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COPE is Doing it Again!

On April 30, 2010, COPE, the Center of Protective Environment, will once again host the New Mexico State University Alamogordo Jazz Band in the second "Ice Cream Social and Jazz Jamboree."

From 7:00 p.m. to 9:00 p.m., the Gymnasium of the Bethel Baptist Church will be converted into a jazz concert hall and all-you-can-eat ice cream sundaes will be the featured menu item!

Ms. Nacde Bobadillo, Director of the NMSU-A Jazz Band, is slated to provide the entertainment while the audience enjoys the all-you-can-eat ice cream sundaes and participates in the silent auction.

Tickets for the event are \$7.00 and can be purchased from all board members and are available at the COPE administrative offices at 909 South Florida Avenue, BANK '34 and Our Country Kitchen. Tickets will also be available at the door the evening of the event. All proceeds go to help COPE provide the range of services in our community to continue the mission to educate, shelter, counsel and advocate for victims of domestic and relationship violence.

Five years ago COPE kicked off the new shelter building project with the NMSU-A's jazz band under the direction of Jan King. The audience enjoyed ice cream sundaes as COPE hosted a live auction to raise money for the new domestic violence shelter. By popular demand, the event is being recreated to showcase the completion and utilization of the shelter and the wide range of services COPE provides to our community.

COPE averages 200 clients in the shelter each year, many of them children. COPE answered 563 crisis calls last year. In all, COPE provided services to more than 1,000 people in 2009. The numbers of victims needing services continues to grow. Unfortunately, the available funding is declining. Kay Gomolak, Executive Director of COPE for the last 11 years, stated that "state funding will more than likely be reduced by almost 20%. The shortfall needs to be made up somewhere." Ms. Gomolak continued, "The Alamogordo community has always been extremely supportive. Host-

ing events such as this 'Ice Cream Social and Jazz Jamboree' makes the community aware of our successes and our NEEDS and we're providing some fun at the same time!"

The Ice Cream Social and Jazz Jamboree promises to be an evening of solid entertain-

ment suitable for the entire family – and who can resist ice cream with every imaginable topping, home-made baked goods and an opportunity to bid on some exceptional silent auction items?

We are in search of donated auction items for this event. Almost anything will be accepted: gift cards, gift certificates, quilts, clocks, prints, paintings, crafted items, golf outings - you get the idea. Your support by donating will be greatly appreciated. And, when you purchase an item that someone has donated, your support will be appreciated just as much.

One of the other ways this event will be successful is through sponsorships. Being a sponsor confirms the support from the community and concerned businesses and individuals who realize the value of what our organization is to our area. As a sponsor you will be recognized not only at the event, but also through some of the promotion we will be doing to get the word out.

We are seeking volunteers to help make this event successful. If you would like to offer your help with one of the many tasks that are involved with providing an event like this, please don't be shy. Give us a call. If you choose to give more of your time, you could help us meet other volunteer needs in our organization. For more information, to purchase tickets, to donate an item for the silent auction, or to become a sponsor, please call Kay Gomolak at 434-3622.

200

Average number of clients served in the shelter each year.

563

Crisis/hot line telephone calls handled in 2009.

1,000

More than 1,000 people served in 2009.

Domestic Violence Isn't About Anger It's About Power and Control

Abusers (batterers) tend to take their anger out on their intimate partner but it's not really about anger. It's about trying to instill fear in order to have total power and control in the relationship. Anger therefore is a tool that an abuser will use to gain and maintain control.

Though there are no typical victims of domestic abuse, abusive relationships do share similar characteristics. In most cases, the abuser aims to have power and control over a victim. Many times they may turn to physical violence — kicking, punching, grabbing, slapping or strangulation.

The abuser may also use:

- **CHILDREN AS PAWNS.** Accuses the victim of bad parenting, threatens to take the children away, uses the child to relay messages or threatens to report the victim to Child Protective Services.

- **COERCION AND THREATS.** Threatens to hurt other family members, pets, children or self.

- **DENIAL AND BLAME.** Denies that the abuse occurs and shifts responsibility for the abusive behavior onto the victim. This may leave the victim confused, unsure of themselves or make them feel like they are going crazy.

- **ECONOMIC ABUSE.** Controls finances, refuses to share money, makes the victim account for money spent and doesn't want them to work outside the home. The abuser may also try to sabotage their work performance by forcing them to miss work or by calling them frequently at work.

- **EMOTIONAL ABUSE.** Uses put-downs, insults, criticism or name-calling to make the victim feel bad about themselves.

- **INTIMIDATION.** Uses certain looks, actions or gestures to instill fear. The abuser may break things, destroy property, abuse pets or display weapons.

- **ISOLATION.** Limits a victim's contact with family and friends, requires them to get permission to leave the house, doesn't allow them to work or attend school, and controls their activities and social events. For example, the abuser may ask "where have you been", track their time and whereabouts, or check the odometer on the car. The abuser may use jealousy to justify their actions or say it's because he loves them so much.

- **PRIVILEGE.** Makes all major decisions, defines the roles in the relationship, is in charge of the home and social life, and treats the victim like a servant or possession.

If you or someone you know is experiencing domestic violence, contact COPE in Alamogordo at (575) 434-3622 or in Ruidoso at (575) 258-4946 and ask to speak with a victim advocate for information on how to help. You can also visit the COPE website, www.copedv.org.



These are some quotes from clients about the advocacy services they received from our staff in our Ruidoso office, last quarter:

"COPE has been a godsend to my girls and I. Without them we would have not gotten the help we needed in a very bad situation."

"Donna is a great lady. She has been very helpful and she makes me believe things would be better. I will not give up."

"The help and attention I received was very informative and instrumental in helping me to accomplish my goals. I had no idea where to start. I am truly grateful for all of her help."

