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Spruce Run News (Fall 2004)

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Spruce Run

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Spruce Run News

Working for Peace at Home

Fall 2004

207-945-5102

www.sprucerun.net

1-800-863-9909

A Few Moments with Senator Mary Cathcart: Domestic Violence, Strong Families and Making a Difference

Senator Mary Cathcart, a State Senator representing communities in Penobscot County for four terms and previously a State Representative for three terms, recently found time to talk to Spruce Run News about the issue of domestic violence and what the average citizen can do to make a difference. Senator Cathcart has been involved with Spruce Run since "either '76 or '77" in various capacities, including Project Director, Steering Committee Member, Hotline Volunteer and Community Education Coordinator. She is currently co-chairing Spruce Run's Endowment Fund Campaign.

Spruce Run has changed a lot in the 25 or so years that Senator Cathcart has been a part of it. It is "totally different from the way it was back then" when it was "seen as a few radical women." In the 70's, Senator Cathcart says, the public and police didn't quite understand the importance of talking about domestic violence. The police, she says, saw Spruce Run more as a "thorn in their side" than an agency working for the greater good of Penobscot County. Now, she says, "Spruce Run has been instrumental in changing attitudes in the public."

Despite the change in the public's mind-set, it is important to remember that domestic violence is still an issue in all communities. Domestic violence is "prevalent and strikes everywhere," says

Senator Cathcart. "Anyone can be abused or be an abuser."

Though not everyone can find time to be a hotline volunteer or help raise money for good causes, everyone can do something to help end domestic violence. Anyone can "keep an open mind or ears to find signs of domestic violence among those they know," says Senator Cathcart, and be willing to help friends and family by listening, validating what they are going through and referring them to domestic violence services such as Spruce Run.

Senator Cathcart has worked to support women's rights and strong families over the years. Strong families are those that have opportunities for each family member to get an education and

(continued on page 9)

INSIDE THIS ISSUE...

- National Domestic Violence Awareness Month
- Focus on Elder Abuse Outreach Work
- School Based Advocacy Information
- Sponsor a Family for the Holidays!
- Meet a Spruce Run Volunteer
- MSHA Grant for Shelter Improvements
- Domestic Violence in the Workplace Conference



NATIONAL DOMESTIC VIOLENCE AWARENESS MONTH

OCTOBER EVENTS

Ongoing throughout the month	"Think About It" displays at participating county libraries
October 6 8:00a-4:30p	"Domestic Violence: Supporting Preventative Strategies in the Workplace" Conference in Bangor
October 7 8:00a-4:30p	"Domestic Violence: Supporting Preventative Strategies in the Workplace" Conference in Portland
To be announced	Film Night with the River City Cinema Society
To be announced	Clothesline Project Display
October 20 12:15p-1:30p	University of Maine Women in the Curriculum Luncheon: "None of Our Business? — Maine Employers Address Domestic Violence in the Workplace"
October 23 9:00a-11:00p October 24 9:00a-9:00p	Borders Benefit Days to benefit Spruce Run

DOMESTIC VIOLENCE CONFERENCE

"Domestic Violence: Supporting Preventative Strategies in the Workplace"

October 6 in Bangor
October 7 in Portland

For full details, see page 9 of this newsletter.

FILM NIGHT: An evening of film and discussion

Watch for more information about film night.

Sponsored by Spruce Run and the River City Cinema Society.

"THINK ABOUT IT" LIBRARY OUTREACH PROJECT

For the month of October, Spruce Run is partnering with public and school libraries around the county. Look for displays in your community's libraries!

For more information about this project, see page 8 of this newsletter.



During the month of
October, wear a
purple ribbon

To remember that people are
abused every day

To celebrate the hope, strength
and courage of survivors

To take a stand as a community
against domestic abuse

Purple ribbons are free. Call Spruce
Run at 945-5102 if you are inter-
ested in wearing a ribbon. Ribbons
will also be available at libraries
participating in "Think About It."

CLOTHESLINE PROJECT DISPLAY

Watch for more information about the
Clothesline Project Display

A display of shirts designed by survivors of domestic
violence. The Clothesline Project also contains shirts
made to honor those who have died as a result of domestic
violence. All shirts displayed by Spruce Run have been
created by people using Spruce Run's services.

The Cape Cod Women's Agenda began the Clothesline
Project in the fall of 1990 in Hyannis, Massachusetts.
Spruce Run has been participating in the Clothesline
Project for over ten years.

