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### Check Us Out!

Visit us @  
<http://www.thewomenscenterinc.org/>

### Upcoming Events

For more information call  
(570)784-6631 or  
(570)784-6632.

### Interested in Volunteering??

For more information call  
the Education Department  
(570)784-6632.

## 'Tis the Season

During the holiday season, stress runs high in most families. Statistics show that incidents of domestic violence do increase during the months of November and December; however it isn't until after the season that these incidents may be reported.

Thanksgiving, Christmas, New Years and Valentine's Day are all leading holidays for batterers to use control over their victims, causing even more stress. On top of the finance stressors that are stretched to buy gifts, to travel to see family and/or friends, or to buy decorations; there are family members we don't quite get along with; which is an added stress. Travel arrangements can become nightmares when multiple families are involved.

Having a vacation from work means abusers and victims spend more time together, increasing the likelihood that abuse will occur. Plus, as a season filled with celebrations; most Christmas parties feature alcoholic beverages as one of their main attractions, causes alcohol abuse to dramatically increase.

Excessive alcohol consumption, especially on or around New Years is usually an added factor for stress. Sometimes our expectations of what should happen and what actually happens can give us the holiday blues. Many of us try to out-do ourselves during the holidays and arguments take place. Although it is a myth that stress and/or alcohol use cause abuse, it is true that stress and drinking contribute to an increase in the frequency and intensity of the violence that has been already occurring.<sup>2</sup>

**DELAWARE, PA:** *according to the Pennsylvania Coalition against Domestic Violence, on December 11, 2010, a 45-year-old woman was found dead under a mattress and furniture in a bedroom of the home she shared with her 49-year-old boyfriend and her 14-year-old daughter. The daughter found her mother's body. She had been stabbed 54 times but died of asphyxiation which, according to the coroner, means she was alive when the items were placed on top of her. The boyfriend pleaded guilty to first-degree murder to avoid the death penalty.<sup>1</sup>*

**He was sentenced to life in prison.**

Remember, domestic violence is any abusive behavior that allows one intimate partner to maintain control over another. This could be as simple as taking away the car keys on Christmas Day so as to not allow someone to visit their family, or cancelling holiday plans at the very last minute. Batterers may also find other ways to create extra stress, for example, not allowing extra funds to purchase gifts, "forgetting" to pick up items for holiday parties, and/or giving wrong directions to holiday events or parties on purpose so their partner gets lost and feels embarrassed for arriving late.

# BOARD OF THE WOMEN'S CENTER DIRECTORS

2011-2012

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There is a cycle of abuse that continues in unhealthy relationships:

- Abuser threatens violence.
- Abuser strikes.
- Abuser apologizes, promises to change and offers gifts.
- The cycle repeats itself.

The longer a partner stays in an abusive relationship, the greater the toll on his/her self-esteem. He/she might become depressed and anxious. He/she might begin to doubt their ability to take care of themselves or wonder if the abuse is his/her faults. He/she might feel helpless or paralyzed. It's important to begin telling someone about the abuse, whether it's a friend, loved one, health care provider or other close contact. Seasonal stress does not mean one has to tolerate physical or verbal assaults. Abuse is abuse no matter what time of year it happens.

There are many resources out there to help especially during the holidays. Churches, shelters, and even you local police department are there to help. Domestic violence does not stop, even during the holidays. Individuals and families cope differently with holiday related stress, and most importantly, while the holidays may bring aggravating factors to the equation such as financial stress and alcohol consumption, battering is always an intentional behavior.

1. Domestic Violence Fatalities in Pennsylvania – 2010.  
[http://www.pcadv.org/Resources/WebReady\\_2010\\_FatalityReport.pdf](http://www.pcadv.org/Resources/WebReady_2010_FatalityReport.pdf)
2. **When Cheer Turns to Fear: Preventing Domestic Violence During the Holidays**  
<http://www.bcfs.net/netcommunity/page.aspx?pid=1315>
3. **When Cheer Turns to Fear: Preventing Domestic Violence During the Holidays**  
<http://www.bcfs.net/netcommunity/page.aspx?pid=1315>

## Women's Center Wish List

Dear Readers,

Last year, we presented gifts to over 80 children! To ensure that all of the children we serve will receive a present, The Women's Center is in need of *new, unwrapped* toys for *boys and girls* that would be age appropriate for the following age groups:

- Newborn to 2
- Ages 3- 5
- Ages 6- 8
- Ages 9- 11
- Ages 12- 14
- Ages 15- 17



To Contact The Women's Center:

<i>Administration</i>	<i>Hotline</i>
570.784.6632	570.784.6631
<i>Toll Free</i>	<i>Fax</i>
1.800.544.8293	570.784.6680
<i>24-hours / 7 days</i>	
email: <a href="mailto:womenctr1@verizon.net">womenctr1@verizon.net</a>	
<a href="http://www.thewomenscenterinc.org">www.thewomenscenterinc.org</a>	

**Yes!**

**I would like to support  
The Women's Center.**

Enclosed is my tax deductible  
donation of \$ \_\_\_\_\_

- Yes. Please *include* my name in a  
list of public donors.
- No. Please *do not* include my name.

