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New Hope for Women

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Fall 2010 Newsletter



NEW HOPE *for* **WOMEN**

New Hope for Women offers support to people in Lincoln, Knox, and Waldo counties affected by domestic and dating violence and provides resources to assist our communities in creating a safer and healthier future.



Kathleen Morgan
Executive Director

When I meet someone for the first time and they ask what I do for work the response is often, "How can you do that work? I could never do it. It is too hard. I'd be too afraid." It is true that this work isn't always easy and is even sometimes frightening, and while each one of us has clients that will never leave our thoughts, it is also extraordinarily rewarding work.

There are times when I despair, usually when there has been a homicide. Sometimes I am scared when an individual returns to a dangerous living situation. Mostly, though, I am in awe of our callers, and inspired by their strength and creativity. I remember the woman whose husband actually made her account for every penny she spent. Every week she managed to save a few cents, and though it took her years, she saved enough to buy bus tickets for her and her son so they could leave. One caller's boyfriend threatened to kill her if she went to work. She left him and followed her dream to be a truck driver. I remember the young boy who kept telling his mother as she drove away, "Come on, mommy. You can do it." He helped her leave, and he helped her stay away. I think fondly of the individual who brought us flowers on the anniversary of his divorce in gratitude for the help we gave him and his child.

New Hope for Women's core work has always been helping victims. The staff thought it would be of interest to share this part of our work with you. Beginning with this newsletter, we will be taking you on a client's journey through our services. Anne, Kurt and Patrick are fictional characters, but their story is one we hear often.

How does a client's journey typically begin? With that first and often hardest phone call.

Getting the Call

Advocate: Hello, this is New Hope for Women.

Client: Hi. I guess I need someone to talk to.

Advocate: You can talk to me. My name is Samantha. What's your name?

Client: Anne.

Advocate: Well, Anne, maybe you can start by telling me why you thought you needed someone to talk to.

Client: Well, my friend said I should call. My husband and I are having some problems.

Advocate: You sound pretty upset. Did something happen recently between your husband and you?

Client: Last night we got into another argument, and it got pretty bad.

Advocate: What happened?

Client: I guess it started when Kurt came home from work, and I could tell it was going to be one of those nights. He started in right away because dinner wasn't done. I said to him that I had just gotten home from work, too, and was cooking it now, but that didn't seem to matter. I tried to cool him down by saying he could just go watch TV and that actually made it worse. He started yelling at me to not tell him what to do, that I'm not the boss of him and it is his house, and it shouldn't be so hard for me to have dinner ready.

Advocate: Wow, that sounds really scary. Does this happen a lot?

Client: It used to not be like this, but now it is happening more and more frequently. I never know what to expect when he comes home.

Advocate: It sounds like you are probably always on edge and nervous, like you are walking on eggshells.

Client: Yes, exactly.

Advocate: How does it make you feel when he yells at you like that?

Client: I feel afraid, and like I have no say or control of my life.

Advocate: In your relationship you shouldn't be made to feel like you have no say or like what you say doesn't matter.

Client: I guess that's true, but that's not how it is with Kurt.

Advocate: I am sorry to hear that. It must be exhausting living like this; wondering all day what kind of mood he is going to be in.

Client: It is.

Advocate: What happened after Kurt yelled at you?

Client: I tried to walk away from him and leave the kitchen, but he grabbed

me and spun me around. He was holding my arms so tight that I have bruises where his fingers were. Then he got in my face and starting calling me stupid, no-good, and names I don't feel comfortable repeating. He finally let go and shoved me away when Patrick came in.

Advocate: That's so scary. You must have been terrified!

Client: Yeah, I guess, I'm so used to it... It could have been worse if Patrick hadn't walked in.

Advocate: What do you mean could have been worse? Has he hurt you before?

Client: Well, yeah, but I don't want to talk about that.

Advocate: Okay. Who is Patrick?

Client: He is our 5 year-old son.

Advocate: Does he see his dad do things like this to you often?

Client: No, Kurt always stops when he enters the room.

Advocate: Patrick must hear everything though, and is probably scared, confused, and worried.

Client: I never thought about that. I thought we were keeping it from him. Kurt is a good dad and really cares about Patrick.

Advocate: Being a good dad means more than playing with your children and caring about them; it also means not hurting their mom.

Client: I guess that's true. I just wish he would stop. If he could just get help controlling his anger.

