

October: Domestic Violence Awareness Month

A publication of
New Day Shelter

Fall 2009

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The Mission of New Day Shelter is to...

Provide a safe haven and support services to victims of Family Violence and Sexual Abuse; and to provide Preventive Education which will challenge the cultural beliefs and attitudes about the use of abusive and controlling behaviors in our communities.

Our services are free and confidential

Sheltered

Working Together to End Domestic Violence

Working together, we can change attitudes and perceptions about domestic violence. Each and every one of us can help stop the cycle of violence! It is extremely important that members of our community understand the severity of domestic violence. New Day Shelter works 24/7 to help the victims and families that seek their help. They educate every walk of life so that they know assistance from the shelter and help **IS** out there.

October is Domestic Violence Awareness Month. Help us get the word out there. Help us find ways to financially support the Shelter. Every time you buy a raffle ticket or support a New Day Shelter function, you help stop the cycle of violence! In order for the shelter to continue with the needed services, programs and education they provide to Ashland and Bayfield Counties, they need finances. As grant monies become more difficult to obtain it is apparent that each of us has a role in helping keep the shelter going. The current 50/50 raffle is one way to help. Please purchase a ticket! We can surpass any amount that was projected. All we have to do is buy a raffle ticket (or make a donation) and encourage friends, family and co-workers to do the same. If everyone buys one or two tickets, it can really make a difference — and you could be the winner! Tickets are available in several locations throughout Ashland, Washburn and Bayfield; or call New Day Shelter (682-9566). Let's work together to end Domestic Violence.

Maribeth Monroe, President,
New Day Shelter Board of Directors

OCTOBER IS
DOMESTIC VIOLENCE
AWARENESS MONTH



Wish List

CASH

Paper products—toilet paper, Kleenex, paper towels, napkins

Laundry products—detergent, dryer sheets, bleach

Cleaning supplies and garbage bags

Disposable plates and silverware

Any Non-perishable food items—boxed foods (cereal, mac & cheese, hamburger helper, suddenly salads, etc.) pasta noodles, pasta sauce, canned fruits and vegetables, soup, coffee, coffee creamer, juice

Personal Products—Women's razors, deodorant, shampoo, body wash, combs, brushes, feminine hygiene supplies

Baby items—diapers (sizes 4, 5 and 6), baby wipes, baby wash and shampoo

Women's Robes & Nightgowns

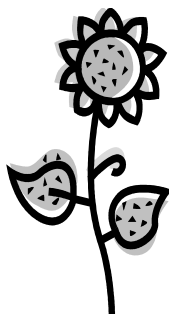
Self Massage

Self Massage is an invigorating way to help yourself relax, gain energy, heal and generally feel better physically and emotionally. Who can tell better than ourselves what hurts or needs we have?

There are several approaches depending on age, agility, energy level and convenience. Some people lie down after work or a busy day to rejuvenate and start with a general deep breathing and centering and then progress to rubbing areas of tension such as head and neck, feet and calves or arms and hands.

You can choose to use oil or not, depending on timing and if you like the friction of no oil, which can improve circulation. Either way, massage strokes increase lymph flow. You can knead, slap, wring or use longer flowing strokes. Pressure with fingertips on those "magic" pressure points can cause great sighs of relief.

Some people use oil or lotion after a bath or shower. This is a great time to massage your baby or child. Expensive prepared massage oils are optional. Any edible or organic edible oil is fine and especially wonderful with a few drops of your favorite essential oil added. Exploring aroma-therapy is fun and healing. Mixing two or three oils can combine healing properties and teaches us to observe and create our own healing rhythms.

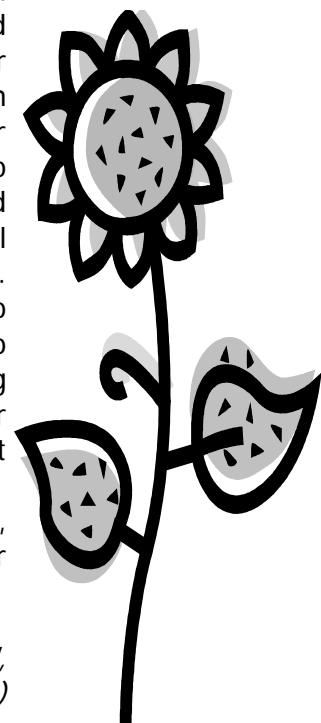


One way to progress through the body is to start with your arms to increase their strength and energy. Begin by wringing hands and squeezing fingers. Shake out hands and arms and rub one hand and arm and then the other up towards your armpits.

Rubbing your abdomen can improve digestion. Use small circular motions going in a larger circle from just under the belly button to pubic bone slowly and gently for a minute or so. If you have lots of neck or upper back tension, some people tie 2 tennis balls in a sock and actually lay on them with one on either side of their spine. You can then roll over them to help work out knots on your own. You can sit and reach around to lower and mid back and rub and pull skin back towards belly or up or down as feels good. You can stand to rub thighs and calves which also works large muscles to increase blood flow. Try to rub feet or roll feet over tennis balls with varying pressure from standing position holding on to chair or stable object. Walking on beach or ground barefoot also works wonders!

