

Womenews

Women's Center of Montgomery County

Join us for an Evening of Irish Music and Dance!

Thursday, March 12, 2009, 7:30 p.m.

The Women's Center of Montgomery County presents a special benefit performance featuring award-winning female vocalist

Cathie Ryan

and the Cathie Ryan Band

Also featuring the award-winning **Tara Gael Irish Dancers**

The Women's Center is a crucial resource for victims of abuse who often have nowhere else to turn. Cathie hopes you will come out and join her in supporting this very important concern. Cathie and the band will provide a wealth of song and rafter raising jigs and reels, and the Tara Gael Irish Dancers will dazzle us with exuberant Irish hard and soft shoe dancing.

Montgomery Community College
Science Center Auditorium
Route 202 and Morris Road
Blue Bell, PA

\$35.00 ticket includes pre-concert reception beginning at 6:00 p.m.
Or, reserved seating to 7:30 show tickets are \$25.00.

For tickets visit our website at www.wcmontco.org

***Purchase a \$10.00 raffle ticket for the chance to win
a trip for two to Ireland!***

You do not need to be present at concert to win!

Go to www.wcmontco.org or call our office
at 215-635-7340 for raffle details.



Norristown Volunteer Update

Happy New Year!

IN-SERVICES:

Our next in-service is scheduled for Tuesday, February 10, 2009 from 1-3pm in the Norristown office. I was able to re-schedule Karen Atzert, an attorney from Victim Services for our February in-service. She will discuss immigration, abuse and the law. Kristine from the Pottstown office will also be a guest speaker and discuss the KISS program. This will be an informative in-service. Let me know if you plan to attend.

LEGAL REMEDIES:

The next Legal Remedies Workshop will be on Tuesday, February 17th, 2009 from 4:30-6:30pm in the Norristown office. The guest attorney will be Ellen Fischer. The discussion will be open to civil and family law. The information sessions are held at our Norristown office at 18 West Airy Street, 4th floor. Please call 610-279-7474 to register to attend. Also, please refer a family member or friend to this valuable program!

A NEW KIND OF SUPPORT GROUP:

Time for Healing Spiritual Based Support Group

Healing from domestic violence hurts and other life issues that have left one broken and scarred.

Fridays from 6-7:30pm at the Norristown office: 18 West Airy Street, 4th Floor
(For the winter months)

Contact Denise at 215-681-6595 or Women's Center at 610-279-7474

Thanks,
Jenn B.

Welcome to the Women's Center of Montgomery County Thrift Shop Your Mother's Closet is "The Boutique" Place to Be to Volunteer and Shop For Bargains, Treasures and Fun Times

For those of you who have yet to visit us in our little corner of Jenkintown, we invite you to our wonderful shop on West Avenue. Our thrift shop/boutique is filled with treasures and surprises, decorated with style and flair, and staffed by a group of dedicated and creative volunteers who care about each other and their loyal customers.

We appreciate and thank all of you who have brought us your donations. We would also invite you to come and join the thrift shop experience of fun and camaraderie by volunteering for a day or even half a day. Come share in the fun as we sort through an exotic array of clothes, jewelry and housewares. Join the laughter and pleasure that can only come with volunteering for a good cause with good people committed to helping others!

If you are interested in volunteering, please stop by the thrift shop at 703 West Avenue in Jenkintown or give us a call at 215-885-0620.

Notes from the Elkins Park Office

Submitted by Deanna Linn

The second part of the **HIV/AIDS Domestic Violence Safety Planning** will be held on **Wednesday, March 4th** at the Elkins Park office. We are offering two opportunities to attend: either **2:00 to 5:00 p.m.** or **6:00 to 9:00 p.m.**

Thank you again to those of you who attend the first workshop in the series, which focused on basic information about the impact of HIV/AIDS on victims of domestic violence. This second workshop in the series will focus on helping domestic violence victims to develop HIV/AIDS safety planning.

