

STEPPING STONES

www.thesecondstep.org



The Tools You Can't Do Without, Could Do You In

Although it is difficult to imagine, 1 in 3 women in our society report being abused by an intimate partner at some point in their lives. (American Psychological Association, 1996) Survivors are often most in danger when they choose to leave an abusive situation because batterers often strike back and become more dangerous when they think they are losing control.

An important focus of our work with survivors at The Second Step is helping them to assess and thoughtfully plan for their safety. Safety planning is a reflective process that takes into account the survivor's current situation and encourages the development of a series of strategies that will help to reduce harm and minimize risks. We acknowledge that leaving an abusive relationship is not always the safest choice. Since each person's situation is unique, we recommend that you call us or consult with an advocate at a domestic violence hotline to make sure your safety plan is as comprehensive as needed.

As part of creating any safety plan, technology must be considered. Overlooking the dangers associated with cell phones, computers, the internet and other "wired" devices keeps you vulnerable and traceable. Below we've summarized a number of technology precautions to consider as outlined by Safety Net: the National Safe and Strategic Technology Project at The National Network to End Domestic Violence (www.nnedv.org).

1. **Trust your instincts.** If the abuser knows too much regarding your whereabouts, it is possible that your phone, computer, emails and other activities are being tracked.
2. **Use a safer computer.** Try to use a safer computer when you look for help, a new place to live, etc. It may be safest to use a computer at the public library, an internet café or a community center.
3. **Create a new email account with a new password from a safer computer.** Use an anonymous name and password that the abuser will not be able to guess, e.g. daffodil@email.com, not yourrealname@email.com. Don't use initials, nicknames, pet names or any other identifying information that will be easy to guess.
4. **Change passwords and pin numbers.** Some abusers access victims' accounts fraudulently to track them, to impersonate them and to cause harm. Think about any pass-

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UPCOMING EVENTS

October DV Awareness Month

DV Awareness Month

Show your care—shop with the retailers in our awareness campaign. See list on pg. 3.

November 8, 2008

Step Up to the Plate

Our best speaker list ever! Don't miss it!

To sponsor or purchase a ticket, call 617.965.2026

May 5, 2009

Save the date for Celebrating Success next spring

DEPARTMENT OF PUBLIC HEALTH DECLARES DOMESTIC VIOLENCE A "SERIOUS PUBLIC HEALTH PROBLEM"

INCREASE IN DOMESTIC VIOLENCE DEATHS SPUR CALL TO ACTION

Governor Deval Patrick has called for the Department of Public Health to issue a Public Health Advisory regarding the continuing high and alarming rate of domestic violence homicides. Public health

advisories are tools reserved for communicating urgent information to the public on health issues facing the community. Such advisories define the scope of the problem and provide important information on prevention and treatment. This is the first time that a Public Health Advisory has been issued for a non disease related cause.

We congratulate Governor Patrick and Public Health Commissioner John Auerbach for their forthright support of individuals and families whose lives have been harmed by domestic violence. Issuing this Advisory

From the EXECUTIVE DIRECTOR

DEAR FRIENDS,

There is a saying "Change is the only constant in life." Here at The Second Step, we live that saying every day! In the past six months, we've had a change in the administrative leadership (me!!), new summer interns have brought us a strong set of ideas and enthusiasm, new funding opportunities are stimulating us to think outside the box about developing innovative services, new Board members have joined with a fresh perspective on our relationship with academia, business, and our peer network, and our incredible staff are taking advantage of more training and educational options so that we can serve our families with even more sensitivity and expertise.

The only thing that really remains the same is the dire need for the support we provide to the individuals and families who come through our doors. Each day we hear overwhelming stories from brave people who have decided that enough is enough, and who have reached out to us for comfort, connection, and friendship, and as they get these basic needs met, we link them with legal assistance, housing options, employment opportunities, and mentors.

This fall, when our Board of Directors updates the strategic plan for The Second Step, it will be based on having heard the voices of the people we serve, findings from conversations with the agencies, individuals and foundations who fund us, and knowledge gleaned by our staff from the day to day work with the families. We will be setting goals that we can not only articulate to each other and the public, but goals we can measure. We want to know that our efforts to help families create their futures is being done sensitively, building on their own skills, priorities, and needs.