Advocate: Anne, you can't get him to stop. Only Kurt can recognize that his behavior is not okay and choose to change it. He is actually very much in control of his anger. He doesn't behave this way at work or in public, right?

Client: No.

Advocate: Exactly. He saves it for when he is home with you because he knows he can get away with it. By acting this way he is getting what he

wants- you scared of him so he can have power and control over you. Everything that you are telling me leads me to believe he is abusive.

Client: I think I always knew that, but didn't want to admit it. That's what my friend kept saying, but I didn't want to hear it.

Advocate: It sounds like your friend is really worried about you.

Client: She's never liked Kurt, and doesn't understand that I can't just leave.

Advocate: Of course. It's hard to leave. That decision is complicated and confusing. You probably still love and care for him.

Client: Yeah, it's not always this way, and usually he apologizes the next day and says things will be different. I am seeing now that it's not going to be. I just don't know what to do. I don't want to live like this anymore. I'm not sure I am ready to leave yet, but it has felt better just to talk.

Advocate: And we are here for that. We are here to support you in whatever way is helpful to you. You can come into the office and talk about some options you might have if you decide to leave, or just come in to talk face-to-face with an advocate. It also might help to talk with other women. We have support groups, and some clients find it helpful to get support from other women who are going through similar experiences.

Client: Thanks.

Advocate: Remember it is not okay that he is doing this to you, and it is not your fault. It took a lot of strength and courage to reach out and talk about it.

Client: So, I can call again?

Advocate: Any time, our hotline is always available, or you can come into the office and talk face-to-face, or go to the support group.

Client: Thanks, Samantha.

Advocate: You're welcome, Anne. Stay strong.

New Hope for Women's Hotline:

Our hotline is available for anyone needing to talk about domestic and/or dating violence, whether it is their relationship that is abusive or they are concerned for a friend or relative.

The hotline operates 24 hours a day, every day. We do not take a break because violence does not take a break.

800-522-3304

New Hope for Women's Office Hours:

New Hope for Women has offices located in Damariscotta, Belfast, and Rockland. The addresses and phone numbers to each are on the back cover of this newsletter.

Our Damariscotta and Belfast offices are open Thursdays from 10am - 4pm, or by appointment.

Our Rockland office is open Monday-Friday from 9am - 5pm. Clients are encouraged to walk in any time, even if all they need to do is talk.

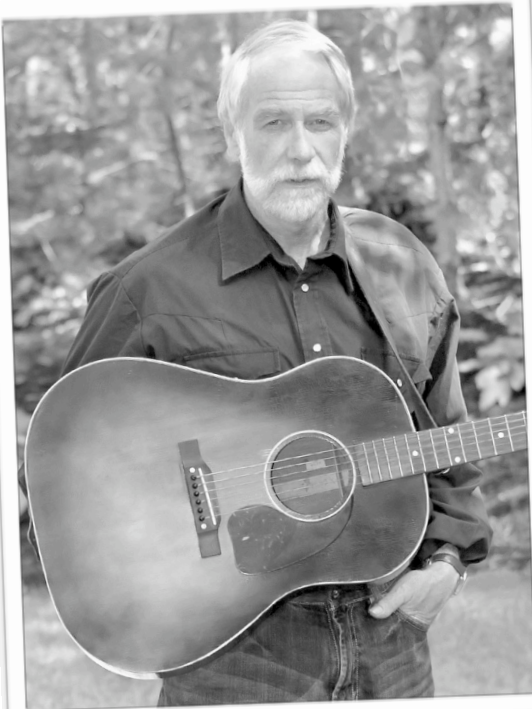
New Hope for Women's Support Groups:

New Hope for Women has support groups in all three locations. Sometimes support groups cover certain topics, such as what is healthy and unhealthy in a relationship, red flags of a potential abuser, or ways of empowering yourself. Sometimes in support groups, the clients lift each other up to understand that they deserve more and should expect more out of their relationships.

Clients should call the hotline to ask for support group times, and if there are specific topics being covered.

Find out more about New Hope for Women's services by visiting our website. www.newhopeforwomen.org

Two Fund-Raisers to Support!



