



**NIKE** The official publication of New York State Women, Inc.

**VOL. 75 ■ ISSUE 1 ■ SEPTEMBER 2025**



## **Domestic abuse and violence: A scourge on relationships and society**

### **Our Mission**

**To connect and build women personally, professionally, and politically.**

### **Our Vision**

**To empower women to use their voices to create positive change.**

**Dated Material – Deliver Promptly**

**Are YOU a member of NYS Women, Inc. yet?  
Time to check us out at [nyswomeninc.org](http://nyswomeninc.org)**



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# NYS Women, Inc. – The State of the State



## Our journey continues

-Robin Bridson, NYS Women, Inc. President, 2025/2026

Dear Members,

I hope you all had a great summer, and it was so nice seeing many of you at the annual conference in June. We are already planning our next conference, so stay tuned!

We installed our new executive officers at conference: Please join me in welcoming them! (From right to left:



Robin Bridson, president; Patti Pollock, president-elect; Laurie Albertsson, vice president; Lauren Pringle, secretary; and Alicia Figueroa, treasurer.) You will be

hearing more about them in upcoming *Communicators* and on our website.

As president of this organization, I'm consistently inspired by our collective strength and dedication. I want us to turn our focus to a difficult but vital topic: domestic violence. This issue impacts our communities and our professional lives, and as leaders, we have a responsibility to act. October is Domestic Violence Awareness Month.

We can't solve this alone, but we can make a difference. Our role begins with **education** and **awareness**. We need to understand the signs of abuse and the resources available to those in need. By talking about this issue, we can break down the stigma and show survivors they are not alone.

Next, we must embrace **advocacy** and **allyship**. We can advocate for policies that protect survivors and hold abusers accountable. And we can be allies by offering unwavering support to anyone who confides in us, connecting them with professional help, and providing a safe space.

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## SAVE THE DATE!

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Tioga Downs Casino ■ Nichols, NY

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**women, INC.**

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CONFERENCE**

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- Fun
- Theme Party
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- Connections
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- Youth Leadership

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# 2025/2026

**MONTHLY**  
**5** Communicator deadline

**OCT**  
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**OCT**  
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**JAN**  
**15** MARCH NIKE submissions deadline

**FEB**  
**28** WINTER BOARD MEETING via Zoom

**MAR**  
**15** JUNE NIKE submissions deadline

**JUN**  
**12-14** ANNUAL CONFERENCE Tioga Downs Casino Resort, Nichols, NY

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## From the Editor

# Domestic violence: How can we effect change?

OUR SEPTEMBER *NIKE* HIGHLIGHTS A TOUGH issue that affects so many women across all ages, races, religions, even wealth and education status: domestic violence. According to the State Division of Criminal Justice Services, in 2022 there were 88,822 confirmed domestic violence cases in New York State. Close to 70 percent of all domestic violence survivors were hurt by their intimate partner, while 30 percent were victimized by another family member. Eighty percent of intimate partner victims are female.

As NYS Women, Inc. President Robin Bridson points out in her message, *"This issue impacts our communities and our professional lives, and as leaders, we have a responsibility to act."* That's why we've included not only statistics and data (sidebar, "Intimate Partner Violence" on page 7) but also information on resources and advocacy efforts each chapter can implement (see Patricia Hendrickson's article, "Domestic abuse and violence: A scourge on relationships and society," on the next page).

Two more resources include a special pull-out section that starts on page 11. This guide has helpful ideas on how to create a personal safety plan; how to handle violent situations; how to protect children and pets; and both hotline phone numbers and links to websites (with QR codes). Starting on page 20 we've provided the "NYS Domestic Violence Programs Listing by County." It includes private, nonprofit, nongovernmental organizations and programs in New York State that have a primary purpose of providing immediate shelter and supportive services to adult and youth victims of family violence, domestic violence, or dating violence, and their dependents. It lists resources available to LGBTQ+ individuals as well.

Rather than feeling helpless in face of these terrible situations, our article on page 8, "Ways YOU can help a victim/survivor of domestic violence," offers proactive ideas about where, when, and how to start helping a survivor of domestic violence.

As members of New York State Women, Inc., *TOGETHER*, we can make a difference. 🍷



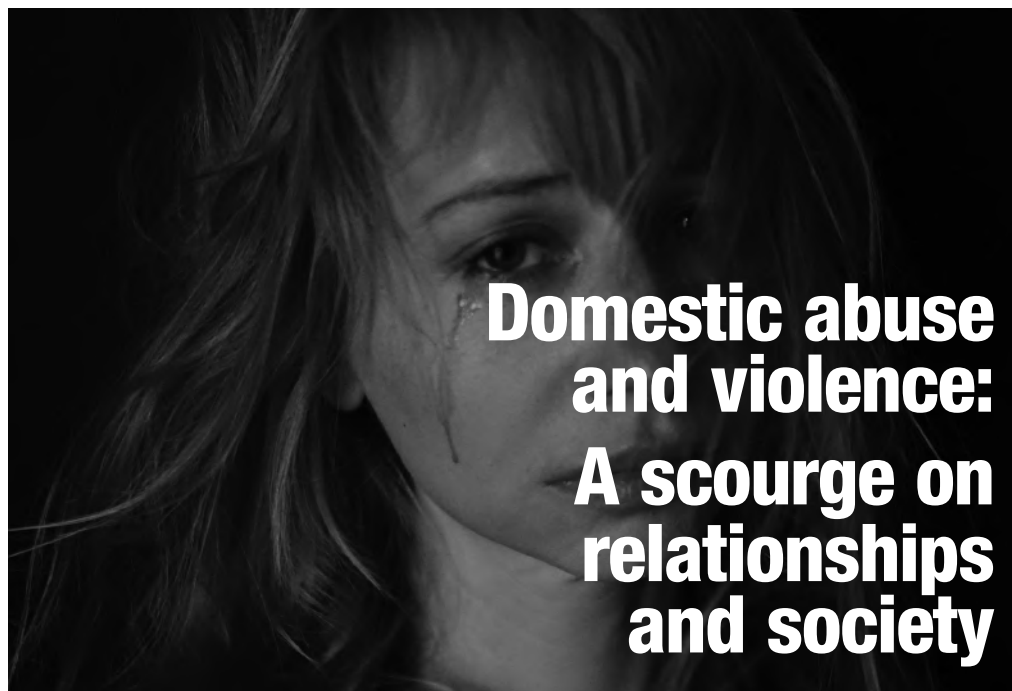
Image © Tara Bazilian Chang

**-Joyce DeLong**

[And – while the majority of this *NIKE* is devoted to a tragic issue – we still want to celebrate the strong, impactful women in our lives. NYS Career Development Opportunities, Inc. (CDO) is awarding named grants to deserving women (see page 16) and we've included the amazing 2025 CDO HERSTORY honorees on page 17. Thank you to Ramona Gallagher and Linda Przepasniak for these inspiring articles!]

**DECEMBER 2025 ISSUE DEADLINE: OCTOBER 15, 2025.** Add *NIKE* in your email subject line and send to the attention of Joyce DeLong, *NIKE* editor (joycedelong55@yahoo.com) or Katharine Smith, associate editor (ksmith@whiterabbitdesign.com) at PR@NYSWomeninc.org. Previously published material must be accompanied by a letter from the publisher with permission to republish and credit line to be included with the article.

## Feature: Domestic Abuse and Violence



by Patricia M. Hendrickson  
Past State President, NYS Women, Inc.

*How are you being treated in your current relationships? Do you sometimes feel scared of how your partner will act? Do you make excuses to others for your partner's behavior? Do you believe that you can help your partner change if only you changed something about yourself? Do you try not to do anything that would cause conflict or make your partner angry? Do you always do what your partner wants you to instead of what you want to do? Do you stay with your partner because you are afraid of what your partner would do if you broke up?*

These questions along with a checklist of specific abusive behaviors are provided by the National Coalition Against Domestic Violence.

Let's look at the details as I try to offer insight into this scourge that impacts our families, friends, communities and economies.

Domestic violence (DV) is about one person getting and keeping power and control over another person in an intimate relationship. Behaviors may be physical violence, coercion, threats, intimidation, isolation and emotional, sexual or economic abuse to control and change the behavior of the other partner.

Victims of domestic violence may be women, men, children, pets, elderly, disabled, heterosexuals, homosexuals, military, all religions, all professionals,

educated and uneducated.

Abusers may be men, women, spouse, ex-spouse, stepparent, teens, children, alcoholics, substance abusers, those who may have been abused as children, and those who are mentally unstable or have a personality disorder and are prone to being abusive or violent. DV can occur in private, in public places, homes, residential facilities, hospitals and nursing homes.

It occurs at least every 9 seconds in America and should not be confused with random violent crimes.

DV occurs because of alcohol, drug/substance abuse, weapons, physical force, rape, sexual abuse or sodomy.

The reasons that it occurs include: a history of being abused, being a young witness to DV and assuming that role to be acceptable, emotional instability, the need to control another, anger, the need to belittle or demean another, neuro-chemical malfunctioning, the influence of alcohol and/or substance abuse, socio-economic pressures, depression, blame sexual inadequacy, cultural influences and religious beliefs.

DV impacts children (born and unborn), parents, spouse, significant other, grandparents, stepparents, in-laws, siblings, pets, co-workers, employers, friends, neighbors, innocent bystanders, law enforcement, state and local governments, economies and educational entities.

The results of DV can include: suicide or homicide of the victim and/or the abuser, death, prison, disfigurement, hospitalization, homelessness, poverty, mental illness, phobias, disabilities, loss of children, childhood bullying, need for social welfare/public assistance, shelter, and relocation, as well as the need for job training, child care, transportation, and on-going psychological counseling for adult victim and children. Victims also develop a fear of engaging in new relationships, especially those who have been sexually abused.

