

SafeNews

Shop with your heart Oct. 25-Nov. 2

From Oct. 25-Nov. 2, 2008, SafeHaven will hold its annual HeartCard fundraiser. HeartCards can be purchased for \$50 through SafeHaven or at participating businesses, who offer a 20 percent discount to HeartCard holders. Proceeds from the card sales benefit SafeHaven's mission "to end family violence through safety, support, prevention and social change." SafeHaven operates two emergency shelter facilities for victims of family violence, as well as counseling and transitional living services.

"This fundraiser is essential to SafeHaven because it informs the community about domestic violence and raises money to support our services year-round," said Mary Lee Hafley, president and CEO.

Cards will also be sold at Berry Good Buys, the TCU-area resale shop owned by



SafeHaven. Berry Good Buys will also offer the 20 percent discount. Cardholders can use the card repeatedly during the sale period, which falls during early holiday shopping time.

Participating stores' names are featured in our printed HeartCard directory and on our website.

Pappagallo Classiques in Downtown Fort Worth (408 Houston St.) will hold a kick off party from 4 p.m. to 8 p.m. on Oct. 23, where they will let customers have the 20 percent discount early.

For further information, please contact Michelle Karr in the development department at 817-535-6462 ext 101 or email mkarr@safehaventc.org or visit www.safehaventc.org.

Legacy of Women Luncheon a success



This year's Legacy winners with speaker Patricia Heaton and CEO Mary Lee Hafley. From L to R: Suzi Hill, Joy Ann Havran, Deborah Jung, Patricia Heaton, Mary Lee Hafley, Patricia Harrison and Judy Bishop.

This Year's Legacy of Women Awards Luncheon, Oct. 2 at the Fort Worth Convention Center, raised nearly \$210,000 for SafeHaven's domestic violence prevention and intervention programs.

"The luncheon exceeded our expectations by helping us raise much-needed funds and honor women who excel in our community," said Mary Lee Hafley, CEO. "And the 750 people who attended learned how we are ending domestic violence."

Legacy award winners were:

Arts: Deborah Jung

Business: Suzi Hill

Education: Patricia "Pat" Harrison

Health/Human Services: Judi Bishop

Volunteerism: Joy Ann Havran

If you'd like to nominate a woman for next year's award, call 817-535-6462, ext. 119 or visit www.safehaventc.org.

SafeHaven Snaps



Texas Health Resources Food Drive

Harris Southwest Hospital, a division of Texas Health Resources, made a generous donation of can goods and a check for \$4,015.65.

Quilting for SafeHaven

The Friendship Quilters, a division of the Arlington Quilter's Guild, stitched an exquisite quilt for the Legacy of Women Awards Luncheon's silent auction. The auction raised almost \$10,000 to further the mission of SafeHaven to end domestic violence through safety, support, prevention and social change.



Lemonade for Camp Heart

Carson Bold, son of former children's program staff member LaShaunn Bold, visited SafeHaven's Camp Heart with his mother last summer. He was so glad that the kids got to go to camp and sad that some kids never do, so he decided to try to help. He sold \$25 worth of lemonade that summer and entered his story in the Disney Wondertime Magazine Kids Care Contest. He won and received \$1,000 for Camp Heart. Visit www.carsoncares.org to find out more about his fundraising activities.



Spotlight on SafeResponse

SafeHaven of Tarrant County began offering its unique SafeResponse program to the medical community and police departments throughout Tarrant County in 2007, and what started with a few volunteers is now run by staff combined with nearly 30 volunteers.

SafeResponse provides on-site crisis response 24 hours a day, 7 days a week to the medical community and police departments who call our hotline, 877-701-SAFE (7233).

"SafeResponse helps us reach domestic violence victims at the times of their crises," said Brenda Lopez-Mitchell, SafeResponse supervisor. "We've reached out to 74 women at hospitals and police stations from January to September 2008 and approximately half of those calls resulted in the victim seeking immediate emergency shelter with SafeHaven."

