

HOPE'S DOOR

Embracing Life Free
From Domestic Abuse



SUMMER ADVENTURES FOR OUR CHILDREN

What is summer without some outdoor adventures and stories to bring back to school? Children in our programs are enjoying an exciting summer filled with new friendships and adventures due to the generosity of involved community businesses, as well as corporate and individual donors.



President and Founder of Teaches Hoops Terry Teachout and Residential Children's Counselor Brittany Hodgins. For more information, visit teacheshoops.com.

Our children have been busy having fun at movie outings, pool trips, and attending summer day camps. A few of our older children were given a wonderful opportunity to attend Teaches Hoops Basketball Camp, where they had the chance to meet and play basketball with NBA star Tim Hardaway Jr. They learned new basketball tricks, practiced technique,

and most importantly had an amazing time! They're looking forward to a second week of Teaches Hoops Camp in August.

According to Hope's Door Residential Children's Counselor Brittany Hodgins, "After camp, the boys had so many fun tricks to show me, including spinning the basketball on their finger! They came back home with nothing but wonderful things

to say; the excitement on their faces really said it all." She added, "This camp truly made a difference for the children and strengthened their love of basketball."

A variety of camp options are available to us. Some are attending a community camp that includes daily excursions to water activities, parks, and the zoo. Our younger children are also enrolled in camp where they have been enjoying sprinklers, water slides, Disney-themed games, and arts and crafts. After camp, our children that live in our shelter return to our child-friendly backyard, with its slides, swings and jungle gym. They are all looking forward to our annual summer BBQ, and our apple picking trip in September!

All of these activities provide more than simple fun for our children. While children are amazingly strong and resilient, they have also been significantly impacted by the violence that they have witnessed. Activities that provide structure and support, build confidence, and offer a healing connection to friends and community are invaluable. These experiences would not be possible without the compassion and generosity of our friends.



Camp gear

ARTS AND ACTIVITIES FUND

As you might imagine, children are deeply affected by the heartbreak and trauma of family violence. These adverse childhood experiences can have a lasting negative impact unless interventions are introduced—very importantly, a return or shift to "normalcy."

Now imagine, all the recreational, social, sports, music, arts, and other activities that so many children enjoy—perhaps your own children or grandchildren or nieces or nephews. These "normal" activities are even more vitally important for children wounded by abuse. During these activities,

the children can learn to trust others, develop friendships, explore creative outlets, and have opportunities for growth and healing.

We created a Children's Arts and Activities Fund at Hope's Door to provide scholarships for survivors who need financial help to provide their children with these healing activities.

To donate directly to this Fund, visit 55140.thankyou4caring.org/pages/donate-to-the-childrens-activities-and-the-arts-fund.



HOPE'S DOOR

www.HopesDoorNY.org

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CARLLA HORTON

FROM THE EXECUTIVE DIRECTOR

In June, Hope's Door hosted two get-togethers at our shelter for the members of our Board of Directors and Advisory Board to see the residence and to learn more about the needs of those we serve there.

Our wonderful shelter staff catered the events, complete with appetizers and "mock-tails." Our shelter residents were invited to attend to share their thoughts and many chose to do so.

It was a deeply gratifying experience, and I thank the residents, the shelter staff and all the volunteers for coming together in such a meaningful way. Here are excerpts of comments I received in the days following:

Last night's event at the shelter was truly superb [and] reinforces the importance of the work that you do — we feel lucky to play a small role.

We were very moved by what we heard — the longing for peace.

Thank you for organizing this special night. The visit and our conversations resonated with me on many levels.

Hearing the experiences of the clients and how much peace, comfort, and guidance they had found at the shelter was extremely heartwarming, and a welcome reminder of why we are doing what we do.

We could not accomplish all we do without the inspiring support of those who share in our mission. If you have time, talent, or treasure to share with us, please let me hear from you.

A SURVIVOR'S STORY

Julia came to us after ten years of marriage, nine years of abuse and two children. She was frightened and desperate to find a way to leave her husband and make it on her own. When she came to us, she was working as a nanny and earning about \$20,000 a year without benefits. She wanted to escape from the relationship but was afraid that she could not provide a stable home for her children. Julia met with the Economic Empowerment Specialist who helped Julia identify her goals. Her short term goal was to secure a job that would allow her to support herself and the children until a divorce and custody award were secured. Her long-term goal is to become an occupational therapist. With the help of the Hope's Door staff, Julia created a resume, participated in mock interviews, conducted a job search and secured appropriate business attire. Ten weeks after entering our Next Step Economic Empowerment Program, Julia secured a job at a premiere community health center as a patient advocate earning \$32,760 annually with benefits. Julia is well on her way to a self-sufficient life free of abuse.

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

NEW START HOUSING PROGRAM



Every community needs assessment that we have ever conducted reveals the lack of affordable housing as one of the top two barriers to safety and independence for survivors fleeing domestic violence. In June 2015, Residential Director May Krukiel advocated on the issue at a public hearing convened by the Continuum of Care Partnership for the Homeless (CoC). As a result, the CoC named permanent, affordable housing for domestic violence survivors as one of their top priorities and applied for federal funding to address the issue.