Part of the University of Maine Women in the Curriculum Luncheon Series, Fall 2004:

**"None of Our Business? — Maine Employers
Address Domestic Violence in the Workplace"**

October 20, 12:15p-1:30p

Domestic Violence does not stay at home when victims or
perpetrators go to work. This panel shows how forward-
thinking local employers are addressing domestic violence
in the workplace.

Sponsored by the University of Maine's Safe Campus Project, and the
Offices of Human Resources, Employee Assistance, and
Equal Opportunity and Diversity

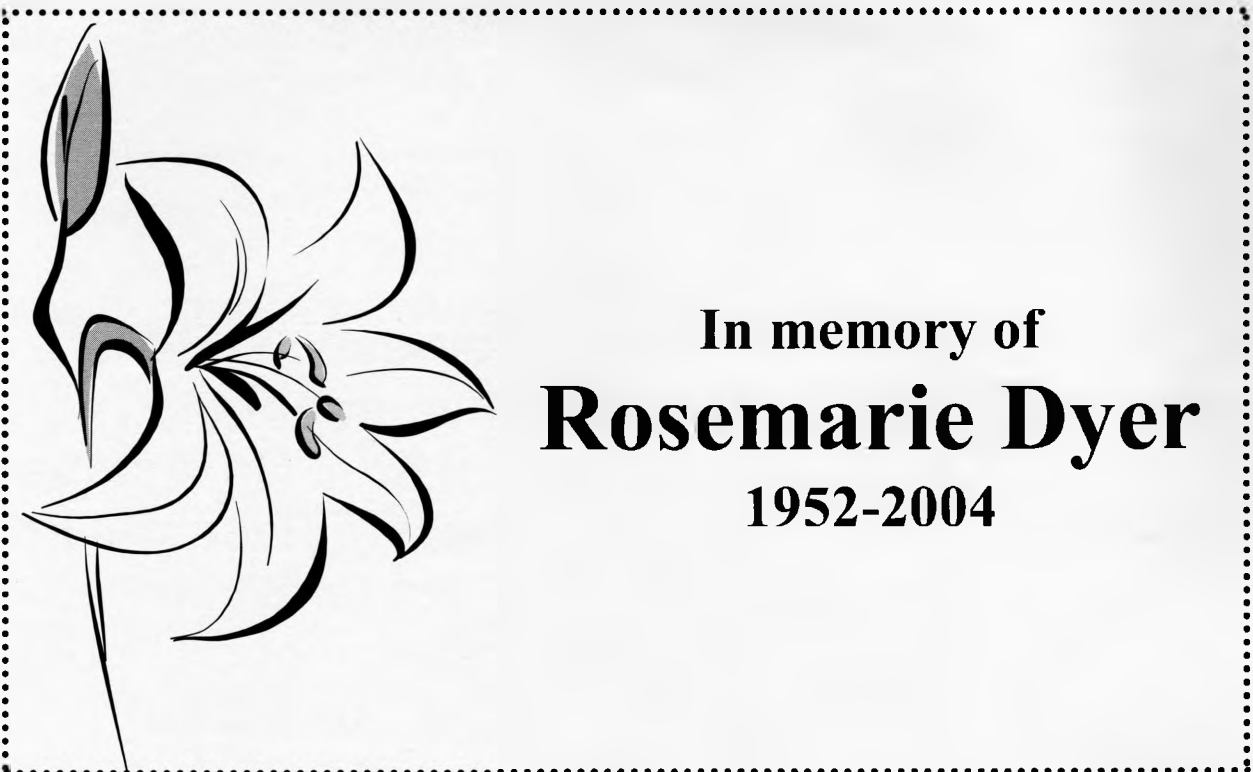
**This year during National Domestic Violence
Awareness Month, Borders is sponsoring Benefit
Days to raise money for Spruce Run. On October
23 and 24, 15% of your pre-tax purchase will be
donated to Spruce Run! A cut-out form is located
on page 11 of this newsletter. Enjoy good books
and help Spruce Run at the same time!**

