



WOMEN'S
CENTER
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○ Volume 17 | ○ Number 3

July, August, September 2010

# Woman to *Woman*

## *Back to Basics*



### In this Issue

▶ EXPANDING SERVICES TO  
TITUSVILLE ..... 3

▶ GENEROUS CONTRIBUTION  
CREATES NEW PROGRAM TO  
HELP MILITARY.....7

▶ WOMENS CENTER GUILD  
GOURMET KITCHEN TOUR—  
THANK YOU ..... 11

“Nobody Can Make You  
Feel Inferior Without Your  
Consent.”

~ Eleanor Roosevelt

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## Executive Director's Message

Dear Friends,

Today we are facing very tough and challenging times in many different areas in our lives. Many people are losing their homes, their jobs and health and retirement benefits. Millions of individuals are facing bankruptcy, foreclosure, and many companies are going out of business.



Diseases are rising; obesity, diabetes, heart disease, cancer. Many of us are living very unhealthy lifestyles, full of stress, lots of junk food, drinking, smoking and a lack of exercise. All of which creates more problems in our health and our life.

In order to deal with all of this and stay healthy financially, emotionally and physically during these tough times, we need to get back to basics.

In this economy people are learning to reprioritize. Bigger isn't better anymore. The little things mean so much more. Learn to live more simply and appreciate what you have. Frugality equals freedom, and as E. Y. Harburg states, "lives based on having are less free than lives based on doing or being." These are good words to live by.

Our loved ones are coming first now and we are learning that relying on each other is what it is all about. Family bonds are a link to our beginning and a guide to our future. We all want to "belong" and feel accepted. A sense of belonging is gained from the strong bond of family, associating with friends and being a part of our community. For those whose family of origin may not be the healthiest, friends and community can play a stronger role in our happiness. Look to those who nurture you and make you feel loved and appreciated. Let go of those who don't. Lovingly release them to find their own way and to learn their own lessons in this world. Forgive those who have hurt you in the past. Remember, forgiving others is a gift you give yourself.

The basics to good health (both physical and mental) are vital and include a well balanced diet, taking the time to exercise and finding ways to relax. But how do you relax in times like these? Learn to free your mind from worries; most of what we fear never happens anyway! Focus on the positives in your life. Take time to meditate. Connect with your spirituality. Schedule time to take a walk on the beach. Spend time in nature. If your schedule doesn't allow for self care or reflection of your priorities, stop reacting to life and take control of what gets your time and attention.

The basics in life are what get us through the tough times. Orient your life around self care, personal growth, simple living, family, friends and the community for a happier, fuller life.

All the best to you and yours ,



***"If you neglect to recharge a battery, it dies. And if you run full speed ahead without stopping for water, you lose momentum to finish the race."***  
**-Oprah Winfrey, April 2003**

## Expanding Services to Titusville

The Women's Center is expanding its services to Titusville to serve the communities of North Brevard County. In May, we opened an office at 603 North Washington Avenue which, initially, will provide victim advocacy, peer counseling, a domestic violence hotline in association with 211, and emergency short-term shelter for domestic violence victims.

### Women's Center Open House



Photo courtesy of Walter Kiely Photos.  
l-r: Walt Johnson, Titusville City Councilman; John Doctor, Director of Titusville Services; Dr. Jenny Gessler, Executive Director; Marcia Gaedcke, President, Titusville Area Chamber of Commerce; George Mikitarian, President/CEO, Parrish Medical Center

Later this year, the Center will take possession of a foreclosed home donated by the City of Titusville. The City has also approved a Community Development Block Grant to assist with necessary renovations. The home will be the first Emergency Domestic Violence Transitional Housing facility in North Brevard. This facility should be operational by early 2011.

In addition to the shelter and the victims services listed above, we will be adding support groups, career counseling, life skills classes, an emergency food pantry, and other services as both the needs of the community and resources allow.

The Women's Center is inspired by the outpouring of interest by the community and grateful for the support of the City of Titusville and Parrish Medical Center for their early commitment to this project.

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**For more information on how you can be a part of this vital expansion, call 321/607-6811.**

## How do you do it all?

At the Women's Center, we are often humbled at the awe-inspiring response by those who have just toured our facility and/or listened to a presentation encompassing the many programs and services available to women and their families, children, and men, too.

In this issue we are proud to share with you a comprehensive review of the many things we do to help women in crisis. In addition to the programs you'll learn more about on the following pages, our Client Services provides a range of first-response services to help on a day-to-day basis. Information, referrals, workshops, and peer counseling are available to everyone and help when there is no other place to turn.

The Women's Center is able to do all these things and more because of the generosity and support of donors and volunteers.