*Donor*

Please Remit To: The Women's Center  
111 North Market Street  
Bloomsburg, PA 17815

### Household Items

Trash bags  
Toilet Paper/Paper Towels/Napkins/Tissues  
Cleaning Supplies (ALL kinds)  
Laundry Detergent (High Efficiency)  
Dryer sheets  
Liquid Hand Soap  
Lysol Spray  
Kitchen Sponges  
Light Bulbs  
Brooms/Mops  
Vacuum Cleaners

### Personal Items

Deodorant  
Body Wash/Soap  
Baby Wipes/ Diapers  
Band Aids  
Razors  
Shampoo/Conditioner  
Toothbrushes (brand name)  
Body Lotion

December 2011

# GIVING THANKS!

The Women's Center would like to give a special thank you to those completing the 60-hour volunteer training class for the Fall of 2011.

**Volunteer Graduates Include:**

- Cathy Emery*
- Karen DeMarco*
- April Elling*
- Gabrielle Ferrara*
- Hope Taylor*
- Amanda Smith*
- Jessica Vanderpool*

Volunteer training is a nine-week course (Tuesdays & Thursdays from 6pm-9pm), which covers topics including, but not limited to:

- Domestic Violence Issues
- Domestic Violence Issues with Children
- Rape
- Incest
- Feminist & Empowerment Counseling
- Teen/Dating Violence
- Community Resources
- Safety Planning
- Medical Advocacy
- Role Playing

**Anyone** who is interested in helping change the lives of victims of Domestic and Sexual Violence can participate in Volunteer Training.



*Thank you community members for your continuing generosity and support!*



*Photo courtesy of The Press Enterprise*

The Women's Center's annual anniversary luncheon was held on October 20<sup>th</sup> at the Danville Elks to recognize those who have "engaged in extraordinary advocacy efforts."

Awardees include, from left, front row, Janelle Grexon, Elaina Elmore, Caitlin Oberdorf, Patricia Ruth, Jody McHenry, Lisa Markara and Chris Gay; back row, Shelly Lee, Nina Rosendale, the Rev. Marjorie Menaul, Denny Stackhouse Mike Rush, Charles Blauvett, Jack Gerst, for his son Dr. Michael Gerst; Bob Kline, Nandini Sengupta and Karen Cotter.



111 North Market Street  
Bloomsburg, Pennsylvania 17815



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## December 2011 Issue

*Happy  
Holidays*

Current Resident or

**The Women's Center would like to extend a sincere *Thank You* to all of the generous businesses, organizations and community members who have made contributions to help us better serve victims and their children:**

*Steph Severn • Fredda Massari • Turkey Hill Inn • Nancy Weigle • Jessica Frey • Kay Betar • John Powers • Bruce Wenzel/Lunch Connection • Jane Bercher • Wesley United Methodist Church • Wendy Bolinsky • Tammy Reedy • Cheryl Jones • April Hollenbach • Mt. Zion United Methodist Church • Arunida Karwat • Giant • Oloran Japanese Restaurant • Darkside Tanning Co. • Venus Spa & Skin Care Center • Mary Rush & Charles Blauvelt • Déjà vu Children's Boutique • Keara Derr • Judith Malatesta • Tim Pelton (SOLVE) • Darwin C. Gosborn • Matthew Hess & Ferne Dorn • Sherri Fulmer • Sherian Angeli • Kathleen Hutzman • Sherrie Barton • Richard Knepley • Ruth Waters • Candace Rupert • Stacey Duran • Stacy Long • Liza Marx (PCADV) • Ann Marie Fought (Fought's Disposal) • Tina Nixon • Nancy Yount • Sarah Szczechpanski • Andrea Helwig • Michelle Latar • Walt Peters (Montour EMS) • Marthe Beauvois • Stacie Locklear & Crosswinds Martial Arts • Helen Hock • Randee Linsingigler • Creative Attitudes • Angela Storer • Brian Brown (Brown's Landscaping) • John Collins • Gwen Utt • Kathleen M. Campbell • Ann Keilbasa • Lynda Michaels • Alana B. Atchinson • Joanne Hunt • Trinity Reformed Church of Christ • Gloria D. Breech (Soroptimist International of Columbia County) • Springs Window Fashions • United Way • Zabrina Finn • Safe Haven, Inc. of Pike County • Survivors, Inc. • United Water Foundation, Inc. • Mary Claire Muller • Mychelle Smith • Don Egan • Tina Knouse (Berwick VFW) • Kay Camplese • Adam Bender • Trinity Lutheran Church • Bloom Fire Department • Grove Presbyterian • Valerie Swartz • Thomasena Sherwood • Patricia & Jay Barnes • Truist • Pine Barn Inn • Elaine V. Kerstetter • Jessica Brown • Sherry Chest • Linda Baker*