



Response Board of Directors

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Beth Ogle

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Lynn McKee

Shelter Services Assistant

Stephanie Good

Shelter Supervisors

Vivian Rinker

Barbara Copp

Kaitlin Litten

Sally Hartz

To contact us:

Response, Inc.

P.O. Box 287

Woodstock, VA 22664

Office: (540) 459-5599

Fax: (540) 459-5799

Hotline: (540) 459-5161

E-mail: response@shentel.net

www.facebook.com/response

www.responseva.org

A Decision of a Lifetime

As advocates for survivors of intimate partner violence we often hear from community and family members, "I don't understand why he/she would stay in this situation, it doesn't make sense". Staff thought it would be helpful to share some of the dilemmas survivors face and the choices they have to consider for themselves and their children when making a decision to leave.

The top three primary concerns that survivors tell us they have about leaving:

- 1) I don't have the ability to meet my basic financial needs (such as housing, food, transportation, and child care)
- 2) Safety—I don't feel safe, I've been threatened, my children and I are in danger of physical or emotional harm
- 3) I don't want to lose my family

Let's look at how complex these decisions can be.

#1—Where will I go to have a roof over my head and bed for me and my children to sleep in? How will I get there? How long can I stay? Will I be safe? Will I be able to provide for my children? Once I get to a safe place, how will I eat or cook? How will I pay for the food? I can't afford any of the housing available in the area. I don't make enough money to pay for housing, child care, food, medicine, and transportation. I have to have all of this so I can survive.

Many survivors won't go to a family member's home because they're afraid the abuser will follow them and put everyone in the family in danger and some survivors don't have a supportive family or family members that live in the area. Domestic violence shelters like ours are a safe option but housing here is temporary and includes communal living (shared bathrooms, kitchen, dining and living spaces). Finding permanent housing in our area that's affordable with a single income is difficult and takes time as does securing employment and reliable child care. There are systems in place to help people in need but they can often be difficult and time consuming to navigate.

#2—I'm afraid that I can't take the children with me. I can't leave them in this situation. I need to get them out. What if the abuser hurts me and the children? How can I get help? Will I be able to keep us safe?

Statistically a survivor is at the most risk for bodily injury or death immediately after they leave the abusive relationship. We often see survivors return to the relationship because the abuser threatens to kill themselves or others or threatens to take their children away if the survivor does not return to the relationship.

(Continued on next page)

#3—My partner has agreed to get help, maybe we just need to give it more time. I don't believe in divorce. I want my children to grow up with both of their parents in the home.

For most survivors they don't want the family or relationship to end, they simply want the abusive behavior to change. Not all time spent with the abuser is negative and that makes it hard to give up hope that the relationship can be fixed.

Leaving an abusive relationship is not easy for so many reasons. We are here to provide support and safety for survivors and their families as they work through this difficult transition.

Documentation Tips for Survivors of Technology Abuse & Stalking

Abusers and perpetrators will often misuse technology to further abuse and control victims. Misuse of technology could include monitoring technology use, including computers and cell phones, sending multiple unwanted or threatening text or voicemail messages, or posting negative comments or images of the survivor online. Narrowing down what is happening, including the tactic and the technology used, can help to determine if stalking is occurring and if so, how to address it.

The first step is to document everything that is happening. Documentation is important for many reasons:

- It will give you a record of what is happening, which may be helpful if you want to pursue legal actions.
- It will also alert you to any escalation in monitoring and control, which may indicate that the danger is increasing as well.
- It will help you see patterns of the technology abuse and may help determine how the abuser is misusing a particular technology.

Documenting Tips

- Keep a log of all incidents, even if you are not sure if you want to involve the police. Some of the information you might want to include is the date, time, location, officer information (if reported), witnesses (if any), suspected technology involved (e.g., phone, email, etc.), and a brief description of what the abuser did.
- Save everything related to the event or incident. If you receive a threatening note or a threatening message by email, text message, or voice mail, make sure you save it. Take a photo or screenshot of the message. While it may be tempting to delete it, saving it could show patterns to help you determine safety strategies and provide needed evidence.
- Think about technology that you suspect the abuser could be using. In some cases, survivors have strong suspicions about what technology the abuser is using based on the type of abuse, the tactics involved, and what they know about the abuser.
- Think about your safety first. In some cases, when abusers know that victims are documenting the abuse they might escalate their monitoring, control, or physical violence. You will know best how to assess the situation and what could happen. Trust your instincts and do what is safest for you.
- Document only relevant information. Keep in mind that this information could potentially be introduced as evidence or inadvertently shared with the abuser at a future time. For example, you may not want to document personal photos that aren't being used as part of the abusive tactic.

