

willownews

The Newsletter of
Willow Domestic Violence Center

(formerly Alternatives for Battered Women)

A historic moment

We are honored to announce our new agency name:

Willow Domestic Violence Center

Our community and services have evolved over the last 40 years, and we are **proud of our history as Alternatives for Battered Women**, a name which served a specific and important purpose at the forefront of the domestic violence movement – to bring attention to a hidden crime. Yet in recent years, many of our clients have shared they did not relate to our name. One survivor shared that she did not seek services sooner because she didn't think she was "battered enough."

Domestic violence is not only physical. It is a pattern of behaviors used to establish power and control over another person. Abuse may be physical, psychological, emotional, verbal, sexual, and/or financial. Everyone has the right to be safe. We serve

women, children and men from all walks of life.

Changing our name was not taken lightly. Our heartfelt appreciation extends to our community partners, clients and supporters who have assisted in this process over the last year. We extend a special thank you to the team at Truth Collective who led the process, pro bono as volunteers, dedicating countless hours and creative talent, because they believe in our mission.

Our new name fully reflects the scope of our services, and helps our agency to be a beacon of hope for every survivor of domestic violence.

Thank you for being a part of this journey with us. 🌿

What people are saying about our new name:

"I love it! Clearly a very thoughtful change. Congratulations on this milestone!"

"Thank you for recognizing me – I am not battered, I am not beaten down."

"Willow is a beautiful name and I love the message of hope that it inspires."

"I am not a woman, and you have helped me. Thank you for being more inclusive."

"Brilliant!! It is a strong and thoughtful name."

"I am positively in love with Willow! It is loaded with meaning."

"I have goosebumps."

"I love, LOVE, L-O-V-E...the new name and meaning behind it."

On May 7, 2015, community leaders, board members, and staff gathered for the official unveiling of our new agency name near a grove of willow trees in Seneca Park. 🌿



Pictured (L-R): NYS Senator Joseph Robach, City of Rochester Deputy Mayor Leonard Redon, Monroe County Executive Maggie Brooks, NYS Senator Rich Funke, NYS Assembly Majority Leader Joseph Morelle and Willow Center CEO Jaime Saunders announce our new name under a group of willow trees in Seneca Park. Photo Credit: Ken Buschner



willow
Domestic Violence Center

Different name, same mission

To prevent domestic violence and ensure every survivor has access to the services and supports needed along the journey to a safe and empowered life.

Why Willow?

The willow tree is sheltering and a beacon of hope. A willow tree can grow from a single, broken branch and lives with grace under pressure.

I will hope.

I will heal.

I will thrive.

A long-time advocate and staff member said it best:

"Willow speaks to the tremendous strength, determination, tenacity, perseverance, and power that the survivors we work with possess in their most difficult moments."

Learn more on our new website:

WillowCenterNY.org

COMMUNITY EVENTS BENEFIT WILLOW CENTER

A special thank you to these community groups

Greater Rochester Women's Philharmonic Benefit Concert

Pianist Ivanka Driankova was featured in the 9th Annual Greater Rochester Women's Philharmonic concert to benefit Willow Center on May 9.

"Songs in the Key of She" Benefit Concert

The Rochester Women's Community Chorus hosted a concert in June to benefit Willow Center. The Chorus is dedicated to using music as a vehicle for messages of peace, hope and understanding.

Pittsford Sutherland Runway for Relief Benefit Fashion Show

Pittsford Sutherland's Runway for Relief Club hosted their third annual fashion show in May featuring styles from local boutiques to benefit Willow Center.

Pillows and Blankets



Willow Center CEO Jaime Saunders and Mayor Lovely Warren visited Ms. Cordaro's second grade class at School 42.

Ms. Cordaro's second grade class at School 42 came up with the idea to give a 'comfy' pillow to each of the children staying in our emergency shelter, to remind them of home. The students (with help from teachers) sewed 22 pillows, each with a card. As a thank you, the children in our shelter created a poster for Ms. Cordaro's class.

Genesee Valley Chapter of BMW Benefit Auction

This group of dedicated car enthusiasts 'fueled' our work through a generous gift from their Charity Auction. Thank you for 'putting gas in our tank'!

To host an event to benefit Willow Center, please visit our website: WillowCenterNY.org

Janet Chaize Receives Prestigious Verizon HopeLine Award



Willow Center's Program Coordinator Janet Chaize was one of two advocates statewide honored with a Verizon HopeLine Award for her dedication to supporting survivors and her commitment to ending domestic violence. Janet has worked tirelessly as an advocate for thousands of survivors for nearly 30 years. She leads Willow's Counseling Center, reaching over 400 survivors each year through community support groups and individual counseling.



Janet Chaize (center, holding plaque) with CEO Jaime Saunders and the team from Verizon.

Grant from Greater Rochester Health Foundation supports healthy living in emergency shelter

With generous support from the Greater Rochester Health Foundation, Willow Center has partnered with Foodlink to support healthy living for survivors in our emergency shelter. Willow Center offers Foodlink's Cooking Matters workshops to shelter residents. Each participant learns cooking techniques, healthy recipes and tips for eating well on a budget. Willow Center's kitchen staff have also worked closely with Foodlink to develop healthy "comfort food" menu options for survivors living in shelter.



Foodlink staff & volunteers prepare to present the "Cooking Matters" workshop to shelter residents.

Willow Center's Favorite Recipe: Black Bean & Vegetable Quesadillas

Adapted from Foodlink's Cooking Matters, serves 6.

Ingredients

½ (15½-ounce) can black beans, no salt added
 2 medium zucchini, diced
 1 bunch fresh spinach (about 4 cups)
 1 cup fresh or canned corn (drained)
 4 ounces low-fat cheddar cheese, grated
 1 Tablespoon canola oil
 Pinch ground cayenne pepper
 1–2 teaspoons water
 ½ teaspoon ground black pepper
 6 (8-inch) whole wheat flour tortillas
 Non-stick cooking spray
 Optional: 3 Tablespoons fresh parsley or cilantro

Instructions

In a large skillet over medium-high heat, heat oil. Add zucchini and cayenne pepper. Cook until zucchini is semi-soft, about 5 minutes. Add corn and chopped spinach. Cover and cook until tender, stirring a few times, about 5 minutes more. Remove from heat. Add black beans (rinsed) to the veggies. Stir to combine. Mash beans lightly with a fork. Add 1–2 teaspoons water to make a bean-and-veggie paste. Season with black pepper. If using parsley or cilantro, add now. Transfer mixture to medium bowl. Reserve skillet. Spread vegetable mixture evenly on half of each tortilla and sprinkle in grated cheese. Fold tortillas over. Press lightly with spatula to flatten. Spray skillet lightly with non-stick cooking spray. Heat over medium high heat about 4 minutes per side, until golden brown. Enjoy!

Willow Center's Luncheon a Success!

Nearly 500 people came together as a community to support survivors of abuse and their children, at our inaugural event as Willow Domestic Violence Center, at our Annual Spring Luncheon in May. Our Guest Speaker, Victor Rivas Rivers gave a powerful and moving testimonial of his experience as a child growing up in a violent home, and reminded us that **domestic violence is not a private family matter**. It is a community problem that demands a community response. We all have a role to play in preventing domestic violence and ensuring that survivors have access to support.



Guest Speaker Victor Rivas Rivers, Willow CEO Jaime Saunders and Board Chair Christopher Beato at the Annual Spring Luncheon.

Over \$70,000 was raised to support critical programs and services for survivors of domestic violence and their children. Thank you for striving with us towards our vision of a community free from domestic violence, where healthy relationships thrive! 🍀

Thank you to our sponsors!

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Save the date for next year's Annual Spring Luncheon:
Tuesday, May 10, 2016.

Willow Center Board of Directors

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One Day at Willow Center SERVICES HIGHLIGHTS

During one 24-hour period on April 8, Willow Center provided the following services:

15 calls to the 24/7 Crisis & Support Hotline answered

4 survivors accompanied by court advocates into the courtroom to petition for an order of protection against their abuser

15 survivors of abuse supported through individual counseling

24 adults and **16** children found a safe place to sleep in emergency shelter

140 students participated in a prevention workshop



All services are free and confidential.

"Your staff and volunteers made a difference in my life by being there with support when I was ready to ask for help. I know you will continue to "be there" for others affected by domestic violence and continue to educate the public about emotional abuse, what it is and how victims do not have to suffer through it silently."

– Survivor, 2015



Domestic Violence Center
of Greater Rochester

P.O. Box 39601
Rochester, NY 14604

*Alternatives for Battered Women is now
Willow Domestic Violence Center*

Different name, same mission

I *will* heal. I *will* hope. I *will* help.

24/7 Hotline: (585) 222-SAFE
Please visit our website: WillowCenterNY.org

Sign up today to **Walk With Willow:**



WillowCenterNY.org

Walk A Mile

In My Shoes

Saturday, October 3, 2015
Ontario Beach Park
10am to noon