David Mallett (Photo by Bret Gilliam)

David Mallett in Concert to Benefit New Hope for Women

David Mallett is a superb live performer and one of Maine's premier singer-songwriters. His songs have been covered by Emmylou Harris, Alison Krauss, and Hal Ketchum, and performed by John Denver on the Muppet Show. He has taken his music across the U.S., Canada and Europe, and has performed on National Public Radio's Prairie Home Companion.

Tickets are available at Aboca Beads (Damariscotta), Northern Kingdom Music (Rockport), Belfast Co-Op, or from Glen E. Rainsley at grainsley@newhopeforwomen.org or (207) 594-2129 ext. 19.

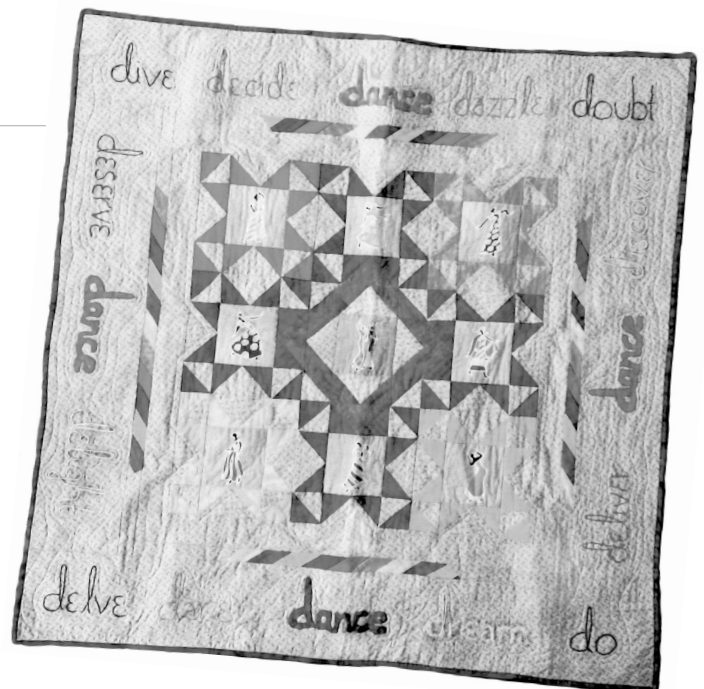
The concert is sponsored by First Bancorp.

Drawing for a Beautiful Handmade Quilt

We are still offering tickets in our drawing for the beautiful handmade quilt crafted by Marty Peak Helman and Kevin Bowler.

Tickets are available for \$2.00 each or three for \$5.00. For more information call Glen at (207) 594-2129 ext. 19.

To see a color version of the quilt go to:
www.newhopeforwomen.org/news.php?storyID=43



Remember My Name

Damien Lynn

Age 15 months / Bangor, Maine
Beaten to death at his home.

His mother's boyfriend, Edgard Anziani, 27, is charged with murder and manslaughter.

Kelly Winslow-Dapolito

Age 30 / Limington, Maine
Shot to death inside her home.

Her husband, Patrick Dapolito, 39, is charged with murder.

Benjamin McLatchie

Age 22 / Gray, Maine

Shot to death in the yard of his home
by his father, Daniel McLatchie, 44, who then shot and killed himself.

Jane Tetreault

Age 38 / Turner, Maine

Shot to death inside her home.
Her husband, Brian Nichols, 45, is charged with murder.

Debra Meitzler

Age 51 / Prentiss, Maine

Shot to death inside her home
by her husband, Dean Meitzler, 51, who then shot and killed himself.

Deborah Littlefield

Age 49 / Brooks, Maine

Shot to death inside her home.
Her husband, Michael Littlefield, 48, is charged with murder.

Pamela Green

Age 42 / Morrill, Maine

Strangled to death inside her home.
Her recent boyfriend, Dennis Edgecomb, 39, who also lived in the house, is charged with murder.

Freda Lagarde

Age 44 / Hollis, Maine

Shot to death inside her home
by her husband, Mike Lagarde, 50, who then shot and killed himself.

Domestic violence is a crime.

24 hour crisis hotline | 1-800-522-3304

Belfast

111 Church St.
207-338-6569

Rockland

93 Park St.
207-594-2128

Damariscotta

17 Water St.
207-563-2404



New Hope for Women is a non-profit organization funded by the Maine State Department of Health and Human Services, United Way of Midcoast Maine, United Way of Eastern Maine, United Mid-Coast Charities, and local donations.

Return Service Requested

Web: www.newhopeforwomen.org
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