

# VOICES



A Publication of Domestic Violence Services of Lancaster County  
Fall 2010

## Turkey Hill Golf Tourney Raises \$50,000 for DVS

Erin Dimitriou Smith was just glad it didn't rain on September 17 when 144 Turkey Hill employees and vendors gathered at The Links at Hershey Country Club for their annual charity golf outing.

"It poured the last two years," she said, "so we were grateful for the beautiful sunny day."

Dimitriou Smith, Turkey Hill's PR/advertising manager, was also pleased that over \$50,000 was raised for Domestic Violence Services of Lancaster County (DVS).

It's the second year that DVS has been the beneficiary of the golf outing, and also the second year that Turkey Hill has named the agency a "recipient organization" for other assistance.

On hand to congratulate DVS and to meet the charity golfers was retired NCAA Coach Bobby Knight, who posed with all the foursomes. Known for his colorful language and peripatetic behavior, Knight was notably circumspect during the tournament and simply enjoyed chatting with golfers and guests.

"It was really a fun day," say DVS Director Bonnie Glover. "We're excited about the money raised and really appreciate all that Turkey Hill has done for us over the past two years. The money they have raised – and all the services they have provided – have made a tremendous difference to DVS. They are a wonderful example of good corporate citizenship and are a real asset to our community."

Dimitriou Smith says that Turkey Hill supports non-profits like DVS because the company is "committed to making a



**Tournament golfers enjoyed meeting celebrity guest Bobby Knight, former NCAA basketball coach and a pretty fair golfer himself.**

difference in the community and to giving back to the community that has made Turkey Hill so successful. DVS provides important services to domestic violence victims and their children, and we want to support those efforts. "

### PA Domestic Violence Deaths Increase

While a recent state police report indicated a dip in violent crime in Pennsylvania last year, domestic violence-related fatalities were up more than 22 percent over 2008 and 40 percent over 2007.

The increase is "gut-wrenching," said Peg Dierkers, executive director of the Pennsylvania Coalition Against Domestic Violence, which is the umbrella organization for 61 community-based domestic violence programs across the state.

She told the Harrisburg Patriot News that the bad economy is one of the main factors driving the increase. Abusers who lose their jobs may feel that they have less control in their lives, and power and control are two of the hallmarks of abuse, she stated.

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### Mary Kay Foundation Awards \$20,000 to DVS for New Van

The Mary Kay Foundation has awarded DVS a \$20,000 grant to use toward the purchase of a new 12-passenger van for the emergency shelter. The van will transport domestic violence victims and their children to various appointments and to recreational and cultural events.

The \$20,000 grant was part of a \$3 million nationwide grant program sponsored by the Mary Kay Foundation to combat domestic violence.

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# DVS Enters its 35th Year With Optimism

September 1 marked the beginning of Domestic Violence Services' 35th year of operation. Although we face the same challenges as many nonprofit organizations in this uncertain economy, we are confident that we will endure with the help of our many friends and supporters in the community.

As articles in this issue indicate, we have had some very good news lately:

- The Turkey Hill Golf

Tournament in September raised more than \$50,000 for DVS

- The Lancaster County Redevelopment Authority has awarded DVS \$35,000 to make a variety of ADA accessibility improvements to the emergency shelter
- A \$20,000 grant from the Mary Kay Foundation will enable us to purchase a much-needed new van to transport our clients and their children to appointments, job interviews, and recreational outings
- A variety of ongoing fundraising efforts by organizations such as Empire Beauty School and the Annual Walk a Mile in Her Shoes event at Millersville University help us to breathe a little easier financially.
- The number of volunteer hours has doubled over the past year –from 3,700 in 2008-09 to 6,038 in 2009-10. Our

growing volunteer corps has helped fill gaps left by staff layoffs so the agency can continue to maintain the quality of service to domestic violence victims and their children.

All of this community support is helping us reach our funding goal of \$200,000 so we can achieve a balanced budget by June 30, 2011.

