



# New Directions News

DECEMBER 2008

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WE'RE ON THE WEB  
WWW.GREENSBURGCHAMBER.COM  
/BIZ/NEWDIRECTIONS/

## FROM JAN

I have tumbled several ideas around in my mind for this issue of New Directions News hoping to come up with something timely and interesting. In the past five years I have covered a lot of bases in this space -from childhood memories to the importance of our mission at ND. I hope to always give you some insight into who I am, and what I think about what we do in our community.

This time I want to tell you in more detail what we are all about. Let me start by giving you a statistic that may surprise you. We know that less than half of all domestic violence incidents are ever reported. Of those that are, about 3% result in the victim entering shelter. Yes, New Directions is a shelter but we are far more than that. To date in 2008 we have provided shel-

ter to 7 women and 4 children for a total of 120 days. We have utilized the help of 17 volunteers working nearly 600 hours a (an average of 35+ hours each). We have participated in nine community events and presented five awareness programs. Through the end of November we had answered 150 crisis calls . We have held 3 fundraisers and raised about \$7,000.00

This summer we began two new-very important programs-the Batterers Intervention Program "Creating a Process of Change for Men Who Batter" and a support group for women in abusive relationships, "In Our Best Interest." In addition to our annual funding sources-Decatur County United Fund, Decatur County Commissioners and the City of Greensburg we have received

donations from 35 churches, clubs, businesses and individuals as well as more than 300 donations through our fundraisers. We have also received four grants this year.

Sadly during the past year we lost a long time advocate and friend Patricia and Kathy our part time Advocate/Transition Service Provider resigned leaving only two of us to do the day to day work. Yet-we have survived another year, we continue to work to fulfill our mission and be a viable presence in our community.

Thank you to each and everyone of you who have helped us in any way to make 2008 a good year for New Directions and for the client families we have helped.

## I-GIVE.COM

If you are still shopping for just the right gift for everyone on your list this year, please remember that by going on line to IGive.com you can choose to shop at over 700 stores and you can designate New Directions of Decatur County, Inc. to receive a donation from that vendor

based on a percentage of your purchase! That's a win—win for everyone! You get your shopping done—the vendor gets to donate a portion of their profit and New Directions gets a nice check in the mail. Just think how many smiles that could produce!



## THANK YOU UF/PRINT PACK/THRIVENT



In September our family bedroom and bathroom received fresh, paint-much needed after eight

years of wear and tear on the original paint. Thanks to the Decatur County United Fund which sponsored the United Fund Day of Caring as well as Print Pack

for sending four very capable painters and Thrivent for Lutherans which provided funds to purchase the paint and supplies.

In addition to the paint and supplies we had enough Thrivent money to purchase new sheets and bedspreads as



well as new bath rugs.

Our sincere appreciation



goes to all of those involved in providing this service

## MONEY MATTERS

Its that time of year when many of us must turn our thoughts to how we can effectively meet the budget expectations we have struggled with over the past few months-whether it is our family finances or our company (department) budget at work.

With the economy in chaos it is difficult to

even think what we might be facing three, six or nine months down the road. Will gas go up or down? Will heating costs stay level or climb even higher? Can we stay within the limits of our food budget or will meat and bread continue to go up?

At New Directions we face most of the same

issues—the only problem is that a good part of our income depends on the generosity of our donors. If you don't have funds to donate we can't meet our budget. While we continue to provide safe shelter and services, we hope you will continue to remember our needs as you have so generously done in the past.

## PERSONAL BILL OF RIGHTS (FOR EVERYONE WHO LOVES AND BELIEVES IN THEMSELVES)

I have the right to develop myself as a whole person: emotionally, spiritually, mentally, physically and psychologically. AMEN

I have a right to joy in this life, right here, right now-Not just a momentary rush of euphoria, but something more substantive.

I have the right to not participate in either the active or passive “crazy-making” behavior of parents, of siblings, or other people.

I have the right to change my tune, my strategy, and my funny equations.

I have the right to leave the company of people who deliberately or inadvertently put me down, lay a guilt trip on me, manipulate or humiliate me, including any members of my family. AMEN

I have the right to express all of my feelings in a non-destructive way at a safe time and place. AMEN

I have the right to relax and have fun in a non-destructive way.

I have a right to carve out my place in this world.

I have a right to “mess up”, to make my own mistakes, to “blow it”, to disappoint myself, and to fall short of the mark.

I have a right to sort out the bill of goods my parents told me; to take the acceptable and dump the unacceptable.

I have the right to say NO whenever I feel something is not safe or I am not ready.

I have the right to actively pursue people, places, and situations that will help me in achieving a good life.

I have a right to all those good times that I have longed for all those years and didn't get.

I have a right of trust my feelings, my judgment, my hunches, and my own intuition! AMEN

I have a right to put an end to conversations with people who make me feel put down or humiliated. AMEN

I have a right to mentally healthy, sane way of existence. Though, it will deviate in part, or all, from other people's prescribed philosophy of life. AMEN

I have a right to ALL of my feelings!!!! AMEN

I HAVE A RIGHT TO FOLLOW ANY OR ALL OF THE ABOVE RIGHTS, TO LIVE MY LIFE THE WAY I CHOOSE TO. AMEN AMEN AMEN AMEN

\*These “Personal Bill of Rights” were written after a divorce, and personal need to heal from the violent relationship and a long history of abuse as a child.

