

Safe Harbor News

**Community Report
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Mission Statement:

Safe Harbor provides prevention, intervention, education and outreach services to empower individuals, families and the community to end all forms of domestic abuse and sexual assault.

Our Vision: to create a safe and respectful community free of interpersonal violence.

Handling Family Friction at the Holidays

Question: What is...
...seeing more than one turkey at the dinner table?
...hearing loud noises that are not jingle bells?
...having feelings of dread and stress unrelated to choosing the right gift?

Answer: When family chaos turns to family crisis during the holidays.

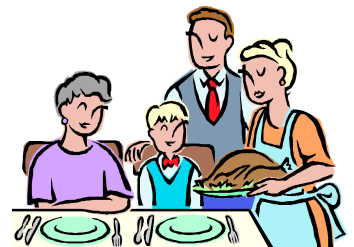
At the idealized version of holiday time, all family members have an awakening of peace, joy and love, putting an end to purposeless power plays. However we know this is not reality and our denial will not make these realities of turmoil disappear. We do have control of our lives however, and the choices we make about how to handle the resistance of our family members can reduce conflict and stress.

Here are four suggestions to consider in minimizing the crisis that can result from fitful family chaos:

1) Disconnect from the drama
Plan ahead to manage the interaction and the time spent with the fitful family. If you know that a certain issue or conflict is bound to arise, plan ahead how you will handle it. What will you do or say, if anything? If some family visits are not enjoyable, consider limiting the time you spend with them. Make other plans with those whose company you do enjoy.

2) Stay out of in-law arguments. Be supportive and resist defensiveness. The holiday gathering is not the time to express disapproval for in-laws. The focus might then suddenly shift to you and your bothersome relatives!

3) Keep the kids out of the conflict. Don't use the kids as pawns and don't manipulate them with presents. After a separation, divorce or remarriage many things change, including holiday celebrations. There could still be lingering resent-



Article author Mary Kay Howie, MSW, LCSW is a therapist with 30+ years experience treating survivors of family violence.

ments and unsettled agreements. Don't use the kids as a pawn or players in adult conflicts. Try to keep adult issues between the adults involved, to honor this time of year for the children's sake.

4) Make realistic expectations. Don't expect your holidays to be like your childhood. Don't force the fun, but be open for resolution. Be realistic when you plan for the day and don't let your loved ones' shortcomings ruin your spirit.

Safe Harbor Got Its Start 20 Years Ago

Twenty years ago this fall Safe Harbor began. Originally established as Safe Harbor Domestic Abuse Program, it operated out of a modest ranch house owned by St. Nicholas Hospital, at an undisclosed location. Today Safe Harbor of Sheboygan County, Inc. is located in a secure location at 929 Niagara Avenue with an 18 bed capacity.

We have added programs in response to community need and have seen many changes over the years. But Safe Harbor's first employee, Mary Fontanazza, is still working here to support our mission.

There are three significant reasons we are able to continue make a difference in hundreds of lives each year:

- 1) the work of our dedicated **staff and volunteers**;
- 2) the partnerships we have with other **community agencies and entities** who recognize the need to provide prevention and intervention services; and
- 3) the generous financial support of the people of **our community**. **THANK YOU!**

October is Domestic Violence Awareness Month



The purple ribbon is the official symbol of Domestic Violence Awareness

Each year Safe Harbor marks Domestic Violence Awareness Month in an effort to break the silence on a subject that still is not recognized as the costly and widespread human rights problem it is. Here are some facts about domestic violence in the U.S.:

- **1.5 million children live in homes** in which partner violence occurred at least once in the last year;
- **On a single day in 2009, 32,254** domestic violence victims (adults and children) were living in a domestic violence shelter or transitional housing facility. **Another 32,397** individuals received non-residential assistance and services.

In Sheboygan County in 2009, **467 domes-**

tic violence cases were referred by law enforcement to the District Attorney who prosecuted **441 cases, 44 as felonies; 59** persons were charged **as repeat offenders.**

Watch for our Domestic Violence Awareness Month display at Memorial Mall near the center court during October!

Dr. Phil teams up with NNEDV

The National Network to End Domestic Violence has an exciting new partnership with Dr. Phil McGraw from the *Dr. Phil* show. On Sept. 13, the premiere of his 9th season, Dr. Phil announced his plans to do a **season-long campaign to end the silence on domestic violence.**

Annual Service Club Event to Benefit SH!



Safe Harbor is excited to announce that we have been chosen as **the first ever partner charity** for the annual Service Club Charity Ball! The selection process included an application and interview. Safe Harbor will receive **50%** of the event's proceeds, with the rest distributed to a variety of charities throughout Sheboygan County.

This year's ball is "A Fete of Fractured Fairy Tales" to be held on Saturday, November 13, 2010 at The Bull, at 5:30 p.m. The Charity Ball is the group's only fundraiser and features a variety show

performed by Service Club members and spouses as well as dinner, dancing and outstanding auction items. Tickets are \$75 a person and can be purchased by calling Kristina Marcus at 920-889-8982, or Heidi Bemis at 920-917-7960 for corporate tables of eight. For more information about this fun event, please visit the club's website at www.sheboyganserviceclub.org.

Sheboygan Service Club, founded in 1931, has a proud history rooted in the belief that a group of women can give powerful witness to charity and social justice. Safe Harbor is proud to be a beneficiary of their volunteer work.

Do You Care to Go Grocery Shopping? We Care!