You make Help and Hope available every day and you ***Change lives for the better, forever.***



**Camp GAIA,  
5<sup>th</sup> and 6<sup>th</sup> graders,  
enjoy ice cream  
after lunch with  
Judge Lisa Davidson.**



# Transitional Housing - A Place to Call "Home"

In September 2009, a 45 year old woman named Annie, arrived at the Women's Center late one morning. Annie told us that she had been in an abusive relationship and had been temporarily living with family in another state. After about a month, the family suddenly asked Annie and her three year old daughter to leave...that day!

Annie borrowed some money for gas and began to drive. She did not know where she was going to go when she arrived back here in Melbourne- but at least it was familiar to her. She was able to find places to park at night so she and her daughter could sleep.

Coincidentally, one night she was parked in a convenience store parking lot and a police officer told her she needed to leave because it was not safe for her to be there. He also suggested that she go up the street to the Women's Center.

Because she had been living out of her van, she was in desperate need of a shower. Staff gathered some toiletries for her so that she and her daughter could

take a shower. While she was showering, staff called around to some local shelters and was able to secure a place for Annie and her daughter for 90 days.

The very next day after she was able to finally sleep in a real bed she returned to the Women's Center to apply for our Transitional Housing program. Annie was very motivated to move from the temporary shelter for something more stable for her daughter.

Fast forward two months. Annie was admitted into our Transitional Housing program in December 2009. Since then, Annie has worked with a career guide and with her assistance, has gained better employment. She will also soon begin a job training program at the Women's Center to learn additional office skills. Annie attends weekly counseling sessions and is working hard to achieve her goal of self-sufficiency.

Annie has thrived in the Transitional Housing Program and she now looks forward to a bright future for herself and her daughter.



The Transitional Housing Program is available for women and women with children who are homeless or are in danger of becoming homeless. The Transitional Housing Program was designed to assist women and their families to achieve the economic and emotional self-sufficiency needed to move into permanent housing. The transitional housing program begins with a 6-month commitment from the client, and depending on progress, may be extended up to two years. We offer supportive services including counseling, case management, career guidance and workshops on various topics to assist women in becoming independent.

The Women's Center has:

- In Palm Bay -- Eight 2-bedroom, 1 bath apartments.
- In Melbourne -- Four 2-bedroom, 1 bath apartments, and One efficiency apartment, for a total of 13 apartments.

# **Victim Services – Help to Feel Safe**

The Women's Center Victim Services Program helps keep abused women alive. We help them explore their safety options by providing caring knowledgeable advocates who stand by them as they journey this difficult road. We have bilingual advocates to help with the Hispanic community. If someone you know or love is being beaten, we're the place to go.

The intent of the Women's Center Advocacy Program is: 1) to promote and enable meaningful participation in the legal Injunction for Protection process for victims of domestic violence, and 2) to provide counseling services through the difficult process to leaving, surviving and recovering from violence. Women's Center advocates offer support, encouragement, information and assistance to all victims of domestic violence who are seeking protection from the court. This will include assistance at the Clerk's office when filing the petition and support in the courtroom when attending hearings related to the injunction process.

It has been our experience that approximately 40 victims apply each week for Injunction for Protection Orders in Brevard County. That adds up to more than 2000 Injunctions per year.

In 2007, the Florida Department of Law Enforcement reported that in the entire state there were 113,123 domestic violence offenses, including 194 domestic violence murder/manslaughters and more than 20,000 cases of aggravated assault. The problem of domestic violence continues on many levels in our community.

Our goal is to ensure victims of domestic violence who come to the Women's Center are treated with dignity and respect; and that each client determines for herself the course of action that she will take as well as the extent to which she will avail herself of our services.

We see our role as providers of accurate, relevant information regarding community services and issues related to Domestic Violence. We strive to ensure that any victim of domestic violence in Brevard County, who wants support in addressing her abuse, gets all the help that is available. Providing options for safety and peace of mind have long lasting effects. We provide the support needed to deal with the current situation and information to prepare the client and make them more aware of dangerous relationships and the need for healthy nurturing relationships. The increased sense of self worth has the long term effect of providing clients with the ability to better discern and pursue healthy relationships.



Maria, a 45 year old Hispanic female, came to the Women's Center looking for assistance and support. Her live-in boyfriend was abusing her physically, sexually, verbally and emotionally. Maria lacked a support network and her language barrier deterred her from seeking out resources in the community. Until someone told her that the Women's Center has Spanish-speaking staff.

Maria left her abuser and since then she has been attending our domestic violence support group for Hispanic women. The Women's Center has empowered her with information regarding her options, support, and education on domestic violence dynamics. As she grows through this process, the

Center has also helped her with food and necessary toiletries. Maria continues to come to the office and attends the support groups when her work schedule allows it. Her self-esteem, outlook in life, and progress toward self-sufficiency have improved substantially.

