

SHALVA NEWS

**Giving voice to the unspeakable...
responding to domestic abuse
in Jewish homes.**

SPRING 2005

Lisa Madigan Illinois Attorney General Guest Speaker at SHALVA Annual Meeting Luncheon Tuesday, June 21, 2005 12pm-2pm Standard Club



Lisa Madigan was elected the 41st Attorney General of Illinois on Nov. 5, 2002. She is the first woman to hold this position.

As the state's chief legal officer, Madigan is an advocate for the people of Illinois and for the State, protecting the public.

As Attorney General, Madigan has used the power of her office to advocate for greater services to protect women and children who are victims of domestic violence and sexual assault. In 2003, Madigan brought law enforcement leaders across the state together to form the Illinois Sex Offender Registry Team (I-SORT). As a result of their work together, the accuracy and use of this important public safety tool has substantially increased and Illinoisans now have access to more detailed information on the location and criminal history of registered sex offenders living in their community.

Madigan has diligently worked on many fronts to combat domestic violence by providing local law enforcement with

the tools they need to increase the conviction rate of domestic abusers, supporting domestic violence and sexual assault service providers, and promoting greater public awareness. In the past year, she has unveiled two programs to increase domestic violence prevention and prosecution in Illinois. Under her guidance, the Office of the Attorney General launched a "Short Form Notification" program. This program makes it easier for law enforcement officers throughout Illinois to serve domestic abusers with notice of orders of protection and, thus, better protect women and children from their abuser.

Madigan also created an initiative to help law enforcement provide critical information to domestic violence survivors. As part of this initiative, her office has begun distributing 2.5 million "tear sheets" to every law enforcement agency in the state. Now, when officers respond to a domestic violence call, they

will be able to give victims a one-page guide (known as a tear-sheet) which details, in English and Spanish, their rights under Illinois' Domestic Violence Act, as well as the name and phone number of a nearby domestic violence service agency.

Before her election as Attorney General, Madigan served in the Illinois Senate and worked as a litigator for a Chicago law firm. Prior to becoming an attorney, Madigan worked as a teacher and community advocate, developing after-school programs to help kids stay away from drugs and gangs. She also traveled to South Africa, during apartheid, to work as a volunteer high school teacher.

Madigan received her bachelor's degree from Georgetown University and her J.D. from Loyola University Law School. She and her husband, Pat Byrnes, have one daughter.

Letter from the President

Faye Kroshinsky

By now, you are no doubt preparing for Pesach! As I write this column, for the last time, we are almost upon the festival of Purim.

The Purim story was about a powerful villain who turned the King of Persia against the Jews. Esther, a Jewess and the King's wife, took an immense risk by courageously revealing to the King that she was a Jew. In telling the truth about her identity, she faced her fear and helplessness. It was the courage of one that bravely saved the Jewish community and people.

There are many abused women in our local Jewish community similarly facing fear and helplessness each and every day. Unlike Esther they cannot always face their villain head on. However, they are no less brave or courageous than Esther.

We know that one in every four women will face abuse in her lifetime. Unfortunately, not all these women know about SHALVA's crisis services. SHALVA sees a mere fraction of that



number. Through outreach SHALVA continues to educate our community that domestic abuse exists and that there is an organization dedicated to the alleviation of abuse and to assisting the victims of abuse.

It is my hope that our community will help all the very brave Queen Esthers among us to face their feelings of fear and helplessness and to triumph over them. Thankfully they have an organization like SHALVA to which they can turn to for help in dealing with their struggle.

On a personal note, this is my last column as President of SHALVA's Board of Directors. It has been a tremendous privilege to serve as President of this Board. I want to thank the Executive Committee and the Board of Directors for their endless support and dedication. I also want to thank Janice Wahnon, SHALVA's Executive Director, and the SHALVA staff. They are an incredibly special group of individuals who I know will continue working until an organization like SHALVA is no longer needed in our community. Until then, please support this very worthy organization. Thank you all.

Faye Kroshinsky

Letter from the Executive Director

Janice Wahnon



For the last 1 1/2 years SHALVA's staff has been focused on analyzing our client and outreach statistics. It is a subject matter that to most people would be of little interest, but not here at SHALVA. Program service statistics have been a continuous hot button conversation since I began my tenure in June 2003. This being the case, I have spent many hours thinking about why this information is so important.

