



# NEWSLETTER

September 2010

PO Box 240019 • Kansas City, Missouri 64124 • Ph 816.474.6446 • F 816.474.4157 • 816-HOTLINE

## In Her Own Words...

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

In 2008, I thought I had found my soul mate. It started out perfect. But in the second year of our relationship, things started breaking down. He started acting like a maniac, getting violent and verbally abusive. And then there came the physical abuse. He would curse, pinch, smack, punch, and stomp on me behind closed doors.

I was afraid to talk to my family and friends. In the dark in my room balled up like a child, I felt all alone. Crying for hours, sick, unable to eat. I would cover my face with make-up and clothes to hide the bruises and pain from my children.

So I left him. I thought I was done and past all the hurt. One night I kissed my children goodnight and there was a bang at my door. When I heard his voice my heart dropped to my feet. The monster got my address from mutual friends. Flash backs of him stomping on me while pregnant and choking me till I passed out or vomited scared me. Every nerve in my body said call 911, but I froze with tears falling from my eyes. The thought of him locked away... but I just couldn't move.

After that I knew I had to make a move for the sake of my children. I waited till he went to work Monday morning. I started calling my family and friends for help, but no luck. A friend told me about a place, but there was no room there. I thought I was trapped. I was going to give up but that's what the devil wanted. So I called some resources and learned about Newhouse. Right then I knew it was time to go. I called and the advocate told me what to do and where to go. I grabbed some items, took my children out of school, and never turned back.

When I came to Newhouse I was scared, nervous and felt ashamed. But Newhouse has changed me. I've learned not to let a person mistreat me. I've learned how to love myself, to stand on my own two feet and better myself. I thank all the Newhouse advocates for their open arms, support, encouragement, and more. So take this advice: leave before it's too late. Don't let no one say they love you because love doesn't hurt-- not heart ache or pain. Thanks, Newhouse.

-Debra

## Volunteers offer vital support to Newhouse

Altruism: an unselfish concern for or devotion to the welfare of others. Most of us don't witness altruism as much as we'd like. But thanks to our amazing volunteers, we see it in abundance everyday at Newhouse.

Newhouse volunteers sacrifice time from their busy lives every week to help ensure we are able to meet the needs of every woman and child at Newhouse.

This year alone, Newhouse volunteers have provided over 3,350 hours of service. These

generous volunteer hours not only help Newhouse provide higher quality programs, but also save the organization a significant amount of money: an estimated value of \$63,075 saved so far in 2010.

"These savings translate into two full time employees, which we could not afford to hire on our tight budget," says Leslie Caplan, President. "What a blessing to have the support of generous individuals who lend their hands to help us meet the nearly 40% increase in requests for service we have seen since 2007."

Most of these dedicated individuals are working, raising families, and/or going to school, but always make time to help Newhouse by preparing meals, caring for children, assisting advocates and case managers, and more. Volunteer groups also contribute great amounts of shelter maintenance help through single-day work projects.

## In appreciation, Newhouse would like to recognize our current weekly volunteers:

Hollie Alvested, Kourtney Anderson, Sue Bernstein, Jim Bogle, Stacey Cook, Natalie Cress, Amy Fox, Austin George, Angela Gutierrez, Bill Kostar, George McCall, Emily Mueller, Mya Orr, Barbara Rashad, Dennis Rowland, Bryan Schubert, Kyra Storms, Terrelle Smolinski, Rasa Trimmer, Virginia Walsh, Lauren Williams, the Newhouse Board of Directors, and Friends of Newhouse

Thank you!

### Make a Difference: Volunteer at Newhouse

YOU can make a difference in the lives of women and children who are victims of domestic violence.

For more information, visit [www.NewhouseShelter.org/Help](http://www.NewhouseShelter.org/Help) or email [CommunityRelations@NewhouseShelter.org](mailto:CommunityRelations@NewhouseShelter.org)

**Newhouse is a domestic violence shelter serving the KC metro area. Our mission is to break the cycle of domestic violence by providing the tools that allow women to make positive choices and lead self-sufficient lives.**

## Your donation makes a difference!

Yes, I want to help provide safe shelter to women and children!

- |                             |                             |
|-----------------------------|-----------------------------|
| <input type="radio"/> \$25  | <input type="radio"/> \$250 |
| <input type="radio"/> \$50  | <input type="radio"/> \$500 |
| <input type="radio"/> \$100 | <input type="radio"/> Other |

I would like to pay by:

- Check  
 Credit Card  
 Cash

Credit Card  
Information:

Account No.  
Expiration Date

Name on Card  
Signature

Your  
Information:

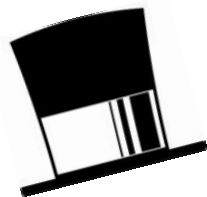
Name  
Address  
City State Zip  
Phone Email

All gifts are tax-deductible. Cumulative cash gifts of \$100 or more to Newhouse each calendar year may qualify for Missouri tax credits.



PO Box 240019  
Kansas City, MO 64124-0019  
[www.newhouseshelter.org](http://www.newhouseshelter.org)

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## House Party: Puttin' on the Ritz November 20, 2010

The Ritz Charles  
Tickets: \$125  
Table for 8: \$1,000  
Includes: Dinner, music, silent and live auctions.  
View auction items at [newhouseshelter.org/events](http://newhouseshelter.org/events)  
Reservations: 816-474-6446 x224

House Party is Newhouse's annual fund raising event critical to ongoing shelter operations.

*We look forward to seeing you there!*



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

## October is Domestic Violence Awareness Month

*Show your support! Join us at these events:*

- Domestic Violence Awareness Month Kick-Off  
October 6, 5-7:00pm, at The Drop (409 E 31st St, KC, MO). Enjoy Happy Hour specials and free appetizers provided by The Drop for a \$5 minimum donation to Newhouse.
- Cooking for the Cause  
October 27, 5-7:00pm at Function Junction, Crown Center. Exclusive demonstration and book signing with a professional chef. *More details coming soon!*

Visit [NewhouseShelter.org/Events](http://NewhouseShelter.org/Events) for more info on these and more upcoming events!