This issue also honors a group of extraordinary staff members who have served DVS for 15 years or longer – almost half their careers. I want to pay special tribute to this group – and to our other staff as well. They continue to strive for excellence under often difficult circumstances. Not only is the nature of domestic violence service work itself very demanding and challenging, with victims needs becoming increasingly complex, shrinking federal and state allocations have meant DVS has had to do more with fewer resources and fewer staff at the same time the need for our services has significantly increased.

It has been heart wrenching over the last six years to see a staff of some 35 full-time people shrink through layoffs to only 16 full-time and 11 part-time people. While volunteers have helped fill a number of the gaps, the agency has been both stretched and stressed to the maximum.

It is to the great credit of the long-term staff especially that they have chosen to remain with us and help move the work forward when it would have been far easier to leave and look for other more lucrative, less stressful jobs. Their deep commitment to the agency's mission and to the people we serve is inspiring and I am truly grateful for the wonderful job that they do.

Peace and blessings,

*Bonnie Glover*

## Walking in Her Shoes

DVS provided the program for a special Family Violence Resource Network meeting on October 20 at First United Methodist Church in Lancaster.

Titled "Take a Walk in Her Shoes: A Day in the Life of a Victim of Domestic Violence," the program was facilitated by Joyce Overly, legal advocate and supervisor at the DVS Legal Clinic.

The interactive exercise was designed to increase awareness and understanding of what victims of domestic violence face as they attempt to flee violence. Participants took the same steps and encountered the same barriers that a victim experiences when leaving an abusive partner.

Some 23 participants from a variety of social service, religious, legal, and mental health organizations attended.

## Mary Kay Foundation Donation

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"This is really a godsend," said DVS Director Bonnie Glover. "Our old 1997 minivan has over 150,000 miles on it plus will only accommodate six people including the driver."

She added that the agency's transportation needs are increasing. "The emergency shelter is at full capacity almost year round with 15 women and 20 children living there and an additional 10 women and 20 children, on average, living in our longer-term transitional housing apartment facility."

The Mary Kay Foundation was created in 1996 with a two-fold mission: to fund research on cancers affecting women and to help prevent domestic violence while raising awareness of the issue. Since the Foundation's inception, it has awarded nearly \$25 million to shelters and programs around the county that are addressing domestic violence prevention.

# Long-Time Staffers are the Heart of DVS

It isn't easy working in a domestic violence services organization. Every day you face the results of violence and see the terrible toll it takes on the people who are its victims. Their stories and challenges are almost impossible not to take home with you at night. And funding, which was never enough, continues to shrink as the economy worsens.

Despite these challenges, DVS has managed to maintain an exceptionally loyal and hardworking staff – a number of whom have been with the organization for 15 years or more.

Some, like Director Bonnie Glover, came directly out of college hoping to find a way to “make a difference.”

“I came straight here in 1976 after graduating from Franklin & Marshall College,” Glover says. “I’ve seen the organization grow from just a concept created by a group of community volunteers to a successful agency staffed by exceptional people.”

Some of those exceptional people were former domestic violence victims themselves who became committed to helping others change their lives.

“I am a survivor of domestic violence and knew I would be an asset to the work being done on behalf of victims and their children,” says Carrol States, who joined DVS in 1992. Hired as an advocate, States now wears several hats including being the contact person with the counselors at Lancaster County Prison.

States says she has “gained so much from DVS program participants and my amazing co-workers. They are all phenomenal women.”

Joyce Overly, who joined DVS in 1986, is also a former domestic violence victim who came originally as a volunteer to the agency.

“I saw an article in the Sunday News about needing volunteers to work with children, and I came and worked with children at the shelter for a year,” says Overly.



Left to right are Bonnie Glover, Deb Bolton, Louise Kichline, Cathy Sofilka, Joanne Brown, Carrol States, and Joyce Overly. Not pictured are Darlene Mundy and Kathryn Markley. See page six for profile of Becky Powell.

When DVS began interviewing for weekend resident assistants for the new shelter location, Overly didn't hesitate to apply. She eventually became a legal advocate and in 1997 was promoted to legal advocacy supervisor.