*Your contributions have changed Maria's life (and thousands of others) for the better, forever*

# **Career Guidance - Help to Provide Self-Esteem & Self-Sufficiency**

For many years Judy lived a life that most never knew about. Married at the age of 21, one child right away, and a marriage that ended in divorce due to his drug and alcohol abuse. After being a single parent for about 4 years, Judy married again and had another son. At first everything was great. Then, after two years of marriage, the physical and mental abuse began. He controlled all aspects of her life including her finances and relationships with friends and family. He attempted suicide twice, *once while holding a loaded gun with Judy in the room*. For 12 years she walked on eggshells around him. She never knew when the abuse would happen.

After confiding to a co-worker about the situation at home, Judy sought help from a domestic violence agency. Even after divorcing, the abuse continued. He would send threatening emails and show up at her workplace. In a bold but necessary move, Judy decided to move to Florida to distance herself from her abuser and start a new life for her and her two sons.

Judy first came to the Women's Center shortly after moving to the Melbourne area. No longer in an immediate crisis domestic violence situation, she took advantage of our Career Guidance and Therapeutic Counseling programs. She knew that she could only make the changes that were critical at this stage in her life, she attended workshops, support groups and individual counseling sessions regularly.

Today, nine months after coming to the Women's Center Judy is enrolled at Brevard Community College and completed her first semester with all A's. And she is on track to apply for admittance into the BCC Nursing program!

Judy is alone raising her two sons. One is also a student at Brevard Community College and the other is a high school student. Both are doing great in school. Judy realizes the importance of reaching out to others and has instilled the spirit of volunteerism with her sons. Most recently they completed landscaping work for a women's shelter.

Judy is providing love and emotional support and enjoying a good relationship with her parents and siblings. We extend a warm Thank You to Judy and all those who were willing to share their personal stories.



The Women's Center Career Guidance program is a personalized program that explores career options and individual growth. Those who participate are able to have a clearer understanding of who they are, what motivates them, the skills they want to use in their work, and the education or specialized training that may be required. Under a grant from the Agency for Workforce Innovation we will also assist displaced homemakers 35 years of age or older, who need training and support to transition to either their first job or back into the workforce.

## **Career Guidance Services Include:**

- Working one-on-one with a career guide
- Creating an Individual Employment Plan
- Job postings/job referrals/job search assistance
- Access to computer/internet for job search and resume development
- Job readiness workshops, interview preparation
- Lending library
- Assistance with exploration of schools/careers
- Retail and Administrative job training
- Microloan program for those with an entrepreneurial spirit

# Counseling?

## ...Is it for me?

### What are the possible benefits of counseling?

The main benefit of counseling is that it helps you to have a life which you can more fully enjoy and appreciate. It can help you to become the sort of person you want to be. It can also help you to more deeply enjoy your important relationships

### Have you ever wanted to:

- Feel better about yourself?
- Feel more at peace, more comfortable, or more secure in the world?
- Feel more successfully and more joyfully connected with others including your spouse/partner?
- Reduce stress (which promotes physical health, too)?
- Work through problems, fears, or perceptions with a skilled and compassionate professional?
- Identify your goals and establish ways and techniques for reaching them?
- Learn new behaviors and/or responses which can help you to achieve your goals?
- Understand your own thoughts, feelings, and responses better?
- Understand your loved ones better?
- Have a safe and friendly ear? Someone to use as a sounding board?
- Talk with a compassionate professional about troubling or private concerns?
- Work towards greater self-fulfillment and self-mastery?

The counseling process involves the counselor and client exploring together places or situations where the client feels stuck, dissatisfied, or is experiencing pain. The process begins with the counselor coming to an understanding of each individual whose life is being affected by the "problem." Together, clients and counselor will examine processes and patterns which are related to a client's concerns. In addition, counselor and client will seek out together new processes which can improve the client's situation or experience

Fortunately, there is always a real possibility for new, helpful changes, and for new solutions in a client's life. When clients are sincere about working towards goals they are most likely to benefit from the therapeutic process. Being ready to change necessitates being ready to work (or at least being willing to explore). Change is not effortless (though most of us would prefer that it were).

By the time some people get around to seeking counseling, they usually feel they have exhausted all other options. For most people, it's not an easy decision to ask for professional help. More often than not, it's a feeling of "last resort" that brings people to a counselor, although, that doesn't have to be the case. Some people choose to be proactive - that means they seek professional help before things get too "hot" and too intense. It's pretty wise, really. It's like seeing a doctor for a physical, even when you are not sick. It's an

excellent way of maintaining your own mental health, and therefore being more content with your life.