To our individual donors and private corporate/foundation funders, these numbers signify how their money is spent. It shows SHALVA's client numbers, hours of services, and program effectiveness. To the community, these numbers provide insight into the overall issue of abuse in the community. They help to

dispel the myth that abuse does not happen in the Jewish community. To SHALVA's staff, statistics provide a means to better assist the clients that call and walk through our doors on a daily basis.

To me, the most significant thing is that these numbers are not faceless or anonymous. Each number represents a person reaching out, courageously seeking help. These numbers are people; women living in abusive situations. These numbers are parents and friends trying to help in some way. These numbers include Rabbis throughout the community calling to refer one of their congregants to a therapist. These numbers are staff members from other agencies like the ARK, JCFS or JCB calling to refer their clients struggling with domestic abuse. These numbers are teens calling to ask how they can help their friends. The list goes on and on...

As you read our newsletter, notice the statistics about children who grow up witnessing domestic abuse in their home and how it affects them throughout their lives. The numbers may just surprise you.

SHALVA

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SHALVA NEWS

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SHALVA HAPPENINGS

SHALVA Unity Dinner

On November 17, 2004, SHALVA held its annual Unity Dinner at the Hyatt Regency Chicago. The Rodef Shalom Award was given to the Honorable Nancy Sidote Salyers. She has spent her entire career working tirelessly on behalf of women and children in abusive situations.

The keynote speaker was Jeff Benedict, best selling author and investigative journalist. Mr. Benedict spoke about what men can do to alleviate abuse in our community. He talked about the importance of honorable male role models in our society.



Jeff Benedict (Keynote speaker), Nancy Sidote Salyers (Rodef Shalom Award Recipient)



(left to right) Marilyn Eisenberg (Dinner Co-chair), Viki Rivkin (Dinner Co-Chair) Janice Wahnon (Executive Director) Faye Kroshinsky (Board President), (front) Nancy Sidote Salyers (Rodef Shalom Award Recipient), Jeff Benedict (Keynote speaker)



(left to right) Sharon Eiseman (Dinner Co-chair), Nancy Sidote Salyers (Rodef Shalom Award Recipient), Renee Goldfarb (Board member & Dinner co-chair)



Renee Goldfarb (Board member), Nancy Sidote Salyers (Rodef Shalom Award presentation.)

DEVELOPMENTS

A friend of SHALVA offered the following heart-felt expressions on her 40th birthday to her friends. She asked that donations be made to SHALVA to help abused women in honor of her birthday and blessed life. Thank you Betsy Forester for sharing these beautiful words with all of us.

“Words to My Friends”

A Nigerian proverb advises: “Hold a friend with both of your hands.” I am so grateful tonight to know that so many hands support me in my life’s journey. Your friendship is a powerful force. Even when we are not together, I draw strength, courage, and pride from your love and faith in me. I hope that tonight will be an opportunity to celebrate life and friendship. We’ll drink a little, eat a little, and soak up a bit of the energy that binds each of you to me and me to you. Thank you all for coming.

I feel amazingly lucky to have been blessed with the life I have been given. No matter what comes, I am grateful to God for forty years in which I’ve been able to grow, learn, feel, and do so much. I have lived my entire life in a safe and loving environment, from which I have been able to go out into the world with confidence and energy to help others. It seems natural, therefore, to show my appreciation by helping to make peace and shelter possible for other women who have not been so lucky. I want to thank you for joining me in making a meaningful gift to SHALVA. I hope that the women we support can begin to feel as if someone is holding them with both hands and that they will be strengthened by that feeling.

*It is no small matter to make a difference in someone’s life,
To touch her soul, to guide her path.*

*It is no small matter to help her cry, to reach for her hand,
To make her laugh.*

*It is no trivial thing to love without judging, to praise without ego,
To guide without fear.*

*It is no trivial thing to give without asking, to accept without
Challenge, to hold someone dear.*

*When that someone’s a friend it is also a privilege,
A blessing to the one who gives and receives*

*So I think you, my friends, from my grateful neshama
For all of the blessings that you bring to me.*

THANK YOU!

