

HOPE'S DOOR

Embracing Life Free
From Domestic Abuse



HOPE'S DOOR LOOKS FORWARD TO THE FALL

FOCUSING ON WOMEN'S ECONOMIC EMPOWERMENT

Although summer is in full swing, Hope's Door looks towards the fall and our focus on women's economic empowerment.

The Allstate Foundation's Purple Purse Challenge



ALLSTATE FOUNDATION

Hope's Door has been chosen to participate in the Allstate Foundation's Purple Purse Challenge, a national campaign to spread the word about domestic abuse, and specifically financial abuse. Financial abuse

(using finances as a tool of power and control) happens just as frequently as physical or verbal abuse. Three out of four Americans fail to connect domestic violence with financial abuse. Research shows the number one reason victims remain in relationships with their abusers is their lack of financial knowledge and resources needed to break free.

"We had planned to have our luncheon focus on women's economic empowerment and the 'Power of the Purse,' so when we saw a chance to partner with the Allstate Foundation on their program, we were thrilled," said Jennifer Ryan Safsel, Director of Development and Community Relations. "This grassroots education and fundraising project will allow more of our friends and supporters to get involved." Learn more about how to donate or become a fundraiser for the Hope's Door team at <http://hopesdoorny.org/events/allstate-purple-purse-challenge/>.

Financial Independence Workshop

During these tough economic times when gas prices are soaring and the cost of food is out of control, we all can feel like we are living paycheck to paycheck. On Thursday, October 9th, Adam Kintish, Vice President, Retail Market Manager at TD Bank, is partnering with Hope's Door for an evening workshop on "How to Become Financially Stable During Rocky Times." This informative workshop is free and open to the public. It will run from 5:30 PM to 7:00 PM at the Ossining Public Library.

For more information or to RSVP, contact Yalonda Hooks at YHooks@HopesDoorNY.org or 914-747-0828 ext. 2002.

"Power of the Purse" Luncheon



Luncheon Committee (Left to Right): Front row: Amrithaa Gunabalan, Patricia Meravy, Wendy Gardner, Thea DuBow, Lindsay Amoroso. Top row: Jennifer Ryan Safsel, Karen Burchetta, Caroline Murphy, Joy Cotton, Abby Woodworth, Rachel Baron (committee still in formation)

Our 2014 Annual Fall Luncheon is on Friday, October 17, 2014 at the Elmwood Country Club in White Plains, NY. The theme of this year's luncheon is the "Power of the Purse," focusing on women's economic empowerment. The luncheon will highlight the importance for women to be economically stable and how our Next Step Economic Empowerment Program is helping our survivors become financially independent.



Kacey Morabito Grean

Kacey Morabito Grean, co-host of 100.7 WHUD's "Mike & Kacey in the Morning" will emcee the event. She also hosts 100.7 WHUD's "Health & Happiness Show," which focuses on being the best you can be.

As always, the luncheon will include a silent auction. "Our luncheon committee is working hard to make the event fun and memorable, while spotlighting the 'Power of the Purse' with some fabulous purses, briefcases, and weekend totes being auctioned off," says Abby Woodworth, chair of the auction subcommittee. Individuals or businesses willing to donate an item or service to the luncheon auction, please contact Development Associate Lindsay Amoroso at 914-747-0828 ext. 1009.

Happy Summer Everyone!



Crystal A. Giuriceo,
LMSW, MS Ed

On behalf of our families and the residential staff, we would like to thank our donors and volunteers for their time and generosity.

We greatly appreciate the donations given to our Gala's Fund-a-Need which made the purchase of new bedroom furniture for our shelter, including beds, mattresses, dressers, and comforters possible. It means so much to us to be able to provide a family in crisis a warm, welcoming bedroom to sleep in.

We would also like to extend a heartfelt thanks to Jeff Kohn and friends at O'Melveny & Myers LLP for once again bringing beauty to our shelter with the planting of assorted colorful flowers, tomato plants, and trees. Their tireless efforts have transformed our back and front yards into places of peace and beauty. We are all looking forward to picking fresh tomatoes and enjoying some delicious salads and sauces!



Jeff Kohn, Sloane Ackerman,
and associates from
O'Melveny & Myers LLP



From left to right: Ellen Rhoda, Alison Boykoff, Kaye Grisar, Adriane Kaye, Penny Vane, Anne Gans (Many others donated wares and time but were not able to be in the picture.) They are teachers and students of the New Castle Art Center who have donated their time and pottery sold at the Strawberry Festival each Spring in Chappaqua to benefit Hope's Door.



