



HOPE'S DOOR

Embracing Life Free From Domestic Abuse

GALA RECEIVES RECORD SUPPORT FOR MILESTONE YEAR



Dr. John Connolly, Ingrid Connolly, Cheryl Connolly-Lewis, Sean Connolly

abuse,” stated Jennifer Ryan Safsel, Hope’s Door Director of Development and Community Relations. Westchester County Board of Legislators Chairman Michael Kaplowitz presented Mrs. Connolly with a proclamation from the Board that dedicated Sunday, April 26, 2015 “Ingrid Connolly Day” in Westchester County.

Local News 12 Westchester anchor Scott McGee was the emcee. This was Mr. McGee’s third year participating in the event. Added to this year’s event was a short film of the history of Hope’s Door and its services which invoked fond memories for many gala guests. The video can be viewed at www.hopesdoorny.org and includes a story and poem by Kamilah Glover, a domestic violence survivor. Ms. Glover, who received services from Hope’s Door, also shared another poem from her recently published book of poems, *Sober Days, Somber Nights* at the event.



Kamilah Glover and Scott McGee

THE HOPE'S DOOR 35TH ANNUAL SPRING GALA

honored Ingrid Connolly of Waccabuc for her more than 20 years of dedication to Hope’s Door’s mission. “We sincerely appreciate the strong support of Hope’s Door and special tributes to Ingrid Connolly by so many corporations, foundations, and individuals which lead to us raising a record amount, over \$180,000, which will go to help victims achieve safety, independence and healing from the trauma of

received services from Hope’s Door, also shared another poem from her recently published book of poems, *Sober Days, Somber Nights* at the event.

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Hope's Door
35 YEARS OF SERVICE
*to survivors
and their children*
To view more photos, go to HopesDoorNY.org/news/



(Top Row) Anthony Santini, Joseph Allen, Deron Jordan
(Bottom Row) Michelle Smith, Keech Combe, Karin Jordan



Hotline Worker Natalie Etienne,
Office Manager Tami Shimkin



Executive Director Carlla Horton, (Center) with 2016 Gala Co-
Chairs, Caroline Shepherd, (Left) and Karen Burchetta (Right)



Donna Ruzzi, Patricia Cappelletti,
Dr. John Connolly, Ingrid Connolly, Paul Fernandes



Anne and Rick Bentzen



Cheryl Connolly-Lewis, Barbara Stewart, Director of Development and Community
Relations Jennifer Ryan Safsel, Dr. Michael Stillman, Ingrid Connolly, Robert Ryan



Dr. Carroll Paulhac, Laurent Paulhac, Amanda Alfieri, Darrell Alfieri,
William O'Brien, Dr. Michelle O'Brien



HOPE'S DOOR

www.HopesDoorNY.org

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CARLLA HORTON

FROM THE EXECUTIVE DIRECTOR

Our success in helping survivors to achieve safety, independence, and healing from the trauma of abuse is the result of many persons who share in our mission. Our wonderful staff members work every day with survivors of all ages — helping with shelter, counseling, and support groups; assisting with economic empowerment; and guiding survivors as they navigate the criminal justice system. We could never accomplish what we do without the help of our Board of Directors, donors and volunteers. I call special attention to Eric Wrubel, who served as Board President for the last six years, Debra Kousouros who begins as Board President in July, Board Member Jean Connolly who is stepping down from the board, and pro bono consultant Tom Gardner who guided the board and staff through our recent strategic planning process. I'd also like to recognize Gala Co-Chair Laurie Sturz and all the members of our Friends Committee. These dedicated donors and volunteers hosted our 35th Anniversary Gala in April, which honored Ingrid Connolly for her 20+ years of devotion to our cause. If you would like to share your talents or treasure, please call — there is still so much to do.

WORKSHOP FOR IMMIGRANTS

On June 17th, Hope's Door will be sponsoring a workshop on rights for immigrant workers. Our Next Step Coordinator Julissa Nicasio-Ureña and Bilingual Counselor/Advocate Ana Rubio are collaborating with the Empire Justice Center to hold a presentation for our immigrant survivors and victims of domestic violence.

Reena Arora, Workers' Rights Attorney based in Westchester County, will be the workshop speaker. Arora coordinates the Wage Justice Project for the lower Hudson Valley region, which seeks to empower low wage immigrant workers to fight wage theft and workplace exploitation using grassroots organizing & education, impact litigation, and bottom up policy reform. She represents low-wage workers experiencing a full-range of employment law matters.

The workshop is designed to not only empower the women who have faced violence and abuse in their home, but also to provide information to both women and men to know their rights in their work environment. Immigrants continue to face difficulties trying to find employment after facing financial abuse. "We hope this workshop will provide the tools to guide immigrants towards a healthy and just work environment" said Rubio.