Frame Factory!

A special thank you to the Frame Factory for their gracious donation of custom frames for the winning Healthy Relationship posters. These frames have not only enhanced the posters appearance, but have provided a safe way to display the posters as they travel to a variety of locations including the Jewish United Fund and local JCC buildings. The Frame Factory is located at 1809 W. Webster in Chicago, 312-862-1010.

Greater Westside Girls Club!

A special thank you goes out to the Greater Westside Girls Club for their generous honorarium to SHALVA. This lovely group of women meet to renew and catch up with their grade school classmates from Chicago’s Westside. SHALVA’s Bobbie Gordon was the guest speaker at their most recent dinner event. If you are looking to connect with your former Westside friends, call us at SHALVA and we’ll make certain to connect you!

INVEST in a Healthier Community

You can make a lasting contribution to the struggle against domestic abuse in the Jewish community. A bequest gift to SHALVA – is an easy, yet very important, way for you to help.

If you don’t already have a will or a living trust, consider consulting an attorney about drawing one up. Either will provide you with an excellent way to meet your needs and those of your loved ones while allowing you to continue supporting the organizations you care about. If you already have a will or trust, you can change it any time to include a gift to SHALVA.

Here is some language you can use to make a bequest:

I hereby give to SHALVA, 1610 W Highland #9, Chicago, IL 60660, the sum of \$___ dollars (or describe the percentage of your assets or the specific property you intend to give).

Once you decide to make such a bequest, please let us know. We would like to thank you for your very special gift and make you a part of our Legacy Circle, which recognizes those forward-looking individuals who make bequests and other planned gifts to SHALVA. **For information, please contact Ava Newbart, Development Director, at 773-583-4673.**

Client needs: WISH LIST

Many women come to SHALVA seeking emergency funds for basic needs – often clothing, food and household products. Your donation of gift certificates is an easy way for you to directly assist these women and children.

Gift Certificates from: • Dominick’s • Jewel • Osco • Target • Walgreen’s • Wal-Mart

Other needs: • Donated legal consultation



Cell Phones for Safety

A big thank you to our donors for giving SHALVA your old cell phones!

Your cell phone contributions have generated over \$9000 for SHALVA programs since the inception of this program in June 2004.

A special thank you to Autosonics in Highland Park for their continued support of our program.

Please search your drawers and closets for cellular phones that you can contribute.

Shelters and domestic violence agencies collect cell phones to refurbish for use by abused women. The phones are distributed free and can be used as part of a safety plan to have immediate access to police, as needed. Public concern over abused women's welfare has been such that the number of cell phones collected nationwide far out measures the number needed.

The agency that we partner with in Florida has found a way to further the cause of domestic violence agencies and shelters by buying the extra phones for \$1-\$20 per phone, depending on the model. They

pay the cost of shipping. More than 200 organizations participate in this program. This is a unique and simple fundraising opportunity for SHALVA.

Cell Phone Drop Off Locations:

Anshe Emet, Chicago
773-281-1423

Am Shalom, Glencoe
847-835-4800

Adas Yeshurun, Chicago
773-465-2288

Beth Hillel Congregation, Wilmette
847-256-1213

Congregation Beth Or, Deerfield
847-945-0477

Moriah Congregation, Deerfield
847-948-5340

Northshore Congregation Israel, Glencoe
847-835-0724

Ner Tamid Ezra Habonim Congregation,
Chicago
773-465-6090

Shir Shalom, Arlington Heights
847-870-8005

Temple Jeremiah, Northfield
847-441-5760

Let us know if you want to add your organization to our list.

Anshe Emet Synagogue: Cell Phones Collected for Social Action Project

THANK YOU! Students in Anshe Emet's Bar & Bat Mitzvah Institute collected approximately 160 cell phones! The students created a special social action project called, "Phones for Funds" after attending one of SHALVA's outreach presentations about Bullying and the Culture of Middle School. Students created and distributed flyers throughout the Synagogue and their local community advertising this special cell phone campaign and their efforts raised nearly \$650 for SHALVA!

GREAT "SOCIAL ACTION" OR "TZEDAKAH" PROJECT! Collect Cell Phones For Your Bat/Bar Mitzvah...

