

20 Years of Domestic Violence Services

For more than 20 years The Retreat has been serving families affected by domestic violence.

Our History

In 1985 a task force, initially funded by the East Hampton Rotary, found that domestic violence was a significant problem and began actively working toward providing victims safe places to live and resources that would help them move forward. By 1987, the Retreat had become a 501(c)(3) New York State licensed domestic violence agency. The not-for-profit

status enabled the Retreat to apply for county funding to hire staff and begin the work that continues today.

Our primary task was to establish a network of safe homes for victims of domestic violence. Community awareness and education became a priority. A volunteer hotline and non-residential counseling program were established.

By 1992, in partnership with the Town of East Hampton, an 18-bed shelter was built. The Retreat

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Celebrating . . .

**20
YEARS**

1987 - 2007



Michael Bolton singing it his way from his compilation of Sinatra songs.

Photos by Stuart Walls, Woodstock Studios

Everyone needs to take a role in ending domestic violence. Men, in particular, need to stand up and say no more. This is not just an issue for women and children.

This is an issue for all of us. Only together can we put an end to abuse.

- Michael Bolton

Teaming Up with The Michael Bolton Charities

Emmy award winning singer/songwriter Michael Bolton helped the Retreat raise awareness and donations for domestic violence services in an elegant dinner in Manhattan last November.

The missions of the Retreat and The Michael Bolton Charities focus on children and women at risk, creating a strong bond between the Connecticut based Bolton Charities and the Retreat.

Mr. Bolton was joined by other celebrities including Nancy Grace, *Court TV* and *CNN Headline News* anchor who served as hostess and emcee for the evening; Barbara Taylor Bradford, author; Dr. Joy Brown; psychologist, author, and radio show host; and Beth Ehlers Christian, actor from *The Guiding Light*.



(left to right) Event co-chair Lois Beekman Oliveira, Michael Bolton, Nancy Grace, event co-chair Victoria Moran-Furman and Jay Furman.

Dear Friends,

The Retreat has been helping victims of domestic violence on the East End for 20 years. We are committed to victim services realizing that domestic and sexual violence are not just family problems, nor are they issues that effect only women. These acts of violence impact our entire society.

In 1987 The Retreat first opened its doors to families experiencing domestic violence. Throughout 2007, we will be reflecting on our history, taking a look at how far we have come, and sharing thoughts for our vision for the future.

In June we will be honoring many of the people who have contributed to Retreat milestones. It is with their help, and with yours, that we have been able to provide domestic violence services for the past 20 years. Only with help have we been able to expand services as the need for counseling and training expands.

When something works this well, it deserves to continue and grow. We hope you will go the distance with us and make an effort to learn more about domestic violence and make a contribution to help maintain and expand this important resource for our East End families.

Thank you for taking time to learn more about the Retreat and how you can help. Join us in celebrating 20 years of saving the lives of families affected by domestic violence.



Katherine Ryden,
Board President



Tracey Lutz,
Executive Director



A PLACE TO CALL HOME

*The Retreat is a place to call home,
a place where you never feel alone.*

*A place you can cry happy tears,
and being able to let go all fears.*

*The staff here is very kind,
they opened my eyes when I was blind.*

*But now is my time to move on,
thank you Retreat now I feel reborn.*

*- Anonymous,
Retreat Client*

Photo by Ann Chwatsky

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The Retreat

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www.theretreatinc.org

24 Hour Hotline
(631) 329-2200

SELF SUFFICIENCY

Achieving Self Sufficiency Means Freedom for Many Families

Imagine you no longer have a relationship with your family, your circle of friends has dwindled to none, and you have no money. Add to that the daily assurance from your mate of your stupidity and lack of skills.

Domestic violence is not just about the physical manifestations of abuse: the black eye or broken bone. It is the continuous deterioration of a person's confidence, every increasing isolation and the loss of independence - financially and emotionally.

Many victims who come to the Retreat lack the basic financial, vocational and educational skills needed to live independently from their abuser. Many women afflicted by intimate partner violence are not permitted to work or learn, thus creating a dominant environment where the women become completely dependent on their abusers. In effect, the victim develops a loss of self-esteem and loses the desire to move forward.

Thanks to the support of many foundations, the Retreat now offers a Self-Sufficiency Program for residential and non-residential clients. Our program offers a curriculum of financial, educational, and vocational skills. This curriculum will provide our clients with the tools and skills needed to independently move forward into mainstream society.



www.theretreatinc.org



Gloria Callender in the new training room.

The Retreat's Self Sufficiency Program is coordinated by Gloria Callender.

