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Outspoken (Spring 2009)

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Womancare

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2009 Spring Newsletter

Outspoken

P.O. Box 192, 8 Mechanic 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



It's a New Day for Womancare!

After a decade of visioning, planning, and fundraising, Womancare's new home is ready for occupancy! Many reading this have played a part in moving this building from vision to reality, and we thank you. Soon the telephones will be ringing at 8 Mechanic Street in Dover-Foxcroft, and our volunteers and staff will be greeting families at our purple door, ushering them to safe, comfortable and confidential rooms in our services wing. Service providers, volunteers, and Steering Committee members will join us in the conference room for meetings and educational programs. All of us will enjoy an abundance of natural light and wonderful space in which to work together to meet the needs of those we serve. Many readers have walked, run, danced and donated countless hours to help achieve this goal. Come and help us celebrate our **30th Anniversary** as we look forward to continuing our vital work in the days ahead. Please join us for an **Open House on Sunday, June 28th from 2 pm to 6 pm** at our new home!

REMEMBER THESE DATES

JUNE 28— 30th ANNIVERSARY & OPEN HOUSE 2:00-6:00 PM

AUGUST 1— DOVER-FOXCROFT HOMECOMING

OCTOBER 3— WOMANCARE "RACE TO END DOMESTIC ABUSE"

NOW LOCATED at 8 MECHANIC STREET

Steering Committee

Stephen Dean
Abbot

Tamar Mathieu
Bangor

Suzie Davis
Brownville

Neil Greenberg
Charleston

Judy Doore
Dexter

Carol Shoreborn
Dexter

Karen Chapman
Dover-Foxcroft

Linda Howard
Dover-Foxcroft

Chris Reardon
Dover-Foxcroft

Troy Brown
Greenville

Stephanie Doore, Co-Chair
Guilford

Pam Tower, Co-Chair
Harmony

Theresa Mudgett
Milo

Kristy Rizzitello
Sangerville

Kathy White
Sebec

Wish List

Gas Cards
Phone Cards
Gift Cards
Diapers
Digital Camera
New or Nearly New
Household Goods
Sheets, Towels
Kitchen Goods
Donated Cell Phones
Caller ID Boxes
Answering Machines
Cleaning Supplies
Hand Truck

Celebrating Our Volunteers **National Volunteer Recognition Week** **April 2009**

As Womancare prepares to move into her new digs it seems only fitting to recognize our volunteers. During National Volunteer Recognition Week in April, we treated our volunteers to an evening of relaxation and fellowship. The event included good food, creating collages, a chair massage and concluded with a guided meditation and our ongoing gratitude.

It's our volunteer staff that is the mainstay of our work. Currently, we are privileged to have one of the largest and most active volunteer staffs in Womancare history. Having a volunteer in the office allows the salaried staff to see to programmatic and administrative responsibilities. Having a volunteer on call allows the salaried staff a bit of a break in terms of being the first responder to crisis calls. It is only with the help of volunteers that we are able to pull off our various events throughout the year, offer outreach hours in three different towns and maintain our presence in two courts.

Volunteers are involved in every arena of our work. They bring their ideas and sometimes help us to see what may be right in front of our eyes. They bring objectivity, energy, passion, and enthusiasm. They attend monthly volunteer staff meetings to process calls with one another, receive technical assistance and just catch up with everyone. Continuing education opportunities are offered throughout the year. As budgets are cut, non profit social service agencies will be looking more and more to their volunteer staffs.