Thank you to Andrea Samuelson, Director of the New Castle Art Center, and the potters in her workshops for their ongoing support of Hope's Door. At the recent 77th Annual Strawberry Festival at the Church of St. Mary the Virgin in Chappaqua, the group raised awareness and funds for Hope's Door.

Samuelson has been leading the effort to donate the proceeds from her students' handmade pottery to Hope's Door since 2004. This year, the pottery sale raised over \$1,000.

In addition, at the festival the members of the Art Center passed out materials about Hope's Door to raise awareness about the organization's mission and its programs and services. "It is this type of ongoing community support that means so much to us at Hope's Door," said CarlLa Horton, Executive Director, "Andrea and the New Castle Art Center potters have come up with a creative way to help build awareness for Hope's Door while raising important funds for our programs and services so that we can continue to serve victims and survivors of domestic violence and their families in Westchester County."



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



HOPE'S DOOR

www.HopesDoorNY.org

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SAVE THE DATE

2014 Annual Fall Luncheon –
Friday, October 17, 2014
Elmwood Country Club

2014 Annual Teen Symposium –
Friday, October 24, 2014
Manhattanville College

Celebrate our 35th year serving victims
and survivors of domestic violence:

35th Annual Spring Gala –
Friday, April 24, 2015
The Apawamis Club

Annual Fall Luncheon –
Friday, October 16, 2015
Mt. Kisco Country Club



CARLA HORTON

FROM THE EXECUTIVE DIRECTOR

It was about two years ago that a very generous person donated the professional condo that became the home of Hope's Door Ossining. The space was perfectly situated to serve survivors of domestic violence along the Route 9 corridor, stretching from Peekskill on the north through Sleepy Hollow and Tarrytown to the south. Since we opened, our service delivery to survivors in those targeted communities has exploded. Ossining increased by 68%, Sleepy Hollow by 129%, Tarrytown by 56%, while service to Peekskill climbed 105%. Numbers of course, never tell the whole story. Each one represents a life or a family that went severely wrong. Home, the place where each of us should feel safe and protected, became instead a place of fear and danger. As we approach our two-year anniversary, we again want to thank all of you who helped make Hope's Door Ossining a reality, starting with Dr. Arthur Turken for donating the space, the Avon Foundation, First Niagara Bank, Mary Kay Foundation, Sexauer Foundation, TD Charitable Foundation, Wells Fargo, and our many private donors. Thank you for sharing in our mission and for helping to transform fear and danger into hope and safety.

We would like to thank the TD Charitable Foundation for their \$5,000 grant for the Next Step Economic Empowerment Program.

Pictured left to right: Jennifer Ryan Safsel, Director of Development and Community Relations, Adam Kintish, Vice President, Retail Market Manager for TD Bank/TD Charitable Foundation, Carla Horton, Executive Director, and Julissa Nicasio-Urena, Empowerment Coordinator



FOURTEENTH ANNUAL GLADYS RICART BRIDES' MARCH



Friday, September 26, 2014, from 8:00 AM to 5:00 PM beginning at the Fort Washington Heights Presbyterian Church, Washington Heights, NY

On her wedding day, every woman dreams of her "happily-ever-after." Sadly, this dream was shattered for Gladys Ricart. Gladys was killed on her wedding day by her former boyfriend. However, her memory lives on. We will honor her and all victims of domestic violence homicide on September 26, 2014 as we participate in the "Bride's Walk."

For more information visit:

<http://hopesdoorny.org/events/fourteenth-annual-gladys-ricart-brides-march/>

OSSINING OFFICE EXPANDS ITS STAFF AND HOURS



Bilingual Counselor Ana Rubio, Director of Community Services
Debbie Lauro-Conn, Bilingual Counselor Stephanie Avila

Mary's Struggle

Mary spent years living in constant fear. She was verbally, physically, and emotionally abused by her partner and did not know how to escape. She heard of places she could go for help, but she had very little money. All Mary could afford was a train ticket for a ride along the Hudson rail line. To avoid being found out by her abuser, she had a specific time she could meet. Mary felt frustrated, hopeless, and helpless...until she came to Hope's Door Ossining.

