



A MESSAGE FROM KATHLEEN ELLIS 180 Board President

Volunteers— we come in all shapes and sizes, but we all share a desire to give of ourselves to make life better for others in some significant way. For those of us who volunteer at 180 Turning Lives Around, it is truly a labor of love – and it truly makes a difference in the lives of those we serve, as well as our own.

In the past few months, 180 has highlighted the work of some of our volunteers - both young and old. The Annual Gala, which honored two of our youngest and most enthusiastic volunteers, Grace Farren and Sophia Ganguzza, was an evening filled with inspiration, fueled

by two amazing teenagers. The dedication of Amanda's Easel, in memory of William Thomas, a loving father and grandfather, honored a man and his family who set aside their own pain to create a unique and welcoming place for families to heal.

Given our core mission, perhaps the clearest example of our need for and deep appreciation of our volunteers can be seen in 180's Domestic Violence and Sexual Assault Response Team programs. Over 200 volunteers are available to victims 24 hours a day, seven days a week, at nearly every police headquarters in Monmouth County & at

area hospital emergency rooms. These extraordinary people, who are the heart and soul of 180, provide the initial point of entry for most clients, and do all their work under a veil of anonymity.

While some 180 volunteers work quietly in the offices, sending out mailings and answering phones, others are out in the community, assisting clients in a myriad of ways, raising money, or spreading the word. Each is invaluable in his or her own way. So, please take some time to read their very personal stories within these pages. Perhaps you'll be inspired. I know I am.

Amanda's Easel Receives \$25,000 Stone Foundation Grant

Amanda's Easel Creative Arts Therapy Program has recently received a \$25,000 grant from The Stone Foundation of New Jersey.

According to Amanda's Easel Program Coordinator Cindi Westendorf, the monies will be used in a variety of ways – all to support the work of the program's specialized creative modalities – art, dance and music. Specifically, Westendorf hopes to expand the music therapy program segment by increasing the therapist's hours, as well as purchasing a Mac Book computer and music recording software.

"As our client base changes, our needs change too," says Westendorf, alluding to the increasing number of older children and larger families they serve. "These therapeutic tools will enhance the creative arts experience."

Additionally, she hopes to be able to use the funds for ongoing staff training. All Amanda's Easel clinicians are licensed and Board Certified, necessitating con-

tinual professional training hours which ultimately benefits the families in the program.

In addition to creative arts therapy, Amanda's Easel provides case management and wrap-around services which



are facilitated by licensed social workers. The combination of creative arts therapy for the children and parenting/counseling sessions for the non-offending parent is designed to create a support system to help the families cope

with the life changes precipitated by violence and abuse.

"We are fortunate to once again be a beneficiary of the generosity of The Stone Foundation," said Director of Development Connie Heath. "The Stone Foundation is a long-standing supporter of women and children's services and we are honored to be among those organizations they believe are worthy of their funding."

The Stone Foundation was founded by the Huber Family of Middletown in 1997, and has been supporting programs and services of 180 since its inception, and funding other programs, including school-based abuse prevention and 2NDFLOOR® Youth Helpline.

Cindi reflected on Caroline Huber's visit and tour of the studios last spring. "She came to learn about the specifics of the therapy, and to see firsthand the power of creativity through the art and energy that is manifested in all the spaces that the program uses."

...Always believing change is possible



A MESSAGE FROM ANNA DIAZ-WHITE

180 Executive Director

Actions and words are the windows through which the heart is seen.

-American Proverb

We all know that giving **to** an organization you believe in makes a difference. Any financial assistance a non-profit agency such as 180 receives is used to keep the programs and services running. However, in these difficult and uncertain financial times, giving **back** is more important than ever.

Last year, 683 individuals contributed 160,383 hours of service to the programs of 180. The work done by our dedicated volunteers allows 180 to reach and serve so many more in our community. Our volunteers literally keep the wheels turning at 180.

Between reduced government funding and decreased private donations, clearly, we couldn't do all that we do without our volunteers. Volunteers not only save us money, they lighten the load of paid staff, and bring excitement and enthusiasm to the workplace. Their devotion to our cause is immeasurable and their skills invaluable. Additionally, the leadership and experience provided by our Trustees continue to strengthen our board's effectiveness.

The positive effect of our volunteers' involvement is felt every day in our community. We thank each and every one of you for your active participation in helping 180 Turning Lives Around prevent domestic and sexual abuse, and to build safe lives.

Meet 180's Newest Board Member – Danielle Sherwood

What does a successful MIT and Harvard Business School graduate who made her mark in the financial capital of the world do as an encore?

