

The Stepping Stone

Summer 2009

The Stepping Stone is a newsletter published quarterly by Someplace Safe, Inc. We are a non-profit social service agency, and are committed to serving survivors of Domestic Violence.

AVAILABLE SERVICES

24-Hour Crisis Hotline
Emergency Shelter
Crisis Intervention
Legal Advocacy

Women's Individual & Group Support Services
Children's Individual & Group Support Services
Community & School
Education Programs



All services are accessible by calling:

Someplace Safe, Inc.

330-393-3003 or the 24-Hour Crisis
Hotline
330-393-3005

www.someplacesafe.org

Someplace Safe, Inc. is funded by the State of Ohio Marriage License Bureau, VOCA, VAWA, United Way, Family Violence and Prevention, Trumbull County Department of Jobs and Family Services, and private donations.

3rd Annual Night at the Races Fundraiser!



Photo source: www.dietsinreview.com

WHEN: Friday, November 6, 2009

WHERE: Romanian Orthodox Church
1836 North Road NE Warren, OH 44484

TIME: Doors open at 6:00 p.m.
Races start at 6:30 p.m.
Buffet service begins at 7:30p.m.

10 Races
1 Auction Race
50/50 Raffle
Chinese Auction
BYOB

Buffet Dinner catered by DiLucia's

Cost: \$15 per guest, \$25 per couple

**Call 330-393-3003 to reserve your
tickets!**

Photo source: Bob Coupland, *Tribune Chronicle*

Below, from left, Dale McMinn, Kayla McMinn, Linda Baer, Legal Advocate Supervisor, & Liz Chapin, Legal Advocate, both of Someplace Safe, Inc.



and they mentioned a sign,' she said. McMinn said raising the money for the project was the most challenging part. The Maplewood High School senior attends Trumbull Career and Technical Center and plans to attend Kent State University. She has been involved in scouting since she was a Brownie in elementary school. Seven years ago she joined Troop 598. Troop Leader Barbara Rosenbloom said the Gold Award project is the highest honor for scouting. Linda Baer, a legal advocate/supervisor, said when Someplace Safe moved into the current location off Tod Avenue in 1997, there was a decision to be more visible. 'We made the decision that domestic violence was not a hidden crime and we did not want to stay hidden anymore,' Baer said."

Bob Coupland, of the *Tribune Chronicle* reported:

"Children taking part at Vacation Bible School [VBS] at Mineral Ridge Presbyterian Church collected books and made comfort critters for a mission project that they donated to Someplace Safe. The organization will give them to children in families it helps. The theme of the [VBS] was 'Crocodile Dock' and included learning about helping others."

Darlene McCue, Community Educator, and Alicia Peigowski, Development Specialist for Someplace Safe spoke briefly to the young group and were available to answer questions offered by VBS students regarding domestic violence issues. Participants of this year's VBS collected an offering specifically for the children in shelter and served by Someplace Safe, Inc. Toys and books were also donated by a young female student because she wanted to share with other children who may not be as fortunate as she is.

Kayla Gets her Gold

As reported by Bob Coupland, of the *Tribune Chronicle*: "Kayla McMinn, 18, of Farmdale and a member of Girl Scout Troop 598, completed her Gold Award project by having a green sign placed at the front of Someplace Safe. McMinn contacted Someplace Safe to see if they needed a sign and was able to have one made by Jimmy Jones. Her father, Dale McMinn, helped install the sign.

She said the idea came to her when the scouts were at Someplace Safe donating items and noticed there was only a small sign by the road. "I asked them if they needed anything,

Children Helping Children



Photo source: Bob Coupland, *Tribune Chronicle*

Above, from left, front row: Will Cupan, Sage Mason, Ella Phillips, Jacqueline Craver, and Abby Postlewaite. In the back row are Michelle Griffiths (coordinator of the effort), Abbey Lambert, Justin Rentz, Emilee Wagner, Makayla Warrick, Bryce Brentlinger, Hayden Mason, and Alicia Peigowski, Development Specialist with Someplace Safe, Inc.