Also on **Tuesday, March 10th**, Karen Atzert, Esquire, an attorney from the Crime Victims Law Project, will present on **Immigration issues for domestic violence victims**. Again, we are offering two opportunities to attend: **3:00 to 5:00 p.m.** or **7:00 to 9:00 p.m.**

Also, a reminder that on **February 11th (7:00 pm)** and **February 12th, (1:00 p.m.)**, the topic for the in-service will be the PCADV program, **“A Kid is So Special,”** which is an interactive program to promote mother/child bonding where domestic violence has impacted the family.

I am planning additional volunteer domestic violence trainings later in the Spring, one at the Pottstown office and one at the Bryn Mawr office. Please let friends know about the trainings. We welcome new counselors! Please contact either myself at the Elkins Park office, Niki at Pottstown, or Victoria in Bryn Mawr.

Pottstown's Potpourri

Many times, victims of domestic violence discover that when they decide to leave their abusive partner, the arena for the abuse may merely change. The victims enter the realm of the legal battles. They valiantly try to navigate this whole new battle field but the terrain is unfamiliar and the language is foreign. Terms such as equitable distribution, community property, common law, mediation, pendente lite, legal custody, physical custody, custodial parent, non-custodial parent, visitation rights all become integral parts of their vocabulary even if the exact meaning of these terms is still somewhat beyond their ken.

This is precisely the time when a Family Law lawyer is recommended to most individuals who find themselves traversing this unfamiliar territory. Unfortunately, for many victims of domestic violence, the cost to acquire representation by a Family Law lawyer can be prohibitive. **SO**, the Pottstown office considered itself extremely fortunate recently, when a Family Law lawyer agreed to make herself available, one night a month, to discuss family law issues with our clients.

Victoria Hollister of OWM Law will be fielding Family Law questions during the Support Group held on the second Tuesday of every month from 5:30 – 7:30 PM in the Pottstown office. She is “...very interested in providing assistance to women in need...” and it is her belief that “...this could be a very valuable program...” and she is “...eager to begin!” We definitely welcome her assistance and her enthusiasm and are looking forward to her beginning our Pottstown Legal Remedies this month on February 10th!

Kristine Wickward
Legal Advocate - Pottstown

The following statistics were provided by the PA Coalition Against Domestic Violence

Impact of the Economy on Domestic Violence

While economic woes like recession and unemployment do not cause domestic violence, they do commonly exacerbate it and contribute to increases in frequency and severity.

- The National Domestic Violence Hotline has documented a 21% increase in calls for September 2008 as compared to September 2007.
- Many programs in Pennsylvania are reporting that their emergency shelters have been at or near capacity for months.
- The number of unmet requests for shelter continues to grow: in FY 07-08, 5,272 victims reached out to one of our domestic violence programs for help yet were put on a waiting list or referred elsewhere because of that program's lack of resources. This number is up from 5,106 in FY 06-07, and on track to grow again in FY 08-09.

Additionally, other systems that are critical to a coordinated community response are being dramatically affected by the dismal economy and dire budget shortfalls. In particular, funding for local police and sheriffs' departments is severely threatened; fewer officers may mean that victims face extended response times during acutely violent assaults, or that officers lack the time to receive specialized training in domestic violence or participate in local domestic violence task forces.

Importantly, however, the poor economy does not directly cause a spike in the crime rate overall, but rather increases in crime rates occur only among certain types of crimes – such as domestic violence.

- In a recent article, one criminal justice expert explained the effect of the worsening economy on the crime rate this way: “Is somebody who has never pulled a strong-armed stickup in their life likely to go start doing that because they lost their job? Not so much. Is a household that is already been troubled and has a history of domestic violence going to be even further strained, and is it likely to escalate? Much more likely.”

These increases are consistent with what we know about abusers – that they use coercive controls including violence to establish dominance and maintain control, and that when their sense of control is shaken, such as by losing their economic control over victims, they lash out in other ways. Assaults may also be triggered by disputes over money, or by abusers simply being home more often because they are unemployed. In short, even with the hard economic times that the state budget is facing, it is now more than ever that domestic violence programs need additional funding to meet the increased demand for their services.