Through these changes, we continue to depend on you, our friends and supporters, to be a constant so that we know that tomorrow, next week, next year, we will still be here for those who need us. Thank you once again!

Warmly,



Roberta Rosenberg, MS
Executive Director



The Second Step breaks the cycle of domestic violence by providing survivors and children with transitional housing and supportive services that empower them to remain free from abusive relationships and lead productive lives.

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- word protected accounts you may have such as online banking, medical records, voicemail, etc. If anyone abusive knows or could guess your passwords, change them quickly and frequently. It is helpful to have a combination of letters and numbers with at least one capital letter.
5. **Use a donated or new cell phone when making private calls or arranging safety plans.** This is critical if you normally use a family cell phone plan or otherwise share minutes with your abuser. Billing records and phone logs, readily available from the phone company, might reveal your plans to the abuser. Local domestic violence programs have information about new cell phones and prepaid phone cards for victims of abuse and stalking to use.
 6. **Check your cell phone settings.** If you are using a cell phone provided by the abusive person, consider turning it off when you are not using it. Often phones can be set to automatically answer without your knowing, in effect becoming a speaker. Most newer phones are GPS capable and therefore come with a tracking device which the abuser could activate without your knowledge.
 7. **Minimize use of cordless phones or baby monitors.** These are like speakers and can be monitored. A traditional corded phone is more secure for secret conversations.
 8. **Ask about your records and data.** Many court systems and government records are published online. Ask agencies how your records can be protected, restricted or sealed to protect your safety.
 9. **Get a private mailbox and do not give out your real physical address.** When asked by businesses, doctors and others for your address, have a private mailbox address or a safer address to give them. Try to keep your residential address out of national databases. Many states, including Massachusetts, have the Address Confidentiality Program that can help you protect your actual address and is valid for legal documents.
 10. **Search for your name and your phone number online.** Major search engines such as Google, Yahoo and switchboard.com, to name a few, may have links to your contact information including satellite photos of your address. Search for your name in quotation marks: "Full Name." Also do this with your telephone number. Also check phone directory pages because unlisted numbers might have been published if you have given the number to anyone.
 11. **Consider taking down your social networking pages such as Myspace, Facebook, etc.** Information posted on these sites can compromise your safety through photos which reveal your location and through friends your abuser knows who link to your social site.
 12. Consider closing your chain store, auto repair, oil change or other service discount cards. The information they track is put on searchable databases which a tech savvy abuser may

OCTOBER IS NATIONAL DOMESTIC VIOLENCE AWARENESS MONTH

LOCAL RETAILERS HELP TSS RAISE AWARENESS

Every year since 1989, the U.S. Congress has passed a law designating October as National Domestic Violence Awareness Month.

The Second Step is again partnering with local retailers and organizations to build awareness of domestic violence in the community. Many assume domestic violence doesn't happen in the suburbs, but it does. Suburban victims often feel isolated and don't know where to turn for help. Providing information where people shop or gather is a way to reach them.

These shops will display important information about domestic violence and the resources offered by The Second Step. We are pleased to again partner with ScrubaDub Auto Wash Centers and new this year, Johnny's Luncheonette. Both of these local businesses will be working to raise awareness by displaying and distributing information about domestic violence as well as collecting donations for The Second Step.

Please show you care by supporting our retail partners in our public awareness and education campaign.



344 • Bank of America • Bill's Pizzeria • Bread & Chocolate • Brookline Bank • Brussels Sprouts Kids • Century 21 • Citizen's Bank • CoBella • Dancer's Image • European Hair Salon • Fitness Together • Folklorica • Gallina's Day Spa • Gerry's Shoe Store • Great Harvest Bread • Kabloom • Natural Cosmetics • Shoe Horn • Sovereign Bank • Taste • The Silver Woman • The Village Bank • Toby Dondis Ltd. • Windows of Hope List as of press time.

