

# SHALVA NEWS

## SHALVA Cuts Costs – Not Services

**The face of domestic abuse is not always easy to recognize. Domestic abuse can take many forms.**

Verbal                      Financial                      Psychological  
Emotional                  Physical                      Sexual

### SHALVA Provides Free Confidential Services

- 24 hour crisis-line
- Culturally sensitive, individual and group counseling
- Legal information and court support
- Financial assistance
- Rabbinical and community advocacy and training
- Information and referral
- Community prevention and educational programs

### COMMUNITY CALL TO ACTION: HOW CAN YOU HELP?

1. **Sponsor an awareness program in your home or for your organization**
2. **Visit [www.shalvaonline.org](http://www.shalvaonline.org)**
3. **Tell 5 people you know about the client story you've just read and how SHALVA can help**

## Unity Dinner

**Tuesday, December 8, 2009**

Honoring: Rabbi Asher & Rachel Lopatin  
Debbie Berman

*For information see our full page ad on page 22*

Having just celebrated Rosh Hashana and Yom Kippur, I, like most Jews, have been thinking about both the past year and the new year that lies ahead. There is no question that the highlight of this past year for me was becoming President of the Board of Directors of SHALVA. Our Board is filled with innovative, intelligent and hardworking women and men and I am honored to lead this group. In fact, it was the inspiration of Bluma Broner, Board member and Treasurer, to publish SHALVA's newsletter in the JUF News so that we could both save money and reach more people. I look forward to continuing to both lead and learn from SHALVA Board members as we face the challenges that lie ahead in the year to come.

SHALVA, like many social service agencies, anticipates this coming year will be challenging financially. We have already received word from several foundations that have contributed to SHALVA for many years that, due to their own economic difficulties, they will no longer be able to fund the vital work SHALVA provides to help victims of domestic abuse. While we have lost tens of thousands of dollars in funding, the needs of SHALVA's clients continue to increase; between last year and this year, the number of services provided to clients has doubled. While having decreased funds and increased client needs is indeed a daunting prospect, I remain hopeful for the coming year. SHALVA Board members and staff continue to think outside the box to find ways to save money. Moreover, SHALVA's Board has become more expert in fundraising thanks to invaluable training sessions donated by last year's recipient of the SHALVA award, David Brown. Also, I am hopeful that readers like you will consider making a contribution to SHALVA. You can learn more about SHALVA and make a donation by visiting our website, [www.shalvaonline.org](http://www.shalvaonline.org). If we all work together and support SHALVA, we can make this year, 5770, a better year for victims of domestic abuse.

Carolyn Winick  
*President, SHALVA Board of Directors*

**DONATE YOUR OLD CELL PHONE TO SHALVA**  
Visit [www.shalvaonline.org](http://www.shalvaonline.org) for cell phone drop off locations!

SHALVA, a partner in serving our community, a special grant recipient of the Jewish United Fund/Jewish Federation.

# SHALVA Introduces New Newsletter Format in JUF News

Saves \$18,000 annually

Give us your email address for information updates on clinical, legal, outreach and fundraising news.

Sign up at [www.shalvaonline.org](http://www.shalvaonline.org)

Bi-Annual Newsletter:	Old Format	New Format
Cost	\$24,000	\$6,000
SHALVA Cost Savings		\$18,000
<b>Households:</b>		
Circulation	20,000	45,000
Circulation Increase		25,000

## A Client Speaks... “I am sitting right next to you...”

I have been an avid supporter of SHALVA's work for many years. Many times, my mom and I would split the cost for a ticket to their annual Unity Dinner so I could afford to attend. I felt it was important for me to support SHALVA because my father was abusive, as was his father before him. What I know now, that I didn't know then, is that domestic violence is a learned behavior, passed from generation to generation. This was the first thing I learned when I became a SHALVA client.

I ignored the night my husband threw me off my chair, leaving me limping to work the next day. I down played it when he broke through a locked office door with a kitchen knife and blocked my way so I couldn't escape. What was going on here? How could this be happening to someone like me? I felt so ashamed and humiliated. When I discovered that he was telling people that I was the one abusing *him* (I later discovered that many people believed him), I knew I had to leave, but I had no idea how difficult that would be.

Occasionally there were moments of calm but that never lasted. When I actually filed the divorce papers, the calm turned into the perfect storm. His every sentence was punctuated with curses or insults. He refused to respect my privacy, breaking into my bedroom; his violence escalated. I ran, living with friends, while paying for him to live in our house. When he tried to confiscate my belongings, I was forced to return home, which

quickly became my living nightmare. I hadn't even finished moving in my suitcases before I had to call the police. Every time he was home there was an incident. One night he finally crossed the line and I called the police. This time, they didn't warn him; they arrested him.

In the following weeks, SHALVA became my lifeline. One of SHALVA's therapists answered my midnight emergency page when I discovered he had broken back into the house, even with an emergency order of protection. SHALVA helped me through all the court hearings, motions, trial and everything in between. I leaned on SHALVA when my so called friends called me a liar and refused to talk to me. SHALVA helped me plan for my safety and empowered me to not be paralyzed by exhaustion, frustration, and fear.

My therapist helped me understand how so much of my relationship with my husband was controlling and manipulative, long before the first time he laid hands on me. She helped me recognize the emotional and psychological ways in which he exerted his power over me. I learned that when he punched a hole in the bathroom door, or the times he grabbed my arm, slapped his hand over my mouth, threw my purse, my keys or whatever was within his reach was physical abuse and that it wasn't OK. I was able to clearly see a pattern and that the escalation in violence was inevitable, especially as I began feeling stronger and could stand up for myself. Though I

tried to deny it, I realized that I had married someone just like my father.

And so, at the last annual Unity Dinner, with my criminal order of protection in my purse, I was there not only as one of SHALVA's supporters – but also as a client. As I sat listening to the speaker, looking at a table filled with people I knew, who had no idea about my life, I was overwhelmed. I suddenly had this tremendous desire to stand on a chair and start screaming, “It's me! That theoretical person you are here to support - she isn't in some 'other community,' she isn't of a different religious background - you know her; SHE IS SITTING RIGHT NEXT TO YOU!!! IT'S ME!!!”

The sad reality is that I am not alone – far from it. There have been so many women who quietly found me and shared their stories; so many women like me that I would never have guessed that they too, had experienced abuse. Domestic violence is intensely isolating and there is an almost tangible sense that one is fighting a raging storm alone.

Domestic violence doesn't stop without the right intervention. The current economic downturn and financial woes only exacerbate an already turbulent situation. We, the women of SHALVA, need your support now more than ever. When everyone else turned their backs, SHALVA was there for me – please, make sure that SHALVA is there for the next woman.

– A grateful SHALVA client

# SHALVA

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

773-583-HOPE (4673) Help available 24 hours a day.  
Sign up at [www.shalvaonline.org](http://www.shalvaonline.org)

