

# CaringVoices

An Occasional Newsletter of Caring Unlimited

Fall 2011

## A Call to Remember—A Call to Action

Caring Unlimited recently joined with the Maine Coalition to End Domestic Violence (MCEDV) and all other domestic violence resource centers around the state to organize *A Call to Remember, A Call to Action*.

You may have heard bells ringing at churches, schools and community buildings throughout Maine at noon on Wednesday, August 31st. For two full minutes the bells rang in memory of our fellow Mainers whose lives were tragically lost to domestic violence this summer. In addition to asking us to 'remember' the victims, the bells rang to invite each of us to 'action'—to work together to end domestic abuse in our state—to finally put an end to the all too frequent, senseless and premature deaths that result from it.

Each year in Maine, about half of the state's homicides are domestic violence related. From January through mid-August 2011, 9 of the 16 people who were murdered in Maine, died as a result of domestic violence. Prompted by the recent tragedies in Winslow, Dexter and New Gloucester, individuals and community groups all around Maine are looking for ways to help put a stop to domestic violence. People also want to know what's available to help those in danger from an abusive intimate partner or former partner.

Public awareness efforts, led by MCEDV in conjunction with its member organizations are underway around the state highlighting local organizations, like Caring Unlimited, that are available 24 hours a day offering safety planning and support services to any person victimized in an intimate relationship or anyone looking for information to help support a family member, co-worker or friend who they are worried about.

At Caring Unlimited, Fall brings numerous opportunities to get involved, including **Volunteer Training** for Hotline Advocates, Kidworkers and Court Monitors, and **Domestic Violence Awareness Month** (DVAM) activities throughout October. Please read on to learn more about volunteering at CU or how to participate in DVAM events and help us bring an end to domestic violence in York County!

## Strangulation Study

In the most recent legislative session there was an attempt to change the law to make strangulation a felony level crime. Currently this behavior is not seen in the law as anything different than a simple assault, like a push or a slap. Advocates are all too well aware that strangulation is potentially lethal and can cause traumatic brain injury in those who experience it and as such, should carry higher penalties. The legislature sent the issue to the Maine Commission on Domestic and Sexual abuse to be studied before taking further action. Caring Unlimited, in collaboration with the Maine Coalition to End Domestic Violence, is assisting with data collection for this research.

If you have experienced domestic abuse and can answer yes to the question, "did your abuser ever strangle, choke or put hands around your throat", please call Sherry at Caring Unlimited, 490-3227 x105 to learn more about this research and how to participate if you think you may be interested.

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*"The bell ringing is a symbol of healing and action. People need to remember, and they are also looking for ways to make positive change in their communities."*

—Margo Batsie, MCEDV

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Serving York County Since 1977

IT IS THE MISSION of Caring Unlimited to work with the community to end domestic violence in York County.

This includes providing support and safe haven to women, their children and men whose lives are affected by domestic abuse in a manner that honors their essential worth, nurtures their inherent strengths and respects their right of self-determination.

Caring Unlimited provides services to any person victimized in an intimate relationship.

PROGRAMS & SERVICES

- 24-Hour Hotline
- Emergency Shelter
- Transitional Housing & Services
- Legal Assistance / Court Advocacy
- Support & Education Groups
- School-Based Abuse Prevention
- Community Education, Training & Consultation
- Volunteer Program

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24-HOUR HOTLINE  
1-800-239-7298

## 4th Annual Nicole's Run / Walk

The 4th Annual Nicole's 5k Run/Walk was a great success! On Saturday, July 16, 2011, 388 registered participants set out from the Kennebunk Beach Improvement Association (KBIA) on Lord's Point in Kennebunk, making this the largest Nicole's Run yet! Runners and walkers helped to raise \$20,000 this year through registration fees and pledges from family and friends! Another 50 dedicated individuals supported Nicole's Run by working as volunteers that morning, ensuring the race went smoothly!



Thank you to Event Sponsor, Kennebunk Savings Bank for helping to make this year's event our most successful to date!

Congratulations to first place male and female finishers, Jeffrey Cole and Hannah Gitschier, who completed the 3.1 mile course in 16:27 and 19:46, respectively! More congratulations are in order to Morven Troost of the South Congregational Church's Team for Ellie. Morven was the highest individual fundraiser, turning in over \$700 in pledges and winning a one-year membership to Quest Fitness in Kennebunk! Together, Team for Ellie turned in the highest amount of combined pledges, totaling over \$2500! For every \$100 in pledges raised, participants earned a chance to win an LL Bean tent. David and Gail Clarke were this year's lucky winners!

Thank you to Event Sponsor of the Year, Kennebunk Savings Bank, along with our other sponsors: Kennebunk and Kennebunkport Democrats, Be A Girl Today, Bentley's Saloon, Biddeford Family Chiropractic, Brown Fox Printing, Captain Lords Mansion, Chapman Chiropractic Center, Homestead Adjusters, Holmes Legal Group, M-Design Solutions, RE-Construction, Robillard Insurance Services and Southern Maine Medical Center. The generosity of these sponsors truly helped to make the 4th Annual Nicole's Run our most successful event yet.