For updates check www.thesecondstep.org

GET TO KNOW SPECIAL PEOPLE WHO MAKE THE SECOND STEP EXTRAORDINARY



Jim Ostrow

BOARD OF DIRECTORS • Jim Ostrow has been Vice President for Academic Affairs and Professor of Sociology at Lasell College for eight years. Prior to joining Lasell, he served as Director of Academic Affairs/Chief Academic Officer of Penn State University, Fayette Campus, and before that was Director of the Bentley College Service-Learning Center and Chairperson of Bentley's Department of Behavioral Sciences. "I learned of TSS through community service-learning student placements while at Bentley and then at Lasell but became more directly familiar with its programs by volunteering at the transitional houses with my daughters. The vastness of the problem of domestic abuse, the strength of these women and children to face and leave it behind them, and the wonderful energy and passion of the TSS staff who support these women and children to lead healthy, successful lives, all of this makes my membership on the Board tremendously rewarding. I am afraid I must get more than I give, but do look forward to continuing opportunities to contribute to this great organization."



Mary Greenwald

STAFF • Mary Greenwald first became interested in and concerned about domestic violence issues in the mid-1990s, when she was a member of the legal team representing one of the "Framingham Eight" in commutation proceedings before Governor Weld. "In those days, there were very few resources available to women trying to rebuild their lives after fleeing an abusive situation. It would have made a huge difference to my client if she had been connected to The Second Step or another organization like it." After practicing law as both a law firm litigator and hospital in-house counsel, Mary is delighted to have returned to the immensely rewarding work of domestic violence advocacy as The Second Step's Legal Advocate. "My clients often feel like one door after another has slammed shut on them. My job is to pry those doors back open and help clients get and retain the services and support they need."



Claudia and Ethan Moeller

VOLUNTEER • Marie Calderone has been volunteering with our children in a very special time slot in the Afterschool since 1999. She comes in every Monday and Wednesday from 1:00 to 3:00 to work with our kindergarten children until the full afterschool program begins. Having a volunteer especially for our kindergartners is a perfect way to give something special to an age group facing a lot of unique transitions. And Marie is the perfect volunteer for connecting with and caring for these children. In her words, "I love children, and playing with them, and I also hope that I am helping them, knowing that they come from difficult pasts."

DONOR • Claudia and Ethan Moeller

GRADUATE • Lindsey lived at the Second Step for 1 year after fleeing a long term abusive relationship. Homelessness was accepted as the only option to end her domestic violence situation. Her Case Manager, Page, observed, "The moment she walked in the Second Step program she was focused and goal oriented. Her passion at the time of entry was seeing her children start new lives. Once Lindsey knew her kids were in a safe, stable home she turned the focus to herself." Lindsey worked diligently to find full time employment and a steady income. Step by step she methodically planned her long term goals. As Lindsey put her long term goals in place she successfully enrolled and completed her first year of a neighboring college nursing degree program. Finishing her education is the plan to maintain stability and keep her financially independent for the future. Through The Second Step she was encouraged to apply for the esteemed On Family Scholarship Program. Lindsey was recently awarded the scholarship for a second year. Her vivacious outspoken personality is determined to excel in all her endeavors.

"The vastness of the problem of domestic abuse, the strength of these women and children to face and leave it behind them, and the wonderful energy and passion of the TSS staff who support these women and children to lead healthy, successful lives, all of this makes my membership on the Board tremendously rewarding."

– Jim Ostrow, Vice President for Academic Affairs and Professor of Sociology at Lasell College

THANK YOU TO OUR DONORS!

THE SECOND STEP GRATEFULLY ACKNOWLEDGES YOUR GENEROUS SUPPORT

The Second Step has changed its fiscal year. This is a report of contributions received during the six month period January 1, 2007 through June 30, 2007 only. Please note that all contributions received during the fiscal year July 1, 2007 – June 30, 2008 will be reported in our 2008 Annual Report in the Spring 2009 issue of Stepping Stones. If you have any questions, please call the Development Office at 617.965.4173.

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THANK YOU!

Boston Marathon Team Raises \$28,000

Thank you Team TSS!



From L to R: Mike Boisvert, Rachael Bailey, Brandon Strickland, Natalie DeAngelo, Jill Pugach

Room Makeovers in our Residential Facility

The families and staff of The Second Step are so grateful to Linda Turgeon, Owner and Project Stylist, of **Inspiring Solutions Staging & Redesign Group** for the room makeovers in our residential facility. The living room and lounge area were very much in need of a facelift. Linda generously donated her time, resources and items to make these two spaces absolutely beautiful. They are a main focal point of the house and receive compliments from all who see them. Thank you again Linda for this wonderful gift!

www.inspiringsolutionshome.com

Send Us Your Email Address!