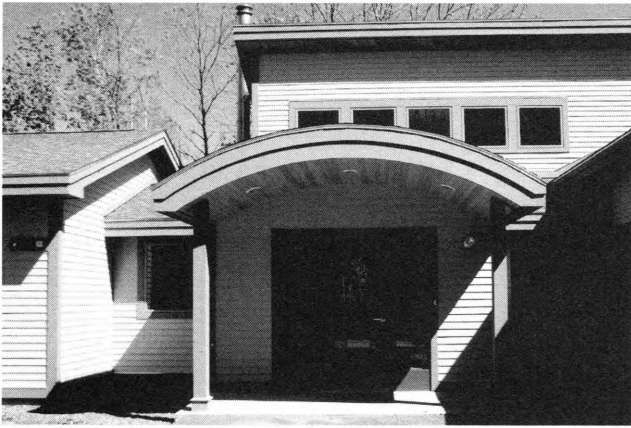
Looking to a 'new day' Womancare is thankful for a crew of volunteers who get it done! If you have ever thought about being part of our family of volunteers, call Ginger at 564-8165 to see how you might be able to experience the joy of volunteering.

Womancare Staff Directory

Angie Alfonso— Teen Services Coordinator
Angela Coy— Children's Services Coordinator
Arthur Jette— Community Relations Coordinator
Barb Chambers— Legal Services Coordinator
Cindy Freeman Cyr— Resource Development Coordinator
Jen Erb—Transitional Housing Coordinator
Ginger Hutchins— Volunteer Coordinator
Laurie Sokoloski— Financial Coordinator

Courage, Compassion and Commitment Continues

WELCOME to Womancare



Families in Piscataquis and southwestern Penobscot Counties whose lives have been overwhelmed by domestic violence, and the emotional distress, isolation and homelessness associated with it seek help and hope from Womancare.

The grassroots dedication and passion to end domestic violence is the important foundation our organization is built upon. Without the unfailing commitment of our founding mothers in 1979 and their willingness to be courageous in the face of opposition, many women and their children may not have escaped their partners' abuse. Thirty years later, Womancare staff, volunteers and community members continue in our founding mother's footsteps to provide assistance to people affected by domestic violence, and continue to educate youth and adults about violence prevention.

When you walk through these doors, you will always be treated with the highest respect. We are devoted to listening to your needs, while providing you with the utmost privacy. As we explore options with you, we will consider your safety and that of your family, as the highest priority.

We will continue to be available 24-hours a day to provide crisis intervention for victims of domestic violence. We provide support, information, and referrals to other agencies during office hours for walk-ins or

hours by appointment. Advocacy and assistance to help individuals understand and navigate the civil legal system pro se, protection from abuse or harassment, and family matters such as divorce or parental rights are available, as well as appropriate referrals to free legal services provided by Penquis Law.

Our new home will provide even better surroundings for our Support Groups, where women affected by domestic abuse will be able to meet in safe, confidential, facilitated conversations where they can share experiences and information and support each other. We will continue the traditional Tuesday 1-2:30 group, providing childcare if needed. Other support groups will be announced.

We have a safe-home network for those who are in immediate danger or homeless due to domestic violence. Our transitional services offer support to victims who flee abusive relationships and find themselves in need of housing.

Violence prevention education programs will continue to grow under our school-based and community education programs. Volunteers will continue to be the backbone of our organization.

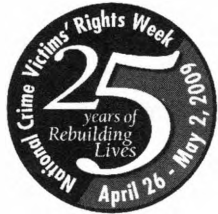
The new surroundings will only improve the services already provided by Womancare, and offer opportunities for enhanced services in the future. It's a New Day.

WOMEN AND WELLNESS

Womancare and Rape Response Services provided five Women and Wellness Workshops during the last year. Some of the topics included journaling, moving and breathing, healthy eating, using plants as medicine, and guided meditations. We also had the pleasure of community members who donated their gifts of chair massages, manicures, and yoga for us to ENJOY!



Remember that to help others,
you must take care of yourself first!



Crime Victims' Rights Celebrated

Womancare, with help from Rape Response Services, and the Piscataquis County District Attorney's Office Victim/Witness Advocate, hosted a celebration on Wednesday, April 29, 2009 at Foxcroft Academy, in recognition of National Crime Victims' Rights Week. The panel of speakers; including Piscataquis County District Attorney Chris Almy, former Maine Attorney General G. Steven Rowe, National Coalition Against Domestic Violence (NCADV) President Lois Reckitt, and Deborah Shaw Rice, Director, Maine Victims' Compensation Program, focused their attention on victims of crime and our nation's progress in serving them.