We are also thankful for many supporting donations that add to atmosphere of Nicole's Run each year and make the event as great as it is! Thanks to: Ledgemere Transportation, Quest Fitness, Maine Running Company, McDonald's, Perfecto's Cafe, Best Buy of Biddeford, Massage Therapist, Jennifer Robinson, Hannaford Supermarkets, Panera Bread, and of course the KBIA for allowing us to use their space each year!

We hope you'll join us again, or for the first time, next July for the 5th Annual Nicole's Run/ Walk!



### Visit CU Online!

Scan the barcode at the left with your cellular smart phone to go right to all the latest Caring Unlimited News at [caring-unlimited.org](http://caring-unlimited.org)!

## Become a Caring Unlimited Volunteer!

Applications are currently being accepted for Caring Unlimited's annual Fall Volunteer Trainings for Hotline Advocates, Kidworkers and Court Monitors. Hotline Advocates and Kidworkers will begin training together on Tuesday, October 4 at 6:00pm. Court Monitors will attend a day-long training on Friday, September 23. All training sessions will be held at Caring Unlimited's Resource Center in Sanford.

Hotline Advocates help Caring Unlimited provide safety planning and support services on the 24-hour confidential Hotline after completing a 40-hour advocacy course, during which they will learn the dynamics of domestic abuse, gain information and understanding of Caring Unlimited's programs and services, learn advocacy skills, safety planning techniques and more. Hotline Advocates are asked to commit to two shifts a month, which can be done safely from home with staff back-up available throughout the shift.

Kidworkers provide childcare during Caring Unlimited's Support and Education Groups for adults, making it possible for moms to attend groups and gain important information, resources and support. Kidworkers complete a 9-hour training and learn dynamics of domestic abuse as well as how witnessing domestic violence affects children of different ages.

Court Monitors observe criminal court proceedings in the Biddeford District and Alfred Superior Courts, paying specific attention to domestic violence cases. Monitors record their observations, which are tracked in an effort to examine how effectively the criminal justice system responds to cases of domestic violence. Monitors will complete a 6-hour training, must have daytime availability and are asked to commit to two shifts per month.

FMI about volunteering at CU call Monique (x111) or Betsy (x102) at 490-3227 or to apply online go to [caring-unlimited.org](http://caring-unlimited.org).

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*Volunteering empowers me... It makes me feel that I am making a difference with the support of an entire agency behind me.*

*--Mandy Cool, Volunteer  
Hotline Advocate*

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## Domestic Violence Awareness Month Activities Announced

Every year, the month of October is recognized nationally as Domestic Violence Awareness Month. This October, Caring Unlimited will hold a variety of awareness-raising and educational events throughout York County. More information about each of these events, as well as other events and activities, can be found online at [caring-unlimited.org](http://caring-unlimited.org)!

### **Fall Volunteer Training Begins—Tuesday, October 4, 6pm**

Join Caring Unlimited as a Hotline Advocate, Kidworker or Court Monitor! Apply online or call 490-3227 x111 or x102.

### **Annual Candlelight Vigil & Speak Out—Wednesday, October 5, 6pm**

Our annual Candlelight Vigil will be held in Sanford's Central Park at 6:00pm. Members of the community will join Caring Unlimited in speaking out against domestic violence as we remember the victims, and honor the survivors.

### **Federal Jack's Lobster Bake & BBQ to Benefit Caring Unlimited—Monday, October 10**

Spend the Columbus Day holiday in Kennebunk at Federal Jack's Restaurant! Enjoy great food, entertainment and fun for the whole family! All proceeds benefit Caring Unlimited.

### **Ministry in Response to Domestic Abuse Training—Tuesday, October 18**

Clergy of all faiths, as well as members of the public, are welcome to attend this free training regarding the dynamics of domestic abuse as well as the unique role religious communities can play in the lives of survivors and perpetrators. Training will be held at York County Community College from 6:00-8:00pm. Call Clare at 490-3227 x122 to register for this important event!

### **Fall Adult Education Domestic Violence Education Courses Begin—Monday, October 24**

This Fall, three Caring Unlimited-led courses will be offered through Adult Education of the Kennebunks and Arundel. The first of these: Effects of Domestic Abusers on Children Part I will begin at 6:00 Monday, October 24. More information about Adult Ed courses, including how to register, is available at [caring-unlimited.org](http://caring-unlimited.org) or by calling Clare at 490-3227 x122.

### **Annual Rally / March to End Domestic Violence in York County! (Saco / Biddeford)—Thursday, October 27**

The 2nd Annual Rally and March will be an opportunity for members of our community to come together and speak out against domestic abuse and violence. Join us at Noon outside the transportation building in Saco (by the big windmill), and we'll march down the hill to Mechanics Park in Biddeford.



York County's Domestic Violence Program

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WE'RE ON THE WEB!  
[WWW.CARING-UNLIMITED.ORG](http://WWW.CARING-UNLIMITED.ORG)



## SAVE THE DATE!

**11th Annual Atlantic Plunge  
To benefit Caring Unlimited**

**JANUARY 1, 2012**

Gooch's Beach, Kennebunk

More information coming soon at  
[caring-unlimited.org](http://caring-unlimited.org)