We'd like to update you on what's happening at The Second Step by sending you an e-mail "news flash" from time to time. To be included, just e-mail development@thesecondstep.org and be sure to include your name. We do not share your info with any other group. Thank you for being in touch!



The Lounge



The Living Room

Step Up to the Plate

A Benefit for The Second Step
Saturday, November 8th, 2008



Continued from back page

DINNER PARTY SELECTIONS

- **Master of the House**
Norm Abram
Master Carpenter of "This Old House" and Host of the TV show "The New Yankee Workshop"
- **Baseball Business**
Roger I. Abrams
One of the top sports lawyers in the country & author of *The Money Pitch*
- **Bits & Bytes**
Dan Bricklin
Pioneer of personal computer software and "The Father of the Spreadsheet"
- **Tune In to Dine Out**
Billy Costa & Jenny Johnson
Host and Producer, respectively, NECN's "TV Diner"
- **Mr. MusicAmerica**
Ron Della Chiesa
Radio host of "Boston Symphony Orchestra" on WGBH
- **Get Your Soup On**
Marjorie Druker, Chef and Owner
New England Soup Factory
- **Politics in Person**
Mike Dukakis
Former Governor of Massachusetts
- **You Gotta Have Arts!**
Joyce Kulhawik
Arts & Entertainment Critic
- **We're Off to See the Wizard**
Gregory Maguire
Author of *Wicked, Son of a Witch* and *A Lion Among Men* (Oct. 2008)
- **Celtic Pride**
Peter May
Former senior basketball correspondent for *The Boston Globe*
- **Let's Rock n' Roll**
Steve Morse
Former rock music critic for *The Boston Globe* for 30 years
- **Don't Bite Your Tongue**
Ruth Nemzoff
Author, *Don't Bite Your Tongue: How to Foster Rewarding Relationships with Your Adult Children*
- **Under the Tuscan Sun**
Robert Packer
Executive Chef and Partner, *Teatro*
- **Beat the Press**
Emily Rooney
Host and Executive Director of WGBH's "Greater Boston"
- **Get KISS'd**
Matt Siegel
Radio host of "Matty in the Morning" on KISS 108 FM
- **Anchored**
Carole Simpson
Former anchor of "ABC World News Tonight Sunday"
- **Living Legend**
Livingston Taylor
Composer, performer, author and professor at Berklee College of Music
- **Morning MAGIC**
Gay Vernon
Radio Host of "Morning Magic" on MAGIC 106.7 FM
- **The Welch Way**
Suzy & Jack Welch
Authors and writers of BusinessWeek column, "The Welch Way"
- **House of Cards**
Jane Willis
One of the card counting team which inspired the book, *Bringing Down the House* and the movie *21*

For event information contact
Tanya Crowley at
617.965.2026 or
tcrowley@thesecondstep.org



The Most Wonderful Time of the Year

PLEASE LET US KNOW IF YOU CAN HELP! CALLING ALL ANGELS, ELVES AND REINDEER

TSS is gearing up for its annual Holiday Gift Drive and we need your help. Last year The Second Step provided holiday gifts for over 100 families thanks to your generous support.

This year's need is equally great. Families have been displaced due to domestic violence or are struggling to establish new homes for themselves and their children. As the temperature drops and utility prices soar, there are real financial constraints that impede our clients' ability to provide essentials for their children, let alone gifts and toys.

With your support, we can help survivors provide a memorable holiday for their families. We need:

- **Angels:** Individuals, families, companies, law firms, medical groups, schools, clubs, community groups, faith-based groups, and others

who are willing to offer time, financial assistance and/or gifts to our families. You can adopt one family or ten, or purchase gifts for an individual mother or child.