Expanded Services

The Hope's Door Ossining site is a place of hope for victims of domestic violence living along the Route 9 corridor. "To meet the diverse needs of our community, we increased services in Ossining and are now open five days a week," states Debbie Lauro-Conn, Director of Community Services. The Ossining team, which included bilingual counselors Stephanie Avila and

Ana Rubio, has expanded with the addition of Yalonda Hooks, Counselor/Outreach Specialist. Yalonda will provide counseling and conduct outreach to local communities, businesses, and organizations to build partnerships.

The Next Step Program

Also in Ossining is the Next Step Economic Empowerment Program which helps survivors of abuse identify their goals and strive for financial independence through educational and vocational training and other support. Julissa Nicasio-Urena, our new bilingual Empowerment Coordinator, meets with survivors on job search skills, interviewing techniques, and resume building. Julissa connects survivors with jobs and services tailored to their abilities and needs. Since January, more than 30 survivors have participated in the program—a majority have found employment, enrolled in vocational programs, or even started their own business. "We are



Next Step Empowerment
Coordinator Julissa Nicasio-
Urena and Counselor/Outreach
Specialist Yalonda Hooks

excited about the results of this program. These survivors, now able to financially support themselves and their children, have truly taken the 'next step' towards economic stability and independence. It's inspiring to see," said Executive Director Carlla Horton.

SURVIVOR'S STORY

My abuser had power over me in every sense: financially, mentally, physically, and emotionally. He controlled me from the moment I woke up until the moment I went to sleep. He told me what I could wear, what I could eat, who I could talk to and for how long, what words I could use, even when I could shower. I didn't exist, I was a robot. I blamed myself that I could not have a beautiful family and house filled with harmony and love.

He took me and my daughter overseas and isolated us. He held me captive; I couldn't leave home or have access to a phone. I was always behind a lock and key working around the house. When we went to the beach, I always wanted to go into the ocean and disappear, but my daughter told me, "Mama don't let me down." I told myself, "I will not leave my daughter alone. What would happen to her if I didn't exist?"

My abuser told me I would not live to tell my story. Sometimes I tried to run away from him, in just a towel or pajamas. When people would ask questions, he would tell them I was crazy or I had forgotten to take my medication that day. Once, he told me that I should throw myself off the third floor. I didn't do it, and that was the last night of my nightmare. The next day he yelled, "I want you out of my house! You are not obedient." He smiled, "You are nobody here." That was the sign I had been waiting for. He threw me out of the house so many

times before, but, this was different. I gathered some clothes, grabbed my daughter by the hand and told her, "run, run, run," as we left.

We were hiding in a supermarket parking lot when a woman asked me if I needed help; I told her no. She noticed that I was crying and helped us inside. She asked us where we were from and what our names were. My daughter told her. She allowed us to hide in the employee lounge until she got off work. That afternoon, she came back and handed me two plane tickets to New York for the next morning.

Back in New York, I found Hope's Door. The charisma, love, support, and counseling has helped me recuperate. I have grown to consider the employees there my "Earthly angels." In the short amount of time I've participated in the "Next Step" program, I have been able to re-start my career. I passed two certification exams and found a job. I have also been able to volunteer tutoring other students so they can pass the state exam too.

Physical wounds are superficial, but the wounds of your heart are deeper and harder to heal. I know it's going to take time until my heart is completely healed, and I do still need Hope's Door to keep striving. I do not have words to express the gratitude I have for the organization and my Earthly angels.



A PROFILE ON COUNSELING: PUTTING A FACE ON HOPE'S DOOR

STEPHANINE AVILA's interest in Hope's Door was sparked as a Master's level student learning about intimate partner violence from our Senior Domestic Violence Counselor, Gay French-Ottaviani, who was an instructor at Long Island University. Soon after, she was asked to join the staff when a counseling position became available. Her passion for assisting victims of domestic violence continued to grow as she helped survivors escape their situations and rebuild their lives.

Stephanie had a close friend who was in an abusive relationship. At the time, Stephanie felt helpless not knowing how to help her friend. While working at Hope's Door, Stephanie had access to an immense amount of information and resources for victims. "As a Latina, I was especially interested in learning about the resources available to the Hispanic population. I was aware of some of the specific hardships a Hispanic person faces when seeking help, including: language barriers, cultural differences, or the fear of reporting the situation if they are undocumented," Stephanie points out. "Working as a bilingual counselor, I am able to use my knowledge of the Hispanic culture to help connect victims to the resources they need."

