

New Beginnings



Christine Ann

DOMESTIC ABUSE SERVICES, INC.

HELP IS HERE

FROM THE DIRECTOR'S DESK

The Kindness of Strangers

Christine Ann is fortunate to have many generous and compassionate friends that enable the agency to achieve its mission every day—but we are also fortunate to have the support and kindness of those that we don't even know. As I opened the mail today, there was an envelope with a \$50 gift card from a grocery store. It included an unsigned note that said to "use this for shelter clients or for a family starting over." We periodically get a donation with a card that simply says "Because I care." We get calls from people wanting to do golf outings, hold events and concerts, and take up collections on our behalf. We even had a teen client who organized a car wash and brat fry to raise money for our agency. Some of the most heartfelt donations are those that we get from family members because we helped a love one.

We recently received a generous donation from a local company. I found out that one of their employees suggested that we receive the donation. I emailed the woman to thank her for suggesting to her employer that we receive the donation and the response back from her was overwhelming:

"How sweet of you to thank me—especially when I should be thanking you! I don't know if you were a part of the Center 16 years ago but I myself stayed at Christine Ann for a short period in 1992 (a fact very few people know). It was my refuge during a very difficult time and the support and kindness I received from the staff gave me more strength than anyone will ever know. I was very excited when we were asked to suggest recipients for this donation and Christine Ann was selected. You are a vital part of the healing process for so many abused women. I left Christine Ann feeling respected, worthy, and valued. It was amazing."

While this woman as well as the others I mentioned may be strangers to me, they are all an inspiration for the work Christine Ann does everyday. We often never know what happens to the hundreds of women and children we assist each year. But it is stories like the one above that help us to realize the impact Christine Ann has on the communities we serve. While I was not here 16 years ago, I remain ever grateful for those who were and for those who will one day come after me. We build upon the great things done by those who came before us, and hope that those who follow us will build it even better. All of us at Christine Ann are proud and humbled to play a small part in the lives and journeys of so many brave women. But it is all of you that allows this to happen. Without the generosity of the community, we wouldn't be getting ready to celebrate our 25th anniversary in the coming year, and we wouldn't be able to serve the many families affected by abuse. *Help Is Here* because of you—those of you that give faithfully—and the unexpected gifts we receive through the "kindness of strangers".

Julie Fevola

Julie Fevola
Executive Director

DOMESTIC VIOLENCE AWARENESS MONTH

A Great Opportunity to Spring into Action!

Each October, domestic violence awareness is raised in communities all across the country, including our own community. Christine Ann has planned a number of great awareness initiatives during the month such as poster campaigns, library displays, informational articles and more that we hope will lead community members to action.

However, we also challenge you to think of one activity or project during October that you can do to make a difference in the lives of victims in our community and to help make our community a safer place for everyone. It may be as simple as doing a food drive at your place of business or collecting used cell phones. If you want to get actively involved, call our volunteer coordinator and see how you can help out. Spread the word to others that violence against women is never okay. Take a stand and let your voice be heard when you see things that show disrespect to women. However you decide to "spring into action," we would also love to hear from you so that we can share it with others and hopefully inspire them to do the same.

You can submit your activity or project to info@christineann.net. *Spring into Action!*

Please join us on **October 1, 2008** as we once again

Take Back the Night

Rally will begin at the UW-Oshkosh Polk Library Mall and end on the steps of the Winnebago County Court House. Pre-Rally activities begin at 5:30pm ~ Rally starts at 6:00pm. By speaking out for those who are silenced by violence, you can help "take back the night."
We hope to see you there!

Newly Launched

www.christineann.net

24-Hour Helpline

920-235-5998

920-729-6395

800-261-5998

AUTUMN 2008
Volume 34

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Standing Strong: A Story of Hope



“Thank you so much for having a safe place for victims to go. I felt very comfortable talking with Christine Ann advocates. I should have done this years ago. Thank you so much for all your help—I needed to hear that I could do this. I really feel that Christine Ann helped me

know that there were options for me and to realize so much about the relationship I was in. It is a wonderful service and really helped me in my time of need.”

~ Christine Ann Client & Domestic Abuse Survivor

VOLUNTEERS IN THE SPOTLIGHT

For the brief time that Pat Berger has been volunteering for Christine Ann, she has made a tremendous difference in the daily lives of both clients and staff—Pat is the one responsible for the new, glorious flower gardens surrounding the Christine Ann Center.

Pat, 54, was alerted to the need for shelter volunteers by a friend that had utilized agency services. When she visited the Center this past spring, she noticed that the grounds needed some “color.” So, she decided to bring some plants from her own gardens to “brighten up the place.” And, being an avid gardener, she felt this was a good use of her talents.