*"A few years ago the Women's Center helped me **tremendously** during a period of about 3 years...you will never know how much your help meant to me...I've talked about what you did over the years to many people...You changed my life."*  
~~Reflections of a former client

*A therapist reports on the success of one of her clients: "This client had a significant history of unresolved problems which were causing her to have major issues in her current relationships, as well as preventing her from moving forward in her life toward self-sufficiency. Through her work in counseling she has been able to resolve the issues in her relationships, has gone to school and became licensed in her profession, and is starting her own business. The client was able to learn skills to cope with and resolve past issues and is using these skills in her everyday life."*

The Women's Center offers counseling for women and men, children, adolescents, couples, and families. We offer sliding scale fees for affordability and accept insurance assignment for most insurance groups. Evening hours are available upon request. For more information on our counseling services or to schedule an appointment, call 321-242 1526.

## *BACK TO BASICS – WAYS TO GIVE*

The Women's Center is able to help thousands of women and their families every year and, unfortunately, the need continues to grow. Private and government grants and United Way support make up less than 47% of our budget and continues to drop as the economy fails. We rely on your support directly and through our guild events to provide Help and Hope to the many women who long for a better life.

There are many different ways you can give:

The **Annual Fund** is dedicated to providing Help today and allow supporters to have an immediate and direct impact on the day-to-day lives of clients. These funds are used to address the Center's most critical and pressing needs.

**Check or credit card** – Many guild members and friends choose to make annual unrestricted contributions to the Annual Fund using check or a credit card. Checks should be made payable to the Women's Center, Inc. and mailed to the address below. Please indicate if your gift is restricted for a particular purpose (e.g., event, counseling, Titusville, etc.) You can also make your gift online by visiting our website. Look for and click on the "Make a Donation" button.

**Recurring gift** – Recurring gifts can be made in any amount and scheduled for your convenience. Gifts like these allow you to make a larger commitment and space out the payment; they also ensure consistent support for the Women's Center. For more information on recurring gifts, call the Development Office at 321/242-3110, ext. 339.

**Memorial/Tribute** – Any gift to the Women's Center may be given in memory or in tribute to someone whose life you deeply admire. Memorials and gifts in honor offer creative ways to remember others. When we receive a gift in tribute, we immediately notify the honoree. Gift amounts are not disclosed. Gifts made in honor of loved ones to commemorate a birthday, wedding, Mothers Day, Fathers Day, anniversary, graduation, or the birth of a child, can be sincere reminders to friends or family members of how much you care. To make a memorial or tribute gift, send your check to the address below, along with the names and addresses of the persons to be notified.

**Matching** – Many employers sponsor **matching gift** programs and will match charitable

contributions made by their employees. Ask your Human Resources office to find out if your company has a matching gift policy.

**Guild membership** – The Women's Center Guild offers a variety of membership giving levels and provides individuals a gift of membership and friendship.

**Endowed Funds** are investments that provide endless support for a cause.

The **Women's Center Endowment Fund** was established to provide the financial foundation necessary to continue providing services to women and their children in order to make a better future for all.

In 2010, Yvonne Bixby established the **Yvonne's Gals Helping Hands** endowment to help women undergoing breast cancer treatment by providing personal help with housekeeping, pet care, errands, etc.

You can support either of these endowments by making a contribution today. Or if you wish to make your own legacy, call the Development office to talk about how you can make your own named endowment gift. The recommended funding level to create a named endowment for established program support or client scholarship begins at \$25,000. We can discuss alternative levels to meet your interests. Endowments can bring about a familial tradition with succeeding generations adding gifts to the principal established by the founding donor.

**Gift Planning** allows you to hold on to money or other assets for now while still making a gift to support the Women's Center mission. There are a variety of ways you can leave money or assets to the Women's Center through your estate, or invest money that provides for you to receive benefits during your life with the remaining funds benefiting the Women's Center programs and services through a bequest. To learn how you can benefit from gift planning, call the Development Office to request our "Planning Strategies" brochure.

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**Women's Center Development Office**  
1425 Aurora Road, Melbourne, FL 32935  
Phone – 321/242-3110, ext. 339  
Website – [www.WomensCenterInBrevard.org](http://www.WomensCenterInBrevard.org)

# *We're Moving!!!!!!!*



Yes, that's right. The Women's Center Furniture & More store has a new address and phone number. Beginning July 1<sup>st</sup>, you can shop at our new location at 2939 West New Haven Avenue, West Melbourne in the Minton Shopping Center. (This is the location of the old Michael's Craft Store.) We will also be getting a new phone number, 951-1336, although you'll still be able to reach us at our old phone number for an indefinite period of time.

**VISIT OUR NEW LOCATION DURING THE WEEK OF JULY 12 – 17<sup>TH</sup>**  
**TO HELP CELEBRATE OUR GRAND OPENING.**

You'll enjoy a new larger and more open location with the same smiling faces, competitive pricing, and clean and safe shopping environment that you are used to now.

Days and Hours will remain the same, Monday through Saturday, 10 am – 4 pm. Our truck schedule will also remain the same running Tuesday, Thursday, and Saturday serving Palm Bay/Grant to Cocoa/Cocoa Beach. This is a very exciting time for all of us here at the Women's Center and we hope that you all will stop by to see our new location, shop, and say hi.