When the President's Task Force on Victims of Crime was created on April 1982, President Ronald Reagan said, "Our concern for crime victims rests on far more than simple recognition that it could happen to all of us." He went on to add, "all of us have an interest in seeing that justice is done not only to the criminal, but for those who suffer the consequences of his crime."

The Victims of Crime Act (VOCA), enacted in 1984, established the Crime Victims' Fund, which is based on a very simple concept; use funds and penalties collected from federal defendants to fund services for crime victims. The Fund continues today to provide critical support to state victim compensation and community victim assistance programs in Maine and throughout the United States.

In his remarks, Piscataquis County District Attorney Chris Almy said that "by enacting VOCA and funding local organizations (such as Womancare and victims' advocates services) our judiciary had democracy brought to the court system." Victims now have the opportunity to address the court at sentencing hearings, and according to Almy, "Judges react to victims who tell their story. It has had a significant impact; it has made a difference."

Former Maine Attorney General Steve Rowe said that "victims are now made to understand the process, receive referrals of state resources and are notified of plea agreements." Maine Victims' Compensation Program Director, Deborah Rice told the audience that the Crime Victims' Fund reimburses innocent victims of violent crime for out-of-pocket expenses not covered by other sources for medical care, counseling, transportation and a safe place to stay.

National Coalition Against Domestic Violence (NCADV) President Lois Reckitt, provided the group with a colorful history of the victims' rights movement and the national commitment to helping victims rebuild their lives, because justice for victims is necessary if we truly believe in justice for all.

Life's Journey

Life so like that early spring flower, just beginning its journey. With slow determination it pushes its way up through the bitter cold snow. As we watch the flower's tenacious struggle to survive and live, we know that although its beautiful journey is just beginning it shall soon end. As with that fresh spring bloom we too know that as our journey begins, it shall just as quickly end. If that flower touches just one life, and makes someone smile then perhaps its struggle was not in vain. Just as surely I do believe that no matter the length of our journey, it will exist forever in the memory of others if we are lucky enough to touch just one life. It is not for us to question why life is given or taken away, only to hope that in the course of that journey we are able to touch someone's soul. Nothing is given or taken away without reason, every life has a purpose and sometimes we are lucky enough to see the purpose through the sorrow of our loss.

Jen

SAVE THE DATE

RACE TO END DOMESTIC ABUSE



Join Us for Womancare's 13th Annual
5K Race and Family Walk
Saturday,
October 3rd, 2009

Civil Legal Services

The Legal Services program at Womancare is provided by a grant from the Department of Justice to help individuals navigate the civil legal system pro se, which means to represent themselves in court, and if they qualify, to meet with an attorney for a one time consultation, become represented by Penquis Law Project, or both. Womancare provides assistance with filling out Protection from Abuse complaints and Family Matters court documents as well as providing emotional and moral support while individuals are trying their case in court. Common civil cases include divorce, parental rights and responsibilities and post judgments (motions to modify, enforce and contempt). Most importantly, our Court Watch program embodies the foundation of how we provide services; self-help through education. Womancare also monitors the Batterer's Program provided by Charlotte White Center. Upon conviction of domestic violence assault, perpetrators attend 48 weeks of Domestic Violence prevention education with its basis in oppression. Our Legal Services Coordinator is responsible for monitoring the effectiveness of the program as well as contacting the abusers partners for service options and support.

Womancare/Aegis Association

"A Community-Based Organization Working to End Domestic Violence"

Celebrate! Celebrate! Celebrate!

On June 28, 2009, Womancare will celebrate 30 years of service to the community, in their first ever permanent new home. With the Capital Campaign, "A New Day" completed, and our new home on 8 Mechanic Street ready to move into, please allow us to share some of the highlights of this journey to end domestic violence.