The need for funding pervades all other aspects of domestic violence services: without adequate staff, victim interventions and community prevention simply cannot be accomplished to their full potential.

The Women's Center of Montgomery County
Please make us your highest priority
United Way Donor Option
Number 00433



Adornment Expressive Accessories Handbag Drive

To benefit the
Women's Center of Montgomery County

Adornment Expressive Accessories in Skippack, PA will be holding their bi-annual handbag drive to support the Women's Center of Montgomery County. The bags collected aid in the efforts of the center to help the women we serve feel more confident!

So, it's a new year and a great time to rid your closets of gently used handbags, briefcases and backpacks. Adornment will be collecting the handbags through February and March. For every bag that you donate, you will receive a coupon for \$5 (up to \$20) that can be used immediately or for a later purchase through March 2009 at Adornment. A great time to save while updating your look for the Spring!

Last year Adornment's handbag drive was a success with over 300 bags collected! This time we will be sharing the donations with Wings for Success in West Chester. Their organization also aids women who are survivors of domestic abuse, crime victims and those transitioning from welfare to work.

Adornment is a women's boutique in Skippack that specializes in unique handbags, accessories and jewelry. Please visit www.adornmentea.com or call 267.640.7956 for information regarding hours, products and directions.

Support the Women's Center of Montgomery County Through eScrip

Buy participating products at Genuardi's/Safeway and earn up to 10% for **the Women's Center of Montgomery County**.

Women's Center of Montgomery County eScrip **Group ID – 2298334**

Please confirm that the Women's Center is your designated charity! You can sign up at your local store, at www.escrip.com and in the upcoming eScrip Magazine!

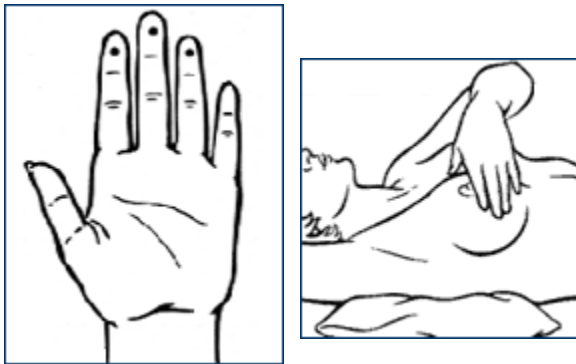
New recommendations for self breast exam

Submitted by Sherry Rosner

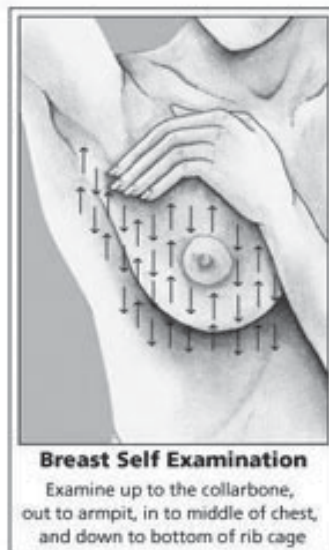
Since I last wrote a women's health column, there has been a recommended change in the way to do a self breast exam. I wanted to share this change with our readers. Remember that many doctors recommend monthly self breast exams each month. Women who have not reached menopause should not examine their breasts when they are not tender or sore. Women who no longer get their periods should pick one day a month that is easy to remember.

Next time I will write about the controversy surrounding self breast exams.

- § Lie down and place your right arm behind your head. The exam is done while lying down, not standing up. This is because when lying down the breast tissue spreads evenly over the chest wall and is as thin as possible, making it much easier to feel all the breast tissue.
- § Use the finger pads of the 3 middle fingers on your left hand to feel for lumps in the right breast. Use overlapping dime-sized circular motions of the finger pads to feel the breast tissue.



