

# New Beginnings

Spring 2004

*The Retreat*  
Domestic Violence Services

Volume 6/Number 1

## Retreat's Speakers Bureau

The Retreat is happy to announce the formation of a Speakers Bureau whose mission is to bring awareness of domestic violence to the community. It has been 14 years since the inception of the Retreat. Since that time, the idea that domestic violence is a private family issue has changed and is now recognized as a crime affecting entire communities. We feel it is the responsibility of the Retreat to keep the community informed about services and resources that are available to victims of domestic violence so that we can work together to help eliminate domestic violence in our communities.

Founded in 1987, the Retreat is a not-for-profit 501 © (3) New York State licensed domestic violence agency and shelter whose mission is to work towards the elimination of domestic violence on the East End of Long Island. The Retreat provides shelter and support in its residential and non-residential programs for women and their children who have experienced the horror of domestic violence. The eighteen bed shelter provides 24 hour

access to a safe environment where residents can attain no-fee legal and personal advocacy, individual and group counseling, assistance with attaining permanent housing, educational programs including, but not limited to, nutrition, mentoring, job skills, and positive parenting. The non-residential program provides no-fee legal and personal advocacy, community education/outreach programs, award winning in-school education programs, and individual and group counseling to women and children. The Retreat also offers a 24-hour crisis intervention hotline and has implemented a police report program that receives domestic incident reports from each of the police departments in the five East End towns. Staff and trained volunteers link callers to shelters, police, and emergency health services while providing supportive listening, basic information, and referrals. During 2003, the Retreat provided approximately 4,000 counseling services, 650 legal advocacy services, responded to 2,989 hotline calls, received 2,986 domestic incident police reports, reached approximately

3,500 students with our in-school violence prevention education programs, provided community education to approximately 2,000 individuals, screened approximately 196 men for the batterer's program, and remained at a 93% occupancy rate throughout the year.

The Retreat would be happy to make arrangements to speak with you and your organization about the services the Retreat offers as well as to provide you with information that may be useful to your organization so that together we can see domestic violence become a memory rather than remaining a frightening reality.

If you would like to schedule a meeting for a presentation by our Speakers Bureau or discuss the possibility of becoming a participant in the Speakers Bureau, please call me, Karen Martin, Clinical and Program Director at 329-4398. I look forward to hearing from you.

Karen Martin, Ph.D

# From the Executive Desk

Jane DiGiacomo, President

\*

Tracey Lutz, Executive

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**Executive Director**

Tracey A. Lutz



Spring always brings with it signs of renewal and the prospect of hope for the future. Here at The Retreat, we are seeing our own signs of Spring, bringing with them hope for all of the people The Retreat serves – the women and children at our shelter, the families that receive counseling from our dedicated staff of counselors, the victims who are shepherded through the Courts by the Retreat’s advocates and the children who learn from The Retreat’s educators.

On the services front, The Retreat has recently been able to renovate its shelter playground, thanks to the generosity of an anonymous donor. In the fall, a beautiful playset was purchased from and installed by Walpole Woodworkers who gave a generous discount on the equipment. The Retreat welcomes donations like these, when people give of their time, services or materials to make a fabulous project like this one happen.

Also, The Education Department’s two-year project of writing the “K-12 Violence Prevention Education Curriculum Guide For Teachers” is nearing the final touches for completion. This guide is scripted for easy implementation for teachers, guidance counselors or other personnel interested in teaching children and adolescents about violence prevention.

On the fundraising front, The Retreat Boutique Furniture Annex, like all of the other Spring critters

out there, is nesting into its new location just down the street from The Retreat Boutique on Jagger Lane in Southampton. Housing many unique and valuable items of furniture and other household goods strategically priced to sell. So if you want a bargain, come early and come often. With your patronage, The Retreat Boutique has the potential of becoming a self-renewing source of income to support The Retreat’s services.

Spring also brings with it a flurry of activity as The Retreat prepares for its summer events, the **Artists Against Abuse Plate and Art Auction**, and **The Retreat’s Annual Golf Outing**. Artists Against Abuse will be held on the grounds of the Hamptons Music Festival on July 31<sup>st</sup>. It promises to be one of The Retreat’s most exciting collections of art and plates ever, so don’t miss it.