Thank you for your continued patronage and loyalty. We look forward to seeing you at our new location.

Sincerely,

The Staff and Volunteers

**Women's Center Furniture & More**  
**2939 W New Haven Ave**  
**West Melbourne**  
**321-951-1336**



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## **Generous Contribution Creates New Program to Help Military**

Thanks to a generous benefactor, The Women's Center will be establishing a military outreach program which will provide services to assist military personnel and/or their families. This program will provide the opportunity to work within the military and their systems but also to provide assistance outside that same structure to ensure confidentiality when needed.

A Military Case Specialist will meet with clients to assess their needs and coordinate services. This case specialist will be familiar with military rules and regulations and will assist the soldier and/or family with proper procedures and benefits.

### **Direct services may include:**

- Counseling and therapy – individual, family, couples, and children,
- Career guidance for those rebuilding their lives after discharge, divorce, or death,
- Financial assistance with relocation
- Emergency shelter
- Victims advocacy
- Scholarships for those returning to school or seeking higher education, or
- Microloans to assist in starting a new business.

Our anonymous donor worked with Paula Harr and Elaina Garvin at Wells Fargo Financial Advisors to establish our military services endowment fund. His gift of \$2.2 million will ensure that those brave men and women of the military will be able to receive services at the Women's Center in perpetuity.



## Women's Center Guild



### Give a Gift of Membership & Friendship

This year we celebrate the 35<sup>th</sup> anniversary of the Women's Center and the 15<sup>th</sup> anniversary of the Guild. We celebrate this accomplishment and will continue to do everything possible to ensure that the next 35 years will be just as successful. In order to do this, please consider giving a close friend a Guild Membership as well as yourself.

It could be for her birthday, a special occasion, or just because you want your friend to experience what you have, by belonging to an organization that truly makes a difference in people's lives. Wrap it in a package and it will be a gift your friend will never forget.

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**To gift a gift of Guild Membership visit:**

<http://www.womenscenterinbrevard.org/guild/supporting-the-guild/guild-membership.html>

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With over 200 members, if every person would do this we could double our membership for the incoming year. A basic membership is just \$40. It's truly a gift that can change your friend's life. Women with passion can make a difference. Remember these words from the installation ceremony:

*There are no dreams too large when you take up a mission with passion  
No innovation unimaginable  
No frontiers beyond reach  
Follow your passion and success will follow you!*

A new board has been installed and we are pleased to be working with these board members for the 2010-2011 year. Elena Golovac and Marilyn O'Neal Hurst will be serving as Co-First Vice President. Fund development will be headed by Elaina Garvin and Adrienne Chandler. Communications will be led by Joy Inventasch and Dolly Casco. Camille Albert and Margo Lozito are in charge of membership. Barbara Baird is recording secretary and treasurer is Rosemary Bain with Norma Silverstein as assistant treasurer. Two members at large include Marian Shope and Irene Hallquist.

We look forward to an exciting year as we raise funds, help families, build friendships and make a difference in the world.



**Monica Rowe & Laura Doshier  
Co-Presidents /Women's Center Guild**



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Yvonne Bixby, long-time dedicated Women's Center supporter and Women's Center Guild member, passed away on the morning of Sunday, June 13, 2010. Just as the morning rays of sunlight broke over the horizon to cast its warmth upon Brevard, so too did Yvonne's warm and caring spirit shine upon our community. Yvonne was deeply committed to the Center's mission and our desire to change lives for the better, forever.

In March, she established the Yvonne's Gals Helping Hands endowment to help other women who are struggling with breast cancer and its devastating effects. We remain grateful and are honored that her lifetime of service will continue to help women.

## WOMEN'S CENTER GUILD GOURMET KITCHEN TOUR

Thank you to everyone involved in the  
2010 Women's Center Guild Gourmet Kitchen Tour.  
Your participation and generous support is what makes  
the Women's Center the unquestionable success that it is today.  
We would like to acknowledge all of the fine participants  
in this spectacular event.