SPRUCE RUN ATTENDS THE NCADV CONFERENCE

This past July, Spruce Run sent four staff members to the National Coalition Against Domestic Violence (NCADV) conference in Colorado. Staff attended workshops and meetings. In "Documenting Our Work: What Difference Do We Make in the Lives of Battered Women?" participants discussed ways to understand the impact of our work to end domestic violence and how to gather information to better inform future decisions. Suzanne Pharr led a discussion about organizing for social change entitled "Shelters and Beyond: Adding Organizing to Services." "Improving the Quality of Judicial Responses to Domestic Violence" was described by staff as "rip-roaring" and "interesting and timely." The workshop included information on how to approach and teach judges about domestic violence and had participants engage in a roleplay about how people are perceived by others and how that impression impacts their perceived ability to be truthful in court. "Advocating for Individual Battered Women's Economic Justice" led workshop attendees in a discussion about the link between economic justice and domestic violence. Attendees talked about ways to include and think about costs of domestic violence such as lost wages, medical expenses, loss of property, etc. The presenters advocated for better, more creative uses of divorce and Protection from Abuse Orders for financial restitution. Staff also attended other workshops including "Ethical Communication," "Training for Change," and "A Place for our Mothers, Grandmothers and Great Grandmothers," as well as the Northeast Regional meeting.

Two interesting tidbits from the conference:

- * 4/5 of civil legal service needs (i.e. people wanting attorneys) go unmet in the United States
- * In one study, 20% or more of women in shelter said they heard about shelter a year or more before they come



In memory of
Rosemarie Dyer
1952-2004

School Based Advocates: Coming to a School Near You!

Spruce Run's School Based Advocates, Amanda and Brook, are coming to a school near you this fall and throughout the school year.

School Based Advocates work with schools throughout Penobscot County, along with other youth service providers.

School Based Advocates offer a range of services to schools and students including:

- Classroom presentations covering such issues as Healthy Relationships, Dating Abuse, Gender Issues and Communication Skills. All classroom presentations include group activities and discussions. Any presentation can be altered to fit the needs of each individual school.
- Individual interactions with students who are affected by dating abuse
- Trainings about domestic abuse and dating abuse for faculty and staff
- Development of dating abuse policies and protocols with individual schools

For more information, please contact Amanda or Brook at 945-5102.

Endowment Campaign News

Volunteers are still working hard to increase Spruce Run's Endowment Trust by \$500,000.

Thanks to the efforts of our volunteers and the donations of over 150 individuals, foundations and businesses, the Spruce Run Endowment Trust has already been doubled! We are pleased to announce that donations have passed the \$300,000 mark!

Many thanks go out to those who have donated both time and money to making this goal become a reality!

Only the revenue of the Endowment Trust can be spent, not the principal; donations to the Trust will continue to help Spruce Run effect social change and offer services to those affected by domestic violence far into the future.

We encourage donations to be in honor of someone affected by domestic violence and/or someone who has worked or volunteered at Spruce Run.

SPONSOR A SPRUCE RUN FAMILY FOR THE HOLIDAYS!



It's getting to be that time of year again — time for celebration and good cheer. It's also time to think about participating in Spruce Run's Holiday Program.

We match families using our services with sponsors who help them with gifts to make the holidays as exciting and joyful as possible. The average cost to sponsor a woman and two children is between \$200 and \$240. It is also possible to sponsor just one person in a family or a single woman. If you would like to participate, but don't feel comfortable sponsoring a specific person, we also accept donations from the shelter wish list or you can shop for items that we can then match to the right person.

All gifts need to be dropped off at the Spruce Run Resource Center by December 14th. Please do not wrap the gifts you drop off; many moms like to maintain their holiday traditions and wrap the gifts themselves. We will be distributing gifts to families on December 18th.

If you would like more information or are interested in being a part of the Holiday Program, call Janice at 945-5102. You can call to sponsor as soon as October!

Meet a Spruce Run Volunteer

Trish Peterson has been a Spruce Run volunteer for three years. She has recently expanded the work she does for Spruce Run to include legal advocacy.

What was hotline training like for you?

I found hotline training to be both challenging and fun, with a mixture of laughter and tears, intermingled at times with feelings of indignation, sadness and then ultimately, hope. Having shared something humorous that happened during our day, and the next moment moving on with our education about domestic violence issues, a camaraderie of sorts soon developed within the group. The laughter we shared helped to lighten the atmosphere, creating a balance, so that the education we were receiving didn't seem quite as overwhelming. I have to admit that although role playing was not my favorite part of training, it served me well when it came time to actually take a real hotline call. Overall, I thought training was well organized, informative and never, ever boring.

What is your favorite part about being a Spruce Run volunteer?

It's hard to choose a favorite part, but I have found Spruce Run, overall, to be an interesting and unique place to work. The staff is supportive with an appreciative attitude toward volunteers. I enjoy hotline work from the office because of the full range of support that is available, and the annual volunteer appreciation party is awesome.