A great way to honor your special day... collect cell phones for SHALVA. SHALVA currently collects cell phones throughout the community. The proceeds from the sale of the phones are used to help support a variety of client services and community programs. Its' SO easy...

All you need to do is set up a drop box location in your synagogue and ask your friends and family to donate their old phones to SHALVA. Call us for more information at 773-583-4673.

TRIBUTE CARDS



Artwork by poster contest winners for Domestic Violence Awareness month
Send positive messages about healthy relationships through art!

6 cards for ONLY! \$24

You can use them for...thank you notes, event invitations, birthday cards, & donation acknowledgments. This month's favorite use... as place cards & favors for each guest attending a recent 60th birthday celebration. Use the attached envelope to order!

• **To Make A Donation to SHALVA use the attached envelope.** •

The Children Don't Know Or Do They?

Sheila's Story*

Sheila has four children, three sons 18,15,10 and a daughter age 12.

Her oldest son was seriously into drugs. He was thrown out of two different yeshivas, spent a short time in Jerusalem and was now at home. No longer religious and not working he would stay out half the night. Worse yet, he was bringing unsavory friends home and Sheila had begun to hide her money and jewelry. He was spinning wildly out of control as Sheila stood helplessly by, valiantly trying to set boundaries and get him into a drug treatment program.

Sheila thanked G-d that her second son was such a pleasure. Away at a prestigious yeshiva, Rabbis reported him to be studious, polite, hardworking, quiet and very reserved. He didn't interact much with the other boys, but they felt he was just shy. He likes to keep to himself,

Boys who witness domestic abuse are:

4 times more likely to be abusive in a dating relationship

they'd report and he's often withdrawn, but a real joy to have as a student. Laughingly they would say he sleeps a lot and has difficulty getting out of bed, like all teenagers.

Sheila worried about her daughter. At 12 she was thin as a rail and a very poor eater, no matter how many enticing foods Sheila would prepare for her. Occasionally Sheila would find her daughter in the bathroom, vomiting, claiming the food to be too rich. Quiet as a mouse, never causing problems, Sheila would sometimes forget she was there, invisible.

Her third son had tantrums at age 10. He had bed-wetting problems and though Sheila had taken him to see the finest doctors, he still continued to have problems. Lately he had begun

to have accidents at school. He would report how the boys at school would pick on him. He was angry and irritable, often blaming everyone for any problems he had. It was like walking on eggshells when he was around and Sheila never knew when he would blow and become rageful and physically violent toward her and his siblings.

Boys who witness domestic abuse are:

25 times more likely to commit rape as an adult



Her son's teacher called because he was concerned about his behavior.

Her son had begun bullying the younger children and his teacher suggested counseling. Sheila sought counseling

with a psychologist for her youngest son. After all, he was the one with so many problems. After taking an extensive history, the psychologist called us for consultation. What she reported were clearly the warning signs of children who witness and experience domestic abuse. We worked with the psychologist to further encourage Sheila to call us. Finally she sat in my office, holding her head and sobbing, "What have I done to my children?"

Sheila was a rational woman who understood children and tried to be the best possible parent she could be but...

Girls who grow up in abusive homes are:

More likely to develop eating disorders

Her husband was verbally and physically abusive toward her. He undermined and belittled every thing she said and did, especially in regard to parenting. He would accuse her of being an unfit mother and threaten to take the children away from her. Once a week he would give Sheila \$40 for groceries to feed a family of six and then would criticize her for buying only what was on sale. The bedroom door had a mysterious hole in the center and most of Sheila's favorite china was broken. To the outside world, he was charming and personable. But behind closed doors, his behavior was crazy making; calm and loving one minute, rageful and violent the next. Sheila never knew what to expect when he came home.

(Continued on page 7)

Boys who witness domestic abuse are:

1000 times more likely to commit violent acts against an adult partner or their own children

Boys who witness domestic abuse are:

6 times more likely to commit suicide

Sheila knew his behavior was abusive, but he had never directed his behavior toward the children. In order to keep the family together, she could withstand the abuse. "After all," she would say, "He loves his children and is a very good father. He would never hit them." He was always there to drive them, sign them up for every activity, go to school conferences, and be at every doctor, dentist and eye appointment. He was even willing, actually insisting, that if he were to allow his children to be in therapy, he would sit with them in their sessions. In the guise of care and concern, he controlled their every move.

