



THE  
CENTER  
FOR  
WOMEN  
AND  
FAMILIES

# THE *strength* WITHIN

The Center for Women and Families

Quarterly Newsletter

FALL 2007



**THE ART  
OF PARTNERSHIPS**

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**ADOPT-A-ROOM  
Featured Donors**

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**ANNOUNCING THE  
2008 WOMEN OF DISTINCTION**

From left, Denise Vazquez Troutman, Ann Stewart Anderson and Collis Marshall outside of PYRO Gallery on Main Street in downtown Louisville

## WHAT'S INSIDE

### Page 4: Coming Together

Adopt-a-Room

### Page 6: The Art of Partnerships

Creative Collaborations

### Page 8: Make a Difference

Ways to get involved and give a lasting gift

### Page 10: Here to Help

People donating their time, energy and talents to The Center

### Back cover: Raise Your Hand

Become a volunteer

**Louisville artist Douglas Underwood recently hung three paintings and a fiber work at The Center's Joan E. Thomas, M.D. Campus, including *X-Centric*, featured at right. Underwood, father of Grants Associate Jessica Underwood, taught art for 33 years in Southern Indiana middle and high schools.**



**Featured on the cover:** The Center's President/CEO Denise Vazquez Troutman with PYRO Gallery member artists Ann Stewart Anderson and Collis Marshall. PYRO, an art co-operative, has loaned The Center several pieces for display at the Joan E. Thomas, M.D. Campus.

# Letter FROM THE PRESIDENT / CEO



Denise Vazquez Troutman

We recently began using a new tag line: "More Than a Shelter." These might seem like four small words to some, but this simple phrase represents the innovative partnerships shaping our phenomenal programming at The Center for Women and Families.

Many in the community still think of us as just a woman's shelter. A shelter conjures up thoughts of only food in your mouth and a roof over your head. Our mission is to engage individuals and community in the elimination of domestic violence, sexual violence and economic hardship. We understand that it's not enough to just shelter a survivor of emotional, spiritual and physical abuse. We must do more. Much more. This is why The Center has established innovative partnerships that provide empowering options and solutions for a holistic approach to a client's unique journey of healing—whether it has been years, weeks, days, hours or minutes since the abuse.

The Center's unique continuum of crisis intervention services and ongoing case management could not be possible but for our innovative collaborations with organizations like the Louisville Bar Association, providing much needed legal services; Kentucky Humane Society, fostering cherished family pets during trauma; TARC, bringing victims directly to our doors; University Hospital, providing staff to examine sexual assault victims at The Center's SANE Clinic; and Goodwill Industries, providing vouchers for mothers and children who flee with only the clothes on their backs.

The list goes on: Louisville Metro Police Department, who we join on the beat and in the districts; Indiana University Southeast Nursing School, giving their community service hours; University of Louisville Medical School, requiring all medical students to participate in a specially-designed training at The Center; Kentucky Housing Corporation, providing permanent housing opportunities; and many local banks, offering matched savings dollars for home down payments, tuition costs or small business start-ups.

It truly takes a village to provide a holistic healing environment that empowers survivors to put the pieces of their lives back together, like the beautiful quilts featured in this issue.

Our village of healing and hope has expanded even further in recent months. The Center has been fortunate to form new relationships within our region's artist community. This issue explores how these artists are igniting imagination, awareness and cooperation to create a catalyst for social change. Recent research concludes innovative community partnerships like these are the hallmark of a community ready to begin working toward the prevention of domestic and sexual violence, and prevention is the crucial key to the elimination of these crimes in our hometowns. The Center for Women and Families' innovative partnerships could truly become a national model for communities dedicated to ending violence against women and their families.

October is National Domestic Violence Awareness Month. Imagine a day when women and children are never subjected to abuse by someone they love and trust. I encourage you to join the village and partner with us in your unique and different ways, and please use the enclosed envelope to financially support the continued great work that we do in the community.