"COPE referred me to other agencies that could help me find work. I received strong support and help in different ways. I am extremely thankful to all the staff at COPE in Ruidoso."

Domestic Violence Funding Cuts in State Budget

Domestic violence funding was cut 17% in the newly adopted state budget which takes effect July 1, 2010. "We depend heavily upon state funding to provide services. State funding is 76% of our current budget," said COPE Executive Director Kay Gomolak.

"We do not know yet how these cuts will affect our program, but there most certainly will be a reduction in state funding for COPE's services for the coming year," said Gomolak. She went on to say that a 17% cut in state funding for COPE would equate to a loss of \$133,000 which could mean a reduction in staffing of up to 6 people.

Unfortunately, these losses come at a time when victims of domestic violence need services more than ever. "We stress that domestic violence is not caused by financial problems, but it is likely to

be made worse in bad economic times." According to Gomolak, research indicates that recession and unemployment don't cause domestic violence, but they exacerbate situations where violence already is a factor.

Domestic violence offenders who have been gainfully employed are losing work, which means that they are home more. Although the victim may have nothing to do with the loss of employ-

ment, it is often the tendency of the offender to blame the victim for anything that goes wrong, putting the victim and the children in the household at greater risk for domestic violence incidents. Further, it is more difficult for a victim of domestic violence to leave an abusive relationship during an economic recession because she will probably have a harder time finding employment.

"COPE's shelter, advocacy and counseling services are

a safety net for victims of domestic violence and their children," said Gomolak. She continued, "We will do everything we can to keep our services intact so that we are ready to meet the needs of the people who depend on us. Local donations to support these services are needed more than ever before. Please consider making a contribution to COPE today."

Calendar of Events

April is Sexual Assault Awareness Month

April 17: Vagina Monologues, Alto Country Club, 7:00 p.m. Tickets are \$10. For tickets, call Donna at COPE in Ruidoso, 258-4946

April 18 – 24: National Crime Victim's Rights Week

April 19: Open House at Otero County Court House from 5 to 7 p.m. as part of National Crime Victim's Rights Week

April 23: Take Back the Night March and Rally, 6:00 p.m., at the Tays Special Events Center, New Mexico State University at Alamogordo

April 30: COPE's Ice Cream Social and Jazz Jamboree, Gymnasium at Bethel Baptist Church, 7:00 p.m. Tickets are \$7. Tickets may be purchased at the COPE offices, BANK'34, or Our Country Kitchen.

Volunteers Welcome

Hello, my name is Stacy Weaver. I am the volunteer coordinator for COPE. I am looking for people who would like to volunteer on a consistent basis for our Promotora/Outreach program.

This includes getting COPE's information out in our communities, helping with COPE booths at different events and being a part of educating our communities on domestic violence.

This is a great way to get to know others and help be a face and spokesperson against domestic violence. If this would take up more time than you can give, I also need volunteers to do a variety of different things from hauling furniture and cleaning to putting rings on flashlights and

anything in between.

I would like to thank all of those who do donate to COPE. It's by the kindness of others that we are able to do all the things that COPE has to offer.

If you would like to volunteer for COPE please contact me anytime.

Thank you,
Stacy Weaver

Office:
575-434-3622 ext. 112

Cell:
575-491-8153

Email:
Stacy.Weaver@copedv.org



COPE – Center of Protective Environment Board of Directors for 2010-2011

First Row: Kay Gomolak, Executive Director, Judy Blankenship, Recording Secretary, Tammy Vargas, Director, Sheila Harrison, President. Back Row: Mary Taken, Director, Sigurd Shoemaker, Vice-President, Nadia Sikes, Director, Heather Gonzalez, Director, and Karlon Cox, Treasurer. Missing from photo: David Flores, Director and Cathy Aguilar-Morgan, Director. Officers are elected for one-year term.



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Alamogordo, NM 88310
Hot Line: 575.437.2673
Hot Line: 1.866.350.2673
Office: 575.434.3622

www.copedv.org

1204 Mechem Dr, Ste 11
Ruidoso, NM 88345
Hot Line: 1.866.350.2673
Office: 575.258.4946

[Love Shouldn't Hurt]



The purpose of the Center of Protective Environment, Inc. (COPE) is to provide services that act to reduce the risk of family and relationship abuse in Otero and Lincoln Counties, New Mexico. Our mission is to provide a variety of services to individuals and families experiencing domestic violence, including but not limited to: shelter and housing advocacy to reduce homelessness, crisis intervention, advocacy and counseling services. COPE is dedicated to the treatment and prevention of family and relationship violence wherever possible. COPE advocates for community involvement to help deal with the problem of family and relationship violence within the community.

Your Help Makes a Difference

Often, victims of domestic violence and their children come to us with very little. Many times victims of domestic violence must

leave all of their possessions behind.

They tell us that this is a small price to pay for their safety. However, we believe that it is important to help them obtain basic items to establish a new home.

In addition, we are in need of some items that would

help us provide for our clients at the shelter. We receive many donations from the community that are passed on to our clients. We want to take this opportunity to say thank you for your gifts.

The following is a list of items we need now:

- Dining room chairs for the shelter
- Small televisions, 13" to 19"
- Diapers, all sizes including pull-ups
- Tissues, toilet paper, & paper towels
- Pillows & blankets
- Shoes
- Laundry soap for high efficiency machines, bleach, dryer sheets

- Disinfecting wipes
- Over the counter medicines such as ibuprofen, acetaminophen, cold and sinus medication, and cold and fever reducing medications for children
- Large bottles of hair conditioner & lotion
- Twin, full & queen size beds
- Household furniture & kitchen items.

We are including a current list of items we need on our web site. For an updated list, please visit www.copedv.org.