Thank You, children of Mineral Ridge Presbyterian Church!



Domestic violence is the leading cause of injury to women in the United States. Abuse affects men as well, but to a lesser degree for a variety of reasons. Abuse occurs at higher rates to people with disabling diseases, including Multiple Sclerosis (MS). This is not a pleasant subject, but it needs to be discussed.

In response, the Society outreach program developed crucial tele-training for an MS self-help group leaders called “Supporting a Group Member in Crisis: Depression, Suicide, and Abuse.” More than 160 groups participated in the training last December, and a second training is being planned for this upcoming October. Kimberly Koch, MP, Associate Vice President of Family and Support Programs for the Society, organized the event. “The training provides our self-help leaders with tools and resources to use when a group member is in crisis,” she said.

Society outreach leads to groundbreaking study

In 2006, the Society’s Allegheny District Chapter developed an outreach program on domestic violence called **REACH** (for **R**espice care, **E**ducational opportunities, **A**wareness, **C**hange, and **H**ope). Last summer, Margie O’Leary, MSN, RN, MSCN, five co-authors from the University of Pittsburgh’s MS Center, and the Allegheny District Chapter published a study of that program. The study is termed “Relationship between Domestic Violence and Multiple Sclerosis,” and is published in the **International Journal of MS Care** (summer 2008, Vol.10, No.2). In the year ending June 2007, 150 people with MS in western Pennsylvania had disclosed experiences of psychological and/or physical abuse through REACH. The majority of victims are women. Nearly half of the perpetrators are the person’s current partners. Additional familial abusers include adult children, parents, and health care workers.

Reduce the risk

Any form of abuse is unacceptable—even in situations that are frustrating and difficult – because *everyone* is worthy of a lifestyle free of violence. The Society urges people concerned about abuse to act promptly. If you find yourself saying things or ashamed for others to see your lifestyle – take that as a signal to seek help. You can:

- Reach out to friends and family for support and assistance.
- Call the National MS Society (**1-800-344-4867**) for completely confidential referrals to agencies and local services.
- Visit **nationalMSSociety.org/prevent_abuse** for information on keeping relationships respectful and safe. Information is also available for reduction of tension as well as maintaining personal safety.

Women with disabilities sometimes stay in abusive relationships out of fear of losing custody of their children and/or due to financial reasons. The Society may be able to help by providing a legal referral, but only if the individual speaks up.

Adapted from *MOMENTUM* (summer 2009), with permission of the National MS Society. For more information, call 1-800-FIGHT MS.

Fun Run: Ladies of the Highway Riders

The July Fun Run was hosted by the Ladies of the Highway Riders (LHR) on July 18, 2009. The LHR is the women's division of the clean and sober bike organization. The Highway Riders have operated as a non-profit organization for over five years and have hosted four bike runs so far. They've raised monies for groups of Trumbull and Mahoning counties such as the Parkman Fire Department, Alcoholics Anonymous (AA), Narcotics Anonymous (NA), and *Someplace Safe, Inc.*



Highway Riders Logo, printed with permission.

The group expressed an interest in hosting a bike run expressly for supporting the work of *Someplace Safe, Inc.* and to generate funding to meet the needs of domestic violence victims. The Agency was chosen, in part, because one of the members of the LHR found herself in need of our services some years ago. She wanted to give back to the Agency and express her appreciation. The member said that *Someplace Safe* helped her get back on her feet so she could start making good choices.



Pictured above, Harley Davidson Fatboy® (Photo source: www.bestmotorcyclepictures.com)

Bob Coupland and Marly Kosinski of *the Tribune Chronicle* featured the announcement of the event, and Jim Bowser, of WKBN 27/WYTV 33 was there to film the take off. Traffic was stopped momentarily as the Highway Riders exited Dennison's Deelite for its first stop of the Run.

In spite of the promised rain, approximately 30 bikes participated in the four-stop Run which included Middlefield Tavern, Dairy Queen, Bushwhackers Bar, and back to Dennison's Deelite for food and fun after a total of 85 miles on the bikes. The Fun Run generated funds for the Agency, including donations from DJ Ray and the 50/50 raffle winner,

Kim Kyle. The group also donated food, a homemade dinner, a first aid kit, and snacks for the children of the Shelter.