“I believe in the power of flowers” says Pat. “Flowers always bring a smile to people’s faces. I wanted to do this not only for the victims, but also for the staff, she continues. “We should all be grateful for everything we have and we should use what talents we have to give back to the community. Christine Ann is an excellent place to give back to—volunteers can set a great example for victims of abuse by bringing hope and a positive influence into their lives.”

Note: Pat plans to expand the gardens and is looking for fellow gardeners that can help with watering, weeding and more. If you are interested, please contact Christine Ann’s volunteer coordinator at 235-5998 or email: dlee@christineann.net.

DONOR SPOTLIGHT

Marilyn Wiesner first got involved with Christine Ann in 1997 when she was asked to join the Board of Directors. Saying “yes” was easy for Marilyn as she was already drawn to the agency’s mission and felt it was an important way to show her support. “I believe everyone deserves a life of dignity, not abuse,” says Marilyn.

Since retiring from the board in 2003, Marilyn, who resides in Neenah continues to actively support the agency. “I know that the majority of women entering shelter or seeking services have little to no money or resources. I think it’s important for someone that cares to assist financially with Christine Ann’s efforts to provide them with services. I’m also very interested in the agency’s efforts to get into the schools and talk to young people about domestic violence—and to break the cycle of abuse.”

Continues Marilyn, “abuse is an ‘equal opportunity’ occurrence. It can happen to you or to someone you know—a friend, family member or a co-worker. It is so important for all of us to care about the issue and to support the work of Christine Ann.”

HELP STOCK OUR FOOD PANTRY

Christine Ann continues to be extremely grateful to community members for all the incredible donations of food. We especially would like to thank Bemis employees for their recent donation from their Foodshare Program, Wisconsin Paint and Powder Coat for their donation of meat, the Hunger Task Force and Oshkosh Rotary Southwest for their donation of fresh produce, and our local letter carriers food drive. However, we still have an ongoing need for the following:

- Pasta sauce
- Dairy
- Meat
- Pasta
- Frozen dinners
- Crackers
- Pizzas
- Pot pies
- Sugar and flour
- Baby food
- Fresh fruit and veggies
- Canned meats (i.e., tuna, chicken, etc.)
- Hamburger and Chicken Helpers
- Meals in a can/jar/box (Spaghetti-Os, Raviolis)
- Juice (concentrate and non-concentrate)

If you have any questions, please call Christine Ann at 920-235-5998 or 1-800-261-5998.

NOTES FROM GREEN LAKE COUNTY

By Lorri Bohn, Green Lake County Coordinator

“Choices and Consequences” Program Now Offered

In abusive relationships, important emotional needs such as approval, respect and trust can be manipulated by the abuser. Often, these unmet needs can grow into anger by the one being victimized. Coupled with a lack of self respect, victims can find themselves making unhealthy choices that result in unintended consequences. One of the basic reasons victims in abusive relationships make unhealthy choices is simply because they do not see any other alternative.

Christine Ann’s “Choices and Consequences” program is now being offered in Green Lake to help victims who have made unhealthy choices express and process their thoughts and feelings in a safe and calm environment. The 14-week program stresses that while program participants may have committed acts of violence or abuse, it does not necessarily mean that they are the abusers in their relationships. The program acknowledges that although most of the participants have been victimized by domestic abuse and are acting out the violence directed toward them by their partners, it stresses accountability for their abusive acts and teaches assertive and healthy conflict management skills and ways to cope with difficult emotions. Group topics include healthy conflict versus abuse, control tactics, cycle of abuse, effects of abuse, boundaries, irrational thinking, dealing with feelings, and making safe choices. In addition, participants learn about abusive relationships and relationships based on equality, as well as self care, safety planning and available community resources.

By learning how to be a “safe” and healthy person, participants also find out what qualities to look for in a potential intimate partner, or they evaluate if the person they are intimately involved with is a “safe” and healthy person. For more information on “Choices and Consequences,” please call 1-800-261-5998.

Needs List for Green Lake County Outreach Program:

- Vacuum cleaner
- Cleaning supplies
- Toiletries
- Household items
- Office supplies

Reminder: The new Green Lake County outreach office is located at 515 Gold Street, Green Lake.

YOU’RE INVITED!

Christine Ann Domestic Abuse Services is excited to invite you to a very special art exhibit opening on **Friday, October 3rd from 6:00 – 9:00 p.m.** that will feature a collection of paintings by Christine Ann clients entitled, “Life as We Know It.”