## 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.



From left, Paula McCraney, President of the National Council of Negro Women-Louisville Section, with fellow council members Denise Vazquez Troutman and Janice Varner.

### ADOPT-A-ROOM

Our Adopt-a-Room project is a unique way for you, your family or your community organization to support women and children surviving domestic violence. By adopting a room, you will be helping to create a safe and comfortable harbor for families in need.

Adopt-a-Room donations provide everyday items that so many of us take for granted—like towels, sheets and pillows. Your \$2,000 donation will adopt a one-bedroom (2 beds) for one year. Your donation of \$3,500 will adopt a two-bedroom (4 beds) for one year.

The Center will display a plaque naming the room in honor of you or your organization for one year from the receipt of your donation. After one year passes, you or your organization will be given the opportunity to renew.

Call Dale at 502.581.7207 for more information.

#### Rooms are currently adopted by:

- Julie Raque Adams • Ann T. Allen •
- Amnesty International of Iroquois High School •
- Bedded Bliss • Ellen Call • Kelly Downard •
- Ken Fleming • James O. King • Kosair Directors Staff Ladies • Ladies of Okolona Church of Christ •
- National Council of Negro Women-Louisville Section •
- Texas Roadhouse • TrainRight Solutions •
- George Unseld • Tina Ward-Pugh • Vicki Aubrey Welch

### Long-Time Champions

From preparing and serving meals at our West Louisville Campus to adopting a room at our Joan E. Thomas, M.D. Campus, the Louisville Section of the National Council of Negro Women (NCNW) has been a long-time supporter of The Center for Women and Families.

“All of the members of NCNW hope the family in Room 105B feels more supported knowing an entire organization in our community is dedicated to supporting them during their difficult time,” says Paula McCraney, President of the NCNW-Louisville Section. “We are proud to support The Center for Women and Families as it improves and expands domestic violence services, ensures citizens are educated about domestic violence prevention and makes the eradication of domestic violence a priority.”

NCNW-Louisville Section was founded in 1982 by Lois Morris, who served three terms on the Louisville Board of Aldermen for the twelfth ward from 1969 to 1975, and was a 1977 mayoral candidate in the Democratic primary.

### Giving Bliss

Following a successful design career in New York City and Knoxville, Tennessee, Donna Osif fulfilled her lifelong dream to own a retail store when she opened Bedded Bliss in 1997. Today, Donna’s generous Adopt-a-Room donation is helping survivors of domestic and sexual violence realize their own dreams of self-sufficiency.



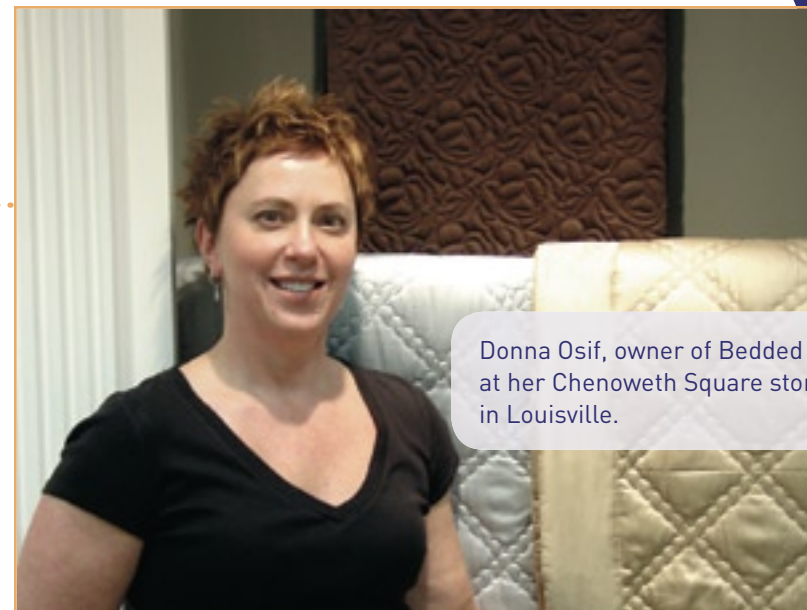
### Legendary Collaborations

Texas Roadhouse provides legendary food and service, and now they are providing legendary support to survivors of domestic and sexual violence by adopting a room at The Center’s Southern Indiana Campus.