Someplace Safe, Inc. would like to express appreciation to the following individuals and organizations for making the 2009 Fun Run event successful:

Steve & Brenda Hull
Bob & Elonda Stamper
Brian & Tina Whiteman
Lynn & Kim Kyle
Mike Diamantes
Scott Pelham
Kevin & Laurie Mulhall
Tommy Hull
Leroy Duty
Bobby Tinkham & Lori Small
Red Lobster
Sunrise Inn
Pat Catan's
Warren Harley Davidson
Mease's Custom Car Accessories
Alex Cycle Shop
Union Auto Parts
Jack's Nest Egg Diner

Perkins Restaurant (Hermitage, PA)
Mickey's Army & Navy
Liberty Tax Service
Starbucks (Hermitage, PA)
Advanced Auto
Auto Zone
Daffin's Candies
Dollar Stuff
S & T Trophies
Snap-On Tools
Valvoline
Keleal Bros.
Ray Gollan's Honda
Noel's Car Toys
Youngstown Cycle Supply
Eastwood Field
Matco
Pizza Joe's

Middlefield Tavern
Mr. Bill's Tire Shop
Magee-Women's Hospital
Bob Evans Restaurant
Middlefield Tavern
Dairy Queen
Bushwackers Bar

Thunder Harley (PA)
Sharon Cycle
Concord Steel
Max & Erma's
Lone Star Steakhouse
Dennison's Deelite
DJ Ray Entertainment

The Ladies of the Highway Riders (LHR) conducted a 50/50 raffle for Someplace Safe, Inc. on September 1, 2009. Charlie Jackson was the drawn winner. Congratulations, Charlie! In total, the Fun Run and raffle generated proceeds of \$761.00—all donated to Someplace Safe.

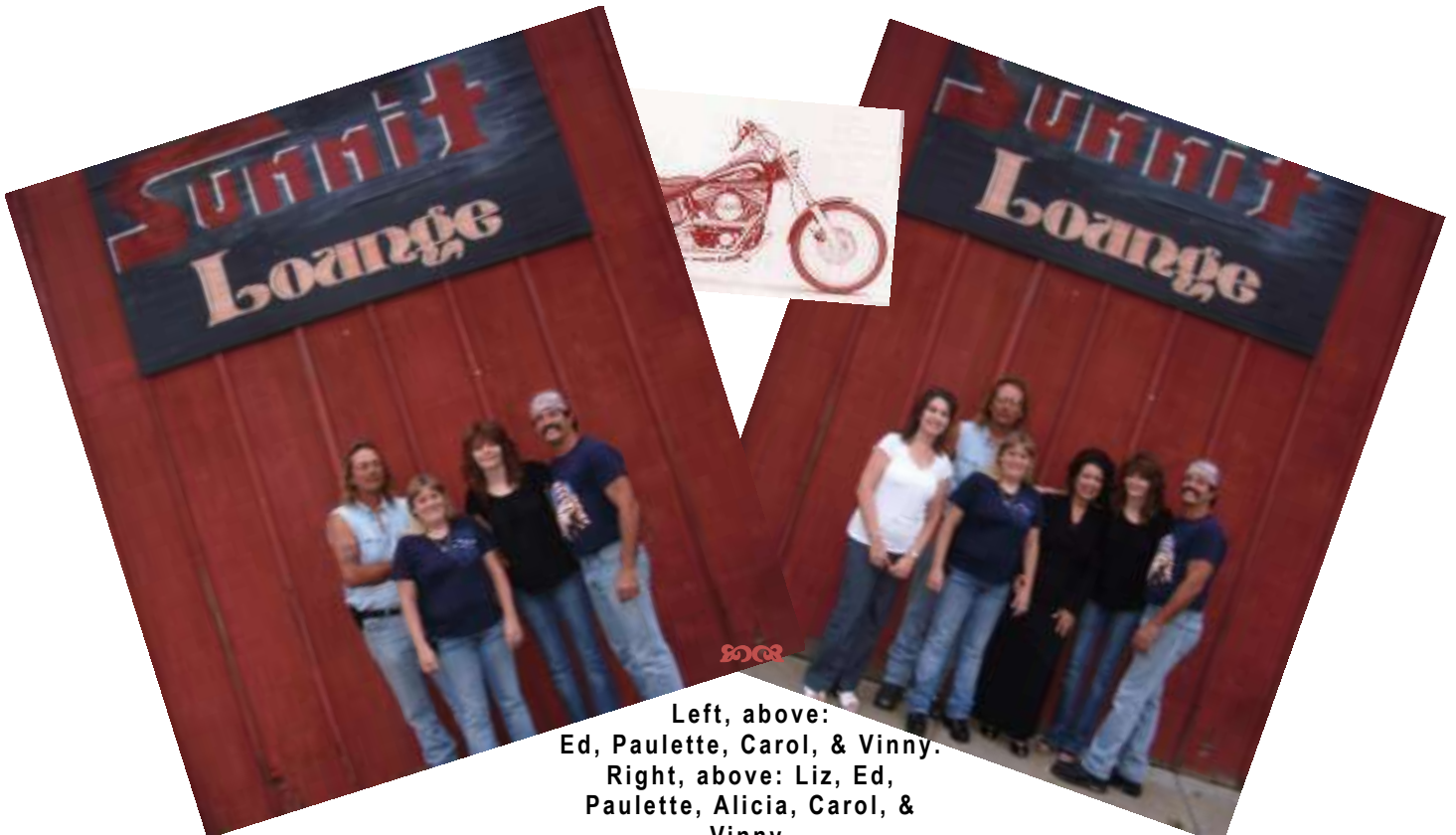
The 2nd Annual Fun Run hosted by the LHR is scheduled for July 17, 2010. The run will begin at Dennison's Deelite on Parkman in Warren again. More details will follow as the event approaches.

