

# SHALOM BAYIT

ENDING DOMESTIC VIOLENCE IN JEWISH HOMES

Spring 2009 ~ Nissan 5769



## Support Groups

Offered in San Francisco, the East Bay, and the Peninsula, all healing groups are free and open to women who have been abused in a current or past relationship. For details call our Bay Area Toll-Free Helpline

1-866-SHALOM-7

West Bay groups made possible by the Jewish Community Endowment Newhouse Fund, Mount Zion Health Fund, and the Jewish Community Federation of San Francisco, the Peninsula, Marin and Sonoma counties. East Bay group made possible by the Civic Foundation and by a joint grant from the Jewish Community Federation of the Greater East Bay and The Jewish Community Foundation. Thank you!

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Zephira Derblich-Milea

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Shalom Bayit is a beneficiary of the Jewish Community Federation of San Francisco, the Peninsula, Marin and Sonoma Counties and a project of the Tides Center.

## Core Services in a Time of Need: *Moving through the Narrows*

In a time of diminishing resources and capacity, the need for vital services such as domestic violence support is greater than ever.

Over the past six months Shalom Bayit's crisis services have been steadily increasing at a rate of 20%, and prevention programs have doubled. Normally serving 500 teens a year, our *Love Shouldn't Hurt* teen education program reached 1,065 Jewish youth and their allies in 2008. Similarly, Shalom Bayit has seen a rapid increase in the number of calls for help. In the first three months of 2009 we have already responded to 120 helpline calls (an 18% increase over this time last year); provided 40 hours of counseling; led 10 support group sessions on both sides of the Bay; and offered countless hours of advocacy to help our clients obtain successful outcomes in their quest for housing, legal assistance and economic survival.

### *Is Domestic Violence on the rise because of the economy?*

The challenge lies not in a rise in violence itself, but in the diminishing options for victims seeking to escape the abuse. Yes, we are seeing more calls—but this may be the result of a greater need for resources and support, rather than an increase in specific incidences of violence. Domestic violence has always existed at alarming rates regardless of the economic climate. In the midst of this crisis, we cannot know whether violence can be traced to a failing economy.

What we do know is that we are receiving more calls, and the calls are different: more urgent, more desperate, with greater need for immediate intervention. They are the woman who drove her van across country to escape her abuser and now can't find a place to stay; the caller standing on the street corner with \$5 to her name, hoping for a place to sleep tonight. They are homeless, frightened, alone—and yes, they are Jewish.

### *Doesn't more stress lead to more violence?*

Though it may be used as an excuse for domestic violence, stress does not cause a person to become violent. However, in relationships already marked by abusive dynamics, added stress factors can certainly increase the tension, bring on more incidents or otherwise make a situation worse. "While economic woes like recession and unemployment do not cause domestic violence," states the Pennsylvania Coalition Against Domestic

Violence, "they do commonly exacerbate it and contribute to increases in frequency and severity... [Abusers] use coercive controls including violence to establish dominance and maintain control. When their sense of control is shaken...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...It is now more than ever that domestic violence programs need additional funding to meet the increased demand for their services."

The ripple effect of an economic crisis touches each and every American. This is particularly true for victims of domestic violence who are seeking help to rebuild lives shattered by an abuser. At a time when more and more victims are reaching out for support and services, domestic violence programs throughout the country are struggling to meet the increasing requests for help.

-National Network to End Domestic Violence

The stress of losing a job or worrying about one's financial future can also be an abuser's excuse for their behavior, such as angry outbursts—and so while we may not see an overall trend of increased violence, we do see women coming to us for help who blame the economy rather than their partner for the violence that is happening to them. This is dangerous because if a victim does not see her partner as responsible

for their behavior, or is making excuses for that behavior, she may stay and try to fix things or "ride it out" rather than recognizing a dangerous pattern of power and control in the relationship.