### Gourmet Kitchen Homeowners:

Dr. Bill & Paula Savage Harr • Senator Mike & Stephanie Haridopolos  
Kathy Durham • Jeff & Katie Shuman  
Chris Burton Homes, Tom Davis, Realtor: Wendy Lockwood  
Frank & Kim Tsamoutales • Magnolia Key, Bob Cochran  
Jeff & Theresa Nickerson • Tom & Betty Cobb and hostess Pat  
Stanley Homes, Realtors: Barbara Novak, Anette Stradtner, Jason Stanley, Pres.  
DiPrima Companies, Realtor: Bonnie Oliver • Dr. Daryl & Kimberly Turner

### Chefs, Restaurants, Specialty:

Djon of Pepaj Restaurants (City Tropics, Andiamo Cafe, Djon's Steak & Lobster House, Sand On The  
Beach) • Iavor & Julie Korountchev of Bulgarian Wine Imports  
Chef David Belusko of Gourmet2Order • Indialantic Seafood Company  
TONIC, Satellite Beach • Pizza Gallery and Grill, Viera  
Chef Patrice Shuback, Personalized Culinary Service  
Chef Scott Earick & Bill Heiss of Scott's On 5<sup>th</sup>, Indialantic  
Chef Anne Gregory, Xquisite Edibles • Chef Deborah Buza, Keiser University Culinary School  
Bill & Susan of Maxines Spa/The Wine'D Down Room • Green Turtle, Indialantic  
Nicky Kaufman, Pampered Chef • Chef Baker Jones of Goombays, Satellite Beach  
Joan Flavin of Joan's Perfect Pies

### Musicians & Designers:

Brian Blatz, Pianist • Linda Davis of petals Design Center  
Deborah Henry Sands, Interior Design Associates • Louis Muffly, Pianist  
Adam Azar of 23 Trees • Dennis Grayson, Keyboards  
Angelia, Piano-Premiere Applause • Joe Goldblatt, RoomScapes  
John Ryan, Florida Keys, downtown Melbourne • Robert Rowlette, "The Outa Sight Man"  
Jim Correa of RoomScapes • Billy Chapman, Guitar  
Christine Whitely, Interior Design & Space Planning • Arlene Johnson, Keyboards  
Paul Santa Maria, Instrumental Keyboards • Steve Mazzi, Saxophone

### Contributors:

Mercedes-Benz, Porsche of Melbourne

WCG Volunteers • WCG Board

*~Carol Hudgens Chair - WCG Gourmet Kitchen Tour  
Co-VP Fund Development*

# A Special Thank You to our current Women's Center Guild Partners

## May 2010

### Platinum Elite Partners

Dr. Bill & Mrs. Paula  
Savage-Harr – Wells Fargo  
Advisors

### Platinum Partners

Dr. & Mrs. Ross Clevens

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Mercedes-Benz, Porsche,  
Audi of Melbourne

### Gold Partners

Yvonne Bixby

FLORIDA TODAY

Harris Corporation

Kiwi Tennis Club

Revolution Technologies

### 35th Anniversary Partners

Elaina Friesel Garvin

### Silver Partners

Harry & Wendy Brandon

Coastal Directory Company

Gatto's Tires & Auto Service

Peter & Kateri Genna—  
Genna Jewelers

Hilton Melbourne Rialto Place

Howard & Christine Lance

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Al & Becky Dukes

Feather & Form - Rachel Hobgood

Walter & Dottie Gatti

Dr. Stanley & Elena Golovac

Jon & MaryAnn Kirkup

James & Donna McMaster

Marilyn O'Neal Hurst

Pamela Paquette

Paul & Fride Phelps

Bryan & Judy Roub

Bill & Lisa Troner

# Ruth Cote Clemente Award



The 2009 Ruth Cote Clemente award announcement was made at the May 5<sup>th</sup> luncheon. Marilyn O'Neal Hurst, co-vice president of the guild, received the honor for her efforts "behind the scenes" to coordinate the guild events and "keeping them representative of the guild as a quality, classy organization".

Runners-up nominees Liz Kleisser (Furniture & More) and Melanie Oliver (Women's Center) were also recognized. Liz was noted for her reliability (working at the store 2 days a week, every week, no matter what), kindness, politeness, caring, and great customer service. In nominating Liz, she was described as "the epitome of what a volunteer is supposed to be" and was noted for also recruiting other friends to volunteer.

Melanie was nominated for her compassionate and loving nature. She volunteers twice a week at the Women's Center front desk and her greatest joy is meeting the clients; she really cares about them which always puts their concerns at ease. In nominating Melanie, she was described as giving "relentlessly without expecting anything in return".

# What's New at the Women's Center

The Women's Center has a remarkable staff of caring and dedicated personnel committed to helping women and their families.



**Glorimar Borges**, (right) Women's Center Victim Advocate, was named "Top Victim Advocate" by the State Attorney's office at their annual National Crime Victims' Rights Week Luncheon and Awards Ceremony.



**Larenda Duley**, Women's Center therapist, was named Social Worker of the Year 2010, by the Florida Chapter of the National Association of Social Workers. This distinguished award was presented to Larenda by the Brevard County Commissioners. "Larenda was acknowledged for her many years of outstanding service in the field of social work, and how her dedication has impacted not only our community, but several other places in her career, said Sue Kiley, Women's Center Director of Programs.

**Jacqueline Ares**, (left) Administrative Coordinator, was also honored with an "Outstanding Service Award" at the same event.