Other staff also volunteered before joining the agency.

Volunteer Coordinator Cathy Sofilka started volunteering in 1988 and didn't join the agency for another four years.

“They offered me a job as a part-time advocate and the hours were perfect for a working mom,” Sofilka states. “I managed the main desk for a few months and then went back to advocacy. Three years ago I became volunteer coordinator.”

Louise Kichline volunteered at DVS as a counseling support person for six months in 1991 before switching careers to join the staff.

“This was a second career for me,” she explains. “I was working in banking as a trust officer and my administrative assistant went through a domestic violence situation. I became interested in

the dynamics of domestic violence and decided to volunteer at DVS. It's been very personally rewarding for me to see women and men who have been abused find their own power and take charge of their lives, and to have played a small role in that process.”

Joanne Brown also began as a volunteer for DVS.

“I started volunteering as a Girl Scout leader in 1993, and enjoyed working with the young girls in the shelter to get them involved in Scouting,” she recalls. “Later, I was a volunteer children's advocate and in 1996 became the cook for the shelter. I have remained at DVS because I love my job and love giving back.”

Deb Bolton, currently administrative MIS coordinator, interned at DVS when she was a student at Millersville University. She was hired in 1995 and has served as resident assistant, domestic violence advocate, and administrative assistant.

“I am at DVS because I am committed to helping victims of domestic violence,”

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# She Finally Broke the Cycle of Violence and Returns to DVS to Help Others



Twenty years ago, Diane S. fled a violent family situation and found a safe haven at the DVS emergency shelter for herself and her two small children. She returned to DVS recently, but this time to offer her help to other domestic violence victims.

“DVS was a real sanctuary for me that helped me begin to turn my life around,” she explains. “My children are now grown and I have some extra time, so I called the shelter and it turned out that I was just in time for the fall training session for volunteers.”

The 40 hours of training have not only equipped her with the skills to assist others, but also helped her put into perspective the impact of her early life and how far she has managed to come in the face of great adversity.

“I grew up in a family with a lot of violence between my mother and my stepfather,” Diane states. “There were fights every weekend and often the police would be called. It was not only frightening, but also confusing because there was a pattern that once my stepfather and mother made up, he would retaliate against us kids for trying to help her or for calling the police. Finally, I wouldn’t try to intervene and would just pretend it all wasn’t happening.”

Her stepfather also acted inappropriately toward Diane and her sisters. “I wouldn’t call it sexual abuse, but he was always lurking and creeping around and we felt threatened. Once, when my mother was in the hospital having a baby, in the middle of the night he came into the room I shared with my younger sister. He picked her up and tried to take her out of the room and I fought to free her. He finally went away.”

The early violence and insecurity had a tremendous impact on Diane’s life. “I grew up with a lot of fears and phobias,” she

states, “and I always felt ashamed— although I was not sure what I was ashamed of. I felt I had to hide certain things and that I could never be close to anyone.”

Diane also was convinced that her mother cared more for her husband than for her children. “All six of us complained and complained about him, but she never did anything. She was a strong-willed woman except in this one area of her life. She stayed with him no matter what. In fact, it was finally him who left her years later.”

Diane struggled as a teenager and made some unfortunate decisions.

“When I was 12, I was seeing a guy who was 18. I didn’t understand love, and he forced himself on me,” she says softly. “Then I was really afraid of him and didn’t dare tell my mother what had happened. I tried to avoid him in the neighborhood and that made him angry and he would punch me whenever he saw me.”

Although she was bright and an excellent student, Diane continued to have conflicts with her mother. At one point when her mother threatened to take her to Barnes Hall, the local juvenile detention facility, Diane responded by insisting on going there. She then refused to return home and went before a judge who gave her the choice of going to a “school for girls,” a Catholic school or a foster home.

“I chose the school for girls, which turned out to be Waynesburg (then a correctional facility for juvenile girls near Pittsburgh). I was there 11 months. It actually made me stronger. Up to that point, I had felt there was nothing that I could do about my situation or to get away from home.”