### *Diminishing Options*

Those seeking our support feel a mounting despair and hopelessness as options diminish. Our clients are experiencing more barriers to leaving abusive relationships, a greater (and realistic) fear about venturing out on their own and supporting themselves without their abuser, and fewer avenues to get the help or resources they need. Some common barriers include:

- *Housing*: difficulty finding shelter; inability to find affordable housing after leaving the relationship. 50% of homelessness in the US is

(Continued on page 2)

## Upcoming Events

More info? (510) 451-8874

### April 22 (San Francisco)

**Expect Respect: A Conversation on Relationships for young adults.**  
7-9pm at Congregation Emanu-El.

### May 8 (San Francisco)

**Challah Baking with Eva-Lynne Leibman**

due to domestic violence.

- **Greater economic disparity:** domestic violence is a root cause of poverty among women. Studies show women's socioeconomic status is most likely to decline significantly after a divorce, while men's increases. Abusers often use financial control as means to keep victims trapped.
- **Finding a job:** women who had not worked outside the home, or those who leave their current job because of the domestic violence, may face great difficulty in finding new employment in the current job market.
- **Staying in business:** those with creative, non-traditional or independent types of work (which women may take on post-divorce particularly as they afford flexible scheduling or working from home) offer dwindling prospects of success in the current economy. Consultants, caterers, artists, private tutors, graphic designers, housecleaners—all are seeing a drastic reduction in income, as those services are deemed nonessential by a population struggling to pare down budgets in lean times.

*The Family Violence Prevention Fund recommends to the new Presidential administration that our nation fully fund services for domestic violence victims "particularly as economic conditions increase need... This becomes even more important as the recession puts people out of work, low-wage women in particular, and leaves them with fewer resources to keep themselves and their children safe from violent partners. The economic downturn is also straining the budgets of community-based services at precisely the time the need for these services is increasing."*

Battered women are finding it increasingly difficult to imagine leaving their relationship—even when they know they are in danger at home—because they simply are not able to survive on their own.

**What can we do?**

Responding to these challenges requires extensive advocacy and case management, as we work to help clients find the resources they need. Sometimes this can include networking to find creative solutions for women seeking jobs or housing. You can help too—if you know of a live-work exchange housing situation, job opportunities, or other ways to offer our clients tangible escape routes to safety and freedom.

In times of crisis, we downsize: Americans are driving fewer cars, buying fewer commodities, taking fewer vacations. Businesses and nonprofits too feel the pinch: cutting staff, cancelling programs, restructuring to fit the times. There may be great wisdom in living simply. Ironically, for agencies like Shalom Bayit that provide crisis support, this is a time for us to increase our ability to be there for those in need.

Now is the time for us to unite as a community to support each other and those in great need. As times get harder we think twice about things that feel extra, including our charitable giving. Yet this juncture is exactly the moment to support programs that provide core services to vulnerable individuals and families. Thankfully, Shalom Bayit has not yet had to cut staff or programs. Yet we are all too aware of how hard we must work to ensure that we can continue to be here. At the complex juncture between the increasing need for our services and the concurrent reduction in resources essential to our operations, we must rely strongly on community support. Shalom Bayit's commitment is to ensure that our core services remain intact.

Jewish tradition offers many tools for understanding the ways that we individually and collectively move through trying times. Passover represents the spiritual journey from the narrow places in our lives (*mitzrayim*) to a place of liberation, of greater expansiveness. Today we all feel the constriction, limitations and fear of the current narrows we are navigating. None of us can escape the impact of a plummeting global economy. So what is our task? To remember that we must persevere...that together we will move through the narrow place and reach the other side...and that if we come together as a community, we are stronger and better able to survive the harrowing journey. May we all move through the narrow places, both within ourselves and in the world at large—and support each other on a journey to the place where we truly yearn to be. 🕊