Join Us!

This October we have planned several community events as well as our annual fundraiser to commemorate Domestic Violence Awareness Month, giving you plenty of opportunities to show your support for Response and domestic violence survivors.

Celebration of Hope Walks

In honor of Domestic Violence Awareness Month, we will lead candlelight walks in a different town every Monday during the month of October. We will have the first walk in Strasburg and go in town order, with the last walk being held in New Market.

Battery powered candles are dispersed to those in attendance followed by acknowledgements and a moment of reflection. We then take a short walk on the sidewalks of the towns main street with our candles burning in memory of those who have lost their lives to domestic violence and in support of those who are survivors of domestic violence. The walks will conclude with a vigil where community members can share their stories or offer sentiments of support.

We hope you are able to join us in honoring the victims and supporting the survivors in your town:

Strasburg – Monday, Oct. 7, @ 7:00 pm
Meet at Town Hall

Woodstock – Monday, Oct. 14, @ 7:00 pm
Meet at Historic Courthouse

Mt. Jackson – Monday, Oct. 21, @ 7:00 pm
Meet at Town Hall

New Market – Monday, Oct. 28, @ 7:00 pm
Meet at Town Hall

For questions or additional information, please call 540-459-5599.

Celebration of Hope Annual Fundraiser



Purchase your tickets now for a night full of entertainment, laughter and excitement at our Celebration of Hope annual fundraiser!

Celebrate with us at Cave Ridge Vineyard on Saturday, October 12, from 6:30pm—10:00pm with live music by The Foundry Street Project.

Tickets include an Oktoberfest dinner provided by Rutz's BBQ & Catering, complimentary beer and sodas, a voucher for a free glass of wine, and chances to bid on exciting silent auction items!

Call us at 540-459-5599 or visit www.responseva.org/celebrationofhope to purchase tickets. All tickets must be purchased in advance. The last day to purchase is Monday, Oct. 7.



OUR MISSION

Response is a Shenandoah County community organization dedicated to preventing, and helping people overcome, the problems of sexual and domestic violence and other forms of abuse through outreach, education, advocacy and supportive services.

Annual Financial Report

July 1, 2018- June 30, 2019

*SUBJECT TO AUDIT/PRELIMINARY

GRANTS

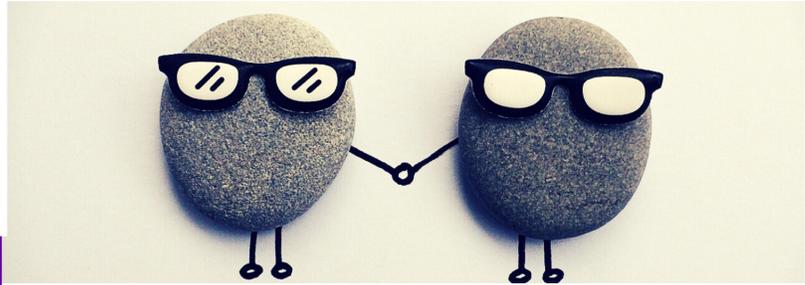
-Dept. of Social Services (DSS)	\$144,526
-Dept. of Criminal Justice Services (DCJS)	\$331,324
Subtotal Grants:	475,850

OTHER INCOME

-Local Donations	\$37,656
-Fundraising (Less Expenses)	\$26,890
-Shenandoah County	\$10,000
-Shenandoah Community Foundation	\$3,500
-Carry Over Funds From Prev. Year	\$44,951
Subtotal Other Income:	\$122,997
Total Income:	\$598,847

EXPENSES

-Personnel	\$424,454
-Utilities	\$15,214
-Fundraising	\$3,859
-Maintenance	\$40,729
-Legal Services (Attorney)	\$23,736
-Program/Office Expenses	\$72,116
-Carry to Next Year	\$18,739
Total Expenses:	\$598,87