1978: Eight courageous women reached out to those who were victims of family violence with this advertisement in the Piscataquis Observer: "We're looking for concerned women in crisis in the Milo, Dexter and Dover-Foxcroft areas. We're trying to achieve goals such as crisis counseling, referrals, offer information, temporary shelter if needed, as well as child care and other needs for women in crisis."

1979: Womancare /Aegis Association was incorporated. (Aegis is from Greek mythology meaning "shield" or "protection")

1980: Womancare, as the organization is best known today, had humble beginnings with an office in the basement of the Congregational Church and one paid staff person.

It was also the year of the establishment of the First National Day of Unity in October, to mourn battered women who have died, celebrate women who have survived the violence and honor those who have worked to end domestic violence. This later became known as Domestic Violence Awareness Month.

1982: The Koritsky Building became the new home of Womancare. With no insulation in the building, winters were cold and drafty; the summer work environment was extremely hot for the staff of five.

1995: Womancare moved to the Winter Street home it now occupies. Since that time the programs offered have broadened and staff requirements have grown to eight.

2006: We embarked on Womancare's first-ever Capital Campaign, "A New Day", in order to raise \$350,000 for our new home. "Womancare greatly needs a new facility. I am committed to this project because Womancare is essential to our community's growth, and safety. New office space is a critical need of this organization." R. Christopher Almy, Piscataquis/Penobscot County District Attorney, and former Womancare Steering Committee member.

2009: Now, we celebrate thirty years of service, as we move into our new, cost-effective, comfortable, and safe workplace, where we can continue to offer critical services to all those who are affected by domestic violence. This year, Womancare has personally touched the lives of over 1760 people, including the students educated in area schools, individuals calling our 24-hour helpline and visiting the office as well as advocacy in court. Also, this does not begin to reflect all of the others who hear and share our message of ending violence in the home.

We can all be proud of the important work that our valued staff carry out.

Angie Alfonso, Teen Services Coordinator
Barbara Chambers, Legal Services Coordinator
Angela Coy, Children's Services Coordinator
Cynthia Freeman-Cyr, Resource Development Coordinator

Jen Erb, Transitional Housing Coordinator
Ginger Hutchins, Volunteer Coordinator
Arthur Jette, Community Relations Coordinator
Laurie Sokoloski, Financial Services Coordinator

As Womancare strives to eliminate domestic violence with the belief that everyone is entitled to be safe in their homes and in their relationships, it is important that community members carry the belief for nonviolence as well. We might wonder, "What can we do?" Things as simple as supporting Womancare, providing access to pamphlets, brochures and phone numbers in your place of business, having a workplace domestic violence plan, or volunteering are ways you can help.

On behalf of the Steering Committee, we are proud of our staff and the many volunteers who help to answer the question, 'What can we do to help?'

Sincerely,

Womancare Steering Committee Members

30 Years of Courage, Compassion, and Commitment

Womancare/Aegis Association

Operating Budget

October 1, 2007 - September 30, 2008

Income

DHS Agreement Funds	304,639.99
Maine State Housing Authority Grants	20,205.16
VAVIA Stop Grant	11,152.99
United Way of Eastern Maine	18,525.00
Dept. of Justice Grant	44,383.00
Program Income	1,530.00
Contributions	24,009.30
Inkind Income	20,089.00
Other Restricted Support	11,540.70

Total Income**\$456,075****Expenses**

Salaries	284,480.79
Fringe Benefits	44,733.78
Equipment Rental	3,420.97
Occupancy Expense	23,669.82
Telephone, Pagers, Internet Access	6,288.04
Food	1,662.11
Supplies	5,023.00
Travel	9,453.88
Bonding & Insurance	4,559.75
Depreciation	738.00
Training	5,773.59
Other	66,271.00

Total Expenses**\$456,075****Service Statistics****Individual Advocacy & Support Services**