For 180's newest Board member, Danielle Sherwood, the answer was easy. Following her departure from several high-ranking investment banking positions on Wall Street, she puts all her energy into raising a family in the suburbs, enjoying outdoor activities, and becoming involved in the good works of community organizations.

Danielle became involved with 180 three years ago. "I got involved through Tammy Murphy and then 180 Board President Phil Murphy, who I worked with at Goldman, Sachs," recalls Danielle. "Because of their leadership I knew it was a good place to give my time."

Since that time, Danielle has attended and assisted with numerous events, including this spring's Gala, which she co-chaired with Eileen O'Hern Luby. "I was inspired by listening to the clients and hearing how their lives have been transformed by 180," says Danielle. "I

am inspired by the work the staff does and the impact 180 can make in people's lives."

"I want to give back; I am continuously inspired by the difference 180 makes in people's lives," says Danielle. "The organization is so aptly named, because it really does turn people's lives around."

Danielle sees herself contributing to 180 in ways that use her business skills as well as touch her heart. "I want to help dispel the misperceptions about domestic violence," she says. "I want to help the organization educate and empower all women." Additionally, she hopes to help fundraise, continue to raise awareness, and connect more people with the organization.

The mission of 180 strikes a personal chord for Danielle, as she recalls her own mother's life. "My mom has been in an emotionally abusive relationship for almost 40 years. It helps me relate because my mom is very smart, wonderful, and generous. She has always taken care of everyone except herself."

"You are able to have a bigger impact when you work with people who really know what they are doing," Danielle continues. "The staff is creative, organized and smart. They are a pleasure to work with."

Danielle resides in Rumson with her husband of 17 years, Scott Schultz, a foreign exchange trader in New York City, and their three sons, Griffin 13, Cole 11, and Spencer 9. In addition to her position with 180, Danielle sits on the Rumson Country Day School Board of Trustees and the Horizons Advisory Board.



Welcome aboard, Danielle!

2NDFLOOR® FEATURE

Former Teachers on a Mission to Help NJ Youth

If you ask Cheryl Berman how she became involved with 2NDFLOOR® Youth Helpline, she'll tell you it was fate. A few years ago, the former middle school media specialist cut out a newspaper article about 2NDFLOOR – a nonprofit that supports New Jersey youth through its free, confidential and anonymous helpline – with the intention of adding it to her “retirement bucket list.”

“Although I left teaching, I didn’t want to give up my connection with kids,” said Berman, a resident of Morganville.

So when her 34-year teaching career came to an end five years ago, Berman and past colleague, Susan Kelley, set out to find the ideal volunteer opportunity. After spending a short time with other charities, the former Markham Place School teachers eventually found themselves at 2NDFLOOR.

2NDFLOOR is dedicated to helping children and teens with any problems they are facing at home or at school, 24 hours a day. The helpline averages 10,000 calls a month from youth throughout the state.

“Adolescence is so difficult,” said Berman. “There’s barely a child that gets by without trauma or angst, and we want to let kids know we’re here.”

The challenge however, is letting more youth know that there is a free, confidential resource available to them. That’s where this duo comes in.

“We knew that outreach would be a perfect match for us. As former teachers, we’re used to talking to the community principals, boards of education, and parent groups. It’s a natural fit for us,” said Kelly, a resident of Shrewsbury.

Berman and Kelly have been outreach volunteers for two years. They visit schools, attend PTO meetings, back-to-school nights, open houses at colleges, and other community events to spread the word about 2NDFLOOR, share materials, and answer questions. In their 30-plus years of teaching, both Berman and Kelly knew many at-risk youth. Many times, their students had friends dealing with serious issues and didn’t know where to turn. That’s why Berman and Kelly are determined to let more youth know about 2NDFLOOR.

“2NDFLOOR gives kids an avenue to say, ‘I’m not equipped to help you, but here’s a place that can,’” said Kelley.

This past year, the two attended the NJEA Convention in Atlantic City on behalf of 2NDFLOOR. They also attended a workshop where they met with

150 school nurses, who prove to be important resources in helping to spread the word in schools.

“Cheryl and Susan are tremendous assets to 2NDFLOOR,” said Nicole Romaine, Director of Development. “Volunteers are vital in the non-profit world. We are so fortunate to have them on our side, advocating for 2NDFLOOR and for all kids in need in New Jersey.”

As another school year is set to begin, Berman and Kelly show no signs of slowing down. The two plan to represent 2NDFLOOR at local community events, and have begun making arrangements for the upcoming year’s school meetings and workshops.

“Part of enjoying the rest of my life is giving back,” said Berman. “2NDFLOOR has made that easy for me to do.”