Going beyond just making a donation, the restaurant’s senior management team has committed to painting ten bedrooms at the campus. “The Texas Roadhouse core values are passion, partnership, integrity and fun with purpose,” explains Diania Mullaney, Community Outreach Coordinator. “We are looking forward to providing an afternoon of hard work to complete this important project.”

The restaurant’s support of The Center began many years ago with the donation of monthly steak dinners for families living in our shelters. In 2005 they organized a media event with WLKY’s Jim Bulleit to inform the community about the progress of our new downtown Louisville campus construction and build awareness about a concert visit from Willie Nelson, a friend of the Texas Roadhouse family.

The first Texas Roadhouse opened in Clarksville, Indiana on February 17, 1993, and today the company operates more than 270 locations with a restaurant in 44 states.



Donna Osif, owner of Bedded Bliss, at her Chenoweth Square store in Louisville.

Donna began her donor relationship with The Center for Women and Families this past Mother’s Day, when she donated a portion of the profits from a special holiday sale.

“Preventing domestic and sexual violence is going to take all of us working together to build awareness and support services,” says Denise Vazquez Troutman, The Center’s President/CEO. “Donna’s commitment to partnering with us is a model for independent business owners in our community.”

Visit [www.beddedbliss.com](http://www.beddedbliss.com) to learn more.

The Center for Women and Families Southern Indiana Campus in New Albany, where Texas Roadhouse employees have committed to painting ten bedrooms.



# THE Art OF PARTNERSHIPS

In recent years, corporate leaders have begun to hang art in their workplace hallways, meeting rooms and common areas. The reason: increased creativity and production. But studies also indicate that being surrounded by art can change our attitude and emotions, often times creating hope and positivity.

This is why The Center is committed to forming new partnerships with local artists and art collectors to create environments that encourage the journey of healing. Last year more than a dozen creative individuals came together to form the Art and Facility Enhancement Committee. In just a few short months, this committee has placed more than 20 original works of art in the Joan E. Thomas, M.D. Campus. Some have been donated, others are on loan, and all of them are making a difference.



**Collis Marshall**, PYRO Gallery Ambassador to The Center for Women and Families, is pictured here with the Domestic Violence Support Group Art Therapy Quilt.

## ROOTS OF EMPOWERMENT

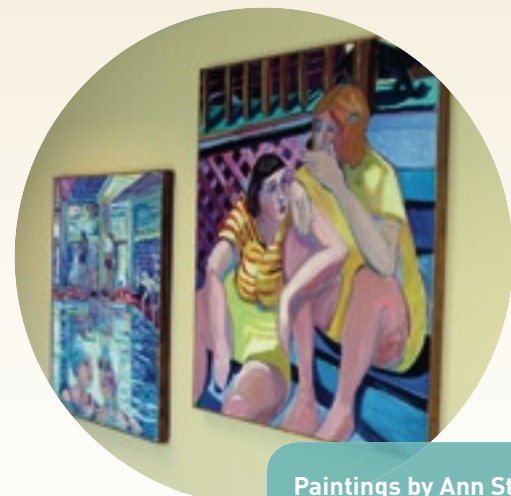
When Collis Marshall heard that Denise Vazquez Troutman was stopping by Louisville's PYRO Gallery for a tour, she knew the Domestic Violence Support Group Art Therapy Quilt that she helped create many years ago had finally found its permanent home.

In the late 1990s, with funding from the Kentucky Foundation for Women, Marshall accompanied an advocate from The Center for Women and Families to facilitate an optional art therapy project during a weekly Battered Offender Self Help group at the Kentucky Correctional Institute for Women. Soon the inmates had tapped into a form of art making at the root of the women's empowerment movement for hundreds of years, and the quilt making had begun.