The needs of the victim may be job training, child care, on-going psychological counseling for the victim

*Continued on page 6*

and children to address self-image and self-worth, safe relocation, order of protection, and transportation, either by using community resources, getting driver's education, purchasing a vehicle and auto insurance.

Have I impressed you and depressed you with this information? Are you or someone you know being victimized by an abuser? Data from 2022 reveals a total of reported and confirmed DV cases in New York State as 88,822, with NYC stated as 39,224, leaving a balance of 49,598 for the rest of the state. Sadly, not all cases are reported for several reasons: fear, secrecy, continuation, escalation and perpetuation.

Victims need to be courageous, have the support of those who care, and be able to honestly come to grips with the fact that this circumstance is not normal or acceptable. They need to be encouraged or assisted to take action to change their lives.

As you can see, domestic abuse/violence is an extremely complex and complicated issue. Its reduction or eradication is the responsibility of many. Child abuse of any type is unacceptable and needs to be reported and addressed by schools and community offices. It is the same with child trafficking.

#### **What can you do?**

Educate yourself by researching DV prevention.

Learn which departments in your community are responsible for addressing DV, such as law enforcement departments, Department of Social Services who have adult protective and child protective programs, family court, attorneys who will defend victims and prosecute abusers, and the availability of shelter services and support programs. Without these supports, the victims will generally go back to the abusive situation and experience worse abuse.

The Prevention Act was enacted in 1987 to support services for victims and their children. The law requires counties to provide shelter and services to victims of DV and established mainstream funding mechanisms for these programs.

A hard fact, known by many law enforcement officers who are often called to reports of DV, often bringing significant harm to themselves, orders of protection are often not worth the paper they are written on. A committed abuser will find a way to reach the victim who has taken away their power and control and think nothing of injuring or killing law enforcement who try to stop them. They may be angered by the loss of contact with their children and use them as pawns in their effort to get the victim to return to them. The victim or custodial parent may feel sorry for the children and desire them to regain contact with the abusive parent.



Likewise, charging the abuser with financial support for the victim may also cause significant anger and prompt them to take drastic measure against the victim.

Most abusers are not able to be rehabilitated before becoming more abusive, possibly to the extreme. They can be very manipulative. A soft approach by the courts could further endanger the victim and children. We often read about situations impacting families with devastating results. Incarceration provides a temporary reprieve for the victim but is not a long-term solution for victims. A determined and violent abuser will not be deterred from doing harm to a former victim or a new victim.

We must assist our community members to break the cycle of domestic abuse and violence. Start by hosting a forum to enhance the awareness of NYS Women, Inc. chapter or region members to the issues surrounding DV. Invite local community department representatives to inform attendees of their programs and supports for victims. The victim can be a survivor but needs the means and support to not return the abusive situation.

#### **We need to remember:**

Children learn what they live and, then live what they've learned!!! Hence, the cycle begins again and creates more victims.

#### **Professional Women of Sullivan County forum addressing state and local issues surrounding DV**


As a past president of NYS Women, Inc. (2012), I made DV a focus of my presidency. As a member of Professional Women of Sullivan County, I worked with fellow member, Sabina Toomey, co-chair of our advocacy committee, to hold our first forum to address

the state and local issues surrounding DV. Forum dignitaries included our state senator, state assemblywoman, county district attorney, commissioner of health and human services, county family court judge, and the CEO and COO of Fearless, a shelter program service victims from our county. We also invited our county sheriff and county legislative chairperson.

We encouraged discussions with questions. The participants engaged in discussions about available services, expressed their differing approaches to DV, and identified the need for additional services, as well as economic limitations impacting the provision of services. This was a service to our members, guests and the dignitaries.

**For more information about our forum on DV, please contact me at: [patron29@verizon.net](mailto:patron29@verizon.net).**

As a New York State woman, you can inspire others to find courage and take action to change their life or the life of another. You are "... empower(ed) to use... (your) voice to create positive change."

Thank you for anything you can do to bring awareness the scourge of domestic abuse and violence and for any help you can offer to someone who is being victimized. While we can't save everyone, one person saved can allow their life to take on new meaning. 

#### **The following resources can help with information:**

- Prevention of Domestic Violence, 80 S. Swan St., Albany, NY (518-457-5800)
- NYS Coalition Against Domestic Violence, 119 Washington Ave., Albany, NY (518-482-5465)

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## **Sidebar**

# **Intimate Partner Violence**

[Source: Centers for Disease Control and Prevention website at [www.cdc.gov/intimate-partner-violence/about/index.html](http://www.cdc.gov/intimate-partner-violence/about/index.html)]

***Intimate partner violence is a significant public health issue. Intimate partner violence has a profound impact on lifelong health, opportunity, and well-being.***

#### **What is intimate partner violence?**

Intimate partner violence is abuse or aggression that occurs in a romantic relationship. Intimate partner refers to both current and former spouses and dating partners.

Intimate partner violence can vary in how often it happens and how severe it is. It can range from one episode of violence to chronic and severe episodes over multiple years.

Intimate partner violence can include any of the following types of behavior:

- **Physical violence** is when a person hurts or tries to hurt a partner by using physical force.
- **Sexual violence** is forcing or attempting to force a partner to take part in a sex act, sexual touching, or a non-physical sexual event (e.g., sexting) when the partner does not or cannot consent.
- **Stalking** is a pattern of repeated, unwanted attention and contact by a partner that causes fear or concern for

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## Feature: Domestic Abuse and Violence

### Ways YOU can help a victim/survivor of domestic violence

[Source: [www.domesticshelters.org/articles/ending-domestic-violence/8-ways-to-help-a-victim-of-domestic-violence](http://www.domesticshelters.org/articles/ending-domestic-violence/8-ways-to-help-a-victim-of-domestic-violence)]



**Knowing how to help victims of domestic violence can be an important step in preventing and stopping abuse. Here are five telltale warning signs to look out for:**

1. Physical signs of injury, such as burns, bruises, or cuts.
2. Threats of violence or harm to the victim or their loved ones.
3. Emotional signs such as depression, fear, and anxiety.
4. Extreme jealousy or possessiveness, to the point of isolating a spouse from friends or family members.
5. Controlling behaviors, such as monitoring emails, social media, phone calls, or deciding who the spouse can associate with.

If you suspect that someone you know is experiencing domestic violence, try your best to reach out and offer support. You can help them find resources for assistance. Domestic violence is never the victim's fault, and everyone deserves to live in a healthy and safe environment.

Not sure where to start when you learn someone you care about is experiencing domestic abuse? Keep reading.

Maybe a friend, coworker or loved one has told you they are experiencing domestic violence. Or you see signs of abuse in their relationship, even if they haven't confided in you. You may not know what to say or how to help a victim of domestic violence. That's okay. Domestic violence is a difficult subject to broach for both victims and those who care for victims. But reaching out to someone experiencing domestic violence (also known as intimate partner violence or IPV) can act as a lifeline to someone suffering, who may feel alone, embarrassed, ashamed or frightened. Sincere, compassionate support is a crucial element to helping victims escape violence and work on building a better life. Your care can make a huge difference.

Here are some ideas about where and how to start helping a victim of domestic violence.

#### **Resist the urge to say "leave."**

Your first thought may be to tell them to leave. After all, wouldn't this be the obvious solution? While your

heart is in the right place, telling them what to do isn't the best way to help a victim of domestic abuse, especially one who's likely been told what to do by an abuser for a lengthy period of time. Leaving is often the most dangerous time for a survivor and it's rarely as simple of a decision as it seems. Only the survivor knows when it's safest to go. Your friend is dealing with a challenging, possibly life-threatening situation, and your support, love and understanding are essential. It's important they feel empowered to make that choice when they're ready.

#### **Believe domestic violence survivors.**

If they've told you about the abuse, make sure to communicate that you believe them and you take the abuse seriously. You can say things like "You don't deserve this," "This is not your fault," and "I believe you." When it comes to how to help people experiencing abuse, your support can help them rebuild self-esteem and confidence. Your friend may say or do things you disagree with but listen unconditionally and nonjudgmentally. Let them make their own decisions –



there may be things about their life they aren't sharing with you that factor into what they feel capable of or safe doing.

Your friend may also be unsure if what they're dealing with is abuse. Certain abusive tactics don't always look like how we expect domestic violence to present. Coercive control, psychological abuse, financial control, sexual coercion, sleep deprivation and others can be confusing at first. Check out "Am I Being Abused?" for more and if it's safe to do so, share this article with your friend

### **Connect survivors with domestic violence experts and support.**

There are people and organizations out there who specialize in helping people like your friend. You can enter your friend's ZIP code here to find local domestic violence advocates or shelters that can offer support. It might also be helpful for your friend to connect with counseling or mental health services so they can process their experience. You can research local providers and find someone with availability for them.

You may also want to recommend reading materials and resources. We've compiled a list of books that cover topics ranging from child custody to coercive control to sexual assault. These domestic violence podcasts may also help your friend understand what is happening and feel they aren't alone in their struggles. [[domesticshelters.org/articles/ending-domestic-violence/8-ways-to-help-a-victim-of-domestic-violence](https://domesticshelters.org/articles/ending-domestic-violence/8-ways-to-help-a-victim-of-domestic-violence)]

### **Help victims get ready to escape abuse.**

The decision to leave a relationship isn't easy. Your friend may still love and care for their partner, even though they want the abuse to stop. And, as we stated earlier, leaving can be the most dangerous time for a domestic violence survivor.

You can help a victim of domestic violence be prepared to leave when they feel the time is right. Help your friend create a safety plan and put together a safety bag full of the essentials they'll need when they leave.