New Start Partners: Westhab Director of Employment Services Joanne Dunn, Hope's Door Executive Director CarLa Horton, Westchester County Continuum of Care Partnership for the Homeless Co-Chair Karl Bertrand, Westhab Director of Rapid Re-Housing Reagan Fetter, Hope's Door Comptroller Phil Morton

We gratefully acknowledge the leadership and support from the CoC in securing a three-year grant from the U.S. Department of Housing and Urban Development that will allow Hope's Door, in partnership with Westhab and the Department of Social Services, to launch the New Start program and to offer shallow rent subsidies and support services for 12 to 24 months for legally documented and otherwise eligible Westchester County residents who can demonstrate a feasible plan to achieve self-sufficiency.

THE VALUE OF PLANNED GIVING: BY PATRICIA CARRERA, CFP®



Advisory Board Member
Patricia Carrera, CFP®, CDFA
Financial Professional,
AXA Advisors, LLC

"I truly want to help. I only wish there were some way I could make a gift that really made a difference."

That sentiment may sum up your feelings and those of many of your friends. That sentiment may sum up your feelings and those of many of your friends. The fact is that there is a way—indeed, several ways—to make gifts of surprising significance to a charity's future

When people support their favorite cause, the first thought that often comes to mind is to write a check for a tax-deductible contribution. But with a little planning and some

knowledge of tax laws and tools available, a good strategy can result in an extremely economical gift. For example, gifts of appreciated securities like stock can translate into significant tax savings for the donor. Another popular method is to add a charitable bequest to one's will. A simple codicil, drafted by an estate attorney, will get the job done. Donors can also name a charity the beneficiary of their life insurance policy. A better idea may be to transfer ownership of an old policy to the charity, or buy a new policy for the charity's benefit. This can result in a tax deduction for the donor and a more substantial benefit to the charity.

Everyone wants to lead a fruitful life, but most people, given the opportunity, would like to feel they have made a lasting contribution toward a better world, that their lives have touched others, perhaps for generations to come. Some like the idea of leaving a legacy of their life's volunteer and philanthropic work so generations to come know the issues they care so deeply about.

You too can leave a legacy at Hope's Door. For more information on how you can craft such a gift to Hope's Door, contact Jennifer Ryan Safsel, Director of Development and Community Relations, at 914-747-0828 extension 1005 or for more information about planned giving and other estate planning, contact Patricia Carrera at 203-326-7330 or 914-610-6090.

AXA Advisors and its Financial Professionals are unaffiliated with Hope's Door. AGE- 117184(07/16)(Exp 07/18)

FROM THE OFFICE MANAGER, TAMI SHIMKIN



TAMI SHIMKIN

Throughout the year, we have so many generous donors who reach out to make in-kind contributions to us so that our victims and survivors can have food, clothing, household supplies, and special gifts to feel normalcy in their lives.

As we gear up for the back-to-school season, we want to remind you that many of our clients do not have the

financial resources to be able to provide new clothing for their children to have for the start of the school year. As a child, it is so important to feel normal and wear new, trendy clothing that the other children are wearing. We are accepting new clothing in children's sizes 4-16, both male and female. We also accept gift cards to stores where they can purchase clothing and shoes for the upcoming school year.

Aside from the need for back-to-school clothing, we are always in need of new underwear, socks, sweatshirts, sweatpants, leggings, and slippers in both children and adult sizes. Our clients also always need non-perishable foods, full size toiletries, and supermarket gift cards.

If you have an item that you would like to donate that is not on our wish list, please contact me directly at 914-747-0828 x1000 or TShimkin@HopesDoorNY.org. We accept items on an as-needed basis, and appreciate your generosity as you think of our clients.



Megan Brillault generously spent her 40th birthday with friends putting together 40 summery Welcome Bags for our clients. Pictured: Development Associate Lindsay Amoroso, Megan Brillault, Office Manager Tami Shimkin

Dear Hope,

I got out of a very abusive relationship six months ago, yet I don't feel better. I am afraid when I go outside everyone can see scarlet letters on my chest: VDV; Victim of Domestic Violence. Friends tell me to date again and meet someone new, but I don't feel up to it. What do I say when a date asks me why I'm not married? A month ago I signed up for an on-line dating site and got 16 responses! I guess I've still got it, but they just sit in a drawer and wait for me to answer them.

I have successfully stopped the abuse with police and legal assistance while working a high-paying job, got through a horrible divorce and the sale of a beloved house with no problem... but I can't meet people and talk to them. What's wrong with me?

Yours,

VDV



Dear VDV,

I don't think you are a "victim" anymore. Based on the courageous marathon you described, you are now a "survivor." Survivors usually feel the let-down after completing their hazardous journey, and need to regroup. A first step towards that goal is to reconnect with those you were close to before the abuser came into your life and isolated you. Some friends or family members will fall by the wayside, but a few will become your new best friends. Once you feel as though you have a couple of familiar faces in your corner, you might research groups to join. Some people find an organized religion; some find sports or classes to join. There are many kinds of groups that allow people of similar interests to find new relationships. Above all, I want you to consider a domestic violence support group. There are diverse participants who will understand better than anyone what you are experiencing. Facilitated by expert domestic violence counselors, Hope's Door has several groups, in both English and Spanish.

