



# NEWSLETTER

November 2008

PO Box 240019 • Kansas City, Missouri 64124 • Ph 816.474.6446 x230 • F 816.474.4157 • [www.newhouseshelter.org](http://www.newhouseshelter.org) • 816-HOTLINE

## IN HER OWN WORDS...

The Newhouse Newsletter will be published bi-monthly in 2009. With each issue we will bring you the voice of a previous Newhouse resident as she shares her new beginning.

In January 1993 I was a resident at Newhouse. My two children and I stayed there for about three weeks. Today, I am approaching my third anniversary with Hallmark Cards, Inc., I am buying my own home, and I have a newer car which I secured the loan for myself.

When I first entered your shelter, all my worldly possessions were packed into two black garbage bags. I had no home, no money, no job skills. I have come a long way. More importantly, my children are happy, well-adjusted and very bright. My son is in first grade; my daughter is a fifth grader. Each child makes excellent grades in school. My daughter is in her third year of the gifted program; she plays violin and softball. My son is very artistic and enjoys writing stories and illustrating them. He is a very gentle and kind boy.

The purpose of this letter is to show that life can go on and will get better if we just try. It is not easy and it certainly is scary, but it can be done. Yes, I have made a great deal of progress BUT I did not do it alone. The help I received started at Newhouse and continued with my family and friends. Don't be afraid to ask for help because there are a lot of people who are more than willing to extend their hand. Surprisingly, the world is not such a bad place!

Not too long ago, I had no hope left in my heart. Today, I have a future and my children have a future. We have peace of mind and security. You cannot put a price on that!

—Mary

## DOMESTIC VIOLENCE MYTHS AND FACTS

### Myth 1

Domestic violence does not affect many people.

### Facts

- Nearly one in three adult women experiences at least one physical assault by a partner during adulthood (American Psychological Association 1996).

### Myth 2

Battering is only a momentary loss of temper.

### Facts

- Battering is the establishment of control and fear in a relationship through violence and other forms of abuse. The batterer uses acts of violence and a series of behaviors, including intimidation, threats, psychological abuse, isolation, etc. to coerce and to control the other person. The violence may not happen often, but it remains as a hidden, terrorizing factor (FBI Uniform Crime Reports 1990).
- Two thirds of women physically assaulted by an intimate said they were victimized multiple times by the same partner in a 12-month period (NVAW 2000).

### Myth 3

Domestic violence only occurs in poor, urban areas.

### Facts

- Women of all cultures, races, occupations, income levels, and ages are battered - by husbands, boyfriends, lovers and partners (Surgeon General Antonia Novello).
- "Approximately one-third of the men counseled (for battering) are professional men who are well respected in their jobs and their communities. These have included doctors, psychologists, lawyers, ministers, and business executives (Massachusetts Coalition of Battered Women Services 1990).

### Myth 4

Domestic violence is just a push, slap or punch - it does not produce serious injuries.

### Facts

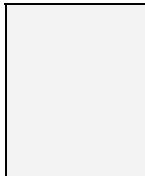
- More than one third of all rapes and physical assaults committed against women by intimates results in injury in which women receive some medical care (NVAW 2000).
- Most research reports that violence against women escalates during pregnancy. One study found that 37% of obstetric patients were physically abused during pregnancy (American Journal of Nursing 1986).
- Each year, medical expenses from domestic violence total at least \$3 to \$5 billion (CO Domestic Violence Coalition 1991).

***The mission of Newhouse is to break the cycle of domestic violence by providing the tools that allow women to make positive choices and lead self-sufficient lives.***

<b>Yes, I want to support the future of Newhouse!</b>			<b>I would like to pay by:</b>	
<input type="radio"/> \$50	<input type="radio"/> \$500		<input type="radio"/> Check	
<input type="radio"/> \$100	<input type="radio"/> \$1,000		<input type="radio"/> Credit Card	
<input type="radio"/> \$250	<input type="radio"/> Other		<input type="radio"/> Cash	
Credit Card Information:	Account No. _____	Name on Card _____		
	Expiration Date _____	Signature _____		
Your Information:	Name _____			
	Address _____			
	City _____	State _____	Zip _____	
	Phone _____	Email _____		
All gifts are tax-deductible. Cumulative cash gifts of \$100 or more to Newhouse each calendar year may qualify for Missouri tax credits.				

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Newhouse  
 PO Box 240019  
 Kansas City, MO 64124-0019



**Why Doesn't She Just Leave?**

***In Her Shoes*** is an interactive presentation that fosters empathy with victims of domestic violence. It is the experiential nature of ***In Her Shoes*** that allows participants to understand the severe challenges faced by battered women and to answer for themselves that enduring question: ***Why doesn't she just leave?***

***In Her Shoes*** is created by the Washington State Coalition Against Domestic Violence. For information on scheduling a speaking engagement please call Bridgette at Newhouse at (816) 474-6446 x229.

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Newhouse is a domestic violence shelter serving the KC metro area.  
 Newhouse is also available for presentations to any group on topics including teen dating violence and violence in the workplace.

**For help or shelter  
 (816) 471-5800 or (816) HOTLINE**

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