



# HEALTHY

Women's Health & Counseling Center  
Summer 2011

# Together

## Soulful Dedication

*"...No one is more cherished in this world than someone who lightens the burden of another..."*

Author unknown.

These words are fitting as I reflect on the diligent pace at which staff and volunteers of WHCC have worked over the recent months. In 2010, it was through their efforts that our agency touched 10,448 individuals; and this amazing team continues to put forth tremendous effort to:

- Provide care for patients
- Offer counseling to clients
- Educate teens in healthy development
- Bring enhanced awareness to the public of our services
- Raise much needed funds to support all the above activities.

At the heart of their collective work are individuals who give of their talents and skills with soulful dedication to the WHCC mission. They are wholly committed to providing the services needed by our clients. I frequently witness staff volunteering extra time and bringing in their own donations to support client services or the agency. I thank each one for putting in the extra effort and for their positive attitude – especially in the face of diminished funding and a leaner agency team.

Working alongside the staff is a wonderful group of volunteers who tirelessly donate their time to help WHCC achieve its goals. No matter the task, their dedication, creativity, and generosity make it a pleasure to have them as