Night Run: Summit Lounge

Summit Lounge, Inc. of Warren hosted a Night Run on August 15, 2009. Sign up began at 3 p.m. and the event continued late into the night, including food, a Chinese auction, DJ, and a 50/50 raffle. Proceeds were split between Someplace Safe and the family of Mocha Jones, a victim in a recent shooting at a Warren home that left her three children without a mother. Approximately 40 bikes participated in the Run. Coordinators of the event are Vince, Carol, Paulette, and Lisa.

Thank you, Summit Lounge, for your generosity!

Photo source:
www.bestmotorcyclicpictures.c



Left, above:
Ed, Paulette, Carol, & Vinny.
Right, above: Liz, Ed,
Paulette, Alicia, Carol, &
Vinny.

Unity Day is October 5, 2009



Someplace Safe will be celebrating Unity Day on October 5, 2009 at 7 p.m. at Court House Square by the Gazebo. This is always a very inspiring and uplifting evening for those who attend. Our speaker for the evening will be Judge Thomas Gysegem who will be speaking about the newly formed Domestic Violence Court (DV Court). It is a pilot program that was an idea of Someplace Safe's Executive Director, Pat Porter. The DV Court is a voluntary program for Defendants convicted of domestic violence. It's tailored to the specific needs of the Defendant, whether there are drug and/or alcohol contributors, mental illness, and such. The Domestic Violence Committee, comprised of members of the Court, Community Solutions, and Someplace Safe, meets every two weeks. The program began in September of 2008.

Along with the Judge, there will be many local politicians present including Mayor O'Brien, Congressman Tim Ryan, and a member of the Commissioner's office. A candlelight vigil will be held to remember those victims who are no longer with us, renew the commitment of workers in the field, and to celebrate the survivors of domestic violence.

History of Domestic Violence Awareness Month



Domestic Violence Awareness Month (DVAM) evolved from the "Day of Unity" in October 1981 and was conceived by the National Coalition Against Domestic Violence. The intent was to connect advocates across the nation who were working to end violence against women and their children. The Day of Unity soon became an entire week devoted to a range of activities conducted at the local, state, and national levels.