The 2NDFLOOR hotline is 888-222-2228, and is staffed by professional counselors and trained volunteers 24 hours a day, seven days a week. For those interested in becoming a 2NDFLOOR volunteer, visit www.2ndfloor.org or contact Volunteer Coordinator Danielle Pezza at 732-264-4360 ext. 2266 or by e-mail at daniellep@180nj.org.

\$5,000 Grant Awarded to 2NDFLOOR®



From left, Andy Karr, VP of Silver Line Marketing and Advertising and Member of the Stewardship Committee; Nicole Romaine, 2NDFLOOR® Director of Development; and John Keller, VP of Silver Line Customer Experience and Chair of the Stewardship Committee.

Give HOPE to our families for the holidays! ...Your donations make a difference!

For many, the holidays are a time of giving and receiving. For others, it’s another reminder of what they do not have. Thanks to the generosity of our friends and donors, the families of 180 can look to the upcoming holiday season with hope. As in years past, 180 will be accepting gifts for children of all ages, teens and parents. Among the items needed are children’s toys, gift cards for teenagers, clothing (including winter boots and warm coats), kitchen necessities, and gasoline cards.

Sincere thanks to last year’s most generous donors – NJ 101.5 FM, T&T Coast GMC, and The Friendly Sons of the Shillelagh (Belmar) – whose trucks were filled with bicycles, wagons, toys, games, crock pots, dishes, and more. We hope we can count on everyone’s support again!



180 is now on facebook! Log on and **LIKE** our page to see news about the agency and upcoming events!

Special Events



Check out our facebook page for upcoming events!

On April 8, 2011, 180 held it's Annual Spring Gala at The Berkeley Oceanfront Hotel in Asbury Park to celebrate the **"Movers and Shakers"** in our local community. Thank you to our honorees, Grace Farren, Sophia Ganguzza and The Verizon Foundation for all you have done for 180!



Gala co-chairs and members of 180's Board of Trustees, Eileen O'Hern Luby and Danielle Sherwood.



Executive Director, Anna Diaz-White (top left) and Board President, Kathleen Ellis with honorees, Grace Farren and Sophia Ganguzza.

Below, Arnold & Susan Witte (left) and Gala Committee member Carol Solarino and husband Vincent.



Executive Director, Anna Diaz White (second from left) with Verizon Wireless' Patrick Devlin, President of the NY Metro Region; David Samberg, Public Relations Manager for the NY Metro Region; John Szeliga, Director of External Affairs for Atlantic, Middlesex, Ocean and Monmouth Counties; and Doug Schoenberger, VP of Corporate Responsibility & Public Policy of Verizon NJ.



180 Board of Trustee Greg Greene and wife Danielle.



180's 2nd Annual **"Kites for Kids"** was hosted by Jenkinson's Boardwalk in Point Pleasant Beach, on Saturday, May 21, 2011. Families enjoyed a fun day in the sun. Everyone went home with a kite and a prize!



For One Former 180 Client, Giving Back Is Just The Beginning

Robin Stanley (*not her real name*) lived what many would perceive as a perfect life. She received a great education at a top-tier school, married a successful man, and had two wonderful children, a great career, and lovely home. However, her life was far from perfect.

As a college professor with a Masters Degree, you might think she'd recognize abuse when she saw it. But living with her Ph.D. husband and two adoring daughters, she thought her marriage was suffering its usual ups and downs. Over time, his controlling behavior, (demanding dinner on the table at 5 p.m., limiting phone calls to two minutes in length before he would hang up the phone), escalated into forced isolation (cutting her off from family), financial abuse (she had no access to their money, despite their combined six-figure income), stalking, death threats and finally, when he knew he was losing control over her, physical abuse.

When her husband left dead flowers and a threatening note in her car at work, security staff at the college where she worked told her she was in a dangerous situation and needed to get help.

When her husband kept repeating that she was such a bad wife and mother, she asked if she could use the family's insurance coverage to see a counselor – to make her better. After one session, the counselor recommended she go to a group therapy session, where she would get better treatment. The group session was at 180 Turning Lives Around, but Robin didn't know what that was. She thought she was in a group for women like herself, who wanted to learn to be better wives and mothers. It took a while

for her to realize she was in a support group for abused women. In fact, when she went home and looked up "abuse" on the internet, she realized her situation was a text book case of abuse and domestic violence.

"We were not a couple who didn't know better," says Robin. "It took a long time for me to realize I was in a dangerous situation."



Robin is setting up her registry at Target in Ocean Township for much needed items at 180's Safe House.

That was nearly a decade ago. Today Robin is a new woman. You can see the difference in photos taken years ago compared to today. Her children, now grown, admire the strength their mother showed to make a new life for all of them.

