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Outspoken

"Celebrating 25 years of Courage, Compassion and Commitment"

P.O. Box 192, 8 Winter Street, Dover-Foxcroft, Maine 04426
Administration: (207) 564-8165 Fax: (207) 564-7418
Helpline: (207) 564-8165 or 1-888-564-8165 (toll free)
www.wmncare.org

Elder Abuse: It is Our Problem

Considering that Maine's population is the third oldest in the nation, Womancare is choosing to take a pro-active approach to dealing with issues of Elder Abuse. Elder Abuse can be physical, sexual, emotional, and/or financial abuse/exploitation, and is often times perpetrated on the senior by a family member or trusted caregiver. A form of domestic violence, abuse of an elder is based on the same principle of one person choosing to use power and control over another through various tactics or strategies.

Funding through a Federal STOP grant, which began in 2004, has allowed Womancare to take a closer look at the services offered to victims of Elder Abuse in the Penquis Region. Womancare purchased posters and brochures that specifically address Elder Abuse and distributed them throughout the region. In addition, the funding supported a successful "Wise Women's Group" where older women were given the chance to share their stories of abuse and healing with other women in similar circumstances.

On November 18, 2004, Womancare hosted a conference; "Elder Abuse: Building Local Capacity for an Active Response" at the Penquis Higher Education Center in Dover-Foxcroft. The conference hosted over 40 attendees, including local law enforcement, social service providers and other interested community members.

The Conference began with a keynote address by **Maine Attorney General, G. Steven Rowe**, who stressed the need to eliminate the stereotype that elder abuse is "a family matter and not treated like the serious crime it is." After the powerful address by Attorney General Rowe, there was a panel discussion featuring **Rebecca Henry**, director of the *Elder Justice Project* at Legal Services for the Elderly; **Michael Webber**, detective with the Office

"We all try to reach the same goal. Individually, we may fail because the problem is huge."

of the Maine Attorney General, **Rick Mooers**, a Protective Program Administrator for Adult Protective Services; and **Dr. Eric R. Brown** of Eastern Maine Medical Center. The panel shared their areas of expertise and focused on the community's response to the issue. Rick Mooers said, "We all try

to reach the same goal. Individually, we may fail because the problem is huge." He went on to stress that every agency and community member has valuable input that they can bring to the table as the region seeks a solution.

On February 8, 2005 Womancare hosted a community meeting to continue discussing elder abuse in its many forms. Currently the group is seeking more community support in order to decide next steps for our region. If you would be interested in joining this dedicated group, or would like more information on any services regarding elder abuse, please call Womancare at 564-8165.

SAVE THE DATE!

RACE TO END DOMESTIC ABUSE
October 1st, 2005

SAVE THE DATE!

Steering Committee

Linda Howard, Chair
Dover-Foxcroft

James Wentworth
Monson

Pamela Nourse, M.D.
Abbot

Carol Alfonso
Guilford

Dan Huri
Dover-Foxcroft

Carol Shoreborn
Dexter

Mary Annis
Dover-Foxcroft

Lynne M. Olson
Garland

Pam Tower
Harmony

Dawna Roberts
Dover-Foxcroft

CABIN FEVER RELIEVER

On March 15, 2005, Womancare sponsored *Cabin Fever Night* at our Dexter Outreach Office. Promotion of self-care, as well as our services, allowed service providers and others in the community to become more familiar with our availability in the greater Dexter area. Three talented presenters: Linda



Tisdale, Lisa Knight, and Dr. Bob Lodato donated their time to share some of their methods of promoting health and healing. Donna Kraft-Smith donated two gift certificates for therapeutic massage to compliment the evening. It was a wonderful evening and we thank all who dropped by. *Stay healthy!*

The Dexter Outreach Office is accessible the 1st and 3rd Fridays of the month from 10:30-1:00.