Offer to keep the safety bag for them if they are afraid their partner might find it.

Set up a code word/phrase or signal they can use with you to confidentially let you know they're in danger. For example, you could agree that if your friend calls or texts and asks to borrow your bicycle, that's a sign that they need help. You could also use a physical signal, such as a light they can leave on if you live nearby, or an object such as a photo that's visible in a video chat. If your friend signals that they need help, try asking "yes" or "no" questions to follow up since their partner may be monitoring them.

### **Take care of some details and logistics.**

Leaving a relationship is challenging even if people are parting amicably. Add abuse into the mix, and complications multiply. You can offer plans and options to help your friend escape when they are ready.

Your friend may be cut off from transportation. Ask if you can drive them to work or appointments or if they need rides for their children. Or offer to pay for taxis, Uber or Lyft.

Survivors don't always have a safe place for their pets to stay when they leave, and they may not want their pets to be with the abuser. You can help by offering to care for pets during the transition time.

While shelters typically allow survivors and their children to stay for up to 90 days, your friend may need your help with childcare if they aren't staying in a shelter or need medical care, or need to meet with a lawyer or look for permanent housing. Giving their children a safe and welcoming place to stay can alleviate a lot of their stress.

If it's feasible, you can invite your friend to stay with you if they need a safe place. Of course, you might not have the space, or you may fear that your friend's partner might come looking there. You can also help your friend find a domestic violence shelter or another safe haven.

### **Assist an abuse survivor financially.**

It's common for people facing domestic violence to be cut off from sources of income. Their partner may have prevented them from working and may block them from accessing bank accounts. And survivors may not want to use credit cards after they leave for fear of their partner tracking them down.

If you have the means, offer to give your friend money and/or provide a job opportunity. It can feel impossible for your friend to consider leaving without financial support. The Compensation Compass is a tool they may also want to check out. It connects survivors with funds that may be owed to them after abuse.

*Continued on page 15*



## Sidebar: Intimate Partner Violence

*Continued from page 7*

one's own safety or the safety of someone close to the victim.

- **Psychological aggression** is the use of verbal and non-verbal communication with the intent to harm a partner mentally or emotionally or to exert control over a partner.

While violence impacts all people, some individuals and communities experience inequities in risk for violence due to the social and structural conditions in which they live, work, and play. Youth from groups that have been marginalized are at greater risk of experiencing sexual and physical dating violence.

### Outcomes

Intimate partner violence can result in injuries and even death. Data from U.S. crime reports suggest that about one in five homicide victims are killed by an intimate partner. The reports also found that over half of female homicide victims are killed by a current or former male intimate partner.

Many other negative health outcomes are associated with intimate partner violence. These include conditions affecting the heart, muscles and bones, and digestive, reproductive, and nervous systems, many of which are chronic.

Survivors can experience mental health problems such as depression and post-traumatic stress disorder symptoms. They are at higher risk for engaging in behaviors such as smoking,

binge drinking, and risky sexual activity. People from groups that have been marginalized, such as people from racial and ethnic minority groups, are at higher risk for worse consequences.

### Quick facts and stats

**Intimate partner violence is common.** It affects millions of people in the U.S. each year. Data from CDC's National Intimate Partner and Sexual Violence Survey (NISVS) indicate:

- About 41% of women and 26% of men experienced contact sexual violence, physical violence, or stalking by an intimate partner during their lifetime and reported a related impact.

- Over 61 million women and 53 million men have experienced psychological aggression by an intimate partner in their lifetime.

- Intimate partner violence starts early and continues throughout people's lives. When intimate partner violence occurs in adolescence, it is called teen dating violence. About 16 million women and 11 million men who reported experiencing intimate partner violence in their lifetime said that they first experienced it before age 18.

- In New York State, data from 2022 shows a total of reported and confirmed domestic violence cases as 88,822, of which 39,224 cases were in New York City, leaving a balance of 49,598 in the rest of the state.

Although the personal consequences of intimate partner violence are devastating, there are also many costs to society. The lifetime economic cost associated with medical services for intimate partner violence-related injuries, lost productivity from paid work, criminal justice and other costs, is \$3.6 trillion. The cost of intimate partner violence over a victim's lifetime was \$103,767 for women and \$23,414 for men.

### Prevention

Intimate partner violence can be prevented. Certain factors may increase or decrease the risk of perpetrating or experiencing intimate partner violence.

Preventing intimate partner violence requires understanding and addressing the factors that put people at risk for or protect them from violence.

Promoting healthy, respectful, and nonviolent relationships and communities can help reduce the occurrence of intimate partner violence. It also can prevent the harmful and long-lasting effects of intimate partner violence on individuals, families, and communities.

# Pregnancy is the second most dangerous time in an abusive relationship.

# Domestic Abuse and Violence Pull-Out Resource Guide



**Online link for National Center on Domestic and Sexual Violence**

## New York State and National Domestic Violence Hotline Numbers

- New York State Domestic Violence 24 Hour Hotline (English & español/Multi-language accessibility): 1-800-942-6906 or 711 for Deaf or Hard of Hearing
- New York State Chat/Text hotline: Text at 844-997-2121 / Chat: <https://opdv.ny.gov/chat.html>
- National Domestic Violence 24 Hour Hotline 1-800-799-7233 or 1-800-787-3224 (TTY)
- National Deaf Hotline Videophone 9am-5pm M-F 1-855-812-1001 or [deafhelp@thehotline.org](mailto:deafhelp@thehotline.org)

## Create Your Personal Safety Plan

[Source: [www.thehotline.org/plan-for-safety/create-your-personal-safety-plan/](http://www.thehotline.org/plan-for-safety/create-your-personal-safety-plan/)]

A safety plan is a personalized, practical plan to improve your safety while experiencing abuse, preparing to leave an abusive situation, or after you leave. Follow the steps below to create your personal safety plan.

### What is a safety plan? Start your path to a safer place.

A safety plan is a personalized, practical plan to improve your safety while experiencing abuse, preparing to leave an abusive situation, or after you leave. This plan includes vital information tailored to your unique situation and will help you prepare for and respond to different scenarios, including telling your friends and family about your situation, coping with emotions, and various resources suited to your individual circumstances.

Some of the preparations for a safety plan might seem obvious, but it can be hard to think clearly or make logical decisions during moments of crisis. Having a safety plan laid out in advance can help you protect yourself and others in high-stress situations.

Our safety planning resources outline important information to keep in mind while creating a safety plan. It may be useful for survivors, friends, family members, or others — anyone concerned about their safety or the safety of someone else.

### Safety planning while living with an abusive partner

Living with an abusive partner can make it especially hard to identify or create opportunities to leave. Because you can't leave as easily, safety planning while living with an abusive partner is even more important.

Here are some important steps for safety planning while living with an abusive partner:

**Identify your partner's use and level of force** so you can assess the risk of physical danger to yourself and others before it occurs.

**Identify safe areas in your residence** with pathways to

exit, away from any weapons. If arguments occur, try to move to those areas before they escalate.

If safe, **have a phone accessible at all times and know what numbers to call for help.** This can include friends or family, The Hotline at 800.799.SAFE (7233), and your local shelter. Know where the nearest public phone is located.

**Create several plausible reasons for leaving the house** at different times of the day or night. Examples include needing multiple trips to the grocery store, spending time with friends, or staying at work longer. Find unnecessary errands to complete.

If possible, **practice how to get out safely**, including with others who may be living in the residence.

**Document the abusive behaviors of your partner** to help you build a case and plan for what to do if your partner finds out.

**If possible, keep weapons like guns and knives locked away** and stored as inaccessibly as possible. If you are concerned about your safety, please reach out to an Advocate.

**Be mindful of how clothing or jewelry could be used to physically harm you.** For example, if your partner has put their hands around your neck, avoid wearing scarves or jewelry that can be used to harm you.

**Back your car into your driveway when you park at home and keep it fueled.** If possible, keep the driver's door unlocked with the rest of the doors locked to allow for quick access to the vehicle.

**If violence is unavoidable, make yourself as physically small as possible.** Move to a corner and curl into a ball with your face protected

*See next page*

and arms around each side of your head, fingers entwined.

**How others can help with a safety plan:**

- **Let trusted friends and neighbors know about your situation.** Develop a plan and visual signal for when you might need their help. Give them clear instructions on who you do or do not want them to contact in moments of crisis, including law enforcement.

- **Talk to others living in the residence about how to get help, including children or roommates.** Instruct them not to get involved in the violence between you and your partner. Work with them to establish a mutual signal for when they should get help or leave the house.

**Safety planning with children**

If you have children, be sure your safety plan includes ways to keep them safe when violence occurs and important details to remember while preparing to leave and after.

**Physical safety at home with children**

- Teach your children when, how, and who to contact during an emergency.
- This can include trusted friends, family members, neighbors, local service providers, and more.
- If possible, instruct them to leave the home when situations begin to escalate and establish where they can go. Create a plan ahead of time with trusted people who your children can turn to during a moment of crisis.
- Come up with a code word for when to leave the house in an emergency and make sure they know not to tell others what the secret word means.
- Identify a room in the house that they can go to when they're afraid, and something calming they can focus on for comfort.
- Instruct them to stay out of areas containing items that could be used to harm them, including kitchens and bathrooms.
- Teach them that they shouldn't try to intervene in moments of violence, even though they may want to protect their parents.
- Plan for what you will do if your children tell your partner of your plan, and remember never to blame them for their responses to your partner's abusive behavior

**Planning for unsupervised visits**

- Create a separate safety plan for situations in which your children may spend unsupervised time with your abusive partner.
- If your children are old enough, brainstorm **with** them to come up with ways that they can stay safe using the same model as you would for your own home. Help them identify where they can get to a phone, who they can contact, how they can leave the house, and where they can go.
- If possible, give your children a cell phone to be used in emergency situations.