When she returned home and to public school, a counselor spent a lot of time trying to help her because she believed that Diane had great potential. “She actually arranged a scholarship for me at Country Day School, Diane recalls. “I lasted two days. The kids there obviously had a lot of money and although they were nice to me, I felt like I was a novelty. I didn’t like that, so I decided not to stay.”

She dropped out of school altogether in the 11th grade and had a child when she was 18. She tried living at home with her mother, but conflicts again arose, causing further complications and a stormy parting.

“I know how difficult it is for young people with a child or children in the picture and no support network,” says Diane. “I struggled for so many years. I always felt I was at a disadvantage and continued to make wrong decisions.”

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# Long-Term Staffers

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Bolton says. “I grew up in a home with an abusive father and know firsthand how difficult life can be when there is little or no family support and no shelters or services to assist victims.”

Katherine McNiff Markley joined the Community Action Program’s Head Start effort in 1993, but came over the DVS in 1996 “because I so admired the work being done here.” Markley is a legal advocate for victims, most recently at the courthouse. She remains with DVS because “I think that for a lot of individuals, we are the only voice they have.”

Many of the long-termers credit the supportive atmosphere at DVS for the length of their stay. It is an egalitarian operation where all staff members help make key decisions and provide mutual support for both work and personal issues.

“Most important to me,” says Cathy Sofilka, “is the understanding we are given when challenges comes up in our personal lives. There have been instances over the years when I’ve had to take off work because of illness or death within my family. There was NEVER a ‘when are you coming back to work?’ It’s always been, ‘are you READY to come back – are you sure you don’t need more time?’ This attitude is worth its weight in gold as far as I’m concerned and engenders great loyalty.”

Sofilka also tells a story that illustrates why she finds her job meaningful: “Not long ago, I ran into a former program participant I had worked with a few years ago. I almost didn’t recognize her and she approached me. She had been a victim of severe physical violence and was treated at an area hospital before she came to the shelter. She is now working, recently had a promotion and is living her life free of violence. That was wonderful to hear, and I think it’s one of the key reasons we all stay here so long.”

# Walk a Mile in Her Shoes Raises \$2500 for DVS



**Some 85 marchers participated in the Second Annual Walk a Mile in Her Shoes event at Millersville University.**

There were some sore feet and legs, but participants were having a good time for a great cause at Millersville University’s Second Annual Walk a Mile in Her Shoes event on October 13.

Some 85 male students, faculty, staff and community members slipped on high heels to march one mile through campus to proclaim their solidarity with the movement against domestic violence. Women marched at their sides (in some cases, holding them up!), and the event raised \$2500 for DVS – twice the amount raised last year.

Sponsored by the Elsie S. Shenk Wellness and Women’s Program and the Millersville University Police Department, the march drew a large crowd of spectators, says organizer Donna Cargas, who works for the University Police Department.

“Everyone had a wonderful time,” she states. “We were able to obtain a number of pairs of women’s stilettos in larger sizes and some of the guys actually bought their own. It was an engaging way to get a powerful message across about stopping gender violence and supporting its victims.”

Walk a Mile in her Shoes®: The International Men’s March to Stop Rape, Sexual Assault Gender Violence began in 2001, and marches have been held around the U.S. and in several foreign countries including Canada, Australia, Kenya, South Korea and England. For information, visit [www.walkamileinher shoes.org](http://www.walkamileinher shoes.org).

## Grant Will Improve Accessibility

The Lancaster County Redevelopment Authority has awarded DVS a \$35,000 grant to make a variety of ADA accessibility improvements to the emergency shelter. Construction is slated to begin in late fall or winter.

# Staff Profile

# DVS ‘Altered Her Life’ Over 32 Years



she would end up being the longest-serving employee next to DVS Director Bonnie Glover.

“Being hired here was a match made in heaven,” Powell states. “I had worked in a number of different jobs before that including factories, a physician’s office, retail stores, and as an outreach worker for the Emergency Food and Medical Assistance Program for Community Action Program (CAP).”