She's the One

She's the one
Who sits beside you in your workspace
She's the one
Who pilots the aircraft you commute on
She's the one
Who tends to your broken bones
She's the one
Who teaches your children on a daily basis
She's the one
Who rings up your purchases at the checkout
She seems to be strong and confident
Yet inside she is crumbling and falling apart
She appears to be enjoying life
Yet inside she is ready to give up the race
She is able to laugh and tell jokes
Yet inside she is weeping and distressed
She seems to be holding it all together
Yet inside the dam is ready to burst
She's the one . . . With hidden bruises and pains
She's the one . . . Do you know this one?

Each day as we go through our daily routines, we inevitably come into contact with someone who is being battered and abused. For most, it is difficult to pinpoint the person enduring the pains of abuse. However, for those of us who have walked this terrifying path, all we must do is look within their eyes and we know. Women in domestic violence are everyday people in everyday life. If each of us takes another by the hand and we walk together, arms locked and hearts united, the cycle of abuse will be shattered. What a joy that will be!

This poem is from: Deister, K.G. (2004)

"Embracing the Storm: Jewels for Victims of Domestic Violence"
Publish America: Baltimore, MD.

We extend our heartfelt appreciation to...

- ★ Everyone who helped brighten the holidays for families by donating food, money and/or presents.
- ★ Mike Dexter for his equipment and assistance with a sound system and lighting for Womancare events.
- ★ Linda Tisdale, Lisa Knight, and Dr. Bob Ladato for donating their time and talents; and Donna Kraft-Smith for donating gift certificates for Cabin Fever Night in Dexter.
- ★ Mission Committee of the Congregational Church for donating welcome baskets to our TH families and ongoing support for our building fund.
- ★ Hardwood Products for donating space for our annual phone-a-thon.
- ★ Carol Alfonso and Edna Roberts for hosting a Home & Garden Party to support our building fund.

Journey Into Uncharted Territories

Dear Friends,

I have been compelled to write a letter to you in hopes that somewhere along the line my journey wholeness will in some way inspire someone to keep pushing forward and to encourage them to strive onward to wellness.

Because of the abuse I and my children went through, I have had to learn how to cope with mental and physical disabilities. While not all of the disabilities I have are directly related to the domestic abuse I went through, I am finding a far more wide-reaching amount of problems in my life than I would have ever expected. These problems stem from the abuse that I suffered in my childhood and from 20 years of an extremely abusive first marriage. I now realize that the abuse not only affects me, but my children are seared with the effects, my grandchildren are plagued with the aftermath, as are my stepchildren and any friends that I may have touched through the years. Yes, I can say that it even touches my siblings, because actually we do not really have a relationship. This is not because they are bad people, but because for many years I had to live a lie because I didn't want any of my family to be involved in a situation that I believed would bring them into harms way.

For many years I have been grieving the loss of time, happiness, health and peace that I have not had. Now, only in the last few years have I been able and determined to live life without apology or fear. Though I have been out of the abusive situation for nineteen years, I still wake up some nights from night terrors and have to stay up an hour or so before I can calm myself enough to go back to sleep.

Initially, after my first husband divorced me, I swore that never again would I get into another situation like the twenty years of *Hell* that I had just gone through. To me at that time it meant never again would I ever get involved with a man, let alone get into marriage again. That resolve stayed with me for 10 years. I thought that nobody could ever love me because I knew the way I was in my mind and body. My mind was in utter torment and my body was not far behind. Eventually, I began to long for an adult to walk with and perhaps grow old with. That's when I started asking my counselors both in private practice and at Womancare how to begin. The first thing in my mind was to set boundaries, but I needed to know what boundaries and where to locate them and how I would know when or where to move them.

I wanted somebody who could love me even though I had problems. I wanted somebody who would not think I'm stupid for feeling and thinking the way I do. Back then I felt that I was harsh and silly on some things. Little did I realize that I would find somebody who would respect the boundaries that I had set. My greatest fear was that I just couldn't handle standing still long enough to work through the brambles in order to allow myself and our relationship to grow. I initially thought that I would teach him what love was and instead I learned more than I thought. I learned that boundaries, when set in stone, would cut you through-and-through when your relationship reached that point. I learned right at the start that they needed to be set more like a net that would allow us to stretch only so far and then when we both realized that we could trust each other more; we moved those nets to the next station. I also realized that I personally needed to make a long-term commitment and to learn the language of love. In allowing myself that time, I also felt that I needed to let him have the same right. We have done a lot of talking on both parts and we have both been willing to also do a lot of listening along the way.