"The project allowed the survivors to distance themselves while expressing their thoughts and emotions," explains Marshall.

The Domestic Violence Support Group Art Therapy Quilt has been exhibited in Louisville and Frankfort, and it was captured on film for a documentary produced by Canada's Discovery Channel. Today it is proudly displayed at The Center's Joan E. Thomas, M.D. Campus.

"The quilt was not fulfilling its intended purpose until now," says Marshall.



**Paintings by Ann Stewart Anderson**, on loan from PYRO Gallery.

**"These works of art are transforming our campus spaces, making them more comfortable and nourishing a sense of wellbeing for our clients. We all feel better surrounded by beautiful colors and images."** *Jean Russell, Vice President of Operations and Quality Assurance*

**PYRO Gallery** is Louisville's newest co-operative gallery representing established artists from the area. With a focus on diverse creations, PYRO has examples of fine art from fiber to photography and all categories in between and is one of the top contemporary art galleries in the city.

Recognizing the important role of art in healing and demonstrating its commitment to community involvement, the co-operative recently named Collis Marshall the PYRO Gallery Ambassador to The Center for Women and Families.

**The following PYRO member artists have generously loaned work for display at The Center's Joan E. Thomas, M.D. Campus:**

- Ann Stewart Anderson
- Keith Auerbach
- John Fitzgerald
- Kim Huber
- Corie Neumayer
- Collis Marshall

All work on loan is available for sale. Contact PYRO Gallery at 502.587-0106 for more information.

## COMMITTEE SPOTLIGHT: The Center's Art and Facility Enhancement Committee

- Gail Allen
- Joanna Bayer
- Gordon Brown
- Toni Clem
- Suzanne Edds
- Fran Englander
- Judi Jennings
- Collis Marshall
- Joyce Ogden
- Jean Russell
- Denise Vazquez Troutman
- Jessica Underwood
- Casey Wilson

**"When clients reach out for The Center's services, it is as if the pieces of their lives have been torn apart and scattered. We help survivors consider new designs for their lives and empower them to use those pieces to create beautiful new opportunities."**  
*Denise Vazquez Troutman*



## ART AND HEALING

Art therapy is an important part of our organization's holistic healing program. Art can sidestep the need for words and tap into memories through sensations such as texture, movement, size, shape and color. Fran Englander, MA, ATR-BC, CPAT, who is a therapist at The Center, is pictured here with a display called *The Peace (Piece) of One is the Peace (Piece) of All*. This community-wide collaborative artwork involves the quilt-like assemblage of unique individual tiles on a modular screen that can be packed up and rebuilt for public display.

## CRAZY QUILT Donated by Shelly Zegart

Shelly Zegart, 2004 Woman of Distinction and nationally recognized quilt scholar, donated this Louisville-made *Crazy Quilt* for auction at The Center's Celebration of Service & Survival last year. In turn, The Center's Board of Directors donated more than \$5,000 to purchase it for permanent display at The Center for Women and Families. These kinds of quilts are known to embody the maker's emotions and experiences such as love and remembrance, loss and anger. The intricate silk, velvet and beaded fabric will inspire reflection and possibility in women and children overcoming violence in the safety of The Center's shelter. **Visit [www.shellyquilts.com](http://www.shellyquilts.com) to learn more.**