What do you think is the most important reason for volunteering at Spruce Run?

The abused person who is seeking help on the other end of the phone line is ultimately the reason why I'm a volunteer at Spruce Run. It's a humbling experience when an abused woman allows me, a stranger, a glimpse of the most intimate and oftentimes frightening aspects of her life. To be able to help her in discovering her strengths and to help her to see her options continues to be a meaningful experience for me.

What is the best or most important thing you have learned from women you have worked with at Spruce Run?

I've learned many things — the importance of keeping a sense of humor, of being vigilant and self aware of my own biases and to be able to set them aside when speaking to someone on the hotline, that people can find incredible strengths when facing adversity, the importance of team work, and last but not least, the value of chocolate when feeling stressed!

***We make a
living by what
we do, but we
make a life by
what we give.***

~ Winston Churchill

Riddles!

Challenge yourself or a friend!

Q: How many letters are in the alphabet?

A: There are 11 letters in "the alphabet."

Q: A woman has 7 children. Half of them are boys. How can this be possible?

A: All the children are boys, so 1/2 are boys and the other half are boys.

Q: How can you receive free training about domestic violence, work toward the goal of ending abuse in our community, be a safe listener for someone who needs a chance to feel heard and validated and brighten the life of a child in shelter?

A: Volunteer for Spruce Run! It's fun, it's free, it feels good. Hotline and Children's Worker trainings begin this fall.

For more information call 945-5102 and ask for Sue H.

A Personal Letter
(Anonymous)

I can't even talk about it.
You, tall, bones and pot belly.
When I think of you I get chills,
Goosebumps of fear and loathing.

You drew a sun
In the sand,
As it rained, once.
Talked to me for hours
As an equal, about politics
No less.
You had eyes so
Deep, seductive, disarming,
Framed with heavy
Scowling brows but
Smiled often.
Cried, too, every time
I tried
To free myself from your heavy
burden.

I let you drag me down

And had to shut everything
To survive your sucking clamp.
I'm a shell
Guarding a pulpy mass,
Underdeveloped and untapped
Because of you.

It disgusts me
I loved you.

You told me I was the one.
You had a child and wanted
Mine. Or me.

You are indescribable:
Man; child; beast.
Poor and destroyed, self-
educated;
Tender, soft, passionate;
Jealous and enraged.

You took me to foreign films,
Art gallery openings,
Hidden retreats,
A reggae party lasting all night.

Sponge-bathed my
Fevered, burning, hallucinating
body
Carried my whimpering soul
Back to bed.

Paranoid man.
Screaming, yelling,
Swearing, flipping me off,
Throwing things, insults, looks,
You threw accusations:
Unfaithful, conniving, bent on
your destruction.
Calling me names, calling
numbers, photocopying diaries,
Breaking down doors
Into a hailing, splintering
Explosion of the shower stall
Over my naked, vulnerable,
Crying body.

I haven't seen you in years, but
You won't let me go.
Please. Release me.
I'm still scared.



Family Violence Prevention Fund's
**2004 National Conference on Health Care and Domestic Violence:
Health Consequences Over the Lifespan**

October 22-23, 2004
Park Plaza Hotel
Boston, MA

Francine Stark of Spruce Run and Dr. Eric Brown of EMMC will present a workshop entitled "From Her Point of View—An interactive approach to teaching about domestic violence and health care's response" at 1:20p.m. on October 22, 2004.

The goal of this conference is to help those in the field of health care better respond to domestic violence. Not only does domestic violence have immediate health consequences in the form of injury, but is also a significant risk factor for chronic health problems. Many victims will see a health provider for exams, specific health problems or for the care of dependents. Working with other systems and alongside domestic violence advocates, health care professionals have an unique opportunity to help improve the safety and health of those patients affected by domestic violence.

Domestic violence survivors, students, domestic violence advocates, social workers, mental and behavioral health providers, nurses, doctors, dentists, those involved in health care or policy and others will find this conference to be helpful in their work and lives.

CMEs and CEUs will be offered.