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## THE WOMEN'S CENTER TITUSVILLE OFFICE IS OPEN



Staff John Doctor and Candace Tate, along with a growing volunteer corps, are helping women in northern Brevard.

Candace, Victim Advocate, is currently seeking her Bachelor's degree in Social Work from the University of Central Florida. Since joining the Center, she says that she has felt a great sense of pride and awe. She loves working with clients to help them to achieve their goals in life. She believes it is vital that we all work together to make a real difference in Brevard. "I am driven to help make a difference in my community and empowering others to do so as well," says Candace.

Candace has five children which she says occupies "most of my free time", but she also loves to enjoy our Brevard beaches and to relax with a good book when time permits.

John Doctor, Director of Titusville Services, holds a BA from the University of Florida and an STM (Master's Degree) from Concordia Seminary. His background includes 15 years in full-time pastoral ministry, 2 years in financial development and public relations for the American Red Cross, and 7 years as a business consultant.

John has a passion for helping people who are in crisis. "The thing I cherish most about life is doing something that matters and this definitely matters." He is particularly encouraged by the vision of executive director, Dr. Jenny Gessler. John shares: "When I asked Dr. Gessler why she was considering a man for a position traditionally staffed by women, her answer was, 'I have long believed that until this (domestic violence) becomes something more than just a 'women's issue' it will never be fully addressed in society. I am excited to be a part of an effort to address that vision."

John enjoys relaxing and de-stressing around water as an avid swimmer, scuba diver, and fisherman, and takes pleasure in boating when he can. John also loves international travel, especially mission trips because of the opportunity to meet local people and to experience their culture up-close and personally.

# Support Groups, Classes, and Workshop Descriptions

## SUPPORT GROUPS

### Adelante

Viernes, 2:00-3:30 pm, El Women's Center estara ofreciendo un grupo de apoyo gratis para mujeres hispanas. Se discutiran temas de interes, incluyendo relaciones saludables y violencia.

Facilitadoras: Glorimar Borges, Victim Advocate.

### Childhood Sexual Abuse/Incest Survivors Support Group

Tuesdays, 5:30-7:00pm. Free.

Support group For adult women who have experienced sexual abuse as children. Focus on emotional reactions, resolution of feelings, the effects on everyday life, and on self-respect as a survivor.

Therapist: Kellie Garza, M.A., LMHC.

### Domestic Violence Support Group

Mondays, 10-11:30 am. Free.

An open support group for women to provide information and understanding of emotional and/or physical abuse at the hands of someone they love.

Therapist: Kellie Garza, M.A., LMHC.

### Kool Kids

No Summer Classes, will resume Sept. 7 Tuesdays, 4:00 p.m.-5:00 p.m. Free.

Support group for children ages 6-12 years old who have witnessed or experienced family violence. Telephone intake with parent required before attendance.

Therapist: Kellie Garza, MA, LMHC

### Men's Survivor Group

Thursdays, 6:00-7:30 pm. Free.

A support group for adult male victims of childhood abuse.

Therapist: Kellie Garza, MA, LMHC

### New Support Group: Women with Cancer

3rd Monday of each month, 6:00-7:30 pm. Begins January 18th. Designed for women living with cancer, from the newly diagnosed to long time survivors and the family and friends who love them.

Facilitators: Sherry Palmer and Connie Chiles-Cooke.

## CLASSES

### Childbirth Preparation Classes

Wednesday (6:30-9 pm-series of 5 classes)

Classes on all aspects of labor and birth, including nutrition, pain medication, breast feeding, and stress relief. Classes provided by Brevard Chapter of Florida Outreach.

For fee and registration, call Terri Myers 259-5598.

### Domestic Violence Class

2nd Friday of each month, 12 noon- 1:30 pm. Free.

Provides education about the dynamics of domestic violence relationships, the cycle of violence, definitions of abuse, warning signs, and safety planning. Certificate provided.

Facilitator: Glorimar Borges.

### Clase sobre Violencia Doméstica.

Educación sobre las dinámicas de las relaciones de violencia doméstica, el ciclo de violencia, definiciones de abuso, señales de aviso, y plan de seguridad. Se proveerá un certificado. Favor de llamar al 242-3110 para información sobre las fechas y horarios. Gratis. Facilitadora: Glorimar Borges.

## WORKSHOPS

### Career Testing & Interest

July 8-9; August 11-12; Sept. 15-16; 9-11:30 am

In this 2-day workshop participants will take useful career inventories to assess their occupational interests, preferred activities, competencies and abilities. Results will enhance the person's career direction and enlighten their career decision-making.

Facilitator: Cindy Schroeder

### Career Directions

August 2 - 4; August 31- Sept. 2; 9:00 a.m.-Noon. Free

Whether you're thinking about a new career or want to advance in your current position, the Career Directions three day workshop offers the personal attention and career advice to help you get there.