DVS was still known as the Lancaster Shelter for Abused Women when Becky Powell joined the staff back in late 1978. Little did she know then,

She started as the midnight to 8 a.m. relief person at the shelter. Later, she worked as shelter manager and also did counseling. In 1984, when the shelter moved to its present location and shelter operations were expanding, she was appointed Counseling Coordinator, which is her current title.

She also managed to complete an undergraduate degree in social work at Millersville University that she had begun in 1969 and to earn a masters degree in social work from Marywood University’s advanced standing program in 2000.

“It took me 29 years to finish my bachelor’s degree, and I was determined it wouldn’t take me as long to do the MSW,” she says with a chuckle. “CAP/DVS had a policy permitting employees

to take three hours per week for classes plus the agency allowed me to flex my work schedule. It was not easy, but God provided me with a family and a great group of friends who supported my efforts.”

Powell says her work at DVS has altered her entire life and “helped shape the person I am today. One could easily believe that you are here to influence others, but I know for a fact that working here has made me a better person. The influence is reciprocal.”

She has also observed with satisfaction the progress made in bringing domestic violence out of the shadows.

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# Domestic Violence Deaths Increase

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Unfortunately, resources to aid abuse victims are diminishing statewide at the time they are most needed, according to Dierkers. Domestic violence services were cut 2 percent in this year’s state budget and funding is also drying up at the community level.

In addition, Dierkers said, municipal budget cuts have caused delays in the court system in some counties and fewer police in some areas to respond to domestic violence calls.

She noted that more community education is needed to curtail abuse, and that children and teenagers, especially, need to be better educated about having healthy relationships and what the warning signs of an abusive relationship are.

A measure that domestic violence prevention advocates hope Gov. Ed Rendell signs before he leaves office would require teen dating violence education in public schools.

## Domestic Violence By the Numbers

There were 180 domestic violence-related fatalities in Pennsylvania in 2009, one of the highest years since PCADV has tracked deaths.

- 121 victims were killed
- 59 perpetrators died:
  - 52 committed suicide
  - Five were killed by police
  - One was killed by an intervener (no charges filed)
  - One was killed in a car accident he caused.
- Four law enforcement officers were killed responding to domestic violence-related calls
- The youngest victim was 18 months old; the oldest victim was 97
- The youngest accused perpetrator was 11; the oldest accused perpetrator was 83
- 60% of victims were shot in 2009.

To read the full report, Domestic Violence Fatalities in Pennsylvania 2009, go to PCADV’s Web site: [www.pcadv.org](http://www.pcadv.org).

# She Broke the Cycle of Violence *continued from page 4*

She had a second child and eventually married at age 26. Her husband had just been released from jail and friends and family members warned her against marrying him.

“It was a crazy marriage from Day One,” Diane states. “A little over a week after we were married, he got arrested for assaulting a woman and was sent to prison. I then went through a very hard period where I was severely depressed and blaming myself for bad decisions, but managed to make an even worse one: I got involved with drugs.”

The downward spiral continued with other bad relationships, a third child, and –eventually – homelessness.

“At this point I went to live with my sister. I had two of my children with me – the elder daughter had gone into foster care at her request. There had been complications with my pregnancy and I couldn’t do much work around the house, which my sister really resented and she became very physically abusive.”

The abuse escalated and one afternoon Diane was forced to flee with her children, leaving all their belongings behind.

“My sister was totally out of control and threw glasses at us that broke at our heels as we were running toward the taxi.”

She and the children ended up at the DVS emergency shelter.

“I had always thought that domestic violence was between a man and a woman, but came to understand that it is can be between any kind of family members or partners,” Diane says. “My stay at DVS helped me define what violence is, and I was able to see that the punches and slaps and threats in my marriage and some of my other relationships were forms of violence. I also began to think about the violence in my childhood and home situation and how it had impacted my life.”