What Sheila didn't realize was that her children were silent victims of abuse. Women abuse is child abuse. Their behavior and various problems had a direct correlation to what was going on in their home. Sheila thought she had hidden much of the abuse from her children, but events can be witnessed in many ways, not just by sight. Many an evening, when Sheila thought they were asleep, her daughter would hear her crying; her sons would hear their father's threats, cursing and degrading language. Often in the morning they would see torn clothes, bruises, broken furniture and their mother's red-rimmed eyes.

Girls who grow up in abusive homes are:

More likely to become involved in self inflicted injuring behavior

According to recent statistics, 90% of children are aware of the abuse directed at their mothers. Children exposed to an abusive environment experience feelings of fear, shame, blame, helplessness, guilt, and confusion much the same as their mother. Abuse is a learned behavior and intergenerational which can have an emotional, behavioral, cognitive and physical impact that may effect their

future. Though Sheila's husband never laid a hand on them, their children were traumatically and predictably affected in both overt and subtle ways.

Sheila comes weekly for counseling and is in a SHALVA support group with other mothers experiencing domestic abuse. She is working hard to understand how this could have happened to someone like her. Besides feeling frightened and confused, she struggles with guilt and shame. "I'm a failure," cried Sheila. "I tried desperately to keep my family together and protect my children and in

Girls who grow up in abusive homes are:

6.5 times more likely to be sexually abused

doing so I was blind to how they were suffering the consequences." Sheila and her children are optimistic about their future. The road ahead will be difficult but they have a much greater understanding of what has happened. Though it is painful, Sheila is learning to talk with her children about the abuse and validate their feelings. She recognizes how important it is to reassure them that they are not to blame. At the same time she is struggling to understand her own feelings and stop blaming herself. With the help of SHALVA, Sheila will reclaim herself and her children thus breaking the cycle of abuse.

*Sheila is a pseudonym

Girls who grow up in abusive homes are:

More likely to become pregnant as teenagers



Effects on children who witness abuse

- Withdrawal from others, especially if he/she was normally social before.
- Regression to an early age: bedwetting, whining, clinging, weepiness, fear of strangers.
- Disturbances in sleeping: usually insomnia or frequent waking.
- Disturbances in eating habits: lack of appetite, indigestion, gorging, or the onset of eating disorders.
- Nightmares, which may or may not be about the witnessed abuse.
- Cognitive or language problems and developmental delays
- Stress-related physical ailments; headaches, stomachaches, ulcers, rashes, short attention span, anxiety, frequently misdiagnosed Attention Deficit Disorder.
- Aggressive behavior toward other children: fighting, teasing, bullying
- Failure to thrive
- Experience poor health, low self-esteem, poor impulse control, sleeping difficulties, feelings of powerlessness
- Are at a high risk for alcohol and drug use, cutting, sexual acting out, running away from home, isolation, loneliness, fear and suicide.

SHALVA NEWS

SHALVA's mission is to bring tranquility and safety to Jewish homes and relationships through the prevention and alleviation of domestic abuse. Thank you for your support!

SPRING 2005

Domestic Abuse Awareness Weekend Comes to Congregation BJBE

During the weekend of April 8-11, 2005, Congregation B'Nai Jehoshua Beth Elohim (BJBE) in Glenview hosted a powerful series of programs focused on raising awareness of domestic abuse in the Jewish community. On Friday night at the Shabbat service, Rabbi Karyn Kedar spoke both eloquently and spiritually. On Sunday a panel discussion was

held with the collaboration of SHALVA, JWI and Associates in Human Development. The panel included, SHALVA's Clinical Director, Barbara Siegel, Dr. David Finn, and Rabbi Kedar with Amy Rubin as moderator. On Monday night, SHALVA'S Outreach Coordinator Bobbie Gordon and Response Center's Randy Parks

spoke to the congregation's students, grades 8-10, and their parents, about healthy relationships and community resources. The weekend programming was attended by approximately 350 people. It helped our community learn about the prevalence of domestic abuse, and the availability of resources for those who need assistance.

SHALVA

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