Stephanie has worked out of the Family Justice Center in White Plains Family Court in her role at Hope's Door, and at the emergency shelter location. Currently, she works at the main Pleasantville office and satellite office in Ossining. Working with the Family Justice Center, she learned first-hand how to navigate the legal system and victims' rights, and in turn helps clients feel more comfortable with the court process. At the shelter, she saw how the residential program can change clients' lives by providing the emergency residence support and counseling needed to encourage and foster independence.

"Stephanie is an amazing counselor whose empathy, knowledge, and experience provide the strength necessary for hope and healing to take place. Clients feel safe in her presence and know she can provide the emotional support, as well as the resources toward empowerment and self-sufficiency," says Director of Community Services Debbie Lauro-Conn.

Dear Hope,

Am I in an abusive relationship if things are ok in my relationship sometimes while at other times I don't feel allowed to be myself?

Signed,
Hoping I'm not a victim

Dear Hoping,

You say things are "ok" sometimes. However, at times you are not "allowed" to be yourself. What does that mean exactly? As an adult, no one has the right to tell you what you are and are not "allowed" to do unless you are hurting someone or breaking the law. You have the right to always be yourself! Knowing the "cycle of abuse" may assist you in examining your relationship. Typically, an abusive relationship has three stages. The first stage is the "tension-building phase" in which the abuser acts aggressively through looks, acts, and gestures that the dominated person recognizes as a signal of an oncoming explosion or threat; the victim feels like they are "walking on eggshells." The second stage is the "explosive phase" in which the abuser verbally and/or physically confronts their partner in a hostile manner. In the third stage, the "reconciliation phase," the abuser may promise to change, deny anything happened at all, or express remorse and ask for forgiveness. During this stage, the relationship may feel "ok." The victim may believe that the abuser is genuinely apologetic and is once again a kind and loving partner. However, over time, the cycle will begin again and the level of abuse will likely escalate.

Honest, open communication is vital to any healthy relationship. If you explain how you feel and ask your partner to stop and they don't try to change or you feel scared by their response, chances are you are in an abusive relationship. Fortunately, it is possible to break the cycle of domestic violence by seeking help. If you think you are being affected by your partner's cycles, it would be wise to come in for domestic violence counseling. The sooner you seek help the better. You are not alone!

Warmly,
Hope

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





HOPE'S DOOR

*Embracing Life Free
From Domestic Abuse*

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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.

16TH ANNUAL TEEN SYMPOSIUM PLANNED FOR FRIDAY, OCTOBER 24TH



Left to Right: Malcolm Astley, Lauren Astley,
Mary Dunne

The Hope's Door 16th Annual Teen Symposium will be held on Friday, October 24, 2014 from 8:30 AM-1:30 PM at Manhattanville College in Purchase, New York. The keynote speaker is Mary Dunne, the mother of Lauren Astley, a beautiful and talented 18 year old young woman who, unfortunately, died at the hands of her former boyfriend just days after her high school graduation. In response to Lauren's death, her parents, Malcolm Astley and Mary Dunne, established the Lauren Dunne Astley Memorial Fund shortly after her murder. The nonprofit works to promote educational programs that raise awareness about healthy teen relationships and preventing dating violence. Her mother, Mary Dunne, has dedicated her time to speaking on the issue of Breakup Violence to teens across the country. "It was an effort to put something in the place of something so dear that had been lost," says Astley, his voice catching. "We're very fortunate to have Mary Dunne speak to the teens of Westchester County on her daughter's

real life experience with teen dating violence," states Gina Curcuru, Teen Program Coordinator/Counselor.

Other symposium participants are The Men's Initiative, a component of the Women's Center, a domestic violence agency based in Danbury, CT. The Men's Initiative will bring an interactive experience to this year's teen symposium, particularly looking at the male population and how they can be proactive in bringing an end to relationship violence. In addition, the symposium program will include The Gibney Dance Center's three-part interpretive dance experience, "Hands Are for Holding," that addresses important factors seen in teen dating abuse. "This special piece conveys the aspects of unhealthy relationships like digital harassment and bullying. Healthy relationships are also depicted through dance, with the performers demonstrating positive characteristics like support and trust," states Kristen Orlando, Teen Program Educator/Counselor who is working on the symposium. "The performance is tailored specifically to teens and has been positively received by both male and female audience members in schools across the greater New York City region."

For more information on the 16th Annual Teen Symposium or how your school can get involved, contact Gina Curcuru at 914-747-0828 ext. 1015 or email her at GCurcuru@HopesDoorNY.org.