**Planning for safe custody exchanges**

Avoid exchanging custody at your home or your partner's home. Meet in a safe, public place like a restaurant, store, or other area with visibility.

- Bring a trusted friend or family member with you to make custody exchanges, or have them make the exchange on your

behalf.

- Find ways to schedule custody exchanges without interacting with your partner. One way of doing this is to arrange for your partner to pick your children up from school at the end of the day after you drop them off in the morning, or vice versa, to eliminate the chances of seeing each other.

- Emotional safety plan for yourself and your children. Figure out something to do before the exchange to calm any nerves you might be feeling, and something to focus on afterwards for yourself or your children, like going to a park or doing a fun activity.

**Safety planning with pets**

It's normal to be concerned about what will happen to your pets if you leave. If you're creating a safety plan to leave an abusive relationship, safety planning for your pets is essential to ensure all your loved ones have a path to safety.

- Take steps to prove ownership of your pet. Have them vaccinated and licensed in the place where you live, making sure the registrations are done in your name. Take steps to have them changed if necessary.
- If possible, avoid leaving pets alone with an abusive partner.
- If your pet is microchipped, make sure your abusive partner is not listed as a contact.
- If you're planning to leave, talk to friends, family, or your veterinarian about temporary care for your pet if necessary. If that's not an option, search for services that assist domestic violence survivors with safekeeping for their pets, or contact your local domestic violence shelter or animal shelter directly. For help finding an animal shelter, visit the Humane Society website ([http://www.humanesociety.org/animal\\_community/resources/tips/find\\_local\\_animal\\_shelter.html](http://www.humanesociety.org/animal_community/resources/tips/find_local_animal_shelter.html)).
- If you decide to leave, bring extra provisions for your pets including food and medications, copies of their medical records, and important phone numbers.
- If you're thinking about getting a protective order, find out if your state allows pets to be included in such orders.
- After leaving, consider changing veterinarians and avoid leaving pets outside alone to ensure their long-term safety.
- If you've had to leave your pet behind with an abusive partner, consider seeking assistance from local services like animal control to see if they can intervene.

**The Animal Welfare Institute offers tips for safety planning with pets** as well as state-by-state resources for pet-friendly shelters through the Safe Havens Mapping Project ([www.safehavensforpets.org/](http://www.safehavensforpets.org/)).



**Online link for the “Create Your Personal Safety Plan”**

# Safety Planning During Your Pregnancy

*[Source: [www.thehotline.org/resources/safety-planning-during-pregnancy/](http://www.thehotline.org/resources/safety-planning-during-pregnancy/)]*

Pregnancy is a period of change marked by extreme emotions, both positive and negative, that often comes with an added need for support from those around you. It's natural to depend on emotional support from a partner during this time, as well as financial assistance if necessary, to help prepare for the baby and more. If your partner is emotionally or physically abusive, these months of transition can be particularly difficult and dangerous. Abuse can begin or escalate during pregnancy, making it all the more essential to create a plan for safety.

**Seeking help while pregnant**

Doctor's visits can be an opportunity to discuss your situation. If you've decided to leave your relationship, a health care provider can become an active participant in your plan to leave.

- If your partner goes to doctor's appointments with you, try to find a moment when they're out of the room to ask your care provider (or even the front desk receptionist) to help you by providing an excuse for them to talk to you one-on-one.
- If you can't call a domestic violence hotline at home (perhaps you or your phone is constantly being monitored by the abuser) schedule a doctor's appointment at a time when the abuser can't attend (they're working or out of town). A survivor may try to sneak away to an appointment, but be aware that many abusers track their victims using smartphones or other devices.
- Ask your doctor if you can contact your local domestic violence organization from their office. Create a safety plan for leaving. Remember, only you knows when it's safest to leave. Survivors face an increased risk of danger when the abuser feels like they're losing control, so having a plan in place is vital.

- If possible, find a prenatal class that limits its attendance to those giving birth. This can be a comfortable atmosphere for discussing pregnancy concerns or allow you to speak to the class instructor one-on-one.
- Think of a place you can go where the abuser won't be able to locate you – a relative the abuser hasn't met before, a coworker's house or a domestic violence shelter.
- There's always a heightened risk during violent situations when you're pregnant. If you live in a home with stairs, try to spend your time on the first floor to avoid potential harm. If violence becomes unavoidable and you're unable to escape, assuming the fetal position and covering your stomach with your arms can help protect you and your pregnancy.

# Items to take when leaving.

When women leave battering partners it is important to take certain items. Beyond this, women sometimes give an extra copy of papers and an extra set of clothing to a friend just in case they have to leave quickly.

Money: Even if I never worked, I can take money from jointly held savings and checking accounts. If I do not take this money, he / she can legally take the money and close the accounts.

Items are best placed in one location, so that if we have to leave in a hurry, I can grab them quickly. When I leave, I should take:

- Identification for myself
- My birth certificate
- School and vaccination records
- Checkbook, ATM card
- Keys – house, car, office
- Medications
- Children's birth certificates
- Social Security cards
- Money
- Credit cards
- Driver's license and registration
- Copy of protection order
- Passport(s), divorce papers
- Medical records – for all family members
- Lease/rental agreement, house deed, mortgage payment book
- Bank books, insurance papers
- Welfare identification, work permits, green cards
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

- Address book
- Pictures, jewelry
- Children's favorite toys and / or
- blankets
- Items of special sentimental value

**Telephone numbers I need to know:**

Police / sheriff's department (local) – 911 or \_\_\_\_\_

Police / sheriff's department (work) \_\_\_\_\_

Police / sheriff's department (school) \_\_\_\_\_

Prosecutor's office \_\_\_\_\_

Battered women's program (local) \_\_\_\_\_

National Domestic Violence Hotline:

800-799-SAFE (7233) 800-787-3224 (TTY) [www.thehotline.org](http://www.thehotline.org)

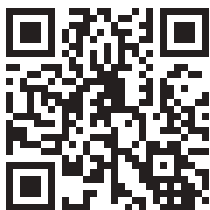
County registry of protection orders \_\_\_\_\_

State registry of protection orders \_\_\_\_\_

Work number \_\_\_\_\_

Supervisor's home number \_\_\_\_\_





# The Survivors Guide

[Source: Information on recognizing all forms of abuse, accessing counseling, legal aid, and other resources, and finding inspiration to light the path toward a brighter future. Online at: [www.nomore.org/survivors-guide/](http://www.nomore.org/survivors-guide/)]

**Online link for “Guide for Survivors of Abuse”**

## If you're dating and concerned about your relationship.

### Is your partner jealous?

Jealousy, a complex emotion, often intertwines with notions of commitment and devotion, making it challenging to decipher. Society may teach us that jealousy is a sign of genuine interest, complicating our understanding. To help untangle this web of emotions, consider a simple test:

1. Are you pressured to alter your behavior, friendships, job, or interests to appease the jealousy?
2. Are they demanding explanations, checking your phone, insisting on constant updates, displaying anger, sulking, or avoiding social situations?
3. Do they justify their jealous behavior by claiming it's for your safety?
4. Do their actions leave you feeling unsafe or controlled?

### Do they dismiss your thoughts and feelings?

We're not all great communicators, and some of us may run from challenging conversations, but if you find your thoughts, feelings, and opinions being routinely dismissed or undermined, this could be a sign of concern.

### Do you feel that things are moving too quickly?

Feeling that things are moving too quickly can be a cause for concern. Assess your comfort level with the questions being asked, the frequency of interactions, and whether it allows you space for maintaining connections with friends, family, and personal interests.

### Are you talking about money?

Pay attention to financial exchanges. If your partner offers money or requests financial assistance, be cautious. Financial abuse can manifest subtly, seemingly in your favor but may have underlying control dynamics.

## Quick relationship health check.

(You should be able to say “YES” to all the following points.)

- ☐ Both of you have equal input into making decisions
- ☐ If you have a difference of opinion, you agree to disagree (you're not bullied into agreeing)
- ☐ You both support each other's interests, goals, ambitions and careers
- ☐ Neither of you feels pressured about giving or lending the other money
- ☐ You both put an equal amount into making the other feel loved and cared about
- ☐ You are honest with each other
- ☐ You show each other respect
- ☐ You both also enjoy spending time apart
- ☐ You are both comfortable saying “no” to things you don't want to do
- ☐ You both feel physically safe and don't feel forced to have sex or do things that make you feel awkward or embarrassed.

**If you answer “NO” to any of the above, step back. Your relationship may be moving into unhealthy territory.**

## NYS Domestic Violence Programs Listing by County



**Online link for “NYS Domestic Violence Programs by County”**

### QR Code is an online listing of New York State Domestic Violence Programs by County

Residential services include domestic violence shelter, safe homes and safe dwellings. Non-residential services include telephone hotline assistance, information, referral, counseling, advocacy, community education and outreach services.

### New York State and National Domestic Violence Hotline Numbers

- New York State Domestic Violence 24 Hour Hotline (English & español/Multi-language accessibility): 1-800-942-6906 or 711 for Deaf or Hard of Hearing
- New York State Chat/Text hotline: Text at 844-997-2121 / Chat: <https://opdv.ny.gov/chat.html>
- National Domestic Violence 24 Hour Hotline 1-800-799-7233 or 1-800-787-3224 (TTY)
- National Deaf Hotline Videophone 9am-5pm M-F 1-855-812-1001 or [deafhelp@thehotline.org](mailto:deafhelp@thehotline.org)

This resource guide provided by:

## Staten Island – Region 2

- submitted by Rosemarie Dressler,

### The Staten Island Chapter of NYS Women, Inc. honors the “finest” at 2025 Women of Distinction ceremony

The Staten Island Chapter proudly hosted its 2025 Women of Distinction ceremony and breakfast at the Hilton Garden Inn, where community leaders, family members, and local officials gathered to honor a group of exceptional women whose leadership and service have made a lasting impact on Staten Island.