Robin is now engaged to be married to a wonderful man, Jake (*not his real*

name), whom she met at work. Together they credit 180 for getting her and her children out of a dangerous situation.

"I don't want women to be embarrassed," Robin says of other victims. "What is happening to them is not their fault."

As a way to pay back 180 for all that the organization did for her, Robin has decided to give back in a most generous way. Instead of registering for china, silver, pots and pans for herself, Robin and Jake are registered at Target for items needed at 180's Safe House, such as bedding, kitchen items and pre-paid cellular phones.

"Jake and I already have everything we could possibly want or need," says Robin. "The women and children in 180's shelter are the ones who need things." It is this selfless attitude that exemplifies the spirit of Robin and Jake, who hope that their family and friends will help them fulfill their wish to give back to 180 for the gift of a new beginning that they will share.

"Someone once said women move ahead on the wings of the angels who've gone before," reflects Robin. "I'd love to give wings to someone who was where I was 10 years ago!"

To kick-off the gift-giving, Target of Ocean Township has generously donated three pallets of new dishes. For anyone wishing to make a purchase for 180's Safe House from Robin and Jake's registry, please contact Barbara Lovell-Napoli, 180 Assistant Director of Development, at 732-264-4360 ext. 4233 or barbaran@180nj.org.

Bosco's Gala Preview For A Cause

Bosco's is coming back to the Monmouth Mall! To support the non-profits in the area, the store will be hosting a preview on Wednesday, October 5, 2011 from 10 a.m. - 9:30 p.m.. Admission to this exclusive preview is by ticket ONLY! Your \$5 donation will help support the programs and services 180 maintains throughout Monmouth County. Each ticket holder will be the first to preview the store, take advantage of opening specials, refreshments, entertainment, and take home a free gift! Children under 16 years of age, accompanied by a ticket holder, will be admitted *FREE* of charge..If you would like to purchase a ticket, please call 732-264-4360, ext. 4232 or go to 180's website, www.180nj.org for additional information.

Sexual Assault Response Team (SART) Needs You!

Our 2011 training will be taking place September 19 to October 19 on Mondays, Tuesdays and Wednesdays from 6 p.m.-9:30 p.m., in the courtroom at Hazlet Police Headquarters (255 Middle Road, Hazlet). For more information, please contact Sue Levine, Coordinator, Victim Support Program at susanl@180nj.org or 732-264-4360, ext. 4271.

Local Community Support



Monmouth University students performed the Vagina Monologues to benefit 180.



Keyport Borough Administration enjoyed wearing their jeans to work in recognition of "Denim Day."

180 was thrilled at the participation of many local businesses and organizations during our second annual "Denim Day."

Below, employees of the Keyport Police Department wore their jeans to work to show their support.



TD Bank's Charitable Foundation awards 180 with a \$2,500 check to support the Families in Transition Program.

Below: Amanda's Easel Program Coordinator Cindi Westendorf (left) presents Karen Wengert with a plaque which dedicates the art studio in memory of her father, Bill Thomas. Also pictured are Amanda's dad, Ron Wengert, and Aunts Debbie Thomas and Susan Grogg.



The Duarte Family and Kym Rock (second from left) at the Fight Like A Girl seminar at Park Avenue Bistro, Freehold.



Atlantic Highlands Yacht Club Ms. Race Committee members, LuAnn Rathmacher (left), Diane Kropfl and Aileen Colitz meet to discuss plans for the upcoming Ms. Race to be held on August 20th in Atlantic Highlands.



Executive Director Anna Diaz-White (center) is presented with a \$3,000 check from Sue Plumacker, Assistant Vice President of Amboy Bank and Joe Mullane, Vice President of Amboy Bank to support the Families in Transition Program.



A "Colors and Trends" seminar was held at Window Treats in Red Bank. From left, presenter Sally Morse; Elliot Laniado, owner of Window Treats; and Development Associate, Jaimee Skidmore.

Need for Domestic Violence Volunteer Victim Advocates Rises

For many of 180's clients, meeting a Domestic Violence Response Team volunteer at the police department following an assault is their first encounter with 180. Experiencing a range of emotions, from scared and confused to embarrassed or ashamed, someone walks into a police station and discloses to an officer that they've been abused. A short time later, a DVRT advocate comes and meets with the victim, at times, simply listening.

The volunteer advocates with 180's DVRT program are civilian members of the community who work in conjunction with the police to provide support, information and referrals to victims of domestic violence. The advocates also discuss with the victim their legal rights in regard to obtaining a temporary restraining order. The volunteer advocates are trained to empower victims to make decisions about their own lives.