Services Provided

SUPPORTIVE SERVICES

Total women & children in shelter	95
Nights of shelter, adults	1687
Nights of shelter, children	1709
Adult advocacy, number served	97
Adult advocacies	2041
Youth/teen advocacies, number served	93
Supportive Counseling, children/youth	735
Legal Advocacy services	405
Basic Need Services	611
Transportation Services	234
Child Care	115

OUTREACH/EDUCATIONAL SERVICES

Presentation/Education Programs	100
Total Participants-Presentations	583
Special Community Events	54
Table/Booth	7
Allied Professional Training	5

COURT & VOLUNTEER SERVICES

Court accompaniments	117
Court volunteer advocacy hours	82
Shelter volunteer hours	38
Board hours	850
Volunteer training hours	203
Misc. volunteer hours	58
Teen Advisory Board Hours	95
Hotline	573
Value of volunteer hours (using Dept. of Housing formula @23.56)	\$47,497
Value of in-kind donations	\$21,521

Accomplishments

STAFFING & BUILDING

- Replaced windows
- Added another staff member to cover weekends at shelter

GRANTS/FUNDRAISING

- Held the annual Spring Fashion Show at The Edinburg VFW in April. Family fashions from Peebles were featured
- The annual Celebration Of Hope dinner was held at Cave Ridge

YOUTH & CHILDREN'S PROGRAM

- Completed a seven week "Do You" group through the Shenandoah County Parks and Rec.
- Held eight presentations to high school students.
- Facilitated seven support groups to Elementary and Middle school students. .

OUTREACH & VOLUNTEER

- Seven new volunteers completed the adult volunteer training program.
- Began Sexual Assault Response Team (SART) planning with law enforcement and the Commonwealth Attorney's Office.
- Set up a display at the Woodstock Chamber of Commerce and held a special showing of Matilda in honor of Sexual Assault Awareness Month.
- Held "Keep The Light Burning" Candlelight Walks in Woodstock, New Market and Strasburg in honor of Domestic Violence Awareness month.
- Distributed three newsletters to approximately 21,000 mailboxes in Shenandoah County.
- Participated in New Market, Woodstock and Toms Brook Christmas Parade.
- Moving Beyond support group continues to meet weekly.
- Response, Inc was put on post-academy training schedule to train new deputies about our services and the dynamics of sexual and domestic violence.
- Staff was able to coordinate a donation of a car to a client from Car Charities.

Our People

BOARD OF DIRECTORS

- Judy Beavers - President
- Rhonda Lively - Vice President
- Marsha Cooper - Secretary
- Ardie Wykoff - Treasurer
- Tim Carter
- Skylar Sharp
- Whitney Mauck

STAFF

- Jennifer Morrison - Executive Director
- Barbara Copp - Shelter Supervisor
- Stephanie Good - Shelter Services Assistant
- Sarah Hulver - SA Services Coord.
- Kaitlin Litten - Shelter Supervisor
- Stephanie Litten - DV Services Coord.
- Lynn McKee - Volunteer/Outreach Coord.
- Beth Ogle - Court & Comm. Collaboration
- Vivian Rinker - Shelter Supervisor
- Sabrina Shirkey - Child & Youth Services
- Sally Hartz - Shelter Supervisor

Elder Financial Abuse “Red Flags” & How to Help

By Eileen Beal From Benjamin Rose Institute on Aging (www.nextavenue.org)

When a loved one becomes dependent on another family member, a neighbor, a paid care giver or a new acquaintance, “there’s always the chance that [the other person] will take advantage of the situation to pressure them into gifting and/or buying or doing things that they would not ordinarily do or have done for them,” Bert Rahl, director of mental health services at Benjamin Rose Institute on Aging explained.