This year’s honorees were recognized for their achievements across a wide range of fields including health care, education, business, public service, and the arts. The annual event, a signature celebration for the Staten Island Chapter, highlighted the strength, resilience, and generosity of women whose work continues to uplift the borough.



“The common threads among these honorees are courage, strength, beauty, grit, and gratitude,” said **Diane Malagrecia**, chapter president. “Each honoree shared a glimpse into the journey that brought her to where she is today – successful, thankful, and resilient. We are grateful to them for what they give back to our community.”

Among the 2025 Women of Distinction were **Dr. Suzy Bibawy**, medical director of Outpatient Care at Richmond University Medical Center; **Kimberly Carbonaro**, executive director of Crossroads Foundation; **Doreen Cugno** and **Lorraine Sorrentino**, co-founders of the St. George Theatre; **Claudette Hill, RN**, director of operations for Community Health at Staten Island University Hospital; **Edwina Frances Martin, Esq.**,

commissioner and public administrator for Richmond County; **Toni Freda**, founder of Seed and Rooted Wellness, LLC; **Teresa Rampulla**, CEO of She Media NY, LLC; **Fran Reali**, co-owner of Safari Realty and founder of Protecting One Heart at a Time; **Dr. Jessie Saverimuttu**, chief of quality improvement in the Department of Medicine and clinical chair of the Infection Control Committee at Richmond University Medical Center; and **Meagan Sills**, vice president and deputy hospital president at Staten Island University Hospital.

As each woman was introduced, guests learned about their professional accomplishments and the personal stories that shaped their paths. Their work, both visible and behind the scenes, exemplifies the mission of NYS Women, Inc. – to empower, advocate for, and support women in all stages of their professional and personal lives.

Photos, left to right: 2025 Women of Distinction honorees; event co-chairs; honorees with co-chairs.

“Our honorees today are the finest,” said **Maria Peterson**, who co-chaired the event alongside **Barbara Strype**. “They make our world a better place,” Strype added, echoing the sentiments shared by many in attendance.

The Staten Island Chapter continues its commitment to elevating the voices of women, providing resources, education, networking, and advocacy on issues that matter most to working women – from workplace equality and financial planning to health care and domestic violence prevention. Events like the Women of Distinction ceremony serve not only to recognize individual achievements but also to inspire a broader movement of leadership and service within the community.

## Ways YOU can help a victim/survivor of domestic violence *Continued from page 11*

### Link domestic violence survivors with legal support.

Leaving a relationship can mean getting divorced and working out custody agreements, so your friend may need legal aid. You can help them get a protection order and connect them with an attorney or legal aid office. If you can afford it, help pay for legal services.

You can also accompany them to meetings with their lawyer and to court hearings and proceedings. And you can serve as a witness if you have information to share that could help your friend’s case.

### Try to be there for victim/survivors, no matter what.

Ask your friend what you can do to help and remember that what they ask for might not be what you think they need. Your friend may make decisions you disagree with as they decide if, when and how to leave their partner. Support them anyway.

And be sure to keep caring for your friend after they leave. The path to recovery can be long and slow. Having you by their side can make it a little bit easier. 🐾

# New York State Women, Inc.

## “Named Grants” awarded by NYS Career Development Opportunities, Inc.

submitted by Ramona Gallagher, NYSCDO, Inc. grant committee



In January 2025, the NYS Career Development Opportunities, Inc. Grant Program selected three New York State women, **Abigail Webster**, **Laylee Tayefeh**, and **Asiya Mambo**, to receive named grants in the amount \$735 each to recognize their commitment to pursuing educational goals to enhance their livelihoods. The concept of named grants is new to NYS Career Development Opportunities, Inc. (NYSCDO, Inc.) and was spearheaded by CDO President **Helen Rico** and **Linda Przepasniak**, a past CDO president. This offers an opportunity for a donor or donors to establish a monetary grant specifically named in honor of, or in memory of, an individual. A minimum donation of \$250 is required to sponsor such a grant; there is no maximum.

Helen Rico said “I am so grateful to our members who spread the word about this new opportunity. Such donations are important as we aspire to enable women to continue to enhance their skills and training to pursue their occupational opportunities, in whatever field they choose. Further, the NYSCDO, Inc. is thrilled to award these grants to the women highlighted here and wish them continued success and achievements in the years to come.”



**Asiya Mambo** received a grant in memory of **Susan Fayle**, a long-term active member of the Buffalo Niagara Chapter of NYS Women, Inc., and a past parliamentarian of the state organization.

**Asiya Mambo** was born in Burundi to parents originally from Congo. While farming wasn't part of her life in Burundi, she started experimenting with it in Congo and later in Mozambique.

When she arrived in the U.S. in 2005 as a refugee, she began gardening. It wasn't until Asiya joined Providence Farm Collective (PFC) that she started taking farming seriously. Initially, she wanted to grow fresh vegetables for her family and access African foods she missed. Her passion

for farming deepened after joining PFC's incubator farm program, where she discovered a calling to help others in her community gain access to fresh, culturally relevant foods through her farm business.

Asiya values the transparency and control farming provides, knowing exactly how her crops are grown and cared for. For her, PFC feels like a second home—a place where the team's patience and guidance have helped her grow both as a farmer and a business owner. Asiya is committed to growing her farm business and eventually launching onto farmland of her own.



**Laylee Tayefeh** received a grant in memory of **Lucille Argenzia**, a past president of NYS Women, Inc.

“My name is Laylee Tayefeh and I am a second year nursing major at Mohawk Valley Community College. I grew up in Westmoreland, NY and have remained in the area since then. Before college I worked in the food service industry, predominately as

a server and bartender. I enjoyed my time working in restaurants and loved interacting with a diverse range of people. In 2023, I decided to pursue my long-term dream of becoming a registered nurse. My aspiration to become a nurse was influenced by my mother, who has been a caring and devoted RN for the past 37 years. I always admired the unwavering compassion my mother has for other people and the deep-rooted desire she possesses to make a positive impact on this world. She is smart, kind, resilient and extends acts of kindness to individuals inside and outside of her career. She embodies the nurse I hope to become someday. As an adult, I share the same desires as my mother to make a meaningful difference within my community. I am excited to see what the future holds for me as I embark on my journey into the healthcare industry.”



**Abigail Webster** received a grant in memory of **Linda Provo**, a past president of NYS Women, Inc.

Abigail Webster works full time at Child Care Resource Network in Buffalo, NY as an education and training specialist, while also working part time as an awake overnight counselor at Transitional Services. She has a Bachelor of

*Continued on page 19*

## Celebrating women who have paved the way for others

submitted by Linda Przepasniak, NYSCDO, Inc.

There are women who consider themselves as ordinary, but to you and us, she is EXTRAORDINARY!

NYS Career Development Opportunities, Inc. (NYS CDO) is dedicated to honoring the achievements and contributions of women from all backgrounds, celebrating those who have paved the way for others.

Every day, women make a difference by being role models, teachers, or mentors – not seeking personal accolades but helping others because it is the right thing to do. She could be the mom who drove everyone because other parents were working, chaperoned school activities, or was simply there to listen.

**HERSTORY:**  
A term that  
highlights  
history from a  
female or  
feminist  
perspective.

The CDO HERSTORY Project began in March of 2025 to recognize special women who have made an impact on our lives. Donations made in honor of these women are earmarked for CDO leadership programs tailored to young women in our communities. 📖

New York State Career Development Opportunities, Inc. thanks those women who have participated in and donated to this year's project. It is the intent to make this an annual activity in celebration and commemoration of Women's History Month.

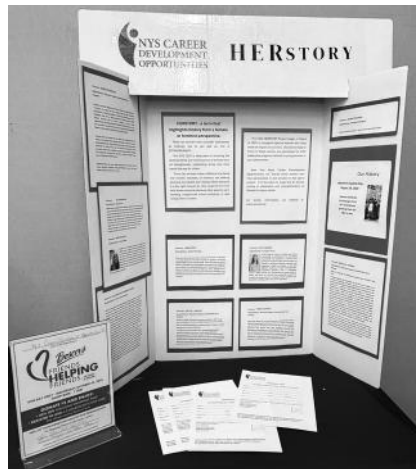
For more information, the CDO website is [www.nyscdo.org](http://www.nyscdo.org)

## 2025 CDO HERSTORY Honorees

### HELEN BATTISTA

*Submitted by: Helen Rico*

Helen was a single parent raising four children on a minimum wage salary. She didn't finish high school because she had to help her parents financially all her life. Helen never complained and always saw the good in others. She encouraged each of her children to get good grades, finish high school and college, and to be kind. We never knew we were poor. Somehow she made things work with what she had. She did without for herself always putting her children first. She was my Mom, a very special lady and a true HERO to all that knew her.



HERSTORY 2025 display recognizing special women shown at the NYS Women, Inc. annual conference.

closest to her dear friends who call themselves the "Red Hat Rejects" and her golf buddies known as the "Swingers."

Dorothy was best known for her quick wit, delightful sense of humor, and maintaining lifelong friendships. She had a way of letting people know they were important to her. She would send hundreds of cards every year to friends and family for every occasion. Each card included a personal, typewritten message. Her collection of frogs was second to none and brought many hours of joy and fond memories.

While Dorothy was never blessed with any [children] of her own, she had many honorary children and

grandchildren whom she loved dearly and who loved her in return.

