

SOS Shelter

Serving domestic violence survivors and
the community since 1979

news

Spring/Summer 2011

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24-Hour

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Fax: 607-748-5166

www.sosshelter.org
info@sosshelter.org
We're also on Facebook.

Sitting at a local restaurant's sushi bar one evening, my husband and I got into a conversation with the diner next to us. As conversations will, this one turned to one subject and then another. We found ourselves talking about Antarctica—my favorite continent. Then onto the “heroic” explorers of the early 1900's. Particularly Ernest Shackleton.

If Antarctic history isn't familiar to you, Shackleton was the captain of the ship *Endurance* in 1914. The ship got trapped in pack ice and had to be abandoned.

After more than a year drifting on ice floes and in life boats, they landed on Elephant Island. Eventually Shackleton and five crew members set off in a modified life boat for Georgia Island to seek help at a whaling station.

Fifteen days and hundreds of miles later—through Arctic seas—they arrived at their destination. Almost. Climbing over mountainous terrain Shackleton and two of his crew finally arrived at the whaling station. Help was immediately sent back for the three crew members who stayed at the Georgia Island landing spot. Then Shackleton went to work to find rescue for the crew that remained on Elephant Island. Rescue was eventually effected with the help of the Chilean ship *Yelcho*. Remarkably, the entire crew that remained on Elephant Island was alive and rescued. An incredible outcome.

While Shackleton was not a man without flaws, he has been acknowledged for his significant leadership skills. In addition to the books about his life and voyages, there are any number of treatises about his leadership skills. But perhaps one thing that stands out is what he once said: “optimism is true moral courage.”

And I suppose that sums up the answer when those of us who work at the SOS Shelter are asked, “isn't your work depressing?” Nope, because we get to witness the journeys of so many lives. And that's optimism in action.

**Optimism is true
moral courage.**

Rebecca Allerton
Executive Director

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Clothesline Pins Debut on Ebay



We regret that the newsletter is only in black and white because you can't see the vibrant colors of our clothesline pins. We assure you that they come in a rainbow assortment. The artist, Bonnie Shelley makes sure of that. There must be one that would go perfectly with your wardrobe. Or several! Be stylishly supportive of the SOS Shelter. We've posted several for sale on eBay—simply search for sos_shelter. They're also available at our administrative office.

Verizon Wireless Domestic Violence Entrepreneurship Grant

Verizon Wireless in consultation with the New York State Office for the Prevention of Domestic Violence has developed the Verizon Wireless Domestic Violence Entrepreneurship Program. The program was founded to help survivors of domestic violence start a home or small business. Importantly, the program recognizes that survivors “are particularly well-positioned to benefit from self-sufficiency models rather than traditional job-training models” and have “strong coping and problem solving skills”. What a great way to recognize and honor the strengths that have brought so many women through great difficulty.

Grants can range from \$1,000 to \$5,000 per applicant. A total of \$45,000 may be awarded. Not all applicants will be chosen. For more information, go to <http://www.opdv.state.ny.us/help/vwentreprog.html> or call the SOS Shelter office at 748-7453.

Put your dream to work!



Adele Bernstein Memorial Scholarship Funds Available

In 1999, a bequest from the estate of Adele Bernstein allowed the shelter to create a scholarship in her memory. The first scholarship was awarded in 2000 to a former shelter resident so she could pursue a degree in Art Therapy and Social Work. We're pleased to announce the continuing eligibility of scholarship funds. Applicants must be:

- a previous client of the SOS Shelter and living in a situation free from domestic violence,
- in possession of a high school diploma or GED,
- enrolled in an accredited educational institution,
- in completion of one or more semester in a post-secondary institution with a GPA of 2.5 or above, and
- able to demonstrate financial need.

Individuals wishing to be considered must complete an application, including a 500-word essay focused on educational and personal goals and be interviewed by a member of the Scholarship Committee. Applications are available through the SOS Shelter Administrative Office, 748-7453, on our website, www.sosshelter.org, as well as at the financial aid offices of local colleges and universities. Award of any scholarships is at the discretion of the SOS Shelter which reserves its right to limit or make no awards. Completed applications may be sent to SOS Shelter Scholarship Review Committee, P.O. Box 393, Endicott, NY 13761.

Far-reaching Effects of Adverse Childhood Experiences

The ACES (Adverse Childhood Experiences Study) was completed by Kaiser Permanente of Preventative Medicine in San Diego between 1995-1997 in an effort to examine the relationship between adverse childhood conditions and the origin of addiction (Felitti, 2004). More than 17,000 surveys were completed by middle class Americans. These evaluations included a baseline physical evaluation and questions about adverse experiences during childhood or adolescence.

The study examined eight areas:

- recurrent and severe physical abuse
- recurrent and severe emotional abuse
- contact sexual abuse

...adverse childhood experiences are common, and are the main determinant of the health and

Growing up in a home with:

- an alcoholic or drug user
- a member being imprisoned
- a mentally ill, chronically depressed, or institutionalized member
- mother being treated violently
- both biological parents *not* being present

The scoring system gave one point for each factor, regardless of the number of times exposure happened within a category (Center for Disease Control, 2010). The findings summarized indicate that adverse childhood experiences are common, and are the main determinant of the health and social well being of the nation. The findings imply the basic causes of addiction lie within individuals and the manner in which we treat each other (Felitti, 2004).

The SOS Shelter, Inc. provides comprehensive assessments, education to parents, and to initiates supportive systems for families served by the agency. By providing education to parents about the dangers of exposure to domestic violence, abuse, and healthy lifestyles the SOS Shelter has the opportunity to impact addiction rates for those served by the agency. This is a reminder that the intervention impact is immediate, but the ripple effect following intervention is continuous and far reaching.

For further information on the ACES study: <http://www.acedstudy.org/files/Originsofaddiction.pdf> or <http://www.cdc.gov/ace/index.htm>.

Just browsing...?

Coldwater Creek Partners with SOS Shelter

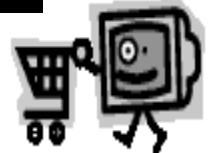
The Coldwater Creek Shop at The Shoppes at Pierce Hill, 1308 Vestal E. Parkway, Vestal will be partnering with the SOS Shelter on Thursday, June 16th. Coldwater Creek will be accepting donations of cleaning products for the shelter. (see page 7 for SOS Shelter Needs list.)

Shelter staff will be there to answer questions about domestic violence, our services, and ways you can support our mission. Curious about what we do?



Thinking about being a volunteer? Stop by, say hello, and browse the new spring fashions at Coldwater Creek.

Safety Tips for Clearing Browser History



Below are links that describe the process of clearing your browser history for different internet browsers:

Internet Explorer:

http://www.ehow.com/how_2172374_clear-history-internet-explorer.html

Mozilla Firefox:

<http://www.helpwithpcs.com/tipsandtricks/clear-history-firefox.htm>

Safari:

<http://www.howtogeek.com/howto/apple/clear-all-browsing-history-in-safari/>

Thanks to CYBERcity for providing this information.

On November 11, 2010, the crime of strangulation was added to the New York State Penal law. There are three offenses which may be charged:

Criminal Obstruction of Breathing or Blood Circulation (PL § 121.11; A Misdemeanor) – criminal obstruction of breathing or blood circulation by applying pressure to the throat or neck or blocking a person’s nose or mouth.

Strangulation 2nd (PL§ 121.12; D Felony) – criminal obstruction of breathing or blood circulation, as described in PL § 121.11, and causing stupor, loss of conscious-ness, or any other physical injury or impairment.

Strangulation 1st (PL§ 121.13; C Felony) – criminal obstruction of breathing or blood circulation, as described in PL § 121.11, and causing serious physical injury.

During the 15-week period from November 11, 2010 to February 22, 2011 there were 2,003 events that involved the arrest or arraignment of a suspect charged with one of these offenses in New York State. The table below illustrates offenses charged in Broome and contiguous counties.

Arrests and Arraignments Involving Strangulation Offenses in Broome, Chemung, Chenango, Cortland, Delaware, Steuben, Tioga and Tompkins Counties, November 11, 2010-February 22, 2011.

County	Penal Law Section			Total
	121.11	121.12	121.13	
Broome	12	6	0	18
Chemung	4	0	0	4
Chenango	1	1	0	2
Cortland	3	0	0	3
Delaware	1	0	0	1
Steuben	5	0	0	5
Tioga	0	0	0	0
Tompkins	6	1	0	7

We know that historically crimes against intimates have been hidden and underreported. Speaking about the new strangulation offenses, DCJS Acting Commissioner Sean M. Byrne said: “These arrest numbers are staggering, and clearly illustrate the gap that existed in the Penal Law. At DCJS, we live by the axiom that what gets measured gets done: good information and solid data can inform good public policy, and effective policies and programs can reduce crime and prevent future victimization. I commend law enforcement officials in communities across the state for their swift and effective use of this new tool.” Clearly, until this change in the penal law, strangulation had gone unrecognized unless it resulted in deadly or nearly deadly injury. Strangulation is often diminished by the use of the term “choking” and the lack of visible injuries. Brain damage from strangulation can go undetected and result in death as many as several weeks later. It’s critical that victims who present as being strangled should be examined for signs of petechiae (pinpoint bleeding in the whites of the eyes) as well as bruising behind the victims ears. Detection equals prevention.

For more information:

<http://criminaljustice.state.ny.us/pio/research-update-strangulation-apr2011.pdf>,

http://criminaljustice.state.ny.us/pio/press_releases/2011-04-

http://www.opdv.state.ny.us/public_awareness/bulletins/fall2003/strangulation.html07_pressrelease.html

The Conscious Discipline Curriculum

Conscious Discipline is an evidence based curriculum developed by Dr. Becky Bailey that incorporates basic discipline self power, and seven essential life skills to provide empowerment. In doing so, Conscious Discipline focuses on the concept of using guidance to teach children discipline instead of fear based punishment. According to Janette Cyganovich Brush, Coordinator of the Family Violence Prevention Council, many agencies in Broome County such as Opportunities for Broome, Children and Youth Services Council, Family Enrichment Network and The Discovery Center have implemented Conscious Discipline in their programs using the video series and community education workshops.

The SOS Shelter's residential program has incorporated the Conscious Discipline curriculum providing clients with information aimed at reducing aggression and changing conflict into understanding. The residential program also offers children a safe space to express their emotions, reducing or eliminating aggressive behaviors and increasing emotional and physical safety. Discipline is a lifelong journey, not a technique, enjoy it! (Bailey, 2000)

The seven skills are Composure, Encouragement, Assertiveness, Choices, Empathy, Positive Intent, and Consequences.



For more information: <http://consciousdiscipline.com>

Elder Abuse Awareness Day

According to the Aging Futures Findings Report, Broome County's demographics are such that the age 85 and older population is the fastest growing population in Broome County. As the population of our community changes we need to be aware of how to identify if someone we know is the victim of abuse and we need to know what we can do to try and get victims help. We know from information provided by the National Center on Elder Abuse – National Incidence Study 1996, this information about elder abuse:

- Female elders are abused at a higher rate than males, after accounting for their larger proportion in the aging population.
- Our oldest elders (age 80+) are abused and neglected at two to three times their proportion of the elderly population.
- In almost 90% of the elder abuse and neglect incidents occur with a known perpetrator. The perpetrator is frequently a family member, with two-thirds of the cases being adult children or spouses of the victim.
- Almost half of substantiated abused and neglected elderly were not physically able to care for themselves.

The most common types of elder abuse were; neglect, emotional/psychological, financial/material exploitation, and physical abuse.¹

June 15 is Elder Abuse Awareness Day. As a member of the Broome County Family Violence Prevention Council, the SOS Shelter will join our colleagues in recognizing this issue. Please join us in working to keep our elders safe.

1. <http://www.gobroomecounty.com/fvpc/eai>

Diapers! Diapers! Diapers!



Thanks and birthday wishes to Judy Rhodes and Kathy Aiken! Twins who recently celebrated a milestone birthday; they asked for diapers to donate to the SOS Shelter. We're not sure who the dog is, but he's guarding a great big pile of generosity!

Interested in volunteering or being on the Board of Directors?

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The SOS Shelter is in need of volunteers. Special needs at this time include:

- sorting donations
- weeding and gardening
- lawn maintenance
- distributing posters & literature
- cleaning and organizing at the administration building.

Volunteer applications are available by calling the administrative office, 748-7453, or online at <http://sosshelter.org>. Click on "volunteer".

The Board of Directors is looking for new members. Requirements include attendance at monthly board meetings and participation in board committees. Members are elected to a 3-year term. Interested individuals may send a resume to:

Board President
SOS Shelter, Inc.
P.O. Box 393
Endicott, NY 13761

Fashion for Hope

On Thursday, April 29 BU Residential Assistants Su-Ann Wong and Himalaya Rao-Potlapally organized a fashion show to benefit the SOS Shelter. A great event that featured fashions from Tom's Coffee and Gifts and Plato's Closet, musical and dance performances, the benefit raised over \$1,000 for the shelter. Many thanks to all who worked on this event with special thanks to Su-Ann and Himalaya.



Jake Carro, Su-Ann Wong, Himalaya Rao-Potlapally, Tara Byrne

Remember Me



Pictured at left are the silhouettes of

Katie L. Chappell (1984-2009)

Lisa M. Tyler (1988-2006)

Kelly Lake Wescott (1963-2009)

These three women were killed by their boyfriends and a former boyfriend. With the consent of their families the silhouettes are part of the SOS Shelter's *Remember Me* project.

May there be no more.

The silhouettes were made by a volunteer, John Conroy. We thank him.

Non-monetary Donations

Due to staffing schedules and volunteer availability, donations can only be accepted on **Tuesdays and Thursdays** at the SOS Shelter's administration office, between the hours of 9:00 AM – 4 PM. Please contact us at (607) 748-7453 for more information, to make alternate arrangements, or to ensure we can accept your donations.

Cell phones can be dropped off at the SOS Shelter's administration office at any time. There is a cell phone drop box on the porch near the front entrance. Cell phones can also be donated at various drop boxes in Binghamton, Johnson City, and Endicott. Please contact the Advocacy Assistant at (607) 748-5174 for additional information.

Gift cards and gas cards are always appreciated and can be used to meet many needs.

SOS Shelter Needs List

Clothing and Personal Items

- New bras
- New underwear
- New socks
- New toiletries
- New tooth brushes
- New hairbrushes
- Children's diapers
- Tampons/sanitary pads

Special Items

- New children's car seats
- Baby monitors



Household Supplies

- Dishwashing liquid
- Laundry soap
- Toilet paper
- Paper towels
- Paper napkins
- Sponges
- All-purpose cleansers
- Mops
- Brooms
- Dustpans
- Scrub brushes
- Bowl cleaners
- Bowl brushes
- Buckets
- Cleaning cloths
- Furniture polish
- Alarm clocks
- Towels
- New pillows

Non-perishable Food Items

- Cereal
- Crackers
- Fruit snacks
- Canned fruit
- Canned vegetables
- Flour
- Sugar
- Baking mixes
- Rice
- Spaghetti sauce
- Pasta
- Boxed dinners
- Peanut butter
- Jelly
- Juice boxes
- Bottled or canned juice
- Iced tea mix
- Cocoa or hot chocolate mix



SOS SHELTER DONATION FORM

CLIP AND RETURN TO:

SOS SHELTER, P.O. BOX 393, ENDICOTT, NY 13761

Name: _____

Address: _____

Donation to support SOS Shelter services for victims of domestic violence

Donation is in the honor of (please print): _____

Donation is in memory of (please print): _____

Other: _____

WE ACCEPT MASTERCARD AND VISA.

VISA #: _____

MASTERCARD #: _____

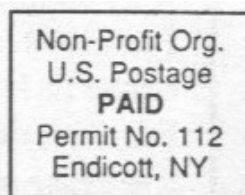
Exp Date: ___/___/___



For your convenience you may also make donations securely online through PayPal at www.sosshelter.org on the "make a donation" page.

The mission of the SOS Shelter, Inc. is to assist families who experience, or are threatened with domestic violence and to increase the community's awareness of this pervasive problem. The primary focus of the Shelter is to provide supportive and secure surroundings for a woman and her children, facilitate their solution of the immediate problems, and aid in planning for their long-term needs.

MISSION STATEMENT



P.O. Box 393, Endicott NY 13761

Please contact us:

- To update your mailing address
- If you receive more than one newsletter
- Would like to receive your newsletter via email

Call 607-748-7453 or email info@sosshelter.org

LIVE UNITED