For more information or to register, go to www.endabuse.org/health/conference

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Elder Abuse Outreach Project Coordinator

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Lyn Carter

Legal Services Coordinator

Dorathy Chocensky

Women's Advocate

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Sue Hamlett

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Rebecca Hobbs

Administrative Coordinator

Sherry Lane

Transitional Housing Coordinator

Brook Minner

School Based Advocacy Coordinator

Karen Prescott

Administrative Coordinator

Tina Roberts

Special Projects Coordinator

Francine Stark

Community Response Coordinator

Johnnie Walker

Children's Services Coordinator

Erica Watson

Hotline Coordinator

THINK ABOUT IT

**Spruce Run is collaborating with
Public Libraries and High School
Libraries in Penobscot County to
Raise Awareness about
Domestic Abuse**



Check out your local public or high school
library in October!

Chances are you'll find "Think About It,"
Spruce Run's Library Outreach Project!

You'll find a display of information and
books about domestic abuse and dating
abuse. You'll also find free bookmarks
with information about healthy relation-
ships and how to be helpful to someone
you love who is being abused. Many public
libraries in Penobscot County are sponsor-
ing "Hands are not for Hurting" events in
their children's library activities. You can
also pick up a purple ribbon to wear for the
month of October.



Visit your local library to check out the
"Think About It" display and to pick up
your free bookmarks and purple ribbons!

Let your library know you appreciate the
part they're playing in helping to raise
countywide awareness of domestic abuse.

(Mary Cathcart, continued from front page)

affordable health care, among other things. This means "anything that gives families a more productive life," regardless of how the family is organized. To strengthen families, Senator Cathcart has worked to pass legislation in health care, such as the Dirigo Health Program and Mainecare, and in education, such as allowing TANF recipients to use education hours to count for their required weekly work hours.

Strong families can help improve the community and reduce the prevalence of domestic violence. If each family member has equal opportunities and is "healthy [and has] health care, education and a good job" it strengthens the whole community. "If women have an income of their own and are independent," says Senator Cathcart, it becomes easier for them to leave abusive relationships. Many women in abusive relationships have not been allowed to work or have their own income, and leaving an abusive relationship, especially when children are involved, can be extremely difficult. If strong families are encouraged through legislation, it becomes "easier [for such women] to say 'no' and not stay [in the relationship] for the sake of the children."

Senator Cathcart considers her involvement with Spruce Run to be one of the most important things she's done in her career. Spruce Run, she says, helps not only the women and men who use its services but also those who work and volunteer there. Spruce Run and its consensus decision making help one "grow and become stronger, more independent and clearer in [one's] goals for life." Senator Cathcart credits her time at Spruce Run for helping her become "more strong minded and assertive," adding that "Spruce Run work really does prepare you for life."

Asked what advice she would give to someone who wanted to change the world for the better, Senator Cathcart joked, "Volunteer for Spruce Run." Then, more seriously, she added, "Run for the legislature." Many women "hold back and think, 'I'm not good enough'," she elaborated, but Maine is a small enough state so that they "can make a difference."

Mark Your Calendar!



October 6 • Bangor
October 7 • Portland

Join other small and large businesses at this one-day workshop on

"Domestic Violence: Supporting Preventive Strategies in the Workplace"

This workshop is especially designed for managers, supervisors, human resource professionals, EAP professionals, and employment attorneys.

Learn what you can do, as an employer, to create a safe and supportive work environment for your employees. Through these interactive workshops, speakers will present attendees with information regarding the legal and human resource issues surrounding domestic violence and its effect in the workplace. Topics such as dealing with an abuser in the workplace will also be discussed. Francine Stark, of Spruce Run, and others will give a workshop entitled "Responding to Victims of Domestic Violence in the Workplace." Robin Runge, Director of the American Bar Association's Commission on Domestic Violence will be the keynote speaker.

Dates and Locations:

- October 6, 2004, Four Points Sheraton, Bangor, Maine (8a.m.—4:30p.m.)
- October 7, 2004, Eastland Park Hotel, Portland, Maine (8a.m.—4:30p.m.)

Registration:

Cost: \$25 (includes lunch and conference materials) Complete registration information will be mailed to you, upon request. For more information, contact the Maine Criminal Justice Academy at (207) 877-8000.

Brought to you by the Maine Department of Public Safety, the Maine Criminal Justice Academy and others.

ELDER DOMESTIC ABUSE OUTREACH PROGRAM

Spruce Run received a STOP Violence Against Women grant to implement an Elder Domestic Abuse Outreach Program that began July 1, 2004.