For more information on the event or topic, call Ana Rubio or Ashley Gil at 914-747-0828.



HOPE'S DOOR SEEKS TO END DOMESTIC VIOLENCE AND TO EMPOWER VICTIMS TO
ACHIEVE SAFETY, INDEPENDENCE, AND HEALING FROM THE TRAUMA OF ABUSE.

SURVIVOR'S STORY

The trouble often seemed to start on holidays or special occasions. And so it was, the day after my 7th birthday in 1983, that my mother, with my older sister in tow showed up at school. The night before, while celebrating my birthday, my father had gotten upset with me and when my mother tried to intervene and protect me, he turned his focus to her and started choking her. When you're seven years old and your dad is choking your mom, it doesn't compute in your mind correctly. So as my mom is gasping for air, I thought, maybe hoped she was laughing but when she yelled for my sister and I to run to our neighbor's house to get help, I knew she wasn't. I guess that was the last straw, because as I got into the packed car outside my school the next day, she told me we were leaving my dad and going somewhere we'd be safe. Even at 7, I was aware that my father drank too much and often when he did, physically and verbally abused my mom. Having said that, a 7 year old's priorities are what they are and all I wanted to know was whether or not my mom had remembered my favorite birthday gift from a day ago. As I quickly took stock of the already over-packed car, there it was, the Star Wars Ewok village that I had waited months for.

She had remembered it, of course she did.

It was a short drive from Ossining to Pleasantville but it was a huge step my mother was taking, showing up at the Northern Westchester Shelter for abused and battered women and finally asking for help. By taking that step, my mother was not only telling my father that what he was doing was unacceptable, she was also telling her children and herself that we deserved better and shouldn't have to live in constant fear, surrounded by mistreatment and violence. Unfortunately, 30 years ago, domestic violence was still something that was tolerated by many and even within her own family she was encouraged to 'work it out'. Fortunately, there were other people, like those volunteering at the shelter that day that knew this was wrong and refused to accept this most unacceptable act. The volunteers at the shelter were ready to welcome us, encourage us and keep us safe while my mother went through the beginning steps of saving herself and her children, thus shifting the course of our entire lives. Making certain that this pattern of abuse in our family stopped with us, which it has.



CHILDREN'S CORNER

This doll house that was recently donated has helped many of the children who come to counseling learn through play, which adds an element of fun and normalcy to their counseling experience. "This year's gala giving tree donations have impacted so many children's lives by providing the Hope's Door Children's Program with more play therapy tools to help our children work through their emotions," stated Hope's Door Children's Counselor Amanda Ready. "The children are excited about their summer camps and lessons as well."



THE WARNING SIGNS OF ABUSE

DOES YOUR PARTNER...

- Embarrass you in front of others?
- Control what you spend, do, say, wear?
- Deny you access to money or assets?
- Blame you for everything?
- Accuse you unfairly of being unfaithful?
- Force or coerce you into sex?

- Prevent you from leaving?
- Abandon you in an unsafe place?
- Threaten you, others, pets, himself?
- Shove, hit, slap, punch or hurt you?

**IF ANY OF THIS IS HAPPENING TO YOU,
CALL US TO LEARN MORE ABOUT YOUR
RIGHTS AND OPTIONS.**

THE HISTORY OF HOPE'S DOOR: ESTABLISHMENT OF THE FRIENDS COMMITTEE

In the years following the founding of The Northern Westchester Shelter, which is now Hope's Door, it became very clear that additional fundraising had to be done to augment the grant writing that Elizabeth Carlton and Kathy Sherwood had been doing.

In the summer of 1988, Jill Jackson was the benefit chair for a spring fundraising party. Susan Epstein was the Executive Director at the time. Approximately 300 friends and supporters of the shelter enjoyed dinner, dancing and an auction at the Pound Ridge home of Chris and Ron LaBow. The event raised over \$16,000 and a tradition started.

"We needed money desperately," said Laurie Sturz, former Board Member and Founding Member of the Friends Committee. "We had to move the offices around because we could not afford the rent." A group of volunteers established a "Friends Committee" and organized some cocktail parties in people's homes to generate much needed funds. "It was not easy to raise money for domestic violence programs, because people did not even talk about the issue then," stated April Foley.

Over the years the Friends Committee, which is made up of dedicated, hard-working supporters, has worked to plan the annual gala. It was chaired for many years by Laurie Sturz and Nancy Simpkins. "Laurie was the driving force behind the development of the Friends Committee. She introduced many of her friends to Hope's Door and enlisted our support, including mine," said Nancy Simpkins.