DVS became “a real sanctuary and a turning point for me,” says Diane. “You don’t suddenly become healed, but with the help of people there, I was empowered and eventually able to begin to put the pieces of my life together and to think about what I had come through. I also began to forgive myself and to overcome one of my great fears – that I would resort to violence myself. I had always felt I

would be capable of great violence if I unleashed it, and I was afraid of that.”

While it was not an overnight process and not without struggle, Diane was able to move forward with her life after she left the shelter – to earn a GED, to get a good job, to become involved in the community, and to build a stable home life for her children. .

“I also was able to forgive my mother,” she says. “We became good friends before her death, and I am grateful for that.”

Over the years, Diane has managed to achieve a level of comfort with herself and who she is.

“Religion has played a key role in that as well,” she states. “It is a very important part of my life.”

She says she is excited about the opportunity to help other domestic violence victims. “I feel I have something to give. I’m hoping I can help others recognize patterns in their life and also ways to move beyond what may have happened to them.”

She smiles and points to a purple bracelet on her wrists that says simply, “Love should not hurt.”

## Support DVS at Gift Fair on November 20

DVS is one of 30 local, national and international non-profit organizations that will be featured at the 2010 PA Gifts That Give Hope Fair on Saturday, November 20 from 10 a.m. to 4 p.m. at the Farm and Home Center on Arcadia Road in Lancaster.

The unique holiday fair enables shoppers to learn about nonprofit organizations and make a donation to a cause in honor of a friend or family member. In return, they receive an attractive card with a description of their gift, which can be presented to the friend or family member.

DVS “gifts” that can be purchased at the fair include a personal toiletries kit for each victim who seeks shelter at DVS (\$25.00), one night at the emergency shelter (\$50), and one hour of counseling plus one hour of legal advocacy services for an adult victim of domestic violence (\$125).

If you can’t attend the fair, you can shop online at:  
[www.giftsthatgivehope.org/lancaster](http://www.giftsthatgivehope.org/lancaster)



**GIFTS THAT GIVE HOPE**

DVS helps victims free themselves from violence and find their



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## Empire Cut-a-Thon Raises \$1400 for DVS

It was Empire Beauty Schools' National Day of Beauty on October 9, and the Lancaster school raised over \$1400 at a Cut-a-Thon to benefit DVS.

At Empire schools across the nation, some \$47,000 was raised, according to Linda Gerhart, director of the Lancaster branch. Total charitable funds raised by Empire for this fiscal year, which ends December 31, stand at \$147,000.

"The Lancaster Empire School is also in the midst of a food drive to benefit DVS," Gerhart stated, "and we'll soon be collecting mittens and hats and toys for the holidays. On October 27, we'll also be providing hair services for DVS clients and a Halloween party for their children."

"Empire has been an important friend to DVS for a number of years," says DVS Director Bonnie Glover. "We really appreciate all that they do for victims of domestic violence and their children."

## Want to Help With Holiday Gifts?

Many people donate holiday gifts to DVS each year for victims of violence and their children. If you are interested in contributing, please contact Deb Manning, Children's Program Coordinator, for gift ideas for children (299-9677 Ext. 3121 or [dmanning@dvslanc.org](mailto:dmanning@dvslanc.org)) and Louise Kichline for ideas for adult items that are needed (Ext 3104 or [lkichline@dvslanc.org](mailto:lkichline@dvslanc.org)). Also check out our website at: [www.dvslanc.org](http://www.dvslanc.org)

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Staff Profile

## 32 Years at DVS *continued from page 6*

"Back in the 1970s, domestic violence was a dark secret that no one talked about," she says. "Due to the efforts of the women's movement, domestic violence organizations, and social justice projects, domestic violence is now recognized as one of the major social problems and health concerns in today's society."

Unfortunately, she adds, domestic violence programs have never been properly funded and in today's economy, funding is shrinking. "We're constantly faced with trying to do more with less," she states.

She remains optimistic, though, and is grateful for her career with DVS. "I am blessed to have been given the opportunity to join with so many domestic violence victims and their children on their journeys in the 30-plus years I have worked here. Knowing that I can play a small part in helping someone has been my greatest accomplishment."