Women	343
Children	22
Men	18
Total	383
Total Hours of Advocacy and Support	1,599

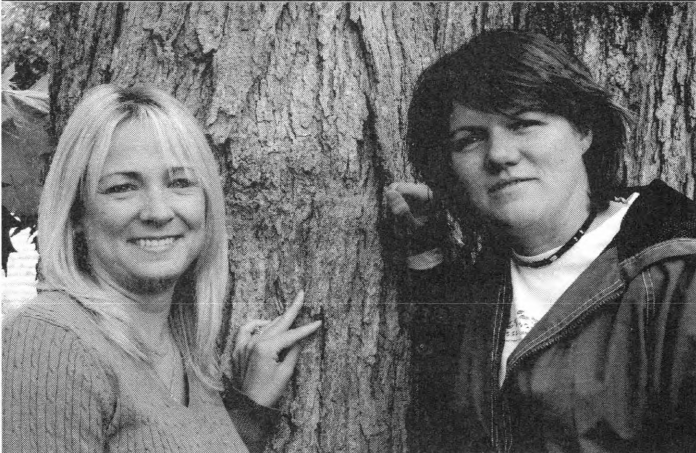
Total Hours of Support Groups	168
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School-based Participants	3282
Community Education Participants	505

Volunteer Services

Total In-Kind Hours Donated by Volunteers	1392
Total Helpline Coverage Hours by Volunteers	3504

Say Hello To:



Womancare has recently welcomed two new advocates to its staff: Angela Coy and Jen Erb. As our Children's Services Coordinator, Angela's level of energy, enthusiasm and experience with children provides our school-based education and children's services programs with continuity and expansion. Our new Transitional Housing Coordinator, Jen, has been involved in our agency by serving as an after-hours Helpline volunteer and has been an active advocate for victims' rights. Both Angela and Jen have a great feel for the needs of those we serve and are eager to build and expand their prospective programs.

A Caring Welcome



Often times, when a victim of abuse moves her family into new housing, the last thing they have time or energy for is to think of themselves. A long time friend of Womancare knows what that's all about, and so she builds simple tailor-made welcome baskets for individuals facing this often strange and unknowing period of change and upheaval. This, she hopes, will serve as a caring and thoughtful reminder to stop and care for oneself every once in a while. Womancare and the individuals we serve have been truly blessed by the simple, yet caring, actions of our Welcoming Friend.

Piscataquis County children, ages 6-9,
are invited to

HARMONY CAMP **2009**

Harmony Camp is a 3-day mini camp for children ages 6-9 which focuses on self-esteem, friendship, feelings, teamwork, bullying and teasing. Camps are held in all five of the school districts within the Womancare service area.

Children who participate in the camps:

- * have the opportunity to explore their own uniqueness
- * learn to recognize, understand and express emotions
- * identify ways of communication
- * understand the complexities of friendships
- * learn how to develop healthy relationships

Art, crafts, literature, games and song will be used to explore everyone's uniqueness and build self-esteem. The camps each culminate with an art show where family and friends are invited. This provides the children an opportunity to show off their artistic masterpieces and to share stories and songs.

Guilford	July 27, 28, 29
Dover-Foxcroft	August 3, 4, 5
Greenville	July 13, 14, 15
Dexter	July 20, 21, 22
Milo	June 29, 30, July 1

*Tuition : \$10.00 per child
*(tuition to help offset the cost of T-shirts and supplies)
(Camperships are available)

For more information or to volunteer this summer
please call :

Womancare at 564-8165

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

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

0440135224 C015



*Womancare is open to walk-ins and appointments at our main office at
8 Mechanic 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 1-888-564-8165.

Milo Outreach

Appointments may be made by calling the main office at 1-888-564-8165. Regular hours each Tuesday at the Milo Town Office/Police Station every Tuesday 9 a.m. until noon.

Dexter Outreach

Appointments may be made by calling the main office at 1-888-564-8165. Regular hours each Friday from 8:30 a.m. until noon at the Morrison Building on Main Street in Dexter.

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 discuss 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

Transitional Housing

Children's Programming

Pro Se Legal Assistance

*Information and Referral to Area
Services*