The Retreat’s Golf Outing will be held at Noyac Golf Club on September 30<sup>th</sup>. In memory of our beloved former board member, Bob Kyle, who passed on earlier this year, The Retreat has decided to rename the event **The Bob Kyle Memorial Golf Outing**. We expect to see an outstanding showing at this event, by the many Retreat supporters who knew Bob Kyle and want to honor his dedication to our cause.

We hope to see all of The Retreat’s supporters at this summer’s events, where you can help The Retreat realize the fruits of this Spring’s labors.

### Executive Director Attends Executive Seminar

Thanks to the support of Bridgehampton National Bank, The Long Island Community Foundation, Southampton Town Supervisor and Town Council, and New York State Assemblyman Fred Thiele, 25 Non-Profit Executives attended Columbia University Graduate School of Business, Institute for Not-for-Profit Management East End Executive Development Seminar. This six-day seminar was held at the Siena Spirituality Center in Water Mill, and was designed to enhance leadership and general management skills. All participants received a certificate of completion at a cocktail reception following the last session. "The seminar provided a wonderful opportunity to network with fellow executives and learn new strategies to employ in our work", says Tracey Lutz, Retreat’s Executive Director. Thank you to all who made this seminar possible.



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## A TRIBUTE TO A SPECIAL MAN

### ROBERT B. KYLE

August 10, 1930-November 23, 2003



Robert Kyle, more affectionately known as "BobBo", came to the Retreat in 1996 as an active, passionate Board Member. During his tenure, he designed new printed materials and developed our vision along with several others on the Board. He was completely committed to our mission and assisted in recruiting people who would support our work with time, talent and resources. He was a member of several of the sub committees on the Board and served as Board President from January 2000 through December 2002. Bob was honored at a luncheon in August, 2003 for his work as Board President along with all of the other past Presidents of the Board. He would never ask or expect such recognition, because he did it all out of love.

"I cannot recall a time that Bob declined to assist me in any way possible. He truly was a partner to me as the Board President. You would be hard pressed to find a kinder, more insightful, and witty person", said Executive Director, Tracey Lutz.

"Bob was an inspiring role model for everyone involved in the Retreat. He had a way of making everyone feel empowered, and able to contribute something valuable to the organization. Bob's grace as a leader made it that much easier for me to follow in his footsteps as Board President. Whenever I deal with a tough situation now, remembering Bob's wise counsel always brings me one step closer to finding solutions." said current Board President, Jane DiGiacomo.

The shelter Staff is grateful for the opportunity to express our feelings for Mr Robert Kyle. We remember him as a gentleman, a very kind, generous person and good humerous company. To say that we will miss him is an understatement. To think of him will be a fond remembrance.

Bob will be greatly missed by all at the agency, and we extend our deepest condolences to his wonderful wife, Pat, who is a true friend of the Retreat.

## MANY THANKS

### For Our Shelter Improvements:

**Southampton Tile Co.** and **The Italian Trade Company** for their donation of beautiful tile that we are in the process of having installed in all the client bedrooms, **Island Tile** for the installation of the tile, and **Hunter Blinds** for their donation of new blinds for the bedrooms. Thanks to all for helping make our rooms much brighter!

### For The Retreat Boutique Renovations:

Our store was recently redesigned by Architect Louie Lindiakos of **Innovative Design Group**, who donated his services. The materials needed to complete the renovations were generously donated by Russell Goodale of **Riverhead Building Supply**. Thanks to local volunteers, Mike Kuntz of **M.W.K. Contracting**, Alyssa Anderson, Paul Bollo of **Managed Services**, and Lawrence Kom, new walls and shelves were installed, giving us much needed storage. Many thanks for the generosity of **Tim and Cindy Maran** for donating the space for our Furniture Annex at 10 Jagger Lane. We now have a wonderful space for the furniture and household goods we sell.