- § Use 3 different levels of pressure to feel all the breast tissue. Light pressure is needed to feel the tissue closest to the skin; medium pressure to feel a little deeper; and firm pressure to feel the tissue closest to the chest and ribs. A firm ridge in the lower curve of each breast is normal. If you're not sure how hard to press, talk with your doctor or nurse. Use each pressure level to feel the breast tissue before moving on to the next spot.
- § Move around the breast in an up and down pattern starting at an imaginary line drawn straight down your side from the underarm and moving across the breast to the middle of the chest bone (sternum or breastbone). Be sure to check the entire breast area going down until you feel only ribs and up to the neck or collar bone (clavicle).



continued on Page 7

Women's Center Evening Book Club Schedule Spring 2009

Wed., Feb. 18 th 6:30 p.m.	Loving Frank Meeting Location: Marco Polo Restaurant, Elkins Park	Author: Nancy Horan
Wed., Mar. 18 th 7:30 p.m.	The Tattooed Girl Discussion Leader: Ruth	Author: Joyce Carol Oates
April	<i>Book Title to be announced</i> Discussion Leader: Judy	Hostess: Elaine
May	Little Women Discussion Leader: Elaine	Author: Louisa May Alcott Hostess: Vivian
June	The Glass Castle Discussion Leader: Suzanne	Author: Jeannette Walls Hostess: Judy
July	Amsterdam Discussion Leader: Dottie	Author: Ian McEwan Hostess: Dottie

Meetings are held on the third (3rd) Wednesday of every month.

Time: 7:30 p.m. social/8:00 p.m. discussion

Regrets only to hostess appreciated.

For more information, contact Sunny Letizi at 215-576-6215. All are welcome!

continued from Page 6

- § There is some evidence to suggest that the up-and-down pattern (sometimes called the vertical pattern) is the most effective pattern for covering the entire breast, without missing any breast tissue.
- § Repeat the exam on your left breast, using the finger pads of the right hand.
- § While standing in front of a mirror with your hands pressing firmly down on your hips, look at your breasts for any changes of size, shape, contour, or dimpling, or redness or scaliness of the nipple or breast skin. (The pressing down on the hips position contracts the chest wall muscles and enhances any breast changes.)
- § Examine each underarm while sitting up or standing and with your arm only slightly raised so you can easily feel in this area. Raising your arm straight up tightens the tissue in this area and makes it harder to examine.

This procedure for doing breast self exam is different than in previous recommendations. These changes represent an extensive review of the medical literature and input from an expert advisory group. There is evidence that this position (lying down), area felt, pattern of coverage of the breast, and use of different amounts of pressure increase a woman's ability to find abnormal areas.

Purchase a \$10.00 raffle ticket for the chance to win a trip for two to Ireland!

In conjunction with our March 12th concert featuring Cathie Ryan, the Cathie Ryan Band and the Tara Gael Irish Dancers, the Women's Center of Montgomery County is selling raffle tickets at \$10.00 each for a chance to win a trip to two to Ireland.

Drawing will be limited to the first 500 entries!

The winning ticket will be drawn during the intermission at the concert. You do not need to be present to win!

Also available, purchase raffle tickets to win prizes including:

*\$50 gift certificate for dinner at San Marco Ristorante, Spring House
Sunday brunch for Two at the Cock 'n Bull Restaurant, Peddlers' Village
\$60 Gift Certificate to the Act II Play House
\$25 Walmart gift certificate*

Tickets for these prices are:

**\$1.00 for 1 ticket
6 tickets for \$5.00
15 tickets for \$10**

Call our office at 215-635-7340 to purchase raffle tickets.
**Proceeds benefit the Women's Center of Montgomery County,
serving victims of domestic violence since 1976.**

Women's Center of Montgomery County

Elkins Park Office

215-635-7344

FAX: 215-635-7347

Thrift Shop: 215-885-0620

Norristown Office

610-279-1548

FAX: 610-279-7740

Pottstown Office

610-970-7363

FAX: 610-970-0705

Bryn Mawr Office

610-525-1427

FAX: 610-525-1429

Colmar Office

215-996-0721

FAX: 215-996-0725

www.wcmontco.org

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