## Chanukah Adopt-a-Family



Shalom Bayit families celebrated a great Chanukah miracle this year as we delivered toys, gifts, clothing, food and other surprises to fulfill their holiday wish lists. Pictured here is one of our sponsors, Carol Platner, and her amazing toy collection for our children! **Thank you** to our Adopt-A-Family sponsors: Kim Armstrong, Mrs. Jacqueline Beckley, Laurie Benson, Melissa Brenner, Lynn Carteris, Susie Cohen, Janis Cooper, Lea Delson, Carol Delton & Steve Zolno, Susan Donovan, Ms. Mary Gail Dunphy, Helen Field, Lori Fineman, Sherrie Friedman, Ellen Gellman, Sara Gottfried, Judy Kunofsky, Dorothy Leong, The Levy Family, Sandy Lipkowitz, Shari Malone, Peggy & Damien Martin, Helen McKennon, Janice Meeder, Nori Meyerson, Seth & Lori Neumann, Susan Oser, Jill Osur, Elizabeth Patelke, Barbara Pearl, Carol & Tom Platner, Susan Rancer, Jan Schneider, Rebecca Schwartz & Roger Feigelson, Jean Seifer, Sharon Shapiro, Claire Sherman & Edward Anisman, Marian Sosnick, Eve Sweetser & Alex Madonik, Alice Webber & Stephen Tobias, Barbara Wolf, and the following groups: National Council of Jewish Women Contra Costa Section, Nishmat Shalom, Women's American ORT.



*Carol Platner with her Adopt-a-Family holiday toy collection for Shalom Bayit*

## Mitzvah Projects for Shalom Bayit

When we celebrate *simchas* in our lives, we have a wonderful and important opportunity to share our blessing by doing *mitzvot* for others, remembering those in our community who are in need. As it says in the Talmud, *Kol yisrael aravim zeh l'zeh*, "All of Israel is responsible for one another."

Do a mitzvah project with Shalom Bayit and help end domestic violence in our community! A bar or bat mitzvah, confirmation, graduation or any other celebration is a great occasion to get involved. If you have ideas for us, let us know! Here's a list of some suggested projects:

- ✧ Sponsor a family for Hanukah
- ✧ Organize a gift card collection (Safeway, gas cards, or other essentials)
- ✧ Raise awareness! Speak out publicly about dating violence and partner abuse
- ✧ Write an article for your synagogue or school
- ✧ Volunteer at a Shalom Bayit event
- ✧ Create art on peace in the home
- ✧ Organize a Shalom Bayit teen or parent workshop
- ✧ Host a *Sukkot* or other awareness-raising event
- ✧ Donate office, household, or other needed supplies
- ✧ Collect used cell phones
- ✧ Give *tzedakah*: Donate a portion of your gifts to Shalom Bayit

# Thank you!

## Donations received August 2008 - January 2009

Donations received April - July were reported in our Fall 2008 newsletter

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## SF Support Group a Success!

In fall 2008 Shalom Bayit launched an eight-session spiritual healing support group in San Francisco in conjunction with the Bay Area Jewish Healing Center. Co-facilitated by Talia Korenbrot, MFT and Rabbi Elisheva Salamo, the group gave seven women concrete tools for gaining strength, self-confidence, and safety. The Jewish healing component was a powerful way to help participants move from crisis to wholeness, and to cope with the complexities of their family life. One woman in the group spoke of the power of being able to talk about her story and her most shameful experiences out loud. *"It has been difficult for me economically and emotionally to be on my own, so it is important to remind myself how much more difficult it was to be in the relationship."* The group helped her to feel less alone and embarrassed, and provided a supportive environment that gave her the courage to continue on her own.

Even the group facilitators find it to be an empowering experience. Rabbi Elisheva Salamo writes, *"I found that the women came to me with openness and reverence for the possible. Above all, there was an amazing and refreshing cloud of non-judgment that joined us every evening. The [women's] courage, power and bluntness touched my heart, and made me feel more real, somehow, than when I walked in. Every evening contained a transformative moment. Thanks to all at Shalom Bayit for honoring me with this opportunity."* Now that the eight-session closed group has concluded, we will be continuing ongoing monthly drop-in sessions for women in San Francisco interested in our services.

*The support group is a joint project of Shalom Bayit and the Bay Area Jewish Healing Center, generously funded by the Jewish Community Endowment Newhouse Fund. Co-sponsored by Congregations Beth Israel-Judea, B'nai Emunah, Emanu-El, Ner Tamid, and Sha'ar Zahav; the Cooperative Restraining Order Clinic; and Jewish Vocational Service. Funding for monthly continuation groups provided by Mount Zion Health Fund and the SF-based Jewish Community Federation.*

## WELCOME TO OUR NEW STAFF

We are delighted to announce two new additions to the Shalom Bayit team.