The opening is being hosted by Art Affair in Neenah and is part of Christine Ann’s kick-off to Domestic Violence Awareness Month. Following the opening, the exhibit will be displayed at Art Affair throughout the month of October.

The collection was created through Christine Ann’s Expressive Arts Program, which offers women who have experienced domestic violence a safe, alternative way of processing their thoughts and feelings, helping them heal from the affects of abuse. It is our hope that those that view the work created by program participants gain a better understanding of the dynamics of domestic abuse and of art created in service of personal and emotional growth, as well as how art is used as a tool for healing.

The evening will include light music and hors d’oeuvres. For more information, please call Debbie at 729-5727.

MEN WHO COOK

A Tasteful Triumph

For the 8th consecutive year, men from around the Fox Valley once again pulled out all the stops to show the community that a man's place really is in the kitchen!

On June 21st at the University of Wisconsin-Oshkosh's Reeve Memorial Union, nearly 50 "chefs" came together to share not only their love of cooking, but also their common goal of helping victims of domestic abuse break free from the cycle of abuse. Using exquisite culinary skills, the men shared samples of their favorite appetizers, entrees, side dishes and desserts to over 400 guests amidst soft jazz entertainment, silent and live auctions, and more. Thanks to the support of these amazing chefs along with the generosity of the event sponsors, donors and volunteers, Christine Ann raised over \$80,000!

"Men Who Cook" is a key fundraising event for Christine Ann; it also helps draw attention to the fact that domestic violence remains a serious issue in our communities. Just as importantly, it is part of the agency's efforts to more actively engage men in the work to end violence against women.

Said Bill Calhoun, President at Mercy Medical Center and first-time chef, "I care very deeply about the women and children in my life and here's my chance to give a little something back. Knowing the Christine Ann Center and its staff stand ready to meet the special needs for victims of domestic abuse and their children is very comforting. The education and programs offered are crucial in helping to stop the cycle of domestic violence."

We look forward to dishing up a very special event next year as we celebrate Christine Ann's 25th Anniversary. Mark your calendars now for **June 27th, 2009!**



CHRISTINE ANN RECEIVES MAJOR PILLOW DONATION

Resting our heads on our own pillows after a long day is something most of us look forward to—but for families living in a shelter that is often not a reality. The pillow they get may be used, lumpy or flat after many washings. However, in July that all changed when Christine Ann received a surprise donation of over 400 specialty pillows from Simmons Kids®.

Said Julie Fevola, Christine Ann's Executive Director, "The pillows are a wonderful donation to the agency. When families enter emergency shelter, it is great to be able to offer them a fresh, new pillow. I know they will give great comfort to the women and children staying at the Christine Ann Center." She added, "It's also terrific to be able to give them to clients when they are ready to leave shelter and begin a new life."

"Simmons Kids is a leader in bringing safe, comfortable sleep to infants, kids and their mom's. We are very pleased to have the opportunity to support a great organization such as Christine Ann Domestic Abuse Services," stated George Bureau of Simmons Kids.

Headquartered in Neenah, Simmons Kids® is a Division of the Simmons Manufacturing Company based in Atlanta, Georgia.

INNOVATIVE PROGRAMMING

"Stepping Stones"

Alcohol or other substances are often coping mechanisms for abused women. And, although the vast majority of battered women are not dealing with these issues, those who are confront a system that is

ill-equipped to handle their needs, particularly their need for safety. Often, intakes to treatment programs do not include an assessment for adult domestic violence. Even when domestic violence is identified, it is often assumed that treatment for substance abuse must occur *before* the victimization can be addressed.

In 2007, after having identified a critical need for a specialized support group that could address the increasing number of victims seeking shelter that also were dealing with their own substance abuse issues and/or those of their partner, Christine Ann Domestic Abuse Services developed and implemented, "Stepping Stones." Unlike the traditional 12-Step Programs whose primary focus is to initiate the substance abuse recovery process and reinforce the skills needed to stay sober or abstinent, "Stepping Stones" makes safety a priority. The program's overall goal is to help clients attain safety in their relationships, thinking, behavior and emotions. The program provides a safe place for victims to openly discuss their abuse issues among other women who struggle with the same issues.

Stepping Stones also:

- Provides participants with information on the dynamics of domestic violence and how abusers can use substance abuse as a means of control.
- Provides participants with basic information about substance abuse.
- Discusses treatment options.
- Discusses codependency as a survival skill for victims of domestic violence.
- Supports any positive change that a participant makes toward addressing their substance abuse issues as part of their domestic violence safety plan.
- Develops specialized, immediate safety plans for domestic violence victims with substance abuse issues, not requiring them to become sober before developing the plan.

