Things were still good.” But when “George” was born, the doctors shared heartbreaking news. He suffered from multiple diseases, including a rare disorder that keeps him from feeling pain and causes profound medical fragility.

Carla remembers the abuse began not too long after George’s birth. “First it was put-downs, then over time friends stopped coming around. After that, money. If I would not give him our son’s Social Security check, he wouldn’t work.” The verbal, emotional and financial abuse were soon accompanied by physical and sexual violence. Then, the violence began to turn to their son. One day he yelled at George saying, “I should just break his arms.” This is the day Carla knew she had to leave.

“I got my son’s wheelchair and his wagon for his medical equipment, and we were leaving,” she remembers. “But that man had gone outside and boarded up the door to the steps.” They were trapped. Carla called her dad, who then got the police involved. With law enforcement’s help, they were able to flee.

Carla called The Center for Women and Families, and our counselors helped her obtain housing where she and her son could be comfortable. Carla received our nonresidential services, education and advocacy for many weeks before she became a part of our Economic Success services. Carla’s counselor helped her open an Individual Development Account (IDA) to begin saving money toward the purchase of her own home, college education or a small business.

“I drive now, we have a minivan, and we go to baseball games in town sometimes,” she says. “I’ll always need to be a stay at home mom, so I’ve started a small home business with an online store and catalog distributing.” The Center recently helped Carla apply for a grant to support her home company, and she received it.

“Saving money for a business is slow going, but you just keep at it and it will work.”

PAYING IT FORWARD

MAKING HER PAST MATTER

Although she will never forget the past experiences shared in this story, Kim celebrates the wonderfully caring and supportive relationship she’s found in her current marriage.

Dripping wet, deeply shocked and embarrassed, Kim Tharp-Barrie stood before her husband. He had sprayed her with a pressure water-hose just minutes before she was to leave for one of the biggest professional events of her life—hosting a box on Oaks Day.

This was a turning point for the former collegiate athlete, mother of two and hospital executive. She knew the pattern of emotional, financial and physical abuse had to come to an end.

Kim sought the services of The Center for Women and Families because she feared for her safety after filing for divorce. She called our 24 hour crisis line, and our counselors helped her understand the process to obtain an Emergency Protective Order.



“I’ll never stop helping victims of domestic violence.”

Photo by Dawghaus Photography

During her journey of healing, Kim felt the call to help other survivors of domestic violence. With her background in plastic surgery, she knew how to help cover scars, bruises and cuts left by years of physical abuse. Soon she began offering makeovers to women living in shelter but her service didn’t end there.

Kim was elected to The Center’s Board of Directors in 2002. Now, six years later, she leads its activities in the position of Board Chair. Kim has also achieved impressive levels of fundraising to support our mission over the years, including silent and live auctions raising almost a hundred thousand dollars!

She is Vice President of Surgical Services at Norton Healthcare and a part-time faculty member at Webster University. All this, and she is pursuing a doctorate degree.



Jennifer dreams of one day becoming an elementary school teacher, and The Center is dedicated to helping her make this happen.

Jennifer never imagined she would need help from The Center for Women and Families, but she knew where to turn when her boyfriend began abusing her.

“It’s hard to imagine someone you care about would want to hurt you like that.”

Our dedicated Crisis Counselors and Family Advocates helped Jennifer rebuild her life many months ago, and today she is a thriving client of our Economic Success Services. She meets regularly with her Economic Success Counselor to overcome challenges—like poor credit, rental and employment histories—caused by the abuse she endured. Her counselor helps Jennifer identify her strengths, anticipate barriers and develop strategies to avoid economic hardship in the future.

Jennifer recently received a scholarship from Allstate to help pay her tuition to a local college, where she’s studying to become an elementary school teacher. When she’s not in class or taking care of her little boy, Jennifer volunteers at several organizations to “give back to the community that’s given so much to me.”

Make a Difference



February 26, 2009

LOUISVILLE MARRIOTT DOWNTOWN

5:00 PM Reception & Auction

6:30 PM Dinner & Program

Announcing the 2009 Women of Distinction

ALICE BROOKS ~ **CRIT LUALLEN** ~ **MARCIA ROTH**
KATHY SMITH-ANDREW ~ **JOANNE WEIS**

Make plans to join us at the 22nd Anniversary Celebration of Service & Survival to honor the 2009 Women of Distinction's uncommon dedication to furthering the place of women throughout Kentuckiana. The diverse contributions of these women work in unison to improve opportunity, education and quality of life for women and children in our community.

Reservations and sponsorships still available
 Call 502.581.7207 or visit www.thecenteronline.org to learn more.