The activities conducted were as varied and diverse as the program sponsors but had common themes: mourning those who have died because of domestic violence, celebrating those who have survived, and connecting those who work to end violence.

In October 1987, the first Domestic Violence Awareness Month was observed. That same year marks the initiation of the first national domestic violence toll-free hotline. In 1989, the U.S. Congress passed Public Law 101-112 designating October of that year as National Domestic Violence Awareness Month. Such legislation has passed every year since with NCADV providing key leadership in this effort. Each year, the Day of Unity is celebrated the first Monday of Domestic Violence Awareness Month.

-- Adapted from the 1996 Domestic Violence Awareness Month Resource Manual of the National Coalition Against Domestic Violence.

Donations-Needed:

Large heavy duty trash bags
Laundry detergent, dish soap & cleaning supplies
Disposable diapers & baby wipes
Paper towels & toilet paper
Sugar, flour, spices
Spaghetti sauce
Cans of ravioli, spaghetti-O's, & sloppy-joe
Hamburger Helper, Tuna Helper, pasta meals
Canned vegetables, fruit, meats & soup
Peanut butter & jelly
Ketchup, mustard & mayonnaise
Batteries of all sizes
Mops, brooms, cleaning cloths, & sponges
Juices and snack items for kids
Drink items such as coffee, lemonade, & tea

WARREN AREA BOARD OF REALTORS DONATE

The Warren Area Board of Realtors recently donated a computer and hard drive to Someplace Safe [...]. Members also made a \$200 donation to help with programs and supportive services the Agency offers in the community.

Standing from left are: Alicia Peigowski, Development Specialist for Someplace Safe, Julie Vugrinovich, President, Warren Area Board of Realtors; and Dan Crouse, Treasurer, Warren Area Board of Realtors (*Tribune Chronicle*, August 2009).

Thank You, Warren Area Board of Realtors!



IRA CHARITABLE ROLLOVER EXTENSION NOW LAW

On October 3rd, President Bush signed the \$700 billion economic bailout bill (H.R. 1424), which includes a two-year extension of the IRA Charitable Rollover Provision originally enacted as part of the Pension Protection Act of 2006.

The Provision will be made retroactive to Jan. 1, 2008, and will apply to gifts made from that date through Dec.31, 2009.

This provision exempts from taxable income any funds transferred (“rolled over”) from an Individual Retirement Account (IRA) to a charitable organization. The following limitations apply:

- The donor must be age 70 ½ or older.
- The cap on annual IRA rollovers is \$100,000.
- The contribution must be a direct gift to a charity (no planned gifts).

Please contact your financial planner or IRA consultant for more information.

Thank you for considering a new way to assist domestic violence victims in Trumbull County.

MAKE A DIFFERENCE DAY

What is Make A Difference Day?

Make A Difference Day is the most encompassing national day of helping others -- a celebration of neighbors helping neighbors. Everyone can participate. Created by USA WEEKEND Magazine, Make A Difference Day is an annual event that takes place on the fourth Saturday of every October. The next event is Saturday, October 24, 2009.

Millions have participated. In 2008, 3 million people cared enough about their communities to volunteer on that day, accomplishing thousands of projects in hundreds of towns.

Your project can be as large or as small as you wish! Look around your community and see what needs to be done. Someplace Safe, Inc. has several projects in which you can help with. Call Alicia at 330-393-3003 or e-mail her at apeigowski@someplacesafe.org to sign up for a project or for more information.

Who takes part in Make A Difference Day?

Anyone. Young and old, individuals and groups, anyone can carry out a volunteer project that helps others. It might be as ambitious as collecting truckloads of clothing for the homeless, or as personal as spending an afternoon helping an elderly neighbor or relative. Someplace Safe, Inc. is always in need of volunteers for projects and/or donations of skills and services.

“We all have ability. The difference is how we use it.”
-- Stevie Wonder

Photo: <http://lady4peace2.blatt.co.za/>



BARRIERS, PART I*: “Why Does the Victim Stay?”