Good Luck! When you learn what feels good, you can offer to trade with a friend or take a class or check out a book to learn more.

*Kaia DeSchane and Erica Rosenfeld,
Seeds of Well Being Massage (682-0209)*



The Economy's Impact on Domestic Violence

According to the National Center for Victims of Crime, 92% of victim service providers have seen an increased demand in the last year, but 84% reported that cutbacks in funding were directly affecting their work. In California, Governor Schwarzenegger vetoed all state funding for domestic violence programs and as a result, several shelters are being forced to close their doors. Though budget cuts have not been as drastic in other states, many shelters are still struggling to remain open, and this could have potentially deadly effects for victims of domestic violence. The U.S. Department of Justice reports that domestic violence is more than three times as likely to occur when couples are experiencing high levels of financial strain as when they are experiencing low levels of financial strain. In addition, women whose male partners experienced two or more periods of unemployment over a 5-year study were almost three times as likely to be victims of intimate violence as were women whose partners were in stable jobs.

In our own community, we are not immune from the effects of the economy. New Day Shelter—like many shelters across the nation—has been impacted through decreased government and private supporters. As we enter the last quarter of 2009, we hope that you will dig deep in your hearts to help us make up for lost funding so that we can continue to provide much-needed services to victims of domestic violence and sexual assault. Make a donation online, enter our "Violence-Free Community" 50/50 Raffle or watch your mailbox for an upcoming opportunity to help in the fall fund drive. Whichever way you choose to give, you give the gift of safety, shelter and opportunity for a victim of violence seeking help from New Day Shelter.

Paula Maday, Fund Developer

WI Crime Victim Compensation Program

Every year hundreds of people are injured or killed in Wisconsin as a result of violent crime. These innocent people may experience the trauma of the event, of medical expenses, grief, other expenses, and loss of earnings. They are victims of assault, rape, domestic violence, sexual assault, homicides, drunk drivers and other serious crimes and many are children or vulnerable adults.

One of the services that New Day Shelter staff provides is to assist clients with the State of Wisconsin Crime Victim Compensation Program application process. If a client is an innocent victim of violent crime that occurred in Wisconsin, and the crime is compensable by statute, the Crime Victim Compensation Program may be able to help. If you have questions about the program, please call New Day Shelter for assistance.

VIOLENCE FREE COMMUNITY 50/50 RAFFLE

One winner—1/2 the ticket sales — Other 1/2 to benefit New Day Shelter

Tickets—1 ticket for \$5 or 5 tickets for \$20

Winning ticket will be drawn on Wednesday, October 21st at 6:00 p.m.
at the Ashland Chamber of Commerce Business After Hours to be held at
New China Restaurant

Call New Day Shelter for tickets or to find out where tickets are available
(715-682-9566)

Staying Alive

Astia is my 19-year old granddaughter. This summer she had a job most of us would never want to do. She worked in a County Coroner's office, assisting with autopsies, as she prepares for a career in medical research. Recently, I asked her what she learned from her summer job, and she quickly responded, "How easy it is for people to die." There was one person she specifically wanted to tell me about – a young woman in her 30's who had used a wheelchair while she was alive. The woman had died of hammer hits to the head – 19 of them – administered by her boyfriend. Violence can seem far away from our everyday lives, but its reality came to Astia the day she helped with the autopsy of this young murdered domestic violence victim.

I think often of this young woman who died a tragic death at the hands of the person she had trusted to love her. I have wondered if she had ever thought about leaving her abuser; if she realized there are safe places she could have fled to; if she hesitated because she was using a wheelchair; and if she knew there are people who care and would have helped her start a new life. I have wondered if she was even aware she was in an abusive relationship. Often times, that is the first step – learning what domestic violence is and that it can escalate to its most horrible degree - death.

Every victim of violence perpetrated by a family member or intimate partner has the right to live, and, in fact, the very existence of New Day Shelter (NDS), serving Ashland and Bayfield Counties, could be the difference between life and death for any one of them. The shelter and support services NDS provides are vitally important to the future safety, survival and recovery of battered people and their children. Every victim's situation is unique, and NDS works hard to meet the diverse needs of the people who come to us for help. For example, during the last several months, NDS has been working with representatives of the Violence Against Women with Disability and Deaf Women Project (funded by the Office on Violence Against Women, Office of Justice Programs, U.S. Dept. of Justice) to assess NDS' service procedures and shelter facility with a focus specific to disabilities, and with the goals of identifying barriers and

enhancing victims' access to services. NDS is very grateful that we will receive \$1,000 from this project to pay for some improvements in our shelter facility for victims who use wheelchairs, are deaf, hard of hearing, blind, or have other disabilities. Thank you to the Office on Violence Against Women.

Since 1983, the years have been full of help of many kinds from many sources, and most especially from our very faithful community. It has often been a struggle, but, every year for 25 years, the generosity of our community members and businesses have filled in the gaps and NDS has received enough operating funds to keep helping victims. It is important for the community to know that 2009 has been a particularly tough year for NDS to raise enough operating funds, and there is a much larger gap to fill than usual.