We, as formerly abused folks, because of the lives we have led, have a wisdom and grace that people who have never undergone hardships could only dream of having. The strength we possess far surpasses what others who have not had to weather the storms of life will be able to attain.

Good luck in your journey and remember that you are heading out in uncharted territories and only you can decide where you begin, where you want to go, and how to maintain your space when you get there.

Sincerely, Nancy



Welcome Karen and Margo...

☺ Hello, my name is Karen Prescott. I joined the Womancare staff in September 2004 as the Financial Coordinator. I have been working on and off in the field of domestic violence for the past nine years. Interestingly enough, I began my journey in this work as the Transitional Housing Coordinator at Womancare in 1997. Since then I have worked at Family Crisis Services in Portland, Rochester Minnesota Women's Shelter and Spruce Run Association in Bangor. My outside interests include spending time with my family, running, and knitting.

☺ Hi all, my name is Margo Batsie and I am the new Community Relations Coordinator. I started at Womancare in December 2004. I have been working in the field of Domestic and Sexual Violence for eight years. I have worked at Vera House, Inc in Syracuse, NY; Sexual Assault Support Services of Midcoast Maine in Brunswick and Cleveland Rape Crisis Center in Cleveland, OH. I am very excited to be here at Womancare and to have the opportunity to work in this amazing community. Outside of work I spend lots of time with my daughter and husband.



HARMONY CAMP 2005

Harmony Camp is a 3-day mini-camp for Piscataquis County children ages 6-9 which focuses on self-esteem, friendship, feelings, bullying and teasing. Art, crafts, literature, games and song will be used to help children appreciate their own uniqueness and that of others.

Dover-Foxcroft (SAD#68)	June 21, 22, 23
Greenville (Union#60)	June 28, 29, 30
Guilford (SAD#4)	July 12, 13, 14
Dexter (SAD#46)	July 19, 20, 21
Milo (SAD#41)	July 26, 27, 28

***Tuition : \$10.00 per child**

***(Tuition to help offset the cost of T-shirts and supplies. *Camperships are available*)**

For more information, or
to become a volunteer for the summer,
please call: Womancare at 564-8165

**SPACE IS LIMITED,
SO REGISTER TODAY!!**

Contributions to our Cause

- ☐ I would like to be a volunteer. Please contact me with more information.
- ☐ I would like to learn more about Womancare. Would someone come to speak at my organization, club or church?
- ☐ Enclosed please find my tax deductible donation (Womancare is a 501(c)3 organization).

Name: _____

Address: _____

Phone: _____

Thank you!

Do you like to shop?

Do you shop online?

Would you like to support Womancare in a creative way?

If you answered "yes" to these questions visit:



igive.com

Learn how a portion of your purchases will be donated to Womancare at no cost to you!

Support your favorite cause and shop 'til you drop!

With over 599 stores participating, there is something for everyone! From clothing to office supplies, there are many retailers who will donate a percentage of your purchase to causes of your choice. Womancare has been added to the list so that once you become an igive member, every online purchase you make (if they participate) a portion of the proceeds will benefit our organization because they send us a check! All you have to do is become a member with no obligations!

National Volunteer Recognition Week: April 17-23, 2005

*Volunteers donate
To the community they share
By responding to needs
With their efforts and care*

*You've made a difference
With the time you invest
Thanks to our volunteers
You're the best!*



Each year we celebrate the work of volunteers and their time and dedication to promoting health and safety. It is during this time that we would like to honor our volunteers who spend countless hours assisting families affected by domestic abuse. Whether our volunteers are stuffing envelopes, answering the helpline, joining a committee or providing necessities for battered women and their children, we are indebted to you. The domestic violence movement began with a handful of dedicated volunteers and we continue to treasure the gifts that each of you bring to this work. We thrive because of our volunteer pool and we could not do it without you. *Thank you.*

I Am the Woman Who Called

I am the woman who called last week.
I am the woman who's been calling for years.
I am the woman who's on the phone right now.
I am the woman who called.