"The objective of the program is to provide the skills necessary to

People ask why doesn't a woman just leave - but the main symptom of domestic violence is the removal of independence. Our goal is to give women back the skills and confidence to go out into the world and succeed.

- Gloria Callendar

create the self sufficiency and independence that sustained employment brings to every individual. It focuses on financial empowerment as well as building office technical skills, examining different job search techniques and training to improve effective interview and resume writing skills."

Callender's background is well suited for this assignment. She is currently retired from IBM where she spent half of her career as a technical manager and the other half in various management assignments in the area of human resources. Since retiring, she has taught information technology and human resource management courses in several universities on Long Island and New York metropolitan area.

The Retreat has also developed partnerships with organizations such as United Way of Long Island who currently support programs that provide measurable services to the greater community through its "Community Impact Fund." The Allstate Foundation is currently organizing a new initiative, "SAFE HANDS" targeting

long-term resources to end domestic violence. This initiative will provide a comprehensive network of services to create self-sufficiency.

Special thanks to the following foundations for supporting the creation of The Retreat's Self Sufficiency Program

- Allstate Foundation
- Bank of America
- Johnson Family Foundation
- Long Island Fund for Women and Girls
- RBC Dain Raucher
- Shana Alexandra Foundation
- Wilder Green Art Fund

Working with Students to Break the Cycle of Violence

The Retreat is committed to breaking the cycle of family violence. One of the most important and effective means of stopping the cycle is working with children.

Children who grow up in violent households are likely to be abusive as adults, and thus create a cycle of domestic violence. Some experts suggest that education and intervention for children and teenagers is the most important place to start to break this cycle.

The Retreat offers education programs in many of the East End's schools. Since its inception in 1995, our programs have reached over 30,000 students.

Education Director Elizabeth Yennie has been with the program for five years. "It is empowering to work with students; they are so creative and eager," she explains. "But it is also a challenge keeping up with them. As technology changes our lives, it also changes theirs."

Yennie explains that bullies were once the big kids on the playground, now they are the kids who have mastered the computer and use it to harass other students.

Yennie also makes reference to the Columbine tragedy, "It is not the bullies who come to school with weapons, it is the victims," she explains. "We have to acknowledge the existence of violence in our children's lives and we have to address it. "Children are our future and they deserve a life free of violence."



Children who grow up in violent homes come to believe that violence is normal.



Educators (left to right) Elizabeth Yennie, Andrew Garbarini, Helen Atkison-Barnes, and their puppet teaching team.

The Retreat's In-school Education program includes the following programs:

Elementary Program

Hands Are Not For Hitting is presented to the third and fourth graders. Program topics include: Feelings, Bullying, Conflict In Families, Educating Ourselves About Abuse, Safety Plans, Program Hand Pledge, "I Promise Not To Use My Hand To Hit Or Hurt Another Person Or Animal." Age-appropriate tools and methods including readings, puppets, videotapes, handout materials and student role-play are utilized.

Middle School

The Middle school programs address the needs of the pre and early teens. Bullying becomes emotional and sexual at this point. Students are encouraged to stand up for themselves and their peers in the face bullying.

Words Are Deeds explores the connection between emotional and cyber bullying. Through role playing and interactive readings pre teens are given the tools to stop bullying when they see or experience it.

Respect Me, Respect You explores



The majority of adult violent prisoners were raised in violent homes.

a new sense of self in adolescence and its effect on relationships with parents, family, peers, teachers and other significant people in their lives.

Middle school students learn about dating violence, sexual harassment and bullying.

High School

Our high school domestic violence prevention program is designed to increase students' awareness and understanding of domestic violence in the context of dating.

Healthy Relationships Don't Hurt emphasizes healthy dynamics in relationships and opposes unhealthy behaviors.

For more information about our in-school education programs, please call Elizabeth Yennie, (631) 329-4398.

EDUCATION



Talk With Your Children

*By Dr. Anne
Renè Testa*

When I was growing up, my father held three jobs and was barely able to support his family. While I developed the social skills to succeed in life, I didn't realize I had the ability to get an education until my early 30's. Education just wasn't a priority in a family under financial stress.

Families under stress must protect their children from being overly affected by tension at home. Rather than risk demonstrating some of the emotions they are feeling, parents often seal themselves off from their children. Or they may communicate in a negative manner, "Don't do this or that."

You may not be aware that the way you communicate with your children can infect them with many of the same symptoms brought on by

domestic violence: low self-esteem, an inability to concentrate, and/or feelings of inadequacy. It is vital that parents learn how to inoculate their children against this infection with daily doses of positive messages regarding their future.