New Day Shelter needs to keep providing services. We know violence is never far away in Ashland and Bayfield Counties. Its reality walks in the door with the many people we help, people in our community who are trying to stay alive. Please help us keep our commitment to be here for those fleeing family and sexual violence. This year the job is bigger than ever, and we can't do it without you.

*Kathy Roper,
Executive Director*

NEED YOUR HELP!

In the interest of saving trees, ink and energy, along with printing, preparation, and postage costs (approximately \$4,700 per year), NDS is working towards sending our quarterly newsletter via e-mail to as many recipients as want to receive it that way. To start receiving the newsletter via e-mail, please provide us with the e-mail address you want the newsletter sent to by 1) sending an e-mail to shelter@centurytel.net; 2) calling the shelter at 715-682-9566; 3) mailing your request to PO Box 88, Ashland 54806. Deadline: November 1, 2009. You will continue to receive the newsletter via mail if we do not hear from you. Thank you for helping us save resources and operating costs.

Holiday Adopt-a-Family Program

The holiday season is an important time for families to come together and celebrate the good fortune they've enjoyed throughout the year. For many families, it is a time of gifts galore, five course meals, baking cookies, and trimming trees. However, for some families, the holidays bring financial struggle, hardship and depression.

As the holiday season quickly approaches, many people in our community begin looking for ways to help those who are less fortunate. New Day Shelter will again offer the "Adopt-a-Family" program for individuals and civic groups to make the holidays happier and brighter for many of the families we work with. Information on families who are ready to "adopt" will be available in mid-November. If you or your group or family is interested in this program, please call Christa at the shelter (682-9566). Thank you for supporting our families.

Domestic Violence Awareness Month

The first Domestic Violence Awareness Month (DVAM) was observed in October 1987. Every year since then, a wide range of awareness-raising activities are conducted by various groups and individuals at the local, state, and national levels with the intent of mourning those who have died because of domestic violence, celebrating those who have survived, and connecting those who work to end violence.

In 2009, New Day Shelter (NDS) will observe DVAM with the following activities:

The Clothesline Project will be displayed all month at WITC. The Clothesline Project consists of T shirts created by victim survivors of family violence. The T shirts contain messages about the impact of violence on people's lives as well as messages promoting an end to family violence. Look for the display in the hallway near the Student Health Office.

NDS will host the October Ashland Chamber of Commerce Business After Hours on Wednesday, October 21, 2009, at New China Restaurant, 5:00 – 6:30 PM

NDS will present its annual Passageways to Peace Award, giving special recognition to an individual (or group) who has made a significant contribution to positively impacting domestic violence and/or sexual abuse victims and/or the movement, and has

some affiliation with NDS in connection with his/her contribution. This award will be presented at the October Ashland Chamber of Commerce Business After Hours (see above). Nomination forms can be obtained by calling NDS at 682-9566. Deadline for receipt of nomination applications is September 30.

Plans are in the works for a Vigil for Peace and Justice. This will be an opportunity for community members to come together and share their thoughts and experiences around the topic of domestic abuse. We are inspired by the example of Milwaukee Mayor Tom Barrett, who in August of this year courageously answered a grandmother's urgent plea for help (and was injured as a result.) We can explore the ways in which anyone can "BE a Community Hero."

New Day Shelter encourages each and every one of you to make a special commitment during DVAM to do whatever you can to raise community awareness of domestic violence and work openly to reduce its long term devastating effects on individual victim survivors as well as on our community as a whole.

*Barbara Sorensen
Client Services/Self-Sufficiency Coordinator*

Endowment Fund

Create a Lasting Memory...

When you make a bequest to the New Day Shelter Endowment Fund, you are passing along hope to end the cycle of violence. Your contribution will support New Day Shelter's effort to end Family Violence and Sexual Abuse. What's more, your gift doesn't have to diminish the estate you leave your family. It may in fact reduce estate taxes and current taxes as well. To learn more about the New Day Shelter Endowment Fund, call us today. It is a step in breaking the cycle of violence.

***New Day Shelter Endowment Fund — P.O. Box 88, Ashland, WI 54806
715/682-9566***





P.O. Box 88 - Ashland, WI 54806
Business: 715-682-9566
Crisis: 715-682-9565
Toll-free: 800-924-4132
E-mail: shelter@centurytel.net
 Fp1.centurytel.net/newday shelter

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 Ashland, WI 54806**

CURRENT RESIDENT OR

Label

OCTOBER: Domestic Violence Awareness Month



YES! I Want to Help New Day Shelter!

DONOR INFORMATION:

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

Please detach and mail to:

New Day Shelter
 P.O. Box 88
 Ashland, WI 54806

New Day Shelter does not permit discrimination because of race, color, sex, age, handicap, national origin, or sexual orientation and is an equal opportunity employer

Please accept my tax-deductible donation of \$ _____

I am making this gift in memory of:

I am making this gift in honor of:

If you want the person you are honoring to receive an announcement of your gift, complete the following:

Address: _____

City/State/Zip: _____

I am interested in volunteering. Please call me at:

