

creating a safer community



**Women's Resource Center of Winona**

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creating a safer community



**WOMEN'S RESOURCE CENTER OF WINONA**

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ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

**I would like to support the Women's Resource Center  
at the following tax-deductible membership level:**

\$25 \_\_\_\_\_ \$50 \_\_\_\_\_ \$100 \_\_\_\_\_ \$250 \_\_\_\_\_ \$500 \_\_\_\_\_ Other: \_\_\_\_\_

creating a safer community



*Women's Resource Center*  
**Creating a safer community  
by eliminating sexual and domestic violence**

**The Advocate**

**FY11 Annual Meeting**



Please mark your calendar for the Women's Resource Center's Fiscal Year 2011 Annual Meeting and Volunteer Appreciation Event. These events will be held on Tuesday, October 25th at the Women's Resource Center. Social will begin at 5:00 with the

Annual Meeting and Volunteer Appreciation beginning at 5:15. Come and meet and vote on your new board members and hear important WRC updates from the past year. Light refreshments will be served.

**Are you interested in becoming a volunteer  
advocate for the Women's Resource Center?**

Volunteer advocates answer the 24-hour crisis line on evenings and weekends during non-business hours. Fall Advocate training begins on Wednesday, September 7th and ends Wednesday, October 5th. Training will be every Monday and Wednesday from 3pm-8pm. For more information or an application, please contact the WRC at 452-4440 or wrc@wrcowinona.org.



**Volunteers Needed**

**Summer Edition**

**August 2011**

**Executive Director**  
Lori Woodward

**Staff**  
Bethany Ablan  
Princess Cramer-Drazkowski  
Brianna Mielke  
Eryn Redig  
Adria Sherwood  
Jaime Spilman

**Board of Directors**  
Kelly Kirby  
Brooke Lenz  
Laurel Mohan  
Jennifer Monsos  
Pat Nolan  
Stephanie Nuttall  
Jay Palmer  
Taff Roberts  
Jamie Sanders  
Judy Yess



The Women's Resource Center will be starting a new group for sexual assault survivors. Beginning September 21, an open group will be available every Wednesday to discuss various topics and offer support. If you or someone you know would be interested in participating, please contact the Women's Resource Center for more information.

**Book Sale**

The WRC is now accepting donations for its 3rd annual Book Sale to be held on Saturday, September 24th from 8-12. New or gently used books can be dropped off at the WRC Monday - Friday 9 a m - 4 p m .  
*\*No phone books please.\**



**LAST QUARTER  
STATS:**

**Total Clients:** 429  
**New Clients:** 181  
**Client Contacts:** 840

77 E 5th St  
Winona, MN 55987  
www.wrcowinona.org

507.452.4440  
887.972.7353  
wrc@wrcowinona.org



## Winona County SAIC Hosts Fall Speaker

Winona County SAIC will be co-sponsoring a series of sexual assault awareness presentations by Steve Thompson, Director of Sexual Aggression Services at Central Michigan University. Mr. Thompson will be here October 5th-7th, and will be doing a variety of presentations at both St. Mary's University and Winona State University. He will be addressing the athletes, as well as the general student body. In addition to this, Mr. Thompson will be providing a presentation to professionals and community members on the issue of sexual assault.

Mr. Thompson has done over 2,000 presentations to college, high school, corporate, and community audiences over the years. As a graduate student

and martial arts instructor at Indiana University, Thompson focused his education towards psychology and the study of human movement. In the spring of his second year, a rapist assaulted and terrorized several women on campus. This prompted intense public pressure on the university to educate the public in assault avoidance. As a black belt, Thompson was called upon to be the educator. Knowing little of the dynamics of rape, he still agreed to teach.

Two months after the sexual assault avoidance program began, a student of Thompson's was raped. When Thompson arrived at the hospital to see her, the only words she could utter were, "I did what you taught me to do, why didn't it work?" The emotional impact of that moment changed the course of his life. Since then, he devoted himself to studying the whys and hows of sexual aggression. He has conducted countless interviews with convicted rapists, psychologists, and doctors, as well as thousands of survivors. He has trained and worked beside police officers throughout the country.

### Looking for a Speaker?

If you are interested in having someone from the WRC do an educational presentation for your community group, class, or business, please contact the WRC at [wrc@wrcowinona.org](mailto:wrc@wrcowinona.org). We can customize a presentation for your group on topics related to safety, domestic violence, sexual assault, and others upon request.



### Upcoming WRC Events:

- September 5th**—Labor Day, WRC Closed
- September 19th**— 1:00pm, WRC: Wisewoman Discussion Group
- September 27th**—4:30 pm, WRC: Board of Directors meeting
- October 11th**—4:30 pm, WRC: Board of Directors meeting
- October 17th**— 1:00 pm, WRC: Wisewomen Discussion Group
- October 25th**— 5:00 pm, WRC: FY11 Annual Meeting and Volunteer Appreciation Event
- November 8th**—4:30 pm, WRC: Board of Directors meeting
- November 11th**—Veteran's Day, WRC Closed
- November 21st**— 1:00 pm, WRC: Wisewomen Discussion Group
- November 24th and 25th**— Thanksgiving, WRC Closed



# From the Director

The WRC is continually reminded that nearly 1 in 3 women will experience abuse at some point in their lives. This statistic is staggering and after more than 30 years, we see that the number is not dwindling and we do not know why. Are more people reporting sexual abuse which would keep the statistic at this high rate or are the numbers just lingering at 1 in 3 and we have not made progress? This is a question we are often asked and we do not have the answer. In the midst of this sobering statistic, we celebrate all break-throughs that are aimed at assisting those affected by sexual assault or domestic violence. In September 2010, Winona County passed the first *Clean Hotels Act* which prohibits county employees from staying in hotels which offer pay per view pornography while traveling. Other agencies and businesses in Winona County are following suit. This was a major success for our county and is one that the WRC has been proud to be part of.

On a federal level, on August 1, 2011, the Department of Health and Human Services reports: "We are moving one step closer to knocking down the barriers to the services that can help keep American women healthy. In accordance with the Affordable Care Act, the U.S. Department of Health and Human Services announced historic new guidelines that will ensure millions of women receive preventive health services with no cost sharing, including:

- well-woman visits
- screening for gestational diabetes
- human papillomavirus (HPV) DNA testing for women 30 and older
- sexually-transmitted infection counseling
- human immunodeficiency virus (HIV) screening and counseling
- FDA-approved contraception methods and contraceptive counseling
- breastfeeding support, supplies, and counseling
- **domestic violence screening and counseling**

By eliminating barriers like co-pays, co-insurance, and deductibles, these guidelines will help improve access to affordable, quality health care for all women. New private health plans must cover the guidelines on women's preventive services with no cost sharing in plan years starting on or after August 1, 2012." \* We are thrilled that this new domestic violence screening and counseling guideline is in place as abused women and children can now obtain necessary medical attention that can make a significant difference in their lives. Many will not only receive the medical needs but will be able to be referred to other agencies for help at earlier stages of their abuse.

I celebrate these systemic changes which ultimately help the clientele we work with each day. Each new success brings us closer to one day seeing inequalities disappear and women and children leading violence free lives. Thank you for your continued support of the Center as we push forward to provide the best possible services to those experiencing sexual assault or domestic violence. Together we can all make a difference.

Sincerely,  
*Lori Woodward*  
Executive Director

\*Retrieved from [www.hhs.gov](http://www.hhs.gov). "U.S. Department of Health & Human Services". Washington, D.C. 20201 (bold added for emphasis).