The message is a simple one, talk with your children and keep the message positive.

*Talk with your kids.
It will do wonders for you
and your children
- and it doesn't cost a cent.*

In their book, "Meaningful Differences in the Everyday Experience of Young American Children," authors Betty Hart and Todd R. Risley show how their research proved that simple communication can pay a very large dividend. Parents don't have to worry about what they say to their children, provided it is in a positive manner, as long as they are saying SOMETHING!

More communication means younger children, whose brains are like sponges, will be less stressed and better prepared for school.

This type of communication also helps parents. They begin to understand that they play an important role in their child's education.

Parents should stress the importance of education in helping children master their own fate and raise their self-value. Education can be finishing high school and/or college or learning a trade. Either way, the outcome will be self-sustaining for the child (and parent).

Sometimes society believes that to make improvements we need to spend fortunes, especially in education. But, here is a message: Talk with your kids. It will do wonders for you and your children - and it doesn't cost a cent.

See the possibilities!

*If you have questions for Dr. Testa email
the Retreat at info@theretreatinc.org*

Celebrating 20 Years

(Continued from Page 1)

expanded its programs to include advocacy, crisis counseling, individual and group counseling, children's services, parenting education, and a 24 hour crisis hotline.

In 1995, we developed prevention and awareness programs for schools on the North and South forks. Our third and fourth grade program, *Heroes Don't Hit*, was awarded the Marshalls Peace Prize.

Looking for additional way to raise awareness and funds for our services, the Retreat Boutique opened in 2003. The thrift store not only provides a store front for The Retreat but enables us to supply families with needed clothing and housewares for their new lives.

In 2007 the Retreat expanded its educational offering, developing a Self-Sufficiency Program for clients, offering training in job skills, computers, and financial planning.

For more than 20 years, The Retreat has been innovative in creating programs to break the cycle of family violence and help families live free from the fear of abuse.

VOLUNTEERS

A Very Special Person



Evelyn Randazzo

Recently we lost a very dear and dedicated friend of the Retreat - Evelyn Randazzo. We would like to take this opportunity to honor her memory.

Evelyn graced us with her presence. Family meant everything to her, and she became a great asset to us in helping families affected by domestic violence.

We will miss her weekly visits.

*Dedicated Retreat volunteer
Evelyn Randazzo
and her husband Al.*

RETREAT BOUTIQUE

New Style for Old Stuff



To the surprise and delight of our customers, it's always an experience shopping at the new and improved Retreat Boutique.

The new storefront is located at 458 Pantigo Road (Route 27) in Amagansett.

True aficionados will tell you there are certain inherent qualities one looks for in a thrift store: excitement, bargains, and the unexpected. Thanks to Store Manager Lani Kennefick, The Retreat Boutique has all this.

The new Amagansett space boasts 3,000 square feet of value and treasure. "I look for the unexpected," explains Kennefick. "We have quality clothing and quality furniture. For most thrift store shoppers, the fun is in the hunt and I want to provide our shoppers with the satisfaction of finding a quality item at the bargain price while still helping the women of The Retreat."

The new space is due to the generosity of Lenny Ackerman and Harvey Silverman, long time supporters of the Retreat. They recently donated the location after hearing the Southampton store was losing its lease.

"We exist because of generous donors in our community who want to help us in our mission," explains executive director Tracey Lutz.

Your donation to The Retreat Boutique helps sustain domestic violence services, helping people rebuild new lives.

The Retreat Boutique

458 Pantigo Road, East Hampton
(631) 324-0848

Hours 10 am - 4 pm
Monday and
Wednesday through Saturday

Donations

We welcome gently used clothing jewelry, housewares and furniture.

**ALL DONATIONS ARE
TAX DEDUCTIBLE**

- Donations are accepted during business hours.
- Free pick-up for furniture donations (must be viewed before acceptance).

COMMUNITY INVOLVEMENT

Johnson Family Foundation & Others Bring Retreat Technology

Thanks to a substantial grant from the Johnson Family Foundation, The Retreat staff finally has state of the art computers.

"We are here to help people; any technology that makes our jobs faster and more efficient creates more time for person to person services," explains executive director Tracey Lutz. "We are grateful to the Johnson Family Foundation for understanding the role of technology in social services and supporting our move into the 21st century."

The Center for Court Innovation also played an integral role in advancing Retreat technology. Retreat advocates received new computers for their offices and two laptops to be used in satellite offices. The advocates support clients through the court system, both family and criminal court.

Performing to Stop Violence

V-Day is a global movement to stop violence against women and girls. V-Day East Hampton 2007, a production of Eve Ensler's The Vagina Monologues, was performed at The Ross School in February, raising money for The Retreat's domestic violence services.

Performers for this production included Retreat Board Members Ann Chwatsky and Sharyn Lawall along with community members Lynn Blumenfeld, Lisa Bonner, Deer France, Eva Growney, Hailey London, Vivienne Moss, Jennifer Ortiz, Kyle Paseka, Laura Sauriat, Anne Seelbach, Eva Soffel, and Suzanne Wolfson.

V-Day East Hampton 2007 was sponsored locally by Tina S. Fredericks Realty and The Ross School. Further information about V-Day can be found at www.vday.org.



20TH ANNIVERSARY EVENTS

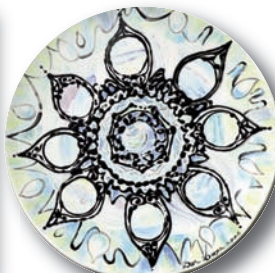
Samples of the 2006 Plate Artists



Arlene Bujese



Harriet Sawyer



Don Duga



Tulla Booth



Giancarlo Impiglia

Artists Against Abuse Annual Gala

Saturday, June 23, 2007, Hampton Hall, Southampton

Over the last 12 years many generous artists including Ross Bleckner, Louise Bourgeois, Eric Fischl, Bryan Hunt, Bill King, Rosie O'Donnell, Yoko Ono, Susan Rothenberg, Thomas Rutt, and Cindy Sherman, to name only a few, have contributed to make Artists Against Abuse a great event.

This year Artists Against Abuse will honor and recognize those who have been instrumental in our success. Our Hope Award and Founders Tributes are dedicated to the individuals and organizations who have helped initiate and encourage the Retreat's mission of providing safety, shelter and support for victims of domestic abuse and breaking the cycle of family violence.

Hope Award Recipients

- Leonard and Judith Ackerman
- Harvey and Karen Silverman
- Stuart and Lynn Epstein

Founders Tribute

- Mary Bromley
- East Hampton Rotary
- East Hampton Town
- East Hampton Police

Artists Against Abuse is the Retreat's annual summer gala. In honor of the Retreat's 20th Anniversary a larger venue has been chosen for the event, Hampton Hall in Southampton. The traditional plate and art auction will be included, but this year the party will also include dinner and dancing.

Hosts Lorraine Bracco, *The Sopranos*, and Bill McCuddy, FOX News, welcome everyone to join us Saturday, June 23, in Southampton to raise funds for domestic violence services in our community.



Denise Brown Revisits The Retreat

Thursday, September 6, 2007

For the past 12 years Denise Brown has been speaking out about the issue of domestic violence. "This international epidemic needs to be stopped. Four women die everyday from the hands of someone they love or are suppose to trust," explains Brown. "Let's put and end to this monster called domestic violence."

Shortly after the death of her sister, Nicole Brown, Denise came to the Retreat to visit the women in the shelter. As part of our 20th Anniversary, we are bringing her back.

Ms. Brown will be speaking at our annual luncheon in New York City on Thursday, September 6 at the Boathouse in Central Park.

Spring 2007



Golfing at Maidstone

Monday, May 21, 2007

The Retreat will host its Annual Bob Kyle Memorial Golf Classic on Monday, May 21, at the Maidstone Club in East Hampton.

This year's tournament will once again pay tribute to Bob Kyle, our cherished former Board President and tireless supporter. A special Memorial Scholarship has been named in his honor and is awarded to a graduating senior from East Hampton High School who shows an interest in volunteerism.

For more information about these and more events, please visit www.theretreatinc.org, email info@theretreatinc.org or call (631) 329-4398.



*Helping never
tasted so good . . .*

Please join us this Mothers' Day in the fight against domestic violence. Since 1987 The Retreat has offered services to families affected by abuse.

Only through your donations does our work continue.

On Sunday, May 13, visit your favorite restaurant, make a \$20 (or more) donation, fill out the registration form, and we'll send a thank you letter to your mother, your aunt, your sister, your friend - whoever you want to honor for Mothers' Day.

For a complete list of restaurants visit www.theretreatinc.org.

If you would simply like to make a donation in honor of your Mother, call us at (631) 329-4398 or download a donation form from our website.

Happy Mothers' Day



Non-Profit Org.
Postage
P A I D
Permit # 25
Wainscott
NY 11975

*Celebrating 20 Years
of providing safety, shelter and support for
victims of domestic abuse and breaking the
cycle of family violence.*

24-Hour HOTLINE (631) 329-2200