Love, In HIS Service

This is a follow up to the personal testimony published last month.

## VOLUNTEER VOICE

Thank You! Once again many of you have stepped up and answered our call for volunteer hours during October and November. Thirteen of you have logged more than 200 hours over the course of our last client's stays.

Volunteer meetings resumed in November after taking October off. Monthly

meetings will continue as long as volunteers attend and feel that the meeting provides worthwhile information or instruction. One topic of discussion at the November meeting concerned planning a garage sale in the spring as a fund raiser for New Direc-



tions. More news on that in the next issue.

The next volunteer meeting will be January 16th @ 7:00 at the shelter. Please plan to attend!

## FROM THE BOARD JACKIE BLASDEL, PRESIDENT

We have had a busy and interesting year at New Directions this year. The board has been focusing on new ideas for fund raisers, new incentives for volunteers and new ways we can keep the community informed about the very important and necessary service we provide for those in a domestic abuse situation.

I want to thank all the board members who have worked so hard this year, especially during the time of my illness and recuperation.

Diane McKinney, our Vice President, Sheila Doerflinger, our Secretary, and Rojeanna Pank our Treasurer have done a wonderful job in keeping our board enlightened. Rev. Jim Splitt and Rev. Kathleen Splitt gave us a lot of good suggestions and started a new Intervention Program for Men and a new Women's Meeting Group. Matt Bailey, Ed Dwenger, Deb Crusier and Stacey Chasteen have all been instrumental in giving us new goals and ideas and have supported us with their hard work and dedication. I have appreciated all you have done this year for New Directions.

Leaving our board this year are Matt Bailey, Diane McKinney and Ed Dwenger. You have all contributed so much to the organization. We will miss you this coming year. Thanks for your time and your compassion for this very special organization. Your participation has meant a lot to me.

Anyone who may be interested in serving on the board of New Directions can call me at 663-3213. Jan and the Board members would be happy to sit down with you and talk to you about New Directions and how you can help.

In November, the board had a successful retreat thanks to Mary Ellen Anable from the Red Cross, and we are looking forward to putting her suggestions into action. We also have had several successful fund raisers this year. Peaceful Family Walk and the dinner with the Greensburg Kiwanis Club raised money and gave us a chance to bring awareness of domestic violence in our community.

However, the biggest and best fund raiser was "Walk a Mile in Her Shoes," suggested by our Executive Director, Jan Bartels. It was fun, fast and furious as the men walked around the Courthouse Square in their high heels and the women fought for the lead in their sprint race. This event will be even bigger and better in August, 2009. Men, you have plenty of time to find those perfect pair of shoes for the walk, so start looking! Women practice for the sprint-it is very competitive!

In 2009, we would like to offer programs on domestic violence and related topics to the community by visiting your organizations, churches and schools. Board members, volunteers, and staff are available for your meetings. Please call Jan at 662-8822 and let us visit you.

Volunteers who gave up their time and energy to the shelter are never thanked enough. They are called on at unusual times and hours to stay with a client while she is in shelter. They are compassionate and understanding and devote their time to helping others get their life back together. This is a difficult task and the board appreciates the hours you have volunteered for this cause. Thank you so much for caring. We have started a volunteer and board member sharing evening once a month and we are learning a lot about each other. All volunteers are welcome. Call Jan to find when we

are meeting.

We are always in need of more volunteers. So if anyone can help us, please call Jan at 662-8822 and ask her what you can do. If you cannot help by staying at the shelter, we can always use your time and talents at a fund raiser or some other activity we may have going. I do want to emphasize that more help is needed at the shelter and we would appreciate your call.

To everyone who contributes to New Directions, the City, the County, United Fund, the groups and organizations, and each individual contributor, I want to thank you for your support and compassion; New Directions is an important part of a strong and healthy community. The fight against domestic violence in the home is growing larger, not smaller. As the difficult economic times continue, we find that stress at home becomes greater and the need for a place like New Directions becomes greater. As every nonprofit organization struggles to continue in the economic downturn, we will be making hard and difficult decisions to give those in need a safe haven. We are needed now more than ever, and we hope with your help and our hard work we can continue to give battered women a place to come and find a new life.

May you each have a blessed and Merry Christmas and a very Happy New Year.

Jackie Blasdel,

President



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*Ending domestic violence*

*one family at a time.*

## NEW PROGRAM-NEW START

Two new programs sponsored by New Directions are up and running and are being utilized by the local courts and Office of Family and Children.

The first program is the Batterer's Intervention Program (BIP). This program utilizes the internationally acclaimed "Duluth Model" "Creating a Process of Change" for Men Who Batter. This is a 24 session course and may be court or-

dered as a part of sentencing for men convicted of domestic abuse. Other agencies may also refer clients to this program.

The second program "In Our Best Interest" is a support group for women in abusive relationships. This group meets weekly, on Thursdays from 3 to 5 pm.

The men's class is facilitated by Jim Splitt who lead this program in Minnesota before coming to Greensburg.

He is assisted by New Directions Case Manager Cyndi Quinton. The support Group is led by Kathleen Splitt who brings experience working with Range Women's Advocates in Minnesota.

For more information or referral to either of these programs call New Directions 662-8822.

We are extremely grateful to DCCF for providing a \$500.00 grant to pay for the certification class for Cyndi.