When the “change flag” goes up, the following are signs that financial exploitation and/or abuse could be on the horizon — or is already taking place:

- The appearance of a new caregiver or “friend”
- Lack of amenities (food, medical care, clothing, outings, etc.) the person could normally afford
- Indications — fewer outings, nervousness around the new care provider or “friend” — that the older adult is being isolated and controlled
- Complaints of (or confusion about) stolen or misplaced credit cards, valuables, checkbooks or retirement checks from either the older person or the new person in their life
- Sudden changes in the person’s banking practices including checks written to unusual recipients (salesmen, telemarketers, “cash”), suspicious withdrawals and newly-created joint accounts
- Large credit card transactions and/or an unusual increase in credit card debt
- Far-fetched explanations of why money is needed or was spent
- The care provider — whether family member, paid employee or friend — seems to be “living off” the older person
- Abrupt changes in a will or other financial documents or transfer of the person’s assets to a family member, acquaintance, or care provider without a reasonable explanation

The earlier you spot the signs and do something about them the better. However, says Rahl, “That may not be so easy because in many cases those who are being exploited are willing participants, or are hiding what’s going on.”

- Discuss your concerns with your loved one, but make sure you are patient, understanding and nonjudgmental. Many victims of financial abuse and exploitation do not report the abuse due to embarrassment.
- Point out the red flags you are seeing and gently ask what is going on. If they allow it, go over their banking and financial statements with them and/or discuss them with their attorney, financial planner or banker.
- Subtly “challenge” the suspected exploiter. Often asking probing questions in a non-threatening tone will deter the person because they know you are on to them.
- For things like mail fraud, repair scams, credit card abuse or theft of valuables or property, call the local police department about an “illegal taking.”
- Where the financial abuse is due to cognitive or physical impairment, make an anonymous call to your county’s Department of Senior and Adult Services or your state’s Elder Abuse Hotline.

However, if your loved one is not impaired, and even if what you suspect is true, the situation may not get resolved because, Rahl says, “all adults have the right to make what others would consider foolish decisions with their money and resources.” That includes your loved one. So arm yourself with information, keep a close eye on the situation and make sure to keep the doors to communication open.

The Shenandoah County Chamber of Commerce Aging in Place Council offers an opportunity to inform and educate the 50+ population and caregivers of products and services available in our area at the Senior Resource Expo Event on Sunday, October 27, from 12-4pm at the Shenandoah County Fairgrounds Exhibit Building #2.

Thank you for your monetary and in-kind donations from Jun. 11, 2019 to Sept. 11, 2019

Individuals

Patricia Albaugh
Joan M. Anderson
Bill & Judy Beavers
Amanda Bulatko
Victoria Burner
Eleanor McMillan Burt
Frank Cihlar
Lucia & Robert Clark
Sandy Coffman
Christiana Crabill
Kay Crawford
Javier & Ana Maria Echaniz
Clare Ellis
Stephanie Good
Warren & Barbara
Halvorson
Susan Harper
Cecil & Ella Heishman
Lynn R. Holtzman
Sarah Hulver
Teresa Hunter
Sharon Isralow
Melanie Jackson
Robin Jackson
Mary Kent
Janet Kilby
Denis & Pamuela Kitner
Russell & Sarah Kohrs
Carroll & Susan Koller
Lola Lane
Doris Lineweaver
Yvonne Lytton
Suzanne Montgomery
Sally & Mark Montrey

Pat Murphy
The Parkers
Betty Phillips
Suzanne & Karl Roulston
Leo & Gloria Ryman
Walter & Margaret Mary
Smith
Janet Sommerfeldt
Joanne Summers
Teresa & Mark Tanner
Janet N. Teller
Gail Vasta
Joy A. Walker
Juanita White

Businesses

Baune Brothers
Landscaping LLC
Beidler's Furniture
Boeing Charitable Trust
Cave Ridge Vineyard
Dominion Foundation
Greenfield Senior Living
Heishman Funeral Home
Inc.
LD&B Insurance & Financial
Services

Churches

Columbia Furnace UMC
First Baptist Church
Grace UCC
Lighthouse Marketplace
Ministries
Maurertown Brethren

Church
Mt. Zion Lutheran
Church—New Market
Mutual Aid Ministries
St. Mary's Lutheran Church
St. Peter's Lutheran Church
Valley Pike Church of the
Brethren

Organizations

ATF—Front Royal
Daughters of the Star
Hamburg Ruritan Club
Quota Club
Shenandoah Alliance for
Shelter
Wednesday Women of
Edinburg
WUM Dorcas Quilting
Circle

100 Women Club

Patricia Albaugh
Joan Anderson
Judy Beavers
Carol Boyer
Judith Buechner
Patricia Canody
Catherine Christovich
Kay Crawford
Lucia Clark
Elizabeth Cottrell
Clare Ellis
Patricia Fisher