### DOROTHY BEDFORD

*Submitted by: Maureen Fogarty, Central NY Chapter*

Dorothy "Aunt Dot" Bedford, went to be with the Lord the morning of January 16, 2022, just two months after her 90th birthday celebration. A lifelong resident of Syracuse, Dorothy grew up in Mattydale and was a 1949 graduate of North Syracuse High School. Dorothy was an active member of many social organizations including the Central NY Chapter of NYS Women, Inc., but was

### PATRICIA BRANDT

*Submitted by: Maureen Fogarty, Central NY Chapter*

Patricia M. Brandt, 62, of North Syracuse, died Saturday, April 3, 2003 at Crouse Hospital, Syracuse. She was a native of Syracuse, was formerly of North

*Continued on page 18*



# HERSTORY: A term that highlights history from a female or feminist perspective.

Bay and lived the past 25 years in North Syracuse. Mrs. Brandt had been employed by Employee Management Strategies, Inc. as an administrative assistant. She was a communicant and Eucharistic minister of St. Rose of Lima Church. Currently she was serving as president of the Syracuse Federation of Women's Clubs and was a member and past president of Central New York Business and Professional Women.

## **PATRICIA A. FANNING**

*Submitted by: Maureen Fogarty, Central NY Chapter*

Patricia A. Fanning, 79 of Watertown, passed away October 12th, 2022. A federal government employee for 35 years, she began as a secretary in Newburgh, NY and at Hancock Air Force base. She was promoted to personnel staffing specialist at Camp Drum, NY. Assigned to a position in the Syracuse Office of Personnel Management, in 1993 she was named "Federal Woman of the Year." Before retiring in 1995, Pat obtained her college degree and proudly graduated with her daughter in 1989. Upon retirement, she became a full-time grandmother volunteering at the Sisters of St. Joseph leading into a permanent position as office manager. Involved in her parish, as a lector, Eucharistic minister, parish council and evangelization committee member, Pat was also a commissioned lay minister for the Diocese of Ogdensburg, and a lay associate of the Sisters of St. Joseph. She volunteered at Community Action Planning Council of Jefferson County, the Urban Mission and was a lifetime member of the Girl Scouts.

Since 1975, Pat was very active in the Business and Professional Woman's club now known as Central New York Chapter of New York Woman, Inc., holding various positions at the local and state level. In 1995 she was named "Woman of the Year" and in 2006 received the "Member of the Year" award. Her compassion for others, huge heart, and sense of humor will be greatly missed.

## **ELLEN BRIDGET MORAN McGUIRE**

*Submitted by: Mary Ellen Morgan*

My Irish grandmother, Ellen Bridget Morgan McGuire, was a friend and mentor. She role-modeled her Catholic religion. You were meant to feel special with the reserve refrigerator shelf with your favorite treats. She challenged and taught you how to embroider pillowcases, knitting, crocheting, and rug hooping. I became her travel mate to Washington, D.C. and many places in my home town. Grandma shared many sites, events, and family activities. A valuable lesson learned was her envelope budgeting. Most important was Grandma's bank account. This was an emergency fund to be used

only when necessary. Money to be replaced immediately. Education was essential to her. She graduated from 8th grade before many women went to school. My grandmother encouraged my education. Hot lunches and visits during my elementary years at Catholic school. Continued strong support through high school and college. Her stories about meeting Mark Twain in the meat market, her creative beautiful hats she wore, and sharing friendships on the front porch made her the lady she was. Ellen instilled in me the importance of family, work, and community. She made me the leader I am today. Ellen Bridget Moran McGuire left a remarkable Irish ancestry that was passed on to my children and grandchildren.

## **JOANNE OCCHINO**

*Submitted by: Ramona Gallagher*

My best friend for 50 years – she was the salt of the earth!

## **LINDA PROVO**

*Submitted by: Neale Steiniger*

There are many reasons why Linda Provo will forever be honored – she was known for her heart of gold, her generous spirit, and always ready to lend a helping hand. When NYS Women, Inc. was in need of a secretary, she immediately volunteered even after she had served as the state president and in many other positions. When she joined the board of GLEF, we met in Albany for the meeting, our first stop was always the Christmas Tree Shop – and then a drink! We still miss her but honor her for the goodness that she was.

## **KRISTINA RICO**

*Submitted by: Helen Rico*

Kristina is a wonderful example of a modern day HERo. She is a senior attorney; unselfishly cares for her fiancée (which in of itself is a full-time job); and tutors students studying for the bar exam. She does all this with a smile on her face. When she does have spare time she volunteers to help others. She is a role model, mentor, teacher, and volunteer who puts others ahead of herself. She is truly a HERo in my eyes.

## **LUCILLE Y. WALKER**

*Submitted by: Maureen Fogarty, Central NY Chapter*

Lucille Y. Walker of Syracuse passed away April 4, 2017, at 84. Born in Allentown, PA, she resided in Syracuse most of her life.

She was predeceased by her husband, Robert E. Walker, in 2012, and two brothers, Harold and Robert.

A daughter of Frank and Mini Yost, she graduated from St. Anthony's School in Syracuse. Lucille operated Walker Bookkeeping Svc. She was a longtime member of Business and Professional Women of Central New York, Women United, St. James folk choir and bell choir, and Betts Book Discussion Group. She enjoyed oil painting, clay modeling, making puppets for children's shows, and performing at shows at elementary schools.

### CINDY ZABINSKI

*Submitted by: Candyce Young*

Cindy Zabinski, owner of Healing and Growth Counseling, is nominated for her exceptional mentorship and inspiration to women. Since starting her practice in 2016, she has grown it to include 11 clinicians. Beyond ownership, she supervises interns and spoke at the 2024 NYMHCA conference. Cindy's compassionate, empathetic approach, even in challenging cases, is highly valued. Her commitment to growth, belief in others, and focus on self-care has profoundly shaped the nominator's development as a therapist. Cindy's guidance and dedication to helping others make her an inspiration. 🐾



Helen Rico and the CDO Youth Leadership participants at the NYS Women, Inc. 2025 annual conference.

Donations made in honor of HERSTORY honorees are earmarked for CDO leadership programs tailored to young women in our communities.



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## NYS CDO, Inc. “Named Grants”

*Continued from page 16*

Science Degree in Early Childhood and Childhood Education. She has always had a passion for working with young children and families. In the past, she has held positions as a summer camp counselor, hockey coach, preschool teacher and a child care center program director. Currently, Abigail works as a trainer and enjoys teaching adults. She is also a Girl Scout leader for a Daisy troop. Recently, she has been studying to be a certified lactation counselor and that ignited a spark and passion for maternal and infant health. Abigail looks to be a certified doula and is excited to use this grant towards doula classes and certification. The need for mother, infant, and family support continues to grow in today's world. Doulas help advocate for mothers and support them so they can have a positive and safe birth experience. Abigail hopes to continue to make an impact with children and families. 🐾

The NYSCDO, Inc. is a 501©(3) program developed

to assist New York State women who are starting, advancing, or changing careers due to unemployment, underemployment, lifestyle changes, or other circumstances which have affected their business, earning capabilities or job stability.

Plan now, if you, or a woman you know – friend, relative, colleague, NYS Women, Inc. member – are interested in applying for a grant, access the NYSCDO, Inc. web site at [www.nyscdo,inc.org](http://www.nyscdo,inc.org). You will find details on eligibility requirements and application instructions.

Or, contact Ramona Gallagher at [MMistymo@aol.com](mailto:MMistymo@aol.com) for information. If you are interested in supporting this effort monetarily, consider joining the CDO organization as a member – dues are \$25 per year. Donations are always welcome and checks may be made payable to NYSCDO, Inc. and mailed to Sara Ayala, Treasurer, at NYSCDO, Inc., P.O. Box 133, Rome, NY 13442-0133. Such donations are tax deductible.

## Feature: Domestic Abuse and Violence

# NYS Domestic Violence Programs Listing

[Source: NYS Domestic Violence Program Directory online at: [www.nyscadv.org/find-help/program-directory.html](http://www.nyscadv.org/find-help/program-directory.html)]

This directory listing includes private, nonprofit, nongovernmental organizations and programs in NYS that have a primary purpose of providing immediate shelter and supportive services to adult and youth victims of family violence, domestic violence, or dating violence, and their dependents, including but not limited to programs that are licensed by the NYS Office for Children and Family Services or have local NY Department of Social Services contracts to provide domestic violence services, either residential or nonresidential.

According to the U.S. Department of Health and Human Services, Family Violence Prevention and Services Act, a “primary-purpose” domestic violence service provider is defined as an entity that operates a project of demonstrated effectiveness carried out by a nonprofit, nongovernmental, private entity, Tribe, or Tribal organization, that has as its project’s primary-purpose the operation of shelters and supportive services for victims of domestic violence and their dependents; or has as its project’s primary purpose counseling, advocacy, or self-help services to victims of domestic violence.

### New York State and National Domestic Violence Hotline Numbers

- New York State Domestic Violence 24 Hour Hotline (English & español/Multi-language accessibility): 1-800-942-6906 or 711 for Deaf or Hard of Hearing
- New York State Chat/Text hotline: Text at 844-997-2121 / Chat: <https://opdv.ny.gov/chat.html>
- National Domestic Violence 24 Hour Hotline 1-800-799-7233 or 1-800-787-3224 (TTY)
- National Deaf Hotline Videophone 9am-5pm M-F 1-855-812-1001 or [deafhelp@thehotline.org](mailto:deafhelp@thehotline.org)

### New York State Domestic Violence Programs by County

Residential services include domestic violence shelter, safe homes and safe dwellings. Non-residential services include telephone hotline assistance, information, referral, counseling, advocacy, community education and outreach services.