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Aegon

*As of 8/09/08

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 Marjorie Kaiser
Anne Arnold
 Mary Beth Clark
Tony Arnzen
 Kristina Vogt
Catherine Bellafronto
 Dinane Bellafronto
Andrew Bindelglass
 Brenda W. Kendall
 Denise Sherwood
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 Perry Shear
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Betty Conniff
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 Jenny E. Wilcox
Beth Dawson
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 Kittie K. Eubank
Wendy Dotson
 Susan Frockt
Stephanie Fisher
 Amy Fisher
Eloise Flowers
 Christie Maloney
Bart Galloway
 James Galloway
H. Goldsmith
 Edward Gersh
Lynn Goddy
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Jessy Haywood
 Cornerstone Community Church
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Charles Peters
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 Robin Hansel
Bernard Trager
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Denise Vazquez Troutman
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Marcia Van Fleet
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Cathy Zion
 Sandra A. Frazier

IN MEMORY OF

Tonia Ballard
 Martha H. Thompson
Timothy Barker
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Helen Beck
 Suzanne E. Siegel
Elizabeth Bell
 Lydia Prichard
Hatan Bomar
 Mary S. Bomar
Margaret Busto
 Anne J. Hornek
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 Kay Arteburn
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Virginia Walker Boaz
 Martha F. Underwood
Lillian Yeager
 Jane Younger
Mia Zapata
 Michael G. Peskura

LONG-TIME STAFF AT THE CENTER

The Center for Women and Families celebrates the commitment of our employees, especially six women who have been here for more than thirteen years. Together, they have helped countless victims of domestic and sexual violence find the strength within to become survivors. We might never know how many lives they've saved, but we do know the world is a better place because of them.



Top row from left:
Karen, 20 years
Deborah, 18 years
Tina, 24 years

Bottom row from left:
Marge, 13 years
Mary, 18 years
JoAnn, 23 years

To give a gift in honor of one of these women, visit www.thecenteronline.org.

Honorariums and Memorial Gifts received 1/01/08-8/31/08

Here to Help

WE'RE AMAZED



Pictured here: Members of the band with Jessy Haywood and Amanda Houpt, Community Educators/Trainers at The Center.

My Morning Jacket, a rock band that got its start in Louisville, recently donated \$10,000 to support The Center's mission. Mayor Jerry Abramson dubbed the band "Louisville Music Ambassadors" for their efforts to make their August concert at Waterfront Park a celebration of their hometown. A dollar from each ticket sold was donated to The Center for Women and Families. The band also invited our community educators to be there the night of the concert to pass out information and resources from the concert's Local Village, sponsored by Louisville Magazine.

The Center recently launched an outdoor marketing campaign to build awareness about our services, recruit volunteers and raise funds to support the mission. Look for us on the sides of buses, on billboards, atop taxicabs and more!



On the anniversary of September 11th, **twenty volunteers from local Ford plants** helped us continue our West Louisville Campus beautification efforts.



Woodford, Hobson & Fulton rallied to donate \$15,000 to benefit The Center and Champions 4 Her. Pictured here: Donna Perry, and Laurie Kemp with Woodford, Hobson & Fulton; Denise Vazquez Troutman; and Stephanie Bateman, Women 4 Women.



Frito Lay employees coordinated a large back to school drive for children in shelter, and provided a pizza party and snacks for The Center's clients.



The Center for Women and Families raised more than \$30,000 during **Champions 4 Her** in June. Thank you for helping us become this year's most successful beneficiary partner of the walk, run and festival.

Clockwise from top: Paris, Supervisor of The Center's Crisis Counselors, and Tamara, Director of our Residential Services, walk with Ella during Champions 4 Her.

Community Outreach Volunteer Tonya Nuckols smiles for the camera with her daughters, who were there that day helping Tonya pass out information about The Center's services.

Artist Mary Yates helped staff from The Center to imagine and create the beautiful chalk art pictured at the left and in the background of this page.

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* as of September 17, 2008

News AND HAPPENINGS

24 HOUR CRISIS LINES



Shirley Rivoli,
Group Nine
Event Co-Chair

SAVE THE DATE!

22nd Anniversary Celebration of Service & Survival Thursday, February 26, 2009

Almost a thousand people will attend The Center's 22nd Anniversary Celebration of Service & Survival on February 26, 2009 at the Louisville Marriott Downtown.

An affair of this size and influence requires many months of planning to be successful, and at the helm of the event's planning committee are co-chairs Shirley Rivoli, owner of Group Nine, and Casey Wilson, Vice President with Republic Bank. They are joined by Inez Segell, a previous event honoree and current chair of the Women of Distinction.

The Center is indebted to each of these women's leadership, and we commend them for their dedication to our mission.

Look inside for more event information, including the announcement of the 2009 Women of Distinction.



Casey Wilson,
Republic Bank
Event Co-Chair



Inez Segell
Women of Distinction Chair

Visit www.thecenteronline.org for a complete list of events and activities.

TOLL FREE
877.803.7577

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502.581.7222 or 812.944.6743
502.581.7242 TDD

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