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THE HELP I WANTED. I
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FROM. NOT ONLY FOR ME BUT

empower HOUSE
SUPPORTING SURVIVORS OF DOMESTIC VIOLENCE

NEWS!

WINTER 2013
END DOMESTIC VIOLENCE NOW

GREAT JOY!

Please help us open in 2014 our newest Transition House

Thanks to the generosity of **Doris Buffett** and her new gift, we begin work to open a second Transition House. With your help, we can open the house in March 2014 to three families and help them become survivors just like Connie. Please consider making a donation today—and together, with your help, we can continue to provide a safe, comfortable, and supportive place for victims and their families. Please email office@empowerhouseva.org if you would like to help or Kathy Anderson, Executive Director at kathya@empowerhouseva.org if you would like to discuss a leadership gift and recognition opportunities for the new house.



connie's story: from victim to survivor

In the seven months since the Transition House opened its doors in 2013, multiple families (totaling 16 people) have been given the provision of independent shelter. In this safe environment free from abuse, residents can focus on building a better future for themselves and their children. Close to the bus line, library, courthouse, and grocery store, moms and children are beginning their independent lives.

Connie has experienced the life-changing impact of a stay at an independent shelter. Connie explains that her story “started out just like everyone else’s.” She fell in love, had children, and things were going great—until the abuse started. For a time, she had “ignored the signs because [she] was in love and nothing else mattered.” Instead of seeking help, she “continued to ignore [the problem] and hid it from everyone.” Eventually, even when victims are unable to defend themselves, they often are motivated to take action when they realize the abuse impacts their children. This was the case for Connie: “When he started beating me in front of the children, I knew it was time for a change.”

In relationships where domestic violence is involved, victims are often isolated and alone. Their families may be unaware of the abuse because it has been kept secret from them. In Connie’s case, she felt that her “family turned their back on [her]” for refusing to leave the situation. At Empowerhouse we know it is never easy to walk away from a violent relationship. There can be many challenging barriers that prevent victims from fleeing from their abusive partners. But it doesn’t have to be this way. And that’s where Empowerhouse steps in.

Connie was first introduced to Empowerhouse after she was physically abused to the point of hospitalization. It was then that she met Empowerhouse staff who provided her with support and resources to give her the opportunity to get back on her feet. Connie and her three young children were placed in the Transition House where they could thrive and start living free from violence. Connie said, “Because of [the house, and later placement in housing] my kids have their own room and they don’t have to worry anymore. . . my kids sleep through the night without nightmares. . .” Her experiences at the Transition House and the encouragement from Empowerhouse staff have given Connie the sense of self-worth she had been missing: “Every day I wake up and can look at myself in the mirror and say that I am somebody.” She has been able to accept our assistance and trust our staff: “I will always consider everyone [at Empowerhouse] family. They were my family when I had no one to turn to for help, they never gave up on me and because of it I am somebody today with my own place, job, and I couldn’t ask for a better support team.”

Connie’s story is a living testimony that we can help shape lives for the better and help victims transition into survivors. Thanks to the generous support of the Sunshine Lady Foundation, along with the financial contributions of our donors, we have been able to meet more of the housing needs of survivors of domestic violence and their children than we have before. Unfortunately, we still turned away 56 households in need last year.

wish list

shelter: paper towels, disinfectants, toilet paper, non perishable food, large flat panel TV, new underwear, pajamas, pillows and cases, blankets and comforters, gift cards to pharmacies, convenient stores, and grocery stores

transition house: New sheet sets for twin, full, queen, towels, kitchen linens, laundry detergent
laundry baskets, brooms, mops, cleaning supplies, sponges

children: healthy snacks, craft supplies, children’s magazines, children’s books and toys for all ages.

THANK YOU!

MAJOR GIFTS TO THE TRANSITION HOUSE WERE PROVIDED BY THESE GENEROUS DONORS:

Sunshine Lady Foundation / Adam and Rhonda Fried / Rappahannock Restoration, Inc. / Sue and Bill Botts

THESE GENEROUS DONORS ADOPTED A ROOM AT THE TRANSITION HOUSE:

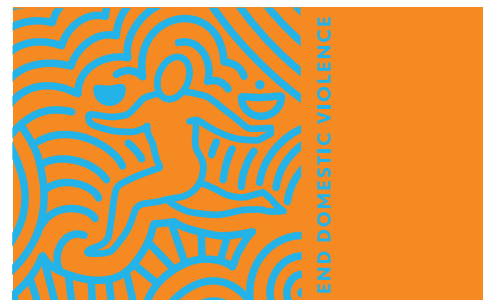
Olde Town Window & Door / C&K Painting / W.F. Parker Heating and Air / Drs. Rosemary O'Grady & Mitchell Sojack / Carol and Chris Rooney / Molly Maid of Stafford, Fredericksburg / MacDoc Realty Foundation Companies / Kathleen Harrigan and John Sovitsky / JON Properties, LLC / Reico / Wings – Women in the Giving Spirit / Fairview Baptist Church / Betsy Glassie / Zolo / Empowerhouse Board of Directors / Surgi-Center of Central Virginia / Sears Commercial Appliances / Beverly and Don Newlin / Warren Taylor, Jr. / Fredericksburg Area Realtors Foundation / Penn-Mar Floors / Barbara Mercado-Generations of Women / Women's Council of Realtors – Fredericksburg Chapter

THE FOLLOWING GENEROUS DONORS PROVIDED LEADERSHIP SUPPORT:

Cathy and Ron Davis / Lori Canova / Cathy Wack / Elaine and David Rowley / Leigh D'Lugos / Susan and Steve D'Lugos / New Beginnings OBGYN / The Title Professionals / Hyperion / Traveler's Rest Baptist Church / CSI of Virginia / Jen Galatro / Mother's Rugby Team at UMW / St. George's Episcopal Church / MOPS Tabernacle UMC / Acme Electrical / Bryant Dickinson Drywall / Kloke Group / Krissy and Noland Donahoe / T&S Tile / Sharon and Joe Schmidt

Save the Date! Get your tickets early for the Empty Bowl!

Don't miss out on Empowerhouse's signature event. Choose and keep your own unique bowl, hand crafted by local artists, and break bread with your friends and neighbors – all while listening to local volunteer musicians and supporting the mission of Empowerhouse! Remember tickets to this event do sell out – reserve your ticket early this year! Tickets on sale now. (Empowerhouse Outreach Office, LibertyTown Arts Workshop, Sophia Street Studios, and Ten Thousand Villages.)



Empowerhouse recognized as the first Mary Washington Healthcare I - Volunteer Award for Community Collaboration

Thanks to the pioneering work of the Intimate Partner Violence Healthcare/Advocacy Partnership Advisory Committee and an impressive interdisciplinary team acting sensitively to save the life of a local woman who bravely stepped forward at the Emergency Department to disclose years of abuse at the hands of her husband, Empowerhouse was recognized for outstanding work to coordinate a systems approach to domestic violence in our community within the health-care system. A program funded by Mary Washington Hospital Foundation, the IPV Healthcare/Advocacy Partnership Team, lead by Empowerhouse Staffer, Terri Powe has been training Emergency Department and Hospital staff to sensitively detect domestic violence in its patient caseload for the purpose of connecting victims of domestic violence to Empowerhouse services.

Candlelight Vigil

October 8 - Empowerhouse held its 23rd annual Candlelight Vigil to remember and reflect on those affected by domestic violence. The event was hosted by the Stafford County Victim/Witness Program and the Commonwealth's Attorney's Office at the steps of the Stafford County Courthouse. Attendees heard from the Commonwealth's Attorney, Eric Olsen, Stafford County Sheriff, Charlie Jett, and Empowerhouse Executive Director, Kathy Anderson.

Four survivors bravely shared their stories and those present lit candles in remembrance. An article in The Free Lance-Star, which can be found here: <http://news.fredericksburg.com/newsdesk/2013/10/08/vigil-honors-victims-of-abuse/>

GOLF TOURNAMENT MAKES THE GREEN!

October 4 - Empowerhouse held its 5th Annual Golf Tournament at the beautiful Pendleton Golf Club in Ruther Glen, VA. Over 30 teams competed to benefit Empowerhouse. The greatest excitement of the day came with the news of a winning hole in one shot! For the first time in five years at Pendleton, Nick Ackerman of the ManTech team swung his way to \$15,000 at the 12th hole. At the reception, Melissa Scott, Empowerhouse Housing Case Manager, brought to light her own survivor story and shared the impact Empowerhouse had in giving her strength, hope, and support after leaving an abusive marriage of 17 years. Thank you to the generous sponsors, individual donors, players, and volunteers who helped make this a successful event with over \$36,000 raised!



IT IS EASY TO DONATE ONLINE AT THE EMPOWERHOUSE WEBSITE:

WWW.EMPOWERHOUSEVA.ORG



empower HOUSE
SUPPORTING SURVIVORS OF DOMESTIC VIOLENCE

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