**Lisa Kahn-Tietz** joins us this month as our new Direct Services Coordinator, providing counseling and advocacy to Shalom Bayit clients throughout the Bay Area. Lisa comes to us with 22 years experience as an MFT, working with women and families on a variety of issues including domestic violence. She has lived in Canada, Israel, and Southern California. Lisa is honored to work with Shalom Bayit, and excited for the opportunity to integrate Jewish spiritual healing into her work with women.

**Rachel Marder** is our new Community Educator. Staffing our San Mateo office, Rachel will provide an important Shalom Bayit presence on the Peninsula as well as coordinating adult education, prevention & outreach programs around the Bay. Rachel writes, "I am thrilled to be with Shalom Bayit. I graduated in May 2008 from Brandeis University, where I worked on the undergraduate rape crisis and general counseling hotline for three years. I started with Shalom Bayit last fall as an intern for *Love Shouldn't Hurt*. My goal is to engage the Jewish community on the topic of domestic violence through speaking engagements, holiday events, workshops, trainings and mitzvah projects. I look forward to working with everyone!"

*To schedule a speaker, or set up a domestic violence training for your group, Rachel can be reached at (650) 574-SAFE.*

*To speak with Lisa or set up a confidential counseling appointment, call (510) 451-SAFE or toll free at (866) SHALOM-7.*

# Creating Hope: The Art of Healing

## Shalom Bayit's 16<sup>th</sup> Anniversary Celebration

Shalom Bayit's annual benefit, held on November 9<sup>th</sup> at the Contemporary Jewish Museum, raised nearly \$50,000 to help break the cycle of abuse by providing counseling and support for battered women, as well as abuse prevention workshops for teens and adults. Over 170 people attended the museum tour and luncheon to celebrate the art of healing that Shalom Bayit brings to the Jewish community.



Linda Kalinowski, Norma Satten, Nancy Goldberg



Roselyne Swig, Naomi Tucker (Shalom Bayit Executive Director), Mark Reisbaum



Linda Kalinowski (Event Co-chair), Rabbi Eric Weiss (honoree) & Dan Alpert



Kate VanZanten, Event CoChair



Debra Greenstein & Sandra Lipkowitz



Naomi Tucker & Natalie Berg



Juliette Whinston; Barbara Levinson, Eva Lokey, Mort Levinson



Jon & Ellen Benjamin (Shalom Bayit Board)

Photos by Steven Bollman

**Thank you to everyone who was a part of that magic—our sponsors, guests, honorees, event committee, auction contributors, program book advertisers, and all our wonderful volunteers!**

## Thank you, Shalom Bayit volunteers & in-kind contributors!

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Pinkies Nail Salon  
Pharmaca Integrated Pharmacy  
Carol Platner  
Alan Pleaner  
Larry Rosenberg Photography  
Rosicrucian Egyptian Museum  
San Francisco Giants  
San Jose Giants  
San Jose Quilts & Textiles Museum  
Six Flags Magic Mountain  
Sky High Sports  
Sprinkles  
Sugar Bowl  
Richard Tauber  
TheatreWorks  
Kate & Mark VanZanten  
Beth Ann & Marvin Wenger  
Laurie Williams  
Gina Yoli  
Judy Yudof  
David Zebker

### Volunteers

Lorri Arazi  
Judy Berg  
Marty Berg  
Emily Blanck  
Steven Bollman  
Kacie Borquez  
Jenny Cohen  
Valerie Curtis  
Chloe Farb  
Beth Fingerman  
Barbara Ginsburg  
Jonathan Glidden  
Alicia Glidden  
Marissa Glidden  
Rivka Greenberg  
Marilyn Hoffman  
Wendy Hussey  
Linda Kalinowski  
Minouche Kandel  
Sandy Leon  
Susan Mautner  
Samara Meir-Levi

Yoav Potash  
Chelsea Schoenberg  
Izzy Sheinfeld-Kandel  
Maya Sheinfeld-Kandel  
Ellie Snyder  
Nancy Solomon  
Perry Solomon  
Lori Swift  
Temple Isaiah Mitzvah Day Volunteers  
Elise Trumbukk  
Mark VanZanten  
Anita Weil  
Josh Weil  
Erica Zeidenberg