Says one program participant, "This group gives me a place to express my feelings, fears and hopes, as well as the opportunity to learn from other women's experiences about domestic abuse, substances, and life."

The "Stepping Stones" program is the only one of its kind in Winnebago County. For more information on the program, please contact 235-5998.

Thanks to the Oshkosh Jaycees and Lowe's, the children staying at the Christine Ann Center have a new playground to just be a kid again. Pictured here are Christine Ann staff and the Lowe's associates who made it all happen.



FUNDING HIGHLIGHTS

Christine Ann Domestic Abuse Services gratefully acknowledges the following grants received from April 1, 2008 to August 31, 2008:

- **Alliant Energy Foundation**—\$750 to support the Green Lake County Rural Outreach Program.
- **Bemis Company Foundation**—\$10,000 to support agency programs and services.
- **City of Neenah (Community Block Grant Program)**—\$6,600 to support Emergency Shelter and Client Advocacy Services Programs.
- **Oshkosh Area Community Foundation, Hiwela Youth Fund**—\$3,100 to support the Children and Teen Program.
- **Oshkosh Area Community Foundation, Community Impact Grant**—\$8,000 to support Crisis Advocacy Services.
- **Roundy's Foundation**—\$5,000 to support the Community Education and Prevention Program.
- **Berlin Area United Way**—\$1,850 to support the Green Lake County Rural Outreach Program.

Christine Ann is also proud to be a partner agency of the Oshkosh Area United Way and United Way Fox Cities and is grateful for their continuing support.

Return Service Requested

LOCATIONS

Oshkosh:

206 Algoma Blvd.
Oshkosh, WI 54901
920.235.5998

Menasha:

1488 Kenwood Center
Menasha, WI 54952
920.729.5727

Green Lake:

515 Gold Street
Green Lake, WI 54941
800.261.5998



2008 RACE FOR THE LIGHT

Join the "Wellness Team Challenge"

Mark your calendars now for Christine Ann's 6th Annual Race for the Light 5K Benefit Walk/Run on **Saturday, December 6th**. Presented by ThedaCare Physicians, this year's event highlights a great new opportunity for participants: The "Wellness Team Challenge." The event invites all individuals, families, civic organizations, businesses and corporations to put together a "Wellness Team." Why? Here are some great reasons:



- Terrific opportunity for families, friends, civic organizations and businesses to get involved in a fun community event.
- Show your team spirit in a fun and healthy way.
- Help in the fight against domestic violence in your community.
- A fun way to kick-off the holiday season with family, friends and co-workers.
- All teams will be recognized on Christine Ann's website.
- All teams get a team photo, commemorative hat for each member and prizes for the team that collects the most pledges!
- Registration is only \$250 for up to 10 people; and \$10 for each additional person.
- A healthy team is a happy team!

The event registration, starting point and a post event party and celebration will be held at the Oshkosh Boys and Girls Club. Holding to tradition, the race will take participants through Oshkosh's breathtaking Celebration of Lights in Menominee Park.

"Race for the Light" is truly a fun and healthy way to raise awareness and funds for a tremendous cause. Individual and Wellness Team registration and pledge information will be available at the end of October. Sponsorship opportunities are still available. For more details, please call (920) 729-5727 or email info@christineann.net.

2008 HOLIDAY PROGRAM

Help Spread the Cheer

Christine Ann Domestic Abuse Services' 2008 Holiday Program is already getting underway. For many families, the end of an abusive relationship can mean financial and emotional hardship that make the holiday season especially difficult. Christine Ann relies on the community to help relieve some of the strain placed on families who have worked so hard to escape violence in their homes. This is a wonderful opportunity for individuals, families and businesses to come together to help a family in need this holiday season. In 2007, nearly 200 women and children received gifts, food and household needs—their spirits brightened by the act of caring. Christine Ann also received gifts for the shelter that were put to use all year long. As in past years, Christine Ann offers donors several options for giving:

- Adopt-a-Family program allows donors to choose the size of the family they wish to assist. Donors will be given the family's "wish list" to help in their shopping.
- Adopt-a-Shelter allows donors to purchase items needed to operate the Christine Ann Center throughout the year.
- The Special Gifts ~ Moms & Teens option invites donors to purchase individual gifts for older children and moms.
- Through the Gift of Time, donors can give of their time during the holiday season and throughout the year by committing to regular volunteer hours or one-time projects at the Christine Ann Center.

If you have any questions about the Holiday Program or would like to participate, please call Stephanie at (920) 235-5998 or email info@christineann.net.