### HOLIDAY DONATIONS

Once again, the East End community, both organizations and individual families, came through for the clients of The Retreat during the holiday season. There were also donations by groups in other parts of the Island, such as one Mary Kay agent from Farmingville. She had learned of our shelter and other services for victims of domestic violence, and she enlisted friends and relatives to join her. Along with individual baskets of Mary Kay cosmetics for the women, she was able to collect toys, clothing and grocery gift certificates. This year our list of clients in- need during the holidays, both residential and non-residential, had grown. Fortunately, so did the number of wonderful people wanting to help them. Thanks to all of you who made this a holiday our families will remember, not just the sadness of their situations, but also for the kindness and generosity of others.

### To Mattituck Junior - Senior High School

For their donation of \$150.00 which was raised from the proceeds of a raffle they had for Sadie Hawkins Day. The Junior High Student Council raffled a dozen roses which the Mattituck Florist and Garden Shop generously donated.

## SHELTER NEWS

A letter from a client:

November 11th seemed to be the worst day of my life. My daughter's father came home very intoxicated, and angry. He just wanted to find an excuse to go over the edge and he did. Nov. 11th was the last day of my drama life with him. Three years ago, it started with nine stitches in my head, numerous black eyes, and continuous lies to my family and friends. After our daughter was born, he would go out drinking with his friends all the time. Then eventually not coming home at night. The arguing accelerated into fighting. It just was not worth trying to make it work anymore.

If it was not for the police I never would have brought myself to come where I am now. I know now, how it feels to be scared, and just drop everything and everybody (besides my daughter) and come to a strange place and strange people.

I arrived at the Retreat around 12:30 p.m., got settled in my room and never came out until the next day. Everybody was trying to make me feel comfortable. They were showing me around and playing with my daughter. I started to feel like everything was going to be okay. It was very hard on my daughter. She was only one at the time. She was very angry toward the other children, could not keep her hands to herself, and she would not let me out of her sight. This made it very difficult to think, and get started on what was going to be my new life.

As time went by I was getting counseling, parenting classes, and going through all the options for housing. The waiting is even more stressful. Waiting to see if everything was going to be approved. The paperwork alone was enough for me. I got past all of that with time and help.

As more time went by my daughter gradually became my little girl again. I saw her in a way that I have never seen her before. She is so much happier now. I do not have to worry about leaving her in the living room with other children. She has a friend that is like her sister (they even argue like sisters). She has come such a long way since she has been here. There was time I thought she was never going to break through what she was feeling, but she did.

Now that my days are numbered here at the Retreat, I want to thank everybody from the bottom of my heart for everything you have done for me, and for giving my daughter the best Christmas, and birthday. We will never forget.

### United Way of Long Island Awards \$6,000 Grant to The Retreat

United Way of Long Island awards The Retreat a \$6,000 grant to support *The E's Program* (enjoyment, encouragement, empowerment) which is designed to assist children living at the Retreat shelter to learn to express their feelings and to learn how to socialize, communicate and concentrate on being a child. United Way of Long Island is able to provide these grants primarily through the generosity of corporate giving.



**L-R:** Michael Mezzacappa, Director of Production for EDO Corp.; Vincent De Monte, Director of Human Resources, Marine & Aircraft Systems for EDO Corp.; Tracey Lutz, Executive Director of The Retreat; Patrick J. Foye, President & CEO of United Way of Long Island; and Dr. Sherry Radowitz, Senior Vice President of Community & Agency Services for United Way of Long Island; Elena Perez, Chair of United Way of Long Island's Steering Committee and Vice President of Community Relations for Fleet Bank



Thanks to the generous contribution from an anonymous donor, the shelter playground was re-designed. The older plastic playground was replaced with top of the line new playground equipment.

Many thanks to the people that made it happen; the donor and those who did such a fine job assembling it!



#### *The Retreat's 2003 Statistics at a Glance*

- Shelter occupancy rate has been 93% throughout 2003 (up from 91% in 2002)
- Provided approximately 4,000 counseling services
- Provided approximately 650 legal advocacy services
- Responded to 2,989 hotline calls
- Provided community education for approximately 2,000 individuals
- Screened 196 batterers mandated by the courts
- Trained 30 new volunteers
- Reached approximately 3,500 students with Retreat's in-school violence prevention education programs



Santa comes each year to the shelter to visit the kids. He brought gifts and lots of smiles to many kids. Thanks Santa and to all the elves who donated once again and made many people very happy!

Pictured left is Santa (Dan Rattiner) with some of the children.

## UPCOMING EVENTS

**Artists Against Abuse Preview Party**  
**June 26, 2004**  
**4:00 - 7:00 PM**  
**Pierre's Restaurant**  
**Bridgehampton Main Street**

*View a sampling of the art that will be up for bid at Artists Against Abuse, June 24th through July 6. At the preview party, enjoy the sweet sound of live jazz by Shannon Early, and complimentary wine.*

**Artists Against Abuse Preview Party**  
**June 27, 2004**  
**12:00 - 2:00 PM**  
**The Laundry Restaurant**  
**Race Lane**  
**East Hampton**

*Many plates and pieces of art will be displayed from early June through late July. The preview party will offer the opportunity to mix with other art lovers and artists while enjoying complimentary hors d'oeuvres and wine.*

**Artists Against Abuse Preview Party**  
**July 17, 2004**  
**1:00 - 4:00PM**  
**The Restaurant at the Inn at Quogue**  
**47 Quogue St.**  
**Quogue**

*Join us for hors d'oeuvres, drinks and the opportunity to get an early look at a selection of plates and art that will be up for bid at Artists Against Abuse. Free admission.*



### Artists Against Abuse

**July 31, 2004**

**6:00 - 9:00 PM**

*Bridgehampton on the grounds of the Hampton Classic*

*Tickets \$125 in advance, \$150 at the door*



*Join us at our signature event where you can bid on hand-created ceramic plates or original works of art by famous artists and celebrities, many of whom live locally. Our long list of participants include Jenny Holzer, Don Duga, Ralph Carpentier, Donald Lipski, Dan Rattiner, April Gornik, and many more.*



### Save the date for **The Bob Kyle Memorial Golf Outing**

**September 30, 2004**

**Noyac Golf and Country Club**

**Call (631)329-4398 for more information.**

### **Many thanks to the companies and individuals who are supporting this year's events.**

*(as of April 30, 2004)*

#### **Sponsors**

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## EDUCATION DEPARTMENT

### IT WORKS!

The Education Department's two-year project of writing a *K-12 Violence Prevention Education Curriculum Guide For Teachers* is nearing the final touches for completion.

To test the effectiveness of this Curriculum Guide we asked the Principal and teachers at St. Isidore's RC school in Riverhead, New York to participate in the testing of the guide. St. Isidore's was selected because we have serviced their school for many years and they have one class per grade that made it a doable testing situation.

The reason for writing this guide came about for two reasons: 1) Our program began to receive requests from schools on Long Island, but whose distance from us made it impractical to provide our service due to the traveling. We even received requests for our program from other states; and 2) Since our capability to offer a no-fee service to schools depends solely on federal, state, municipal, and our fund raising efforts—our program services are always tenuous.

The director of the Education Program decided to write a scripted K-12 Violence Prevention Curriculum Guide For Teachers. This guide requires little training and it supports the recommendation to provide students violence prevention information throughout their school career. The scripted feature of the guide is extremely important because it requires very little teacher pre-training.

The teachers of St. Isidore's were asked to evaluate our curriculum guide from a teacher's perspective. We are awaiting their reply. Verbally, the teachers and administration offered positive feedback.

Our goal is to have this guide ready for sale by September 2004. In order for this goal to become a reality, our program is soliciting free expert information, advice or support about publishing and marketing. Please call The Retreat 631 329-4398 and ask for Rebecca the Director of Education Program. Thank you.

### Research At Columbia University

In an effort to gain a better understanding of how health care professionals can assist victims of domestic violence, Dr.'s Kerry Forretsal and Karen Martin began research on how emergency medicine physicians can be the catalyst for victims of domestic violence to get information that would help them be able to leave the abusive relationship as safely as possible.

To that end, we began by developing a survey that was provided to all of the domestic violence shelters in the state of Pennsylvania that had transitional housing programs. The women residing in transitional housing were close to becoming independent. Our thinking was that this population of women was most likely to know what would have been helpful for emergency physicians to ask and what questions needed to be asked that were not asked.

The research included 19 transitional housing programs and a 27-item survey with a total of 141 surveys obtained. The results of the research suggests that when asked, 80% responded that the assistance they received was adequate while 17% responded that assistance was not adequate. This information is important since fewer than 15% of women report interpersonal or domestic violence when they seek assistance in the emergency medicine department (U.S. Surgeon General, 1994). For more information contact Kforretsal@yahoo.com or Karen@theretreatinc.org.



Kerry Forretsal, MD,MBA and Karen Martin, Ph.D. presented their research *The Emergency Department: An Effective Environment for Addressing Interpersonal Violence and An Economic Impact of Note and Childhood Exposure to Domestic Violence in Continuing the Cycle* at the 4th annual Society for American Emergency Medicine Conference held at Columbia University, on March 31, 2004. The research was sponsored by the Department of Emergency Medicine at Thomas Jefferson University Hospital in Philadelphia, PA.

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**An Invitation**

We invite you to join the Retreat Family Membership Program.  
You may return this form with your payment to The Retreat, Inc.,  
13 Goodfriend Drive, East Hampton, NY 11937

or email us at [membership@theretreatinc.org](mailto:membership@theretreatinc.org)

**I would like to become a member of the Retreat Family and help provide safety and support for victims of domestic violence:**

**Individual Membership**

**Angel:** \$2,500 and above      **Benefactor:** \$1,000-\$2,499      **Patron:** \$500-\$999      **Partner:** \$250-\$499      **Friend:** \$35 - \$249

**Business Membership**

**Angel:** \$5,000 and above      **Partner:** \$500-\$4,999      **Friend:** \$150 - \$499

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ St. \_\_\_\_\_ Zip \_\_\_\_\_

Phone Number(s) \_\_\_\_\_ Email Address \_\_\_\_\_

Enclosed is my check for \$ \_\_\_\_\_ Please make checks payable to The Retreat

or

Charge my credit card Visa/MC/AMEX \_\_\_\_\_

Exp. Date \_\_\_\_\_ Signature \_\_\_\_\_

## Our Volunteers Really Make a Difference!

For two straight weeks in February, the sorters were dedicated to sorting all the donations, getting items ready for our clients and the thrift store for the spring season, and storing them in our newly restructured storage area. With their weekly schedule, they manage to keep it all under control!



"Sorters" John, Evelyn and Roz



With the busy season approaching, volunteers help with our mailings. Pictured are Dorothy Fishelson(left) and Caroline Boutcher



Thrift Store volunteers Alyssa Anderson(left) at the Boutique and Sylvia Wright(right) at the Furniture Annex



## Volunteer Appreciation Week (the week of April 19th)

We hosted a Potluck Luncheon on April 20th to show our appreciation for our Wonderful Volunteers and seventeen volunteers were able to attend. For the volunteers unable to attend, we hope to see you at our Holiday Party later this year.

Again we say THANK YOU to each and every one of you! You are needed and greatly appreciated!!



Pictured left to right: Front row Didi Hadik, Rose Tekulsky, Phyllis Sullivan, Bunny Jacksen, Dorothy Espach, Caroline Boutcher, Dorothy Arterberg. Back row Alice Mund, Pat Kyle, Michael Spolarich, Larry Kom, Kathleen Policano(hidden) and Anne Raymond



P O Box 988, Wainscott, NY 11975

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In addition to private donations, the work of The Retreat is made possible through funding from:

- Town of East Hampton
- Town of Southampton
- Suffolk County Probation Dept.
- Suffolk County Department of Social Services
- New York State Crime Victims Board
- New York State Office of Children & Family Services
- New York State Federal Family Violence Prevention Fund
- Long Island's United Way



### Our Web Site is Ready!

Visit us at [www.theretreatinc.org](http://www.theretreatinc.org) for more information about our services, events, etc.

If you would prefer to view our newsletter on the web, please contact us at

[newsletter@theretreatinc.org](mailto:newsletter@theretreatinc.org) and we will remove you from the newsletter mailing list.