## Shalom Bayit

P.O. Box 10102  
Oakland, CA 94610  
www.shalom-bayit.org  
www.love-shouldnt-hurt.org  
Phone: 510-451-8874

**Helpline:** 510-451-SAFE or  
650-574-SAFE  
Bay Area toll-free helpline:  
**866-SHALOM-7**



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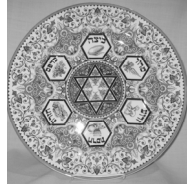
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Kate VanZanten

*Honorary Members:*  
Deborah Edelman, DrPh  
Minouche Kandel, JD  
Pam Kramer  
Roselyne C. Swig

## FOR YOUR PASSOVER SEDER: Journey Toward Freedom

Passover is a time when we reflect upon the journey to freedom: its promise, its challenges, and a great hope for something better on the other side. It is a time to consider at what point the dangers of leaving outweigh the dangers of staying; of how one makes the difficult choice to leave behind all that is familiar—however painful or complicated—to enter into the dangerous land of unknown wandering. The story is in many ways a painfully accurate parallel to the experience of women escaping abusive relationships. It is the story of a great leap of faith: diving into turbulent waters to escape one's pursuers, praying for the miracle of survival. And it is then a time of celebration when that miracle comes, and of gratitude for what we receive on the other side. Not the promised land we expected, but a safe place nonetheless—and for that we are grateful.



This Passover, Shalom Bayit invites you to share with your family and friends a thought or blessing for women and children who are journeying towards freedom from violence in the home. Include domestic violence as one of the plagues; dedicate one of the four cups to those fleeing from modern-day slavery (violence against women, human trafficking, economic injustice, or other kinds of oppression); or have a discussion about what it means to be subjected to another's power and control, and how we can each contribute to building a community where we use power wisely rather than for personal gain.

Towards freedom for all!



*If you work with Jewish women and families...  
If you've survived an abusive home or relationship...  
If you believe in the power of partnership  
and collaboration...  
This is an event you should not miss.*

SUNDAY, APRIL 26 through  
WEDNESDAY, APRIL 29, 2009,  
join hundreds of men and women  
at the Hyatt Regency in Crystal City, Virginia,  
for JW'S FOURTH INTERNATIONAL  
CONFERENCE ON DOMESTIC ABUSE.

To register and view updated conference information,  
visit [www.jwi.org/conference](http://www.jwi.org/conference)  
or call 800.343.2823 to learn more.



## Wish List ~

Powerpoint projector,  
curtains, small fridge,  
VCR/DVD player, phone cards, gift  
cards (to Safeway, Albertson's, or Trader  
Joe's), Kiddie couch, 4-drawer locking  
file cabinet, silverware, dishes, dishrack,  
household goods, office supplies.

In-kind and financial contributions are fully tax deductible.  
Please send your gift to "Tides Center / Shalom Bayit"  
at PO Box 10102, Oakland 94610 or **donate securely online at [www.shalom-bayit.org](http://www.shalom-bayit.org)**

## To be or not to be a Challah Chef?

Please join us for a Mother's  
Day Event to benefit  
Shalom Bayit

Come and learn to bake  
challah with expert challah  
chef Eve-Lynne Liebman,  
co-owner of *Dayenu* at the  
JCCSF.

Tickets: \$50  
SF Location, private home.  
Space is limited.  
Reservations are required.

Eva-Lynne has been baking  
challah since receiving a  
food processor and a  
cooking class for a wedding  
gift 25 years ago. Eva-Lynne  
believes a challah can be  
any shape you want.



*"I weave my challah into  
various shapes, and love to  
teach others my special  
techniques. The most popular  
shape is a Star of David.  
Trees are also lovely, and so  
is your child's favorite  
animal. Inspiration often  
comes from the calendar,  
Torah portion, and the next  
holiday. The possibilities are  
endless. I look forward to  
making challah with you!"*

**For questions please contact  
the Shalom Bayit office at  
(510) 451-8874.**

Don't forget to bring us  
those old cell phones!

You will be helping to  
provide 911 emergency  
phones for battered women,  
and raising funds  
for Shalom Bayit too!