According to the Family Crisis Services brochure on elder abuse, there are 12,000 yearly cases of elder abuse in Maine, with only a fraction of those reported. In the elderly population, signs of domestic abuse are often misinterpreted as self-neglect, mistaken for medical conditions or blamed on "caregiver stress." Health issues, lack of financial resources and dependence on an abusive caretaker for basic needs such as food, transportation, healthcare, companionship and housing can make it more difficult for such victims to seek assistance. There is a misperception that abuse stops as the perpetrator ages. Even if the abuser no longer causes physical harm, emotional battering, neglect and other expressions of power and control (see Power and Control Wheel graphic) can be expected to continue. While Spruce Run's services have always been and are always available to all people affected by domestic violence, the elderly have not used them at the same rate as their younger counterparts.

The goals of the Elder Abuse Outreach Program include:

- * Increasing community recognition of domestic abuse among the elderly
- * Conducting outreach activities with community organizations that serve the elderly in Penobscot County
- * Providing crisis intervention and advocacy services for the affected population
- * Exploring differing needs of elderly victims of domestic abuse to develop a coordinated community response
- * Providing training in the recognition and dynamics of domestic abuse, as well as follow-up consultation, for those who provide services to the elderly
- * Enabling those who work with the elderly

to make the appropriate referrals to Spruce Run services without compromising safety

- * Exploring the feasibility of and need for specialized services such as support groups specifically for battered elder women.

New outreach posters and brochures from will soon be available and a group tentatively named the Bangor Elder Abuse Group has started meeting once a month to discuss how the community can best respond to this specific segment of the population. The group currently consists of Spruce Run, Adult Protective Services, Eastern Agency on Aging, the Penobscot Sheriff's Office, the Bangor Police Department, Elder Independence of Maine, Ross Care, the University Center on Aging and Legal Services for the Elderly among possible others.

For more information on this new outreach program, please contact Janice at 945-5102.



Elder Abuse Power and Control Wheel adapted from the Duluth Model by the Wisconsin Coalition Against Domestic Violence, Madison, WI

MSHA Grant for Shelter Improvement

In the early months of 2004, the Maine State Housing Authority announced that it would make \$1,000,000 in grants available for the repair and improvement of non-profit homeless shelters. Spruce Run applied for a grant totaling \$16,200. We are



pleased to relay that the entire proposed grant was awarded! The money will be used to replace the old, warped first-floor windows and trim, to replace the fence surrounding the backyard and children's playground (originally erected in 1983) and to replace the shelter's roof, believed to be over twenty years old. The repairs should be completed by the end of the summer with minimal disturbance of the residents.



Shelter Wish List

- ◇ Liquid laundry detergent
- ◇ Dryer sheets
- ◇ White bath towels
- ◇ Bleach
- ◇ Tampons and panty liners
- ◇ Shampoo and conditioner
- ◇ Baby supplies — wipes, wash, lotion, shampoo
- ◇ Diapers, especially larger sizes
- ◇ Pre-paid calling cards
- ◇ Baby monitors
- ◇ Hair dryers
- ◇ Writing paper and pens
- ◇ Gift certificates to Hannaford or Shaw's

BORDERS®

BOOKS MUSIC MOVIES CAFE

invites you to participate in

Benefit Days

October 23-24, 2004

To benefit

Spruce Run

15% of your pre-tax purchase total during this designated period will be donated to Spruce Run. Valid only on scheduled days for merchandise in stock at the Borders stores listed below.

CASHIER:

Final Total of Sale: \$ _____

Initials & Date: _____

Borders Bangor · 990.3300
www.bordersstores.com

Spruce Run Services

If you or someone you know is experiencing abuse, the following services may be helpful:

24-Hour Hotline

We offer support, feedback and information about options, with the firm belief in one's right to make one's own decisions and act on one's own behalf.

Advocacy

Advocates are available to offer information and support at TANF/ASPRE, local hospitals, Penobscot County District courts, Child Protective Services and some schools.

Support/Education Groups

Women meet weekly to help each other by sharing experiences and offering encouragement and understanding to one another. They may bring their children to a children's group at the same time. Education groups provide insight into how our society and culture influence and respond to domestic abuse.

Children's Services

We give children the opportunity to talk about their feelings in a safe and fun environment in groups and when they are in shelter.

Shelter

We provide emergency shelter for victims of domestic abuse and provide information about other shelter and housing options.

Training and Education

We provide training, consultation, and education sessions about domestic abuse for schools, employers, service providers, and others to foster a coordinated community response to domestic abuse.

Spruce Run is funded by the United Way, the Department of Human Services, the Maine State Housing Authority, and your generous donations



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