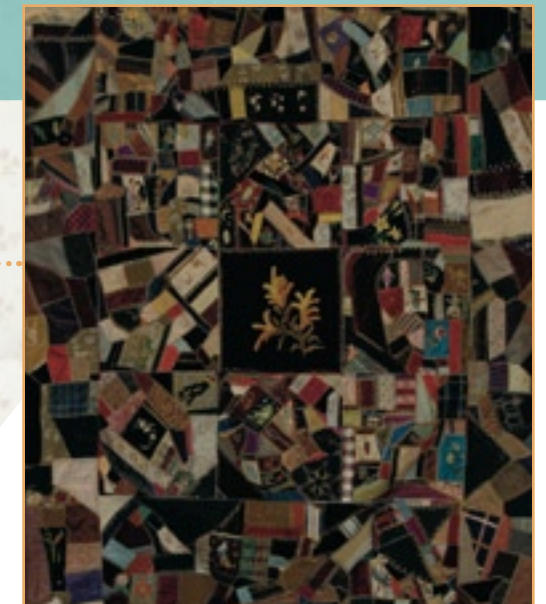


Photo by Bill Sheets Photography

## TO HONOR AND REMEMBER

### IN MEMORY OF

**Margaret Abbott**  
Sue A. Russell

**James Bush**  
Bruce T. Rademaker  
Barbara L. Stroxtile

**Laura Cacho**  
The Center for Women and Families Board and Staff  
Cornelius P. Cacho  
The Community Foundation of Louisville  
Lynn Howard

**Tex Clark**  
Robert J. Oser

**Anna Codey**  
Donna L. Harrett  
Michael Marxen  
Gilbert C. Schaber

**Stephen Dunaway**  
Karen Dunaway

**Pam Q. Fortney**  
Sally L. Shown

**Sherri L. Glaser**  
Villa Chateau Owner Association, Inc.

**Jane Greenwell**  
Betty Bell

**Rhondona Hettinger**  
Stephen D. Berger  
Helen V. Brown  
David C. Fuller  
Joseph A. Mirabile  
Judith A. Storz  
Steve Trager

**Janet Hunter**  
Carrie Hunter

**Joann Moore**  
Mildred C. Poole  
Leisa M. Speer

**Pauncho Morgan**  
Bettye J. Morgan

**Hugo Oser**  
Robert J. Oser

**Linda L. Rodman**  
Sherry L. Castetter

**Barbara Swope**  
Janet M. Conti

**Robert Way**  
Denise M. Robinson  
Dorothy A. Seward

**Elmer Weis**  
Joseph Bopp

**Ben Weitz**  
Norton G. Waterman

### IN HONOR OF

**Stanley Atlas**  
Arnold M. Belker

**Our Granddaughter Ann Crane**  
Ann Crane

**Holly R. Dunkley**  
Angel R. Graves

**Murray J. Greenwald**  
Arnold M. Belker

**Jessy Haywood**  
Church Women United-Louisville Area

**Patricia Hirsch**  
Leonard Abraham

**Richard Levin**  
Linda K. Wood

**Jessica S. Loving**  
Gaylia R. Rooks  
Sheryl G. Snyder

**Loxi**  
Sarah E. McKain

**Lesia Martin**  
James W. Ellison

**Lisa McSpadden**  
Crawford County Youth Program

**William R. Murphy**  
Leonard Abraham

**Joann Rowan**  
Communicare Kentuckiana Council of Psychiatric Nurses  
Perfecting Image (Personal Touch)

**Rebecca A. Terry**  
Naomi R. Terry

**Ann Thompson**  
Cynthia M. Thompson

**Denise Vazquez Troutman**  
Rebecca Hentz

**Jessica Underwood**  
Shepherdsville Christian Church

**Marsha Weinstein**  
Gaylia R. Rooks

**Luke and Janet Whittaker**  
Wayne C. Daugherty

Honorariums and Memorial Gifts received 4/2/07-7/31/07

## Make A DIFFERENCE

### HOLIDAY GIVING



#### THIS YEAR IT'S ABOUT EMPOWERMENT

Many of us joke that it would be great for someone to do all of our holiday shopping for us, but in our hearts we know choosing that perfect gift for our loved ones creates so much holiday joy. In past years, hundreds of generous people in our community have purchased and delivered toys and holiday gifts for our Moms & Kids Shops. This year, we hope you will participate in a new kind of holiday giving opportunity.

**Please give our clients the precious holiday gift of empowerment by donating gift cards in increments of \$25 to allow them to safely shop online for their loved ones. It's as easy as purchasing a gift card from one of the suggested locations and delivering it to The Center before December 1, 2007.**

Please drop off gift card(s) Monday through Friday between the hours of 8:00 am and 6:00 pm, or complete this short donation form and mail your gift card(s) before December 1, 2007.

#### Gift cards accepted for these locations:

Kmart, Target, Wal-Mart, Meijer, JCPenney, Kohl's, Jefferson Mall, Greentree Mall



#### HOLIDAY GIVING DONATION FORM

Name(s) \_\_\_\_\_

Organization (if applicable) \_\_\_\_\_

Address \_\_\_\_\_

City/State/ZIP \_\_\_\_\_

E-mail \_\_\_\_\_

Phone number \_\_\_\_\_

Number of gift cards \_\_\_\_\_ Combined value of gift cards \_\_\_\_\_

Mail to : The Center for Women and Families, Attention HGC  
PO Box 2048, Louisville, Kentucky 40201-2048



### IT'S TIME THESE STORIES ARE TOLD

#### SAVE THE DATE:

#### CELEBRATION OF SERVICE & SURVIVAL Wednesday, February 27, 2008

The Galt House East Grand Ballroom  
Reservations: \$175 per seat / \$2,000 per table of ten

- 4:00-5:00 p.m. Prelude (includes early silent auction bidding, specialty vendor fair and happy hour cocktails)
- 5:00-6:30 p.m. Reception and silent auction
- 6:30-9:00 p.m. Dinner and program

#### 2008 Women of Distinction

Carol Butler  
Julie Hermann  
Denise Spratt  
The late Lillian Yeager  
Cathy Zion

Just as the unique pieces of a quilt come together to provide warmth and comfort, the diverse contributions of the 2008 Women of Distinction work in unison to improve opportunity, education and quality of life for women and children in our communities. We pay tribute to these remarkable women to raise funds to support those seeking healing and self-sufficiency at The Center for Women and Families.

**Sponsorship opportunities are still available. Call 502.581.7207 or visit [www.thecenteronline.org](http://www.thecenteronline.org) for details.**

## News AND HAPPENINGS

### OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

#### Suggested Media List

Look for The Center's specially-compiled Domestic Violence Awareness Month media list at libraries and bookstores in Clark, Floyd, Harrison, Scott and other counties. Look to one or more of these resources to learn how you can help and show your support of survivors. **Selections from the media list include:**

#### Fiction

- *The Color Purple*, Alice Walker
- *Bastard Out of Carolina*, Dorothy Allison  
(Both books are also films)

#### Non-Fiction

- *I Couldn't Keep It to Myself*, Wally Lamb
- *Domestic Violence at the Margins*, Natalie Sokoloff and Christina Pratt, eds.

#### Films

- *Fried Green Tomatoes*
- *What's Love Got to Do With It*
- *Shattered Dreams*

#### Songs

- "Because of You," Kelly Clarkson
- "Fixing Her Hair," Ani DiFranco

Visit [www.thecenteronline.org](http://www.thecenteronline.org) for additional selections.

#### Thursdays in Black

October 18, 2007

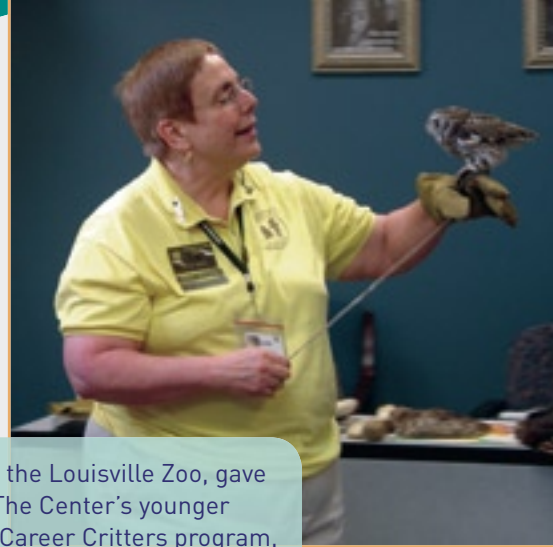
Remember to wear black on Thursday, October 18 to take a stand against domestic violence and identify yourself as someone committed to seeing a day when the violence ends. Thursdays in Black began in the 1970s in Argentina to raise awareness about violence against women, and it has become a worldwide effort with people joining in solidarity in countries such as Israel, Australia, South Africa, Canada and the United States.