I am the woman who cried herself to sleep last night.
I am the woman who felt really stupid.
I am the mother who said no man would ever do that to my baby and get away with it.
I am the woman who thought I had no worth.

I am the woman who is just so tired.
I am the woman who never breathed a word to anyone.
I am the woman who prayed & prayed & prayed & prayed.
I am the woman who will never leave.

I am the brother who said I'd rather go to jail than watch my sister and the kids get hurt one more time.
I am the woman who was too afraid to come out as a lesbian.
I am the woman who lied for him 'cause me and the kids needed a home & food.
I am the woman who fought back.

I am the woman who pretended to run him over just so he could see what it felt like to be that afraid.
I am the friend who hid her in my house.
I am the woman who gave you a hard time at first only to heap blessing on you by the end of the call.
I am the woman who spoke no English, had no papers and very little hope.

I am the woman who found out my new boyfriend raped my teenage daughter.
I am the woman who said I'd taken pills & just wanted someone to be with me 'til the end.
I am the woman who said I had made it & wants to give back just a little of what I got.

I am the husband who almost killed my wife & said I'd watched my dad kill my mom when I was a boy.

You are the advocate who challenged me not to quit.
You are the advocate who told me to believe in myself.
You are the advocate who was there when I reached out.
You are the advocate who cared about me.

You are the advocate who helped me believe there is hope.
You are the advocate who listened to my plan so I could make a way out of the violence & live in peace.
You are the advocate who held my hand.

You are the advocate who said "You go girl," & made me smile.
You are the advocate who treated me with respect.
You are the advocate who said I wasn't crazy.

You are the advocate who said I was your boss.
You are the advocate who said it was sometimes safest to stay.
You are the advocate who thanked me for calling.
You are the advocate who spoke no Spanish but made me feel at home.

You are the advocate who reminded me I was beautiful, smart, brave & strong.
You are the advocate who didn't judge me when I said I'd hurt my own kids.
You are the advocate who didn't take it too personally when I cursed you out.
You are the advocate who told me who might help me keep my kids.
You are the volunteer who made a difference.

Excerpts from Maria Limon, Volunteer Coordinator, National Domestic Violence Hotline, with contributions from Hotline advocates, in honor of Volunteer Appreciation Month in April.

Womancare/Aegis Association
P.O. Box 192
Dover-Foxcroft, Maine 04426

Non-Profit Organization
US Postage Paid
Dover-Foxcroft, Maine 04426
Permit #5

*Womancare is open to walk-ins and appointments at our main office at
8 Winter Street in Dover-Foxcroft
Monday - Friday 8:00 a.m. - 4:00 p.m.*

On-Going Services

Dover-Foxcroft Support Group

This support group meets in Dover-Foxcroft on Tuesdays from 1:00 p.m. to 2:30 p.m. to offer emotional support and education around the issues of abuse to women living with or affected by family violence.

Greenville Outreach

Appointments may be made by calling the main office at 564-8165.

Milo Outreach

Appointments may be made by calling the main office at 564-8165.

Dexter Outreach

1st & 3rd Fridays of the month from 10:30 a.m. to 1:00 p.m. on the first floor of the Dexter Internal Medicine Building located at 41 High Street. All other times by appointment.

On-Site Services

Lack of transportation can be an obstacle to receiving services. For your convenience and safety, appointments may be made at your place of business, school or other public facility. Please call our office to brainstorm options most suitable to your situation.

Womancare Services

*24 Hour Crisis Helpline
564-8165*

1-888-564-8165 (toll free)

Temporary Emergency Shelter

Short-Term Crisis Intervention

Support Groups

Advocacy in Court Matters

*Assistance with Protection from
Abuse Orders*

Community Education

Hannah's House

Children's Programming

Pro Se Legal Assistance

*Information and Referral to Area
Services*