"For many of our clients, the advocate is the 'first face' of 180. They may not have identified the domestic violence in their relationship at that point," says Sue Levine, Coordinator of the Victim Support Program. "The victim is better focused and calmer after they meet with an advocate. Their fears and concerns have been validated. They receive information and safety planning.

"The confidentiality afforded to a victim gives them a safe place to privately share information with an advocate," continues Levine. "The advocate is there to provide options, and their goal is to empower the victim to make the best informed decisions. The victim has their own voice, and the advocate supports them in using their voice to convey their concerns and information to law enforcement."

"Our advocates put their heart and soul into what they do," states Tina Morgan, who oversees the volunteer force for southern Monmouth County. "The volunteers will rarely see the inside of 180; they spend all their time at police headquarters."

Currently, the DVRT program has over 200 active volunteers who are available to victims 24 hours a day, seven days a week at 45 police headquarters throughout Monmouth County. "With the weak economy, our list of active volunteers is down," said Levine, citing many volunteers' need to scale back their availability because of the need to go back to work, or take a second job. In the past year (ending June 30th), DVRT volunteers responded to 833 call-outs to police headquarters to assist victims and their children.

Starting in October, 180 will be conducting a training course for new DVRT volunteers. Applications are being accepted for the program, and interviews will begin shortly. The 40-hour mandatory training course will be provided to successful applicants at no cost. 180 will be conducting the four-week training from October 24 through November 16, on Mondays, Tuesdays, and Wednesday evenings from 6:00-9:30 p.m. at Tinton Falls Borough Hall, 556 Tinton Avenue. Prior knowledge of domestic violence is not required.

Basic requirements for volunteers to apply to the program include that applicants must be 18 years of age or older, have access to transportation, possess a valid driver's license, be willing to serve on an on-call shift basis, participate in an interview process, submit to background investigations and fingerprinting, and successfully complete the mandatory training. Bilingual capability is helpful, but not necessary.

The identities of the DVRT volunteers are kept anonymous, and victims only know them by their first names. Additionally, volunteers, who typically respond to call-outs from their hometown police station, will not be interfacing with victims with whom they are personally acquainted.

For an application or additional information, contact Sue Levine at 732-264-4360, ext. 4271, or send an email to susanl@180nj.org.

Planned Giving

Maximize Your Tax-Free IRA Rollover Opportunities

In January of 2011 a donor made a direct rollover of \$40,000 from her IRA to a qualified charity under a provision of the 2010 Tax Act permitting such rollovers to be attributed to and treated as if made in 2010. She recently inquired whether her earlier gift would reduce the maximum allowable tax rollover of \$100,000 in 2011 by her earlier gift of \$40,000. In other words, is she now limited to a maximum rollover of \$60,000 in 2011?

The good news: No, she is not. The donor can make a direct tax-free rollover gift from her IRA of up to \$100,000 maximum allowable during the remainder of 2011.

As we move into the second half of 2011, it's an opportune time to point out that tax-free direct rollovers from IRAs to qualified charitable organizations have proved to be a very popular way to make large or small cost-effective charitable gifts.

To qualify for favorable tax treatment, you must be 70½ or over; the gift, up to a maximum of \$100,000, must be a direct transfer from your IRA to our organization; and it must be an **outright** gift. Gifts to charitable remainder trusts, donor-advised funds, and support organizations do not qualify.

Please note that this planning opportunity, which was introduced in 2006, is set to expire at the end of 2011. Although it has been renewed several times since its inception, there is no certainty that it will be extended again this year.

For more information on how to make a planned gift, please consult your financial advisor or Connie Heath, Director of Development at 732-264-4360 x 4230 or connieh@180nj.org.



1 Bethany Road
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888.264.RAPE

2NDFLOOR® Youth Helpline

888.222.2228

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2011 UPCOMING EVENTS

5th Annual Golf Classic

Monday, September 26th
Hollywood Golf Club, Deal
Contact Barbara Lovell-Napoli,
barbaran@180nj.org

October is Domestic Violence Awareness Month!

Bosco's Preview for a Cause

Wednesday, October 5th
Monmouth Mall
10 am-9:30 pm
*Admission with ticket only!

Women of Song

Sunday, October 9th
Rosie's Cafe, Asbury Park
5-8 pm

Holiday Gift Collection

November 1st - December 16th

**For more information on upcoming events, please visit our website, www.180nj.org.*

*180 IN MOTION is published by 180 Turning Lives Around, Inc. a non-profit organization serving individuals affected by domestic and sexual violence, rape and child abuse. *180 apologizes for any omissions. Please send corrections to connieh@180nj.org.*