#### ALBANY

- Equinox Domestic Violence Services (518) 432-7865 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.
- In Our Own Voices LGBT Domestic Violence Support Line (518) 432-4188 – Provides non-residential domestic violence services (Monday - Friday 9:00 AM -9:00 PM).

#### ALLEGANY

- ACCORD Corporation Domestic Violence Services (800) 593-5322 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.

#### BROOME

- Rise (607) 754-4340 or (877) 754-4340 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.

#### CATTARAUGUS

- Cattaraugus Community Action, Inc. (888) 945-3970 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.

#### CAYUGA

- Cayuga/Seneca Community Action Agency (315) 255-6221 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.

#### CHAUTAUQUA

- The Salvation Army of Jamestown – Anew Center (800) 252-8748 or (716) 661-3897 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.

#### CHEMUNG

- Salvation Army of Elmira – Safehouse (607) 732-1979 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.

#### CHENANGO

- Liberty Resources-Help Restore Hope Center (855) 966-9723 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.

#### CLINTON

- Behavioral Health Services North, Inc. – STOP Domestic Violence (888) 563-6904 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.

#### COLUMBIA

- Community Action of Greene County (518) 943-9211 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.

#### CORTLAND

- YWCA of Cortland – Aid to Victims of Violence (607) 756-6363 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.

#### DELAWARE

- Delaware Opportunities, Inc. – Safe Against Violence (607) 746-6278 or 866-457-7233 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.

#### DUTCHESS

- Family Services, Inc. (845) 485-5550 – Provides non-residential domestic violence services. OCFS Licensed and Approved.
- Grace Smith House (845) 471-3033 – Provides residential, transitional and non-residential domestic violence services. OCFS Licensed and Approved.
- House of Hope, part of House of Faith Ministry, Inc. (845) 765-0293 – Provides residential domestic violence services. OCFS Licensed and Approved.

#### ERIE

- For shelter in Erie County call (716) 884-6000
- Community Services for Every1 - H.O.P.E. of WNY (716) 949-6678 – offers specific services for developmentally/intellectually disabled survivors.
- Crisis Services (716) 834-3131 – Provides non-residential domestic violence services. OCFS Licensed and Approved.
- Erie County District Attorney’s Office – Domestic Violence Bureau (716) 858-4630 – Provides non-residential domestic violence services. OCFS Licensed and Approved.
- Erie County Sheriff’s Office Domestic Violence Hotline (716) 858-7999 – Provides non-residential domestic violence services. OCFS Licensed and Approved.
- Family Justice Center of Erie County, Inc. (716) 558-SAFE (7233) – Provides non-residential domestic violence services. OCFS Licensed and Approved.
- Haven House Child & Family Services, Inc. (716) 884-6002 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.
- Hispanos Unidos de Buffalo, Inc. (716) 481-8867 – Provides non-residential domestic violence services. OCFS Licensed and Approved.

#### ESSEX

- Behavioral Health Services – STOP Domestic Violence (888) 563-6904 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.

#### FRANKLIN

- Behavioral Health Services – STOP Domestic

Violence (888) 563-6904 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.

- First Step to New Beginnings Domestic Violence Program-Community Connections of Franklin County (518) 481-8748 – Provides non-residential domestic violence services. OCFS Licensed and Approved.
- Three Sisters Program of the Saint Regis Mohawk Tribe (855) 374-7837 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.

#### FULTON

- Family Counseling Center of Fulton County Inc. (518) 725-5300 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.

#### GENESEE

- YWCA Genesee – Domestic Violence Program (585) 343-7513 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.

#### GREENE

- Community Action of Greene County (518) 943-9211 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.
- In Our Own Voices LGBT Domestic Violence Support Line (518) 432-4341 – Provides non-residential domestic violence services (Monday - Friday 9:00 AM -9:00 PM).

#### HAMILTON

- Hamilton County Department of Social Services (800) 721-8534 – Provides non-residential domestic violence services. OCFS Licensed and Approved.

#### HERKIMER

- Catholic Charities of Herkimer County – Domestic Violence Program of Herkimer County (315) 866-0458 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.

#### JEFFERSON

- Victims Assistance Center of Jefferson County, Inc. (315) 782-1855 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.

#### LEWIS

- Lewis County Opportunities, Inc. (315) 376-HELP (4357) or (315) 376-8202 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.

#### LIVINGSTON

- Chances & Changes, Inc. (585) 658-2660 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.

#### MADISON

- Liberty Resources – Help Restore Hope Center (855) 966-9723 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.

#### MONROE

- Lifespan – Elder Abuse Prevention Program (800) 454-5030 – Provides both residential and

non-residential domestic violence services. OCFS Licensed and Approved.

- Saathi of Rochester (585) 234-1050 – offers South Asian Specific Services.
- Willow Domestic Violence Center (Formerly Alternatives for Battered Women, Inc.) (585) 222-SAFE (7233) – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.

#### MONTGOMERY

- Catholic Charities of Fulton and Montgomery Counties – Domestic Violence Crime Victim Services (518) 842-3384 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.
- In Our Own Voices LGBT Domestic Violence Support Line (518) 432-4341 – Provides non-residential domestic violence services (Monday - Friday 9:00 AM -9:00 PM).

#### NASSAU

- Circulo de la Hispanidad, Inc. – Salva Domestic Violence Program (516) 889-2849 – Provides non-residential domestic violence services. OCFS Licensed and Approved.
- Domestic Harmony Foundation (516) 385-8292 – Provides non-residential domestic violence services.
- Long Island Anti-Violence Project (516) 323-0011 – Provides non-residential domestic violence services to LGBTQ survivors of intimate partner violence.

#### NEW YORK CITY AREA

##### NYC DOMESTIC VIOLENCE HOTLINE

(800) 621-HOPE (4673)

Programs are listed in alphabetical order and not listed by the borough as most programs in NYC will provide services to people from any of the 5 boroughs.

- African American Planning Commission (800) 621-HOPE (4673) \*Offers culturally specific services to African Americans
- Allen Women's Resource Center (718) 739-6200 \*Offers Christian specific services – OCFS Licensed and Approved.
- Arab American Family Support Center (718) 643-8000 \*Offers culturally specific services to immigrants and refugees
- Barrier Free Living (212) 677-6668 \*Offers services to people with disabilities – OCFS Licensed and Approved.
- Connect (212) 683-0015
- Crime Victims Treatment Center (212) 523-4728
- Edwin Gould Services for Children and Families – STEPS to End Family Violence (877)-STEPS-94 – OCFS Licensed and Approved.
- Garden of Hope (877) 990-8595 \*Offers culturally specific services to Chinese immigrants.
- Good Shepherd Services – Safe Homes Project (718) 499-2151 (Monday – Friday, 9am – 5 pm) – OCFS Licensed and Approved.
- HELP USA (718) 922-7980 – OCFS Licensed and Approved.
- Henry Street Settlement (212) 577-7777 – OCFS Licensed and Approved.
- Jewish Board Family & Children's Services – please see their website for the various hotline numbers. \*Offers Jewish specific services – OCFS Licensed and Approved.
- Korean American Family Service Center (718)-460-3800 \*Bilingual Korean/English; offers Korean specific services

- NYC Anti-Violence Project (212) 714-1141 \*Bilingual Spanish/English hotline; offers LGBTQ specific services – OCFS Licensed and Approved.
- New Destiny Housing (646) 472-0262 ext. 11
- Ohel Children's Home & Family Services (800) 603- OHEL (6435) \*offers Jewish specific services – OCFS Licensed and Approved.
- Queens Legal Services (917)-661-4500 – OCFS Licensed and Approved.
- Safe Horizon (800) 621-4673 – OCFS Licensed and Approved.
- Sakhi for South Asian Woman 212-868-6741 (Mon. - Fri. 10 AM - 5 PM) \*multilingual hotline; offers Asian specific services
- Sanctuary for Families (212) 349-6009 – OCFS Licensed and Approved.
- Seamen's Society for Children & Families – Safe Passage (718) 447-7740 – OCFS Licensed and Approved.
- Services for the UnderServed (S:US) (800) 621-HOPE (4673) – OCFS Licensed and Approved.
- Urban Justice Center – Domestic Violence Project (718) 875-5062 – OCFS Licensed and Approved.
- Urban Resource Institute (888) 279-2211 or (888) 252-2890 – OCFS Licensed and Approved.
- Violence Intervention Program (800) 664-5880 \*24/7 bilingual Spanish/English hotline – OCFS Licensed and Approved.
- Volunteers of America, Greater New York – (800) 621-HOPE (4673) – OCFS Licensed and Approved.
- W.A.R.M. (We All Really Matter) – (917)736-0680 (Monday - Friday 9 AM - 5 PM) – Provides non-residential domestic violence services.
- Womankind (formerly New York Asian Women's Center) (888) 888-7702 \*multilingual hotline; offers Asian populations specific services - OCFS Licensed and Approved.

#### NIAGARA

- Pinnacle Community Services (716) 299-0909 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.
- YWCA of Niagara Frontier– Alternatives to Domestic Violence (716) 433-6716 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.

#### ONEIDA

- YWCA of the Mohawk Valley (315) 797-7740 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.

#### ONONDAGA

- LA LIGA Spanish Action League of Onondaga County, Inc. (315) 410-0945 – Provides non-residential domestic violence services. OCFS Licensed and Approved.
- The Salvation Army of the Syracuse Area (315) 479-3651 – Provides non-residential domestic violence services. OCFS Licensed and Approved.
- Vera House, Inc. (315) 468-3260 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.