"It is the hard work of many who have added to the committee over the years, that enabled Hope's Door to build the additional programs and services we have today. However, there is no question that long-time supporters like Nancy Algire, Susan Bauman, Jan Billingsley, Laura Blau, Karen Burchetta, Ingrid Connolly, April Foley, Jennifer Gerken, Leslie Henshaw, Patty Herring, Ursula LaMotte, Debbie Lionetti, Jan Pickney, Michele Schimmel, Caroline Shepherd, Nancy Simpkins, Barbara Stewart, Susan Stillman, and of course, Laurie Sturz, have played a significant role in the success of this yearly fundraiser," Carlla Horton points out.

Horton added, "Without the additional support of many long-time businesses, faith-based foundations, corporations, and elected officials, Hope's Door would have closed its doors long ago." "It is important that we remember that it is these local businesses, community organizations and the civic minded corporations that have supported us for years, and we need to shop and do business at these great establishments to thank them," said Ingrid Connolly.

Dear Hope,

I just read the "signs" of an abusive relationship on your card a friend gave me and realized I have experienced all of them. I never thought of myself as a domestic violence victim. How is this happening to me? I have a degree from an Ivy League university; I hold an important job at the office; and I come from a family where there is no abuse. I've always been able to speak up for myself in the world. Yet, with my husband, my voice goes away and I can't stop him from hurting me with words or things he does. He undermines my parenting of our children, yet he will not lift a finger to help. He blames everything that goes wrong in his life on me, and I believe him. It's like I'm someone else at home. Someone who can't do anything right, is a terrible parent, and could never make it without him. He has convinced me to stop talking with my family and certain friends, like the one who gave me the card. I'm not sure what to do. We tried couples counseling because that was the only way he would go for help, he wouldn't go by himself. The therapist said I wasn't trying hard enough and if we wanted to make the marriage work, it took both of us. I was too afraid to speak about some of the things he does. He blamed everything that was wrong in our marriage on me, and she seemed to believe him. Nothing changed. I'm embarrassed to go to a place like Hope's Door. I just don't think I'm a victim. Can you help me?

Failing as a wife, mother, and woman



Dear Failing,

You are not failing. Failure is not failure if you keep on trying. The question is what to try. You have tried many things, mostly to follow what he tells you to avoid conflict, and to change him to keep your family together. In my experience, abusers don't change. You could turn yourself into a pretzel if he wanted you to be a pretzel, but he would not be happy. He would change his complaints to your not being a potato chip. There is nothing you can do to change him. Only he can change him, and he doesn't seem to want to. He has convinced himself that you deserve it. But do you? You have the right to be human, not perfect. You have the right to protest if you are treated unfairly or abusively by anyone. You have the right to your own opinions and to express them, to make decisions that affect you, to say no. If coming to Hope's Door could help you, don't you have the right to come here, even if you are not sure you are a victim? The answer is yes. Come speak with a counselor, free of charge, and together we will work through your options.

Yours,
Hope

E-MAIL DEAR HOPE AT: DEARHOPE@HOPESDOORNY.ORG



HOPE'S DOOR

*Embracing Life Free
From Domestic Abuse*

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www.HopesDoorNY.org Hope's Door Offices: 914.747.0828

Home. It's where you should feel safe and protected. Hope's Door. It's who you call if you're not.
El Hogar. Es donde debes sentirse seguro y protegido. Hope's Door. Somos a quien llamar si no lo estas.

LOOKING FORWARD TO HOPE'S DOOR'S FALL LUNCHEON



October is National Domestic Violence Awareness Month. As part of our effort to educate people on domestic violence, on Friday, October 16th, Dyllan McGee, Founder and Executive Producer of MAKERS will be the keynote speaker at the Hope's Door Annual Fall Luncheon at the Mount Kisco Country Club from 11:00 am to 2:00 pm.

McGee is a two-time Emmy-award winning Executive Producer at McGee Media overseeing all programming. Her films include: Emmy Award-nominated documentary, Gloria: In Her Own Words (HBO), Emmy and Peabody Award-winning, The African Americans: Many Rivers

to Cross (PBS); Emmy Award-winning, African American Lives (PBS); Oprah's Roots (PBS); and Emmy-nominated, In Memoriam; 9/11/01 (HBO). In 2014, McGee received the Matrix Award and the Planned Parenthood Visionary Award for her work preserving women's stories. She lives in Katonah, NY with her husband and sons.

For information on event sponsorships, please contact Director of Development and Community Relations Jennifer Ryan Safsel at 914-747-0828 x1005. To purchase a ticket to the luncheon, call Development Associate Lindsay Amoroso at 914-747-0828 x1009 or go to HopesDoorNY.org/events/2015-annual-fall-luncheon.

VISIT OUR FACEBOOK PAGE, WWW.FACEBOOK.COM/HOPESDOORNYINC