You can help Safe Harbor earn cash from Roundy's every time you shop at Pick 'N Save, and it won't cost you a cent! Safe Harbor is registered with Roundy's as a community charity which can benefit from the We Care program. If you have a Roundy's customer card (and you should, because it can save you lots of money there), you can sign up to have Safe Harbor benefit from a percentage of your

purchase total. Then when you present your Roundy's customer card to the cashier, your purchases are automatically credited toward Safe Harbor's We Care tally. Each calendar quarter Roundy's automatically sends Safe Harbor a check representing the total of all our "We Care" friends' credits. We look forward to getting those checks! **Go to any Pick 'N Save customer service desk and sign up for We Care for Safe Harbor today!**

Aurora's Tom Zilavy Joins SH Board of Directors

Tom Zilavy, Administrator of the Aurora Sheboygan Clinic, joined the board of directors of Safe Harbor effective August, 2010.

At Aurora, Tom is responsible for providing strategic leadership, management and direction to ensure efficient and effective healthcare operations in the Sheboygan County market. He has a Bachelor of Business Administration degree from UW-Milwaukee.

He is also the Treasurer of Sheboygan Area Community Clinic, Inc.

Safe Harbor is excited to have this enhanced relationship with Aurora Health Care via Tom's leadership commitment to our organization as a board member. We anticipate we will be working more closely with the medical community in the near future and Tom's leadership role will be an important asset to our organization as we do. We welcome Tom to our volunteer board and thank him for his willingness to lend his talents to support Safe Harbor's mission.



Tom Zilavy, Administrator of Aurora Sheboygan Clinic, has joined the Safe Harbor Board of Directors.

"Men Who Cook for Safe Harbor" is coming!

Safe Harbor's new signature fundraising event, *Men Who Cook for Safe Harbor*, will debut on Saturday, **February 12, 2011 at The Bull**. Attendees will have the opportunity to sample food prepared by accomplished amateur chefs from around the county.

The volunteer *Men Who Cook* committee has already confirmed 21 cooks for the

event, with more to come. A *"Men Who Cook for Safe Harbor"* cookbook will be produced and provided to event participants and sponsors, and will feature mini profiles of the cooks as well. You are likely to know some of our cooks, and we're sure you will enjoy the opportunity to sample their specialties! Attendees will also have the opportunity

win cash raffles, and bid on some unique auction items. *"Men Who Cook for Safe Harbor"* is Safe Harbor's exclusive fundraising event. Proceeds of the evening will support programs and operations here, including domestic violence and sexual assault prevention and intervention; children's programming; and outreach and education.

Save the Date:
Saturday,
February 12, 2011,
at The Bull
marks the
debut of
*Men Who Cook
for Safe Harbor!*

2010 Safe Harbor Volunteer Board of Directors

Board Officers

Helen Stanskas <i>VP, Sr. Investment Mgr., Wells Fargo Banks</i>	President
Mia McMillan <i>Business Process Consultant</i>	Vice President
Judy Demers, <i>AVP - Branch Manager, Johnson Bank</i>	Secretary
Adam Norlander, CPA <i>Controller, ACUITY</i>	Treasurer
John Garland <i>1st VP, Fin'l. Advisor, Morgan Stanley Smith Barney</i>	Past President

At Large Members

Andy Bagnall <i>St. Nicholas Hospital</i>	Sheri Smith <i>Kohler Company</i>
Jennifer Delwiche <i>Concordia College</i>	Nicki Stayer-Suprick
Michelle Gentine <i>Masters Gallery Foods</i>	Stephanie Waldon <i>Rohde Dales</i>
Carol Sherman Haid <i>Insights, LLC</i>	Tom Zilavy <i>Aurora Health Care</i>
Christine Smith	
Ex-Officio: Teri Strub Katy Pruitt	Executive Director Director of Services



**Safe Harbor of
Sheboygan County, Inc.**

Mail address:
P.O. Box 582
Sheboygan, WI 53082-0582

**24 hour crisis hotline:
920-452-7640
800-499-7640**

Non-Profit Org.
U.S. Postage Paid
Sheboygan, WI
Permit #94

We're on the web!
www.sheboygansafeharbor.org

To remove your name from our
mail list please call 920-452-8611
or email us at:
info@sheboygansafeharbor.org

We thank our
newsletter sponsor:
St. Nicholas Hospital

OR CURRENT RESIDENT

Safe Harbor provides prevention, intervention, education and outreach services to empower individuals, families and the community to end all forms of domestic violence and sexual assault.

Ways You Can Make A Difference and Create Change

As important as it is to teach girls and women to not tolerate a violent relationship, it's equally important to teach boys and men that violence is not OK. Here are some ways you can make a difference.

- 1) **Be supportive** of a person in your life who has experienced or may be experiencing violence, by listening and believing without blaming or judging.
- 2) **Start conversations** with your children, your partners, and friends about the importance of mutual respect and meaningful consent in healthy relationships.
- 3) **Practice and model behavior** that is respectful and non-violent.
- 4) **Speak up and voice objections** to violence being used to settle disputes.
- 5) **Don't buy it!** Refuse to financially support companies that promote sexual exploitation in their advertising. Be sure to let the company know why you are not buying their products.
- 6) **Talk to someone you know** who makes sexist, racist, homophobic or otherwise bigoted remarks. Explain why the behavior is not OK.
- 7) **Invite a Safe Harbor representative** to speak to your class, workplace, church or organization about nonviolent, healthy relationships.
- 8) **Urge your political leaders** to take a stand; to support laws meant to protect victims and budgets that provide needed services for victims.
- 9) **Educate yourself** about domestic and sexual violence. Read books, do research online, and seek out the diverse voices of survivors.
- 10) **Volunteer** your time, talent and energy to help raise awareness in your own community.

With each of us taking these important steps, one at a time, we will begin to see a change in ourselves, our families, our communities, and society as a whole.

Adapted from Advocates of Ozaukee, 2009