Visit [www.thecenteronline.org](http://www.thecenteronline.org) for more information.

# Here to Help



Kathy Nuss, a Docent at the Louisville Zoo, gave a lively presentation to The Center's younger residents as part of the Career Critters program, funded by a generous grant from the Community Foundation of Louisville.



The ManKind Project members (from left) Steve Luetke, Allan Podbelsek, Rick Panther and Bob Oser collaborated with The Center to design and sell a special Father's Day card. Both the partnership and the card's message emphasized the importance of men staying engaged in violence prevention.

Sarah Payton and Vincent West delivered two carloads of welcome baskets for residents. Sarah was instrumental in encouraging her colleagues at ResCare to donate baskets.



Photographer Bill Sheets often volunteers his time and talent at The Center. He took the self portrait at left during a recent day-long shoot at the Joan E. Thomas, M.D. Campus.

WARE employees Missy Ruble (left) and Michael Martin (right) presented The Center's Vice President of Development, Dale Van Fleet Herink, with nearly two dozen backpacks loaded full of school supplies.



## UNTIL THE VIOLENCE STOPS: KENTUCKY

(Above) Amanda Houpt and Michelle Sanders at *Movement to Empower*, an evening of dance coordinated by The Center as part of UTVS:KY, a statewide festival bringing the elimination of violence against women front and center stage.

(Below) Tina Lentz, Director of the Louisville Metro Office for Women, spoke next to a "silent witness" at the community kickoff of UTVS:KY.



Rus Funk, Executive Director of MENSWORK, introduced musicians at the Men's Concert for Gender Peace, a benefit he coordinated as part of UTVS:KY.

Stan and Claudia Crump (seated and standing at right) pose with Denise Vazquez Troutman and friends during "Dinner Prepared by Chef Denise," an auction item purchased during last year's Celebration of Service & Survival.



Louisville Metro firefighters with Engine Co. No. 7 treated young residents to a tour of a firetruck after giving a presentation about what it's really like to fight fires for a living. They visited as part of The Center's Career Critters program, funded by a grant from the Community Foundation of Louisville.

## BOARD OF DIRECTORS\*

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- EMERITUS**  
Joan E. Thomas, M.D.  
Lewis Cole

\* as of September 7, 2007

# Raise YOUR HAND



Residents and clients of The Center for Women and Families need your time and talent to help them move forward on their road of healing. Volunteering at

The Center for Women and Families means being there for someone who needs you, empowering others to believe in themselves and making a difference one person at a time.

**Here are some ways you can help:**

- Hospital Volunteer Advocacy
- Children's Volunteer Advocacy
  - Legal Volunteer Advocacy
  - English Tutor Volunteering
- Voices Of Strength Volunteering
  - Special Event Volunteering
  - Administrative Volunteering

**Raise your hand to become a part of the next volunteer class. Call Janet at 502.581.7268.**

**VISIT US AT [WWW.THECENTERONLINE.ORG](http://WWW.THECENTERONLINE.ORG)**



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GroupNine

Questions or comments about *The Strength Within*  
can be directed to 502.581.7206

## 24 HOUR CRISIS LINES

**TOLL FREE**  
877.803.7577

**VICTIMS MAY CALL COLLECT**  
502.581.7222 or 812.944.6743  
502.581.7242 TDD

**ECONOMIC SUCCESS PROGRAM**  
502.581.7200

### KENTUCKY OFFICES

**Joan E. Thomas, M.D. Campus**  
502.581.7200

**Shelbyville Office**  
502.633.7800

**Bullitt County Office**  
502.538.0212

**West Louisville Campus**  
502.775.6408

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