



NEWSLETTER - JULY, 2021

1333 S. Glenburnie Road • New Bern, NC 28562, 252.638.4509 • coastalwomensshelter.org, 24/7/365 Crisis Hotline: 242.638.5995

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ANNUAL BENEFIT MOTORCYCLE RIDE- PLANNING UNDERWAY

Mark your calendar for Saturday,
September 25, 2021 for the
Annual Benefit Motorcycle Ride.
It's going to be bigger and
better this year.



The devoted and enthusiastic committee members headed up by members of the Punishers Law Enforcement Motorcycle Club and CWS staff have been busy planning this year's ride since January 2021. Some details of the ride:

- 120-mile ride will wind through Craven, Jones and Pamlico Counties.
- Ride starts in New Bern at Temple Baptist Church, 1500 Kingdom Way and ends at Pamlico County Chamber of Commerce, 10642 Hwy 55 East, Grantsboro, NC.

At the end of the ride:

- Entertainment with Big Jim and Kathy Kohler.
- Food truck and beverages.
- There will be vendors this year, one has signed up:
– Salty Enterprises (paint correction, sealant, Norwex consultant)

We are looking for sponsors and non-food vendors. If you are interested please contact Johanna Schaefer, Fund Development Coordinator at cwsfundd@coastalwomensshelter.net

More information to follow.
For updates visit
coastalwomensshelter.org/news
or on Facebook and Instagram.



Executive Director's Message



Mid-July is here, which means the final days of summer are slowly approaching. Children will soon go back to school, and the state is opening back up which will make way for more in-person interactions in our everyday lives. While we understand this is not a welcomed change for everyone, for some of the individuals we serve or those who have been looking for a way out of their abusive homes, this is the return to “normalcy” they have been waiting for. This opening is giving them the chance to escape safely or connect with our agency to gather information and possible tools to assist them in their situation.

Each day as I tune into the news or turn on social media, there seems to be a new case or tragedy due to domestic violence. As I scan the comments section of the online post or listen to individuals talk, the same questions continue to be asked, “Why didn’t they leave?”, “Why didn’t they ask for help?”, “How could we have helped?” For many individuals, we cannot step in to assist until they are ready to leave the situation and that looks different for each person. Statistics show it can take an individual seven to eight times before they leave an abusive relationship for the last time. Every individual going through a violent situation is the expert in their life and we, as an agency, are here to help not force them to do anything they are not ready to do or willing to do. While it may be hard to understand why a person stays, we must remember we have no idea what is going on in that person’s life. We do not know all the details, because we are not the ones living in that situation every day.

There are other times when the individual does speak up to ask for help but because the aggressor is the bread winner, the victim cannot afford legal assistance or representation (our advocates are not attorneys and cannot speak on the laws or give legal advice). Due to COVID-19 our agency was limited on our outreach efforts but now that things have opened back up, we fully intend to be present at each event possible to make sure those in our community know who we are, what we do and how we can help. The communities we serve have always come together in times of need; I would like to encourage each of you to be vigilant. Pay attention to those around you, chances are some one you work with, go to school with, sit next to at church or a loved one may be going through a violent situation that you may not know about. If you believe someone you know is a victim of domestic violence and would like information on how to help them, please reach out to our advocates or stop by our office to pick up available brochures. This mission is not easy, but if we come together, we can do our part as a community to break the cycle of violence.

Client Service Statistic for June 2021



Helping Hands Boutique



WE HAVE
LULAROE
CLOTHING



A Gem Among Thrift Stores

In addition to low prices for beautiful clothes, there are extra discounts on the 1st and 3rd Fri/Sat of every month spend \$25 get 25% off. Come shop to help end domestic violence.

STORE HOURS:
MON TO FRI 10AM TO 5PM,
SAT 9AM TO 4PM
2509A NEUSE BLVD
NEW BERN, NC



Counselor Corner by Delzora Clark



This is the first in a series of articles that will appear in The Bridge, this newsletter. Delzora Clark, is a licensed trauma-informed counselor specializing in domestic violence.

Greetings:

I have been a counselor with Coastal Women's Shelter for several years and in the field of counseling for a couple of decades. One of my passions is helping people help themselves. My motto is "Pressure makes Diamonds and Irritation makes Pearls". Think about it. The pressures and irritations in life can help perfect who you become. You can direct whether the outcome is positive or negative. Plus, you can evolve and re-create yourself until you become who you want to be as an outcome.

This section of the newsletter will ultimately be what you want it to be if you participate. What I mean is that you, the reader, can help determine the contents of my article. For example, if you have a question to ask or a topic that you would like addressed, please send it to: TheVoice@VoicedMania.com. I will be honest in my reply and provide topic feedback that is supported by best practices and research data.

COVID has left us dealing with additional stress - employment, childcare, depression and other issues. So, what do we do about it? Try these . . .

- Drink - water rehydrates better than most other things and there's no added sugar.
- Eat better - read labels, watch the carb percentage.
- Exercise - walk in the neighborhood, in your dwelling, park farther from the entrance of stores, etc. Plus there are loads of free workouts online.
- Relax - Seriously, schedule relaxation time into your busy schedule. Take it as seriously as you would any other appointment.
- Sleep - Your body needs it.

Remember to keep it up. It takes a while to create a habit. Just don't give up on you . . . you're worth it

Staff profile - Holly Fincher, Bookkeeper



Holly Fincher
Office Coordinator and
Bookkeeper

IN HER OWN WORDS:

I haven't been working long in with domestic violence survivors, however after years of being in a relationship where I faced abuse and fear, it has become my passion to help other women avoid the same fate.

I have been with Coastal Women's Shelter for 6 weeks.

I was drawn to this type of work by personal experience with DV and a passion to make sure other women have the tools and resources they need to get out.

I am the Office Coordinator and Bookkeeper, I make sure that the books are balanced, budgets are maintained for the agency as well as general office tasks.

I'm passionate about helping people, I have been homeless, abused, abandoned and betrayed. I found with each new situation and each new pain I've become stronger and I want to share that with other women. I'm passionate about women owning the natural power they were born with. It excites me when a once beaten down person finds their strength.

I volunteer anywhere I see an opportunity. I find great pleasure in helping the less fortunate and really becoming a part of something much bigger than myself.

My hobbies include dancing, singing, roller skating, nature walks, doing art projects, cooking, running a social media group and hanging out with friends.



Holly getting ready for her dance.

Good Neighbors

Members of the Theta Beta Omega Chapter, Alpha Kappa Alpha Sorority donated bags filled with personal care items, shampoo, conditioners, disinfectants, snacks and much more. We are so grateful for this and their monetary donation. Picture here is Amanda Delgado with the members of the sorority.



Sarah Plamp of Trillium Health Resources donated tee shirts, lunch boxes and grocery bags.



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Domestic Violence - Why Do Victims Stay?

When it is a viable option, it is best for victims to do what they can to escape their abusers. However, this is not the case in all situations. Abusers repeatedly go to extremes to prevent the victim from leaving. In fact, leaving an abuser is the most dangerous time for a victim of domestic violence. One study found in interviews with men who have killed their wives that either threats of separation by their partner or actual separations were most often the precipitating events that lead to the murder.



A victim's reasons for staying with their abusers are extremely complex and, in most cases, are based on the reality that their abuser will follow through with the threats they have used to keep them trapped: the abuser will hurt or kill them, they will hurt or kill the kids, they will win custody of the children, they will harm or kill pets or others, they will ruin their victim financially -- the list goes on. The victim in violent relationships knows their abuser best and fully knows the extent to which they will go to make sure they have and can maintain control over the victim. The victim literally may not be able to safely escape or protect those they love. A recent study of intimate partner homicides found 20% of homicide victims were not the domestic violence victims themselves, but family members, friends, neighbors, persons who intervened, law enforcement responders, or bystanders. Additional barriers to escaping a violence relationship include by are not limited to:

- The fear that the abuser's actions will become more violent and may become lethal if the victim attempts to leave.
- Unsupportive friends and family
- Knowledge of the difficulties of single parenting and reduced financial circumstances
- The victim feeling that the relationship is a mix of good times, love and hope along with the manipulation, intimidation and fear.
- The victim's lack of knowledge of or access to safety and support
- Fear of losing custody of any children if they leave or divorce their abuser or fear the abuser will hurt, or even kill, their children
- Lack of means to support themselves and/or their children financially or lack of access to cash, bank accounts, or assets
- Lack of having somewhere to go (e.g. no friends or family to help, no money for hotel, shelter programs are full or limited by length of stay)
- Fear that homelessness may be their only option if they leave
- Religious or cultural beliefs and practices may not support divorce or may dictate outdated gender roles and keep the victim trapped in the relationship
- Belief that two parent households are better for children, despite abuse.

Source: National Coalition Against Domestic Violence

Coastal Women's Shelter

The Value of Your Monetary Donation



Historically, most of our funding for Coastal Women's Shelter has come from government grants or foundations; but we are seeing much of that support being cut.

Therefore, we desperately need your help to serve our clients in seeking safety. They often need help with the first month's rent and utility payment; with fees to apply for childcare assistance; with gas cards, with medical bills; and, with legal bills.

Survivors of domestic violence could be your neighbor, your co-worker, your cousin, or the person you pass on the street. Domestic violence lives in secrecy. Every person who can leave an abuser deserves the best chance possible to create a successful life.

Your monthly donation of:

- \$50.00 per month for 3 months provides 45 meals for our safe house guests.
- \$100.00 per month for 3 months provides 30 days of emergency shelter for 1 to 2 families.
- \$250.00 per month will help cover relocation costs for one family, providing its members with a safe new home and a brighter future.

There is no minimum contribution and you can change the amount or cancel the contribution at anytime.

Coastal Women's Shelter is a 501(c)(3) tax-exempt, non-profit organization that serves survivors in Carven, Jones and Pamlico counties.

Please call us at 252.638.4509 for more information.

Make your check out to Coastal Women's Shelter and mail it to

Coastal Women's Shelter

1333 S. Glenburnie Road

New Bern, NC 28662

or, go to coastalwomensshelter.org/donations to make an online donation.