#### ONTARIO

- Family Counseling Services of the Finger Lakes (800) 695-0390 – Provides non-residential domestic violence services. OCFS Licensed and Approved.

Continued on page 22



## ONTARIO, continued

- Safe Harbors of the Finger Lakes (800)247-7273 – Provides non-residential domestic violence services. OCFS Licensed and Approved.
- Survivor Advocacy Center of the Finger Lakes (formerly Victim Resource Center of the Finger Lakes, Inc.) (866)343-8808 – Provides residential domestic violence services. OCFS Licensed and Approved.

## ORANGE

- Fearless! Hudson Valley Inc. 845-562-5340 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.

## ORLEANS

- Orleans County Dept. of Social Services (585)-589-3106 – Provides non-residential domestic violence services. OCFS Licensed and Approved.
- PathStone Domestic Violence (585) 589-8733 – Provides residential domestic violence services. OCFS Licensed and Approved.

## OSWEGO

- Oswego County Opportunities, Inc. – Services to Aid Families (315) 342-1600 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.

## OTSEGO

- Opportunities for Otsego, Inc. – Violence Intervention Program (607) 432-4855 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.

## PUTNAM

- Putnam/Northern Westchester Women's Resource Center (845) 628-2166 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.

## RENSELAER

- In Our Own Voices LGBT Domestic Violence Support Line (518) 432-4341 – Provides non-residential domestic violence services (Monday - Friday 9:00 AM -9:00 PM).
- Unity House of Troy (518) 272-2370 – Provides residential, transitional and non-residential domestic violence services. OCFS Licensed and Approved.

## ROCKLAND

- Center for Safety and Change (845) 634-3344 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.

## SARATOGA

- Wellspring (518) 584-8188 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.
- In Our Own Voices LGBT Domestic Violence Support Line (518) 432-4341 – Provides non-residential domestic violence services (Monday - Friday 9:00 AM -9:00 PM).
- Mechanicville Area Community Service Center Domestic Violence Advocacy Program (518) 664-4008 – Provides non-residential domestic violence services. OCFS Licensed and Approved.

## SCHENECTADY

- In Our Own Voices LGBT Domestic Violence Support Line (518) 432-4341 – Provides non-residential domestic violence services (Monday - Friday 9:00 AM -9:00 PM).
- YWCA of Northeastern New York (518) 374-3386 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.

## SCHOHARIE

- Catholic Charities of Schoharie County Crime Victims Program (518) 234-2231 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.

## SCHUYLER

- Catholic Charities of Chemung/Schuyler County – First Steps Victim Services (607) 742-9629 – Provides non-residential domestic violence services. OCFS Licensed and Approved.

## SENECA

- Seneca County Community Counseling Center (315) 539-1980 – Provides non-residential domestic violence services. OCFS Licensed and Approved.
- Safe Harbors of the Finger Lakes (800) 247-7273 – Provides non-residential domestic violence services. OCFS Licensed and Approved.
- Survivor Advocacy Center of the Finger Lakes (formerly Victim Resource Center of the Finger Lakes, Inc.) (866)343-8808 – Provides residential domestic violence services. OCFS Licensed and Approved.

## ST. LAWRENCE

- St. Lawrence Valley Renewal House (315) 379-9845 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.

## STEBEN

- Arbor Housing & Development Domestic Violence Services (800) 286-3407 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.

## SUFFOLK

- Brighter Tomorrows, Inc. (631) 395-1800 – Provides residential, transitional and non-residential domestic violence services. OCFS Licensed and Approved.
- Long Island Anti-Violence Project (516) 323-0011 – Provides non-residential domestic violence services to LGBTQ survivors of intimate partner violence
- The Retreat, Inc. (631) 329-2200 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.
- Victims Information Bureau of Suffolk (VIBS) (631) 360-3606 – Provides non-residential domestic violence services. OCFS Licensed and Approved.

## SULLIVAN

- Fearless! Hudson Valley Inc. 845-292-5700 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.

## TIOGA

- A New Hope Center (800) 696-7600 – Provides both residential and non-residential domestic

violence services. OCFS Licensed and Approved.

## TOMPKINS

- The Advocacy Center of Tompkins County (607) 277-5000 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.

## ULSTER

- Family of Woodstock Inc. (845) 679-2485 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.

## WARREN

- Catholic Charities of Warren, Washington and Saratoga Counties – The Domestic Violence Project (518) 793-9496 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.

## WASHINGTON

- Catholic Charities of Warren, Washington and Saratoga Counties – The Domestic Violence Project (518) 793-9496 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.

## WAYNE

- Survivor Advocacy Center of the Finger Lakes (formerly Victim Resource Center of the Finger Lakes, Inc.) (800) 456-1172 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.

## WESTCHESTER

- Hope's Door, Inc. (888) 438-8700 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.
- My Sisters' Place (800) 298-SAFE/7233 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.
- Westchester County Office for Women – Provides non-residential domestic violence services. OCFS Licensed and Approved.
- Family Helpline/Hotline weekdays 9am – 5pm (914) 995-5972
- Weekend and after hours (914) 995-2099
- Spanish Language (White Plains) (914) 995-6581
- Spanish Language (Yonkers) (914) 231-2882

## WYOMING

- RESTORE Sexual Assault Services (800)527-1757 – Provides non-residential domestic violence services. OCFS Licensed and Approved.

## YATES

- Family Counseling Services of the Finger Lakes (800) 695-0390 – Provides non-residential domestic violence services. OCFS Licensed and Approved.
- Safe Harbors of the Finger Lakes (800) 247-7273 – Provides non-residential domestic violence services. OCFS Licensed and Approved.
- Survivor Advocacy Center of the Finger Lakes (formerly Victim Resource Center of the Finger Lakes, Inc.) (866)343-8808 – Provides both residential and non-residential domestic violence services. OCFS Licensed and Approved.



## NIKE All Stars

The 2024-2025 *NIKE* All Star Campaign is in full swing and thank you to our loyal supporters who have already sent their listings in.

Members will have an opportunity to contribute at our annual conference, and chapters, regions and friends of NYS Women, Inc. can send contributions anytime to the *NIKE* Business Manager. Information on contributing can be found on our website.

**Publication** July 30th/Sept. issue Oct. 15th/Dec. issue  
**Deadlines:** Jan. 15th/March issue March 15th/June issue

**NEW YORK STATE**  
**women, INC.**

**Rates:** Platinum Patrons: \$75 and over  
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**Make check payable to:**  
 NYS Women, Inc. (memo: *NIKE* contribution)

**Mail form and check(s) to:** Sue Mager, *NIKE* Business Manager,  
 3406 McKinley Parkway, Apt C-11, Blasdell, NY 14219  
 E-mail: [NIKEmgr@NYSWomeninc.org](mailto:NIKEmgr@NYSWomeninc.org)

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<b>Outside Back Cover</b>	1 issue: \$600	4 issues: \$2000
<b>Inside Front Cover</b>	1 issue: \$400	4 issues: \$1400
<b>Full Page</b>	1 issue: \$300	4 issues: \$1000
<b>Half Page</b>	1 issue: \$150	4 issues: \$500
<b>Quarter Page</b>	1 issue: \$75	4 issues: \$250
<b>Eighth Page</b>	1 issue: \$37.50	4 issues: \$125

#### How to submit your ad.

Email (in PDF format) to: [ksmith@whiterabbitdesign.com](mailto:ksmith@whiterabbitdesign.com).

#### How to pay for your ad.

Make check payable to NYS Women, Inc. (memo: *NIKE* ad) and mail to: Sue Mager, *NIKE* Business Mgr.  
 3406 McKinley Pkwy, Apt C-11, Blasdell NY 14219

### NIKE ad sizes

**Half Page**  
 6.65" wide x 4.75" tall

**Quarter Page**  
 3.25" wide  
 4.75" tall

**8th Page**  
 3.25" wide  
 2.25" tall

## President's Message

*Continued from page 2*

In this issue of *NIKE*, you will find several articles that offer guidance on these very topics, including how to spot the signs of financial abuse and where to find local resources. I encourage you to read them – and more importantly – share with others what you learn.

**Let's use our collective power to create a safer, more supportive community for all women. By working together, we can turn awareness into action and make a lasting impact.**

With gratitude,  
**Robin Bridson**

### Join us for an Orientation and Website Overview Workshop! (via Zoom)

Are you new to NYS Women, Inc. or want to get more involved? Does navigating the website drive you crazy? Please join us to learn more about NYS Women, Inc. and discover the amazing resources available on our website to benefit you as a member and your chapter.

These workshops will happen throughout the year and you can find them (and many more workshops and meetings) on the Calendar of Events page on the website. <https://www.nyswomeninc.org/Events>

**The next one is November 17th at 6:30 PM. Please register and join us!**



We connect and build women  
personally, professionally  
and politically.

NEW YORK STATE  
**women, INC.**



[www.NYSWomenInc.org](http://www.NYSWomenInc.org)

#BuildPowerfulWomen

JOIN A CHAPTER IN  
NEW YORK STATE:  
WE'D LOVE TO SEE  
YOU!

**NYC area /Long Island**

Richmond County Chapter  
Staten Island Chapter

**Hudson Valley/Catskills**

Professional Women of  
Sullivan County  
Westchester Chapter

**Central New York**

Central NY Chapter  
Professional Business  
Women of Rome  
Mohawk Valley Chapter

**Central Southern Tier**

Susquehanna Chapter  
Greater Binghamton Chapter  
Walton Chapter  
Tri-County Chapter

**Finger Lakes**

Lake to Lake Women  
Professional Women of  
the Finger Lakes  
Steuben County Women  
Yates County Women

**Western New York**

Buffalo Niagara Chapter  
716 Chapter (Clarence area)  
Chadwick Bay Chapter

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