There are many ways to create a healthy relationship, but as I always say, the most important one is with yourself. It takes time to get to know who the new you is. Let your light shine bit by bit until it's fully (and comfortably) illuminated.

Here's to one amazing survivor!

Hope

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

SAVE THE DATE: TUESDAY OCTOBER 18, 2016



Big Apple Playback Theatre Group

Initial planning for our 18th Annual Teen Symposium, which will take place on Tuesday, October 18, 2016 at Sarah Lawrence College in Bronxville, is underway. Our presenters this year include Bill Mitchell, father of Kristin Mitchell, who was tragically murdered at the hands of her boyfriend just weeks after graduating from college and the Big Apple Playback Theatre, who will be interpreting scenarios about teen dating abuse and healthy relationships through improvisational acting.



Bill Mitchell

The Hope's Door 18th Annual Teen Symposium

8:30AM TO 1:30PM

SARAH LAWRENCE COLLEGE, BRONXVILLE, NY

AN INTERACTIVE EXPERIENCE WHERE STUDENTS
CAN HEAR AND BE HEARD ABOUT RELATIONSHIPS!

FOR MORE INFORMATION PLEASE CONTACT:

TEENSYMPOSIUM@HOPESDOORNY.ORG

*We Speak
Teen!*

*Talking to Your
Teen About
Dating Violence*

COMMON WARNING SIGNS OF DATING ABUSE TO DISCUSS WITH YOUR TEENS BEFORE THEY LEAVE FOR COLLEGE

Does your partner...

- Embarrass or make fun of you in front of your friends, family, or teachers?
- Put down your accomplishments or goals?
- Blame you for bringing out the worst in him or her?
- Try to control what you do, say, wear or spend?
- Threaten you or treat you roughly—grab, push, shove, or hit you?
- Use drugs or alcohol as an excuse?
- Prevent you from going places or doing things that you enjoy?
- Isolate you from your friends and family?
- Make you feel like everything that doesn't go right is your fault?

Do You...

- Sometimes feel scared of how your partner will act?
- Constantly make excuses to other people for your partner's behavior?
- Believe you can help your partner change if only you changed something about yourself?
- Try not to do anything that would cause conflict or make your partner angry?
- Feel like no matter what you do, your partner is never happy with you?
- Always do what your partner wants to do instead of what you want to do?
- Stay with your partner only because you are afraid of what will happen if you break up?

If you or your teen need to speak with a teen counselor, please feel free to message us on social media or call our hotline at 888-438-8700.

@STARatHopesDoor





HOPE'S DOOR

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From Domestic Abuse*

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Call our free and confidential 24/7 bilingual hotline 888.438.8700 – hablamos español.
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.

2016 ANNUAL FALL LUNCHEON: HARVESTING HOPE & THE ALLSTATE FOUNDATION PURPLE PURSE CHALLENGE

We are excited to announce Dyllan McGee, Founder and Executive Producer of MAKERS, will be returning this year to interview a panel of women business leaders at our 2016 Annual Fall Luncheon on Friday, October 14, 2016 from 11:00 am to 2:00 pm at the Elmwood Country Club in White Plains.

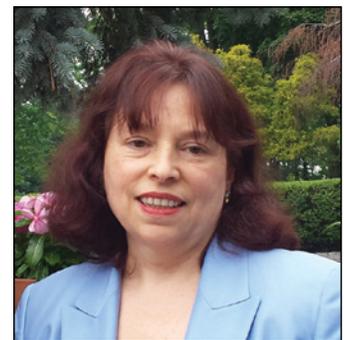
“Our luncheon theme is ‘harvesting hope,’” said Luncheon Co-Chair Liz Bruschi. “Hope’s Door and its supporters have planted the seeds by investing in programs and services to help empower victims of domestic violence to achieve safety, independence and healing from the trauma of abuse. Now it’s time to discuss ways women can harvest that investment and achieve economic stability.”

Luncheon Co-Chair Patricia A. Meravy added, “We believe this panel discussion on women’s economic development and suggestions to establish or further financial independence can benefit all women.”

Hope’s Door has been chosen again to participate in the Allstate Foundation Purple Purse Challenge. “Given that our luncheon focus is on financial security, we will be making tickets available online at Hope’s Door’s Purple



2016 Luncheon Co-Chair Liz Bruschi



2016 Luncheon Co-Chair Patricia A. Meravy

Purse Challenge page when it starts on September 28. Hopefully, this will increase our ability to compete in the challenge, raise important funds, and spread the word about financial abuse that usually goes undetected,” said Jennifer Ryan Safsel, Director of Development and Community Relations. To purchase luncheon tickets before the Purple Purse Challenge begins, visit hopesdoorny.org/events/2016-annual-fall-luncheon/.

If you have any questions about the luncheon or want to be involved with the Purple Purse Challenge, please contact Lindsay Amoroso, Development Associate, 914-747-0828 x1009, LAmoroso@HopesDoorNY.org.