Lopez-Mitchell said that one client

she was able to help was beaten so severely that she went into cardiac arrest. She was in critical condition for a week, and when the hospital staff gave her our hotline number, she made the call.

"I received the call and went to the cardiac unit of the hospital," said Lopez-Mitchell. "I spoke with her for 2 hours about the options available to her."

The woman came to the shelter, obtained a permanent protective order, and received crimes victims' compensation for her injuries and time off of work. She maintained her marketing job and is rebuilding her life.

"She broke the cycle of violence in her life and is now living on her own, supporting herself, and hopes to one day give back to SafeHaven for what this program did for her," Lopez-Mitchell said.

All Tarrant County medical or law enforcement services are welcome to utilize SafeResponse at no charge and can do so by contacting Lopez-Mitchell at (817) 546-6040 ext. 226 or bmitchell@safehaventc.org.



Recently, I attended the First World Conference of Women's Shelters in Edmonton, Alberta, Canada. *The first.* Delegates heard Mahatma Ghandi's grandson speak about his grandfather's active examples of non-violence. I learned the first women's shelter in Vietnam opened in 2006. In the Philippines, a two room shelter exists inside a police station. A presentation by Dr. Jackson Katz, co-founder of Mentors in Violence Prevention, the leading gender violence prevention initiative in college athletics, challenged men to take active leadership roles in ending violence against women and children. With vocal protestors in the audience, he demonstrated firm commitment to domestic violence as a gender based issue.

Last month, across the Trinity at the Foundations of Change Summit, leaders from across Texas in the fields of business, education, health, media, youth, faith, economics and criminal justice joined to craft strategies to end domestic abuse in Texas in the next ten years. I chaired the Education Panel, which sought answers to infusing date abuse into school curriculum and educating school boards about the relevance of this issue to academic achievement. Participants from Tarrant County were represented on every panel including business owners and community leaders such as Pam Minick, Bill Bowie, Nina Jackson and Daphne Barlow who will return to their companies, schools and organizations with visionary ideas and realistic applications.

But right now, in the middle of Domestic Violence Awareness Month, how can we end one of the oldest, most deleterious generational cycles still in existence? Try this: Stop tolerating disrespectful language that exploits or objectifies women. I hear that language everywhere... at community meetings, in churches, on the playground. We should hold those around us to higher standards that demonstrate value for all persons regardless of gender. Simple expressions like "Don't throw like a girl," are not harmless. As former Davey O'Brien winner Don McPherson affirms, "I'm not going to make my son better by degrading my daughter."

Ending domestic violence requires a community wide dialog around topics that are uncomfortable. Yet you can make a difference today by changing your language. It's one practical way to ensure your daughter or granddaughter won't become a victim of domestic violence.

Roy McPherson



SafeHaven client not a victim, but a survivor

Tabitha is safely in our transitional living program. She has written her story for us to share below.

The abuse started in 1997, when I met the man who would soon become my husband. I was unaware that I was being abused and assumed that all couples experienced what I was going through. It started with the occasional sarcastic remarks, which turned into public embarrassment and then name-calling and physical contact. This treatment continued throughout our courtship. In 2003, I married the man that I now call my abuser. Marriage did not change a thing, though I must be honest, I thought that it would. Instead, it got worse. There were times when we would go out and I would wonder how I would get home because he would leave me stranded wherever he would take me, leaving it up to me to find a way home. Usually I would take a taxi. I did not have friends that I could call on because he scared them all away. After going to the ER for injuries, calling the police on several occasions, pressing charges, and protecting my children from getting hit with flying objects, I decided that enough was enough. In August 2007, after being dragged from the hallway of my home to the

bedroom and realizing that my daughter; who was then four years old, was witnessing this, I decided to leave. So, when my husband went to work for the day I called SafeHaven. My three children and I left with nothing but the clothes on our backs. We were escorted to the shelter by the Arlington Police Department. It is now October 2008, I am divorced from my husband and we are in a safe environment. I owe it all to SafeHaven of Tarrant County. The staff provided me with assistance for food, shelter, legal representation, and counseling.