Covered topics include goal setting, interviewing, resume writing, applications and job search skills, among others.

Facilitator: Cindy Schroeder

### Budgeting and How to Repair Your Credit

Saturdays: July 24; August 14; Sept. 18 10 -11:30 a.m. Free.

### Must Have Workshop For Every Woman.

Covers basic budgeting knowledge, how to avoid falling into the maxed-out credit card trap, tips on why budgets fail, how to keep your budget on track, and creating a spending plan. Also, what makes up a credit score, how to dispute items on your credit report, and steps to increase your credit score.

### Legal Aspects of Divorce & Separation

Saturdays: July 3; August 21; Sept. 11; 10 am-12 pm. Fee \$10.

An attorney explains the legal rights of parties involved in separation or divorce. Includes fault/no fault divorce, spousal and child support, property settlement agreements, custody and visitation, distribution of property and retirement benefits.

## VOLUNTEERS

### Volunteer Orientation

July 15; August 19; Sept. 16, Free.

The volunteer orientation is intended to familiarize interested applicants with the Women's Center and volunteer opportunities available. *Applications available via download from the Women's Center website.*

### Victim Advocacy Volunteer Training

July 28-30; Sept. 22-24, 9:30-12:30 Free. Three sessions of training to assist victims of domestic violence in filing the petition from the court, and support in the courtroom when attending hearings related to the injunction process. Part-time and full-time volunteer positions. Minimum commitment of 4-hour time slot per week. Two shifts available at the courthouse: 8 a.m.- 12 p.m. or 1 p.m.-5 p.m. Volunteers can work one or both shifts.

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Unless otherwise noted, please call the Women's Center at 242-3110 to register for classes, groups, workshops, or volunteer training.

The Women's Center gratefully acknowledges the following donors for February 2010 - May 2010

On behalf of the many women and children receiving assistance through the Women's Center, we are grateful for all gifts of time, talent, and treasure. Your friendship and generosity are evidence of your empathy and desire to help those in needs and we thank you again for your kindness.

7-Eleven
 Advent Lutheran Church, Melbourne
 Anonymous
 Rosemary Bain
 Carolyn Baney
 Julie A. Berke
 Carol Black
 Joyce Boudrie
 Yelva L. Bradbury
 Peter Cameron-Nott
 Rejhona Carter
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 Curves for Women – North Melbourne
 Curves for Women – Melbourne
 David Bogenrief Engineering
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 Mary van Tol
 Andrea Verier
 Andrew Vollero
 Johanna L. Waterhouse
 Women's Center Guild
 Debra A. Yannelli
 Gina M. Zingariello

We apologize for any errors or omissions in the above listing. Please contact the Women's Center Development office 242-3110, ext 339 for any corrections.

PLEASE SUPPORT THE WOMEN'S CENTER

Enclosed is a tax-deductible gift in the amount of:

\$35 \$135 \$350
 \$3,500 \$35,000 \$ Other

Donation from _____

Address _____

City/State/Zip _____

Phone: Home/Cell _____

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Please make checks payable to the Women's Center

M/C Visa Exp. Date _____

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My gift is:

In Honor of _____

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Please send acknowledgment of my gift to:

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Your contributions are tax-deductible. The Women's Center is a 501(c)3 charitable organization and is registered with the State of Florida. 100% of your contribution is used to support the Women's Center, and no part of this contribution is retained by any professional solicitor. Consult your tax advisor regarding eligible tax deductions.

News2010_3




As good stewards of your gifts, the Women's Center ensures that your wishes are respected in terms of the use of your gifts. Donations given to be used wherever the need is greatest provide the highest flexibility; however, all gifts are important to us.

Thank you for your contributions! You help women change their lives for the better, forever.



WOMEN'S
C E N T E R

1425 Aurora Road
Melbourne, FL 32935



What Women's Center Clients Are Saying

"I wanted to tell you just how much I appreciate what Diane, my advocate, did for me yesterday. I was at the courthouse for a domestic violence injunction that ended up going into the evening hours (past 7 pm, I believe). When I arrived I was very nervous and really did not know what to expect. Diane made me feel so comfortable and relaxed in a situation I would not have believed possible. She took the time to sit with me and explain the process and made me feel much more informed. It was like getting a mental hug that I really needed. Thank you for providing people like her to people like me. I hope in the future I can give back."

"The company I worked for had to let me go in a lay-off. Soon after, my child and I were evicted from our home. I wanted to return to my home country. The Women's Center put us in a hotel until I could get the money to return. Without your help, we would have been on the street. Thank you!"



"I am going through a difficult divorce and stopped by the Center to see if I could get some help. I am so glad that I did. Everyone was so understanding and helpful. I used the computer to do a job search and they helped by giving me a resource guide and some food. They even told me to stop by anytime. Thank you for being here to help."