“How is it possible, you might ask, that a woman can stay with the man who beats her with his words, his fists, perhaps threatens her life,” asks Abigail R. Esman, author of “Lost and Found,” (*The Curves Magazine: diane*, fall, 2006, 33). Esman continues, “It begins as simply as any relationship—from attraction, desire” (*diane*, 33).

Relationships that become entangled in the domestic violence cycle often begin just as healthy relationships do. This fact is just one of the reasons that the victims become disillusioned during the cycle and ultimately find it very difficult to leave. Esman explains the cycle of domestic violence simply as she says, “Slowly, so slowly they become entwined in a frightful dance of sweetness and hurt, of bliss and violence that spins round and round and round until she [or he] loses the ability to distinguish what’s real from what’s false” (*diane*, 33).

Yet, even when the victim recognizes the reality of the situation, barriers can prevent the victim from finding freedom and healing. The barriers that victims face are cyclical in nature just as the cycle of domestic violence is. To better understand the barriers cycle, Nancy Grisby and Brenda R. Hartman, Psy. D. have developed “The Barriers Model©” to demonstrate its causes.

The Stepping Stone will explore each of the three layers of “The Barrier Model©” in its next issue. We believe community members are better equipped to assist victims of domestic violence in attaining a healthy and violence-free lifestyle as members learn about barriers.

Adapted from **THE BARRIERS MODEL**
©2007 Center for Relationship Abuse Awareness

LAYER 1: BARRIERS IN THE ENVIRONMENT
→Isolation
→Transportation/Money
→Community Support

LAYER 2: BARRIERS, SOCIALIZATION/ ROLE EXPECTATIONS
→Role in culture
→Value/Belief System
→Religion/Family of origin

LAYER 3: BARRIERS, PSYCHOLOGICAL CONSEQUENCES
→Physical/Somatic results
→Compliance Strategies
→Mental Health effects

*This article is reprinted to initiate the “Barriers” series in future issues of *The Stepping Stone*. We hope you find the series informative.

NATIONAL NIGHT OUT SUMMER FESTIVAL



August 1-2, 2009
Sponsored by Valley Grants & Business Services, Inc.: Law & Safety forces met with the public while visitors enjoyed fair food, musical entertainment, & community booth services. Someplace Safe, Inc. participated in the event. Firefighters, police officers, military members, & EMS personnel mingled with festival patrons.



Pictured left:
MedEvac Helicopter landing. Douglas Shaffer, Pilot/RN, was available for questions and the showing of the helicopter.



**Niles Fire
Department**

Pictured right, Someplace Safe's community booth. Booth volunteers included:
Ebonie Bourgoin, Intern & Volunteer
Julie Hunter, Volunteer
Liz Chapin, Legal Advocate
Carol Caronite, Board President
Rosalynd Hoson, Board Vice President
Alicia Peigowski, Development Specialist
Valerie Flannigan, Support Group Facilitator
Debra Hayes, Board Past President
Pat Green, Administrative Assistant
Darlene McCue, Community Educator/Volunteer Coordinator
Pat Porter, Executive Director
Sr. Stella Schmid, Board Secretary
Donna Love, Volunteer



Thank you, Volunteers, for your dedication & service to Someplace Safe!

THE STEPPING STONE



**Someplace Safe, Inc.
1540 Tod Ave NW
Warren, OH 44485**

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**IF YOU KNOW SOMEONE WHO IS IN A DOMESTIC VIOLENCE
CRISIS
PLEASE ENCOURAGE THEM TO CALL “CONTACT” FOR 24-HR
CRISIS INFORMATION AT 330-393-3005.**

Someplace Safe’s Crisis Line & Shelter is Staffed 24-hours a Day.

All services that Someplace Safe provides are free of charge.

If you need assistance in obtaining a Civil Protection Order or need Court Accompaniment; please call 330-393-3003 for an appointment with one of our Legal Advocates.

**We believe in the philosophy that everyone is entitled to a life
free of violence!**