I am stronger and more confident now and I am ready to spread my wings and fly.

I am now preparing myself to finish my undergraduate degree in Biology and then attend medical school. I owe it to myself and to my children, who deserve to see a happy, healthy mommy who wants to create a promising future for them without fear. I teach my little girls that hands are not for hitting -- they are for loving.

There were times I was not sure if I would be able to hug my children the next day ... I just did not know if I would survive another incident. It is for this reason that I do not consider myself a Domestic Violence Victim but a Domestic Violence Survivor.

Holiday Help Needed

The holidays are coming and we need your help to make sure they are happy days for Tarrant County's domestic violence survivors.

For Thanksgiving, we provide baskets of necessities so clients can cook for their families. Needed items include: Aluminum pans, grocery store gift cards for Thanksgiving feast ingredients or "all the fixins" including turkeys, canned or fully cooked hams, stuffing mix, instant or fresh potatoes, dry milk, canned green beans, spices, canned cranberries, corn, sweet potatoes, sugar, flour and other baking items. Drop off Thanksgiving Baskets at the Arlington Resource Center (401 W. Sanford, ste. 1400) or Berry Good Buys in Fort Worth (1701 W. Berry St.) between Monday, Nov. 17 and Friday, Nov. 21. All baskets will be delivered to clients by Tuesday, Nov. 25.

SafeHaven's SafeAngels Holiday Program is also in full swing. SafeAngels consists of Santa's Sack and Adopt-a-Family programs. For Santa's Sack, your donation of new toys

will be given to children in the shelter at Christmas time. These toys are also used for children's birthday presents all year and to comfort children when they enter the shelter. Adopt-a-Family allows donors to provide all of the holiday needs for a family in our transitional living program. Your company, neighborhood, Sunday School class or family can select a family to adopt. In December, there will be drop-off locations for all holiday donations at Lincoln Square shopping center (436 Lincoln Square) in Arlington and University Park Village (1616 S. University) in Fort Worth. Volunteers are needed to accept donations at both locations. For more information, please call Geri Medlin at 817-548-0583 x226 or gmedlin@safehaventc.org. You can also find information on our Website, www.safehaventc.org.





SafeHaven of Tarrant County
6815 Manhattan Blvd., Ste. 105
Fort Worth, TX 76120

Non-Profit Org.
U.S. Postage
PAID
Fort Worth, TX
Permit #1428

SafeHaven Stats

**From January through September of
2008,
SafeHaven:**

Answered **29,152** hotline calls to **1-877-701 SAFE (7233)**
Logged **17,474.5** volunteer hours
Educated **43,289** people about family violence
Provided emergency shelter to **2179** adults and children

Leaving a Legacy

If you'd like to leave a legacy of providing for Tarrant County's victims of domestic violence by making arrangements to include SafeHaven and its programs in your will, please contact Reece Small at 817-535-6462, ext. 105.

Contact us:

Development offices: 817-535-6462, ext. 119
24-hour Emergency Hotline: 1-877-701-SAFE (7233)
www.safehaventc.org

Immediate needs for shelter clients

- Children's pajamas, underwear, socks and clothing
- School supplies
- Female personal hygiene items and toiletries
- Women's undergarments
- Women's professional clothing
- Women's plus sized clothing
- Baby formula, bottles, etc.
- Non-perishable food
- Ethnic hair care products
- New pillows and twin sheets

**Our mission is to end domestic violence
through safety, support, prevention and
social change.**

Monthly E-mail Newsletter

To receive our monthly e-news, please e-mail Sarah McClellan-Brandt at sbrandt@safehaventc.org or call 817-535-6462, ext. 119.