Marian French
Patricia French
Robin Grubbs
Susan Harper
Lynn Holtzman
Brenda Hull
Sally Hupp
Cheryl Kerr
Phoebe Kilby
Sarah Kohrs
Susan Koller
Doris Lineweaver
Candice Lopresti
Martha Macleod
Vicki McClinton
Suzanne Montgomery
Sally Montrey
Carolyn Neri
Lorraine O'Neill
Betty Phillips
Christina Price
Joan Reistetter
Suzanne Roulston
Wilhelmina Santiful
Janet Sommerfeldt
Jeanne Teller
Meg Trott
Marjorie Van Nest
Ellen Warren
Laura Zimmerman
In memory of:
*Dr. Margaret Loweth &
Paula Dailey*

Urgent Needs

If you are thinking of giving to Response, here is a list of our most urgent needs. Gift cards are always appreciated as they help supplement any specific individual needs that we may not be able to provide. We monitor the use of the gift cards closely and require receipts for any items purchased with donated gift cards.

- Liquid all-purpose cleaner
- Fabric softener sheets
- Canned tuna/chicken
- Disinfectant wipes and spray
- Liquid dishwashing detergent
- Trash bags
- Boxed macaroni and cheese
- Laundry detergent

Response, Inc.
P.O. Box 287
Woodstock, VA 22664

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Maltrato y Coerción Reproductiva

El maltrato reproductivo es cuando una persona intenta controlar las decisiones reproductivas de otra persona con el fin de controlar su vida. Al maltrato reproductivo también se le llama “coerción reproductiva”. Coerción es cuando una persona trata de convencer a alguien de hacer algo por la fuerza o a través de amenazas. El maltrato reproductivo puede ser un solo acto, o puede ser parte de un patrón más grande de comportamientos de maltrato, como los que se explican en nuestra página de [Formas Específicas de Maltrato](#). El maltrato reproductivo puede incluir agresión sexual, violación y otras acciones de maltrato relacionadas a su salud sexual y reproductiva, tales como:

- Comportamientos sexualmente coercitivos, como cuando una persona:
 - obliga o presiona a su pareja a tener relaciones sexuales cuando él/ella no quiere;
 - amenaza con terminar una relación si la persona no tiene relaciones sexuales;
 - obliga a su pareja a no usar métodos anticonceptivos, incluyendo un condón, pastillas anticonceptivas u otras opciones disponibles;
 - expone intencionalmente a su pareja a alguna infección de transmisión sexual (ITS); o
 - toma represalias contra su pareja cuando se le informa sobre un resultado positivo de ITS.
- Sabotaje de los métodos anticonceptivos, como cuando una persona:
 - esconde, retiene o destruye las pastillas anticonceptivas de su pareja;
 - rompe o le hace agujeros a un condón a propósito;
 - se quita el condón durante la relación sexual sin decirle a su pareja;
 - se niega a retirarse durante la relación sexual, aunque anteriormente haya acordado hacerlo;
 - le saca el anillo vaginal anticonceptivo a su pareja; o
 - le arranca el parcho anticonceptivo a su pareja.
- Presión de embarazo, que es cuando una persona presiona a su pareja a:
 - embarazarse cuando no quiere embarazarse;
 - continuar un embarazo cuando quiere un aborto; o
 - terminar un embarazo cuando quiere continuarlo.¹

Aún si su pareja no ha hecho alguna de las cosas mencionadas arriba pero está controlando sus decisiones reproductivas de otras maneras, usted podría estar experimentando maltrato o coerción reproductiva. Si usted cree que su pareja está intentando controlar sus decisiones reproductivas, es posible que quiera contactar a un/a intercesor/a contra la violencia doméstica para que le ayude. Puede encontrar intercesores/as seleccionando su estado en nuestra página de [Intercesoras y Albergues](#).

¹ Esta información es adaptada de [Atendiendo la Violencia Reproductiva y la Coerción Sexual de la Pareja Intima: Una Guía Para el Ambiente de Cuidado Médico Obstétrico, Ginecológico y Reproductivo](#), Colegio Americano de Obstetras y Ginecólogos (ACOG) and [Futuros Sin Violencia](#). Solamente disponibles en inglés.