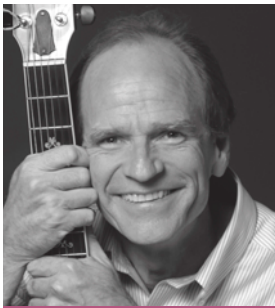
- **The North Pole:** Appropriate, temporary storage and work space. Sentimentally referred to as the "North Pole," we seek 3000-6000 square feet of secure space—could be commercial or an empty residence—for 2 weeks in December.
- **Elves and Reindeer:** "Elves" to help organize, sort and wrap gifts and "Reindeer" with vehicles to deliver the gifts

Can you help? Family wish lists are usually available in early November. Please contact Greta Kenney, Community Services Coordinator, 617.383.6037 or gkenney@thesecondstep.org.

Gregory Maguire



Joyce Kulhawik



Livingston Taylor

The Second Step Raises \$325,000 at Celebrating Success

FUNDS BENEFIT DOMESTIC VIOLENCE SURVIVORS AND CHILDREN

On Thursday, May 8, 2008, over 600 enthusiastic guests gathered to support and honor 16 graduates of The Second Step. The event raised over \$325,000, making it the most financially successful event to date for The Second Step.

The audience, many with tears in their eyes, applauded the graduates' achievements with a standing ovation. Guests were especially moved by the remarks of speakers Lori and Heather Smith. This mother graduated TSS 15 years ago, her daughter was two at the time, and went on to lives not only free from abuse but also filled with wonderful accomplishments.

On behalf of all the brave and special people making the journey from violence to



Laurie Gabriel



Cathy Fulton, Joanne Andrews, Liza Rutherford



Drs. Bruce Auerbach and Robin Richman



Kathleen McGillycuddy



Comedian, Cory Kahaney



Allen and Ellen Korpi



"I received a clock at the first Celebrating Success, and it sits on my mantle today as a quiet symbol of my time at The Second Step. Thank you to all those who gave me and my daughter a hand up, instead of a hand out. Every volunteer in the playroom. Every staff member. Every person that gave a donation or gave legal representation. Every grant writer and board member. You have all made my life the success that it is today. You planted the seed of hope and the spirit of caring in all those lives you have touched. You are my heroes."

— Lori, 1993 graduate of The Second Step



Marianne Karmel and Susan Miller



Newton Mayor David Cohen and Roberta Rosenberg



Mary Herlihy and Greg Bialecki



Yael Hurwitz-Lange, Clare Villari, Sara Lou Sherman



Co-Chairs, Roberta Carson and Patricia Hinchey



Planning Committee: Back Row L-R, Anne Kaplan, Joni Lohr, Marianne Karmel, Linda Isenberg, Vanessa Leite, Deb Maini, Patricia Baker Front Row L-R, Phyllis Cohen, Patricia Hinchey, Roberta Carson, Joanne Andrews Missing: Anita Adelson, Maura Hennigan, Jan Silverman, Lisa Stone, Amy Weed

THANK YOU

You helped make *Celebrating Success* our most successful event ever!

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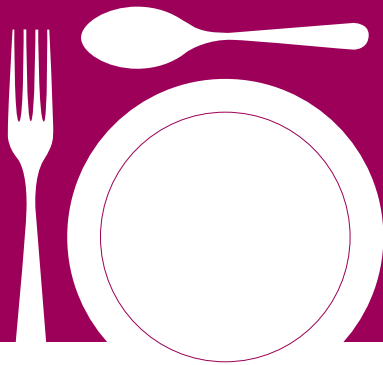
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* Members of TSS Board of Directors

Step Up to the Plate is a unique benefit event comprised of 20 dinner parties in gracious private homes. Each dinner features a local luminary who is a leader in his or her field. Mike Dukakis, Joyce Kulhawik, Livingston Taylor are just a few.....full list see page 9

SAVE THE DATE



Step Up to the Plate

A Benefit for The Second Step

Saturday, November 8, 2008 at 7:00 pm

For event information and sponsorship opportunities, contact Tanya Crowley at 617.965.2026 or tcrowley@thesecondstep.org

**Domestic Violence
Emergency Numbers**

Massachusetts (Statewide): 877.785.2020 | Boston and Metro West: 800.899.4000
Information and non-emergency referrals, call The Second Step 617.965.2538



A way from violence to self-reliance

PO BOX 600213
Newtonville, MA
02460-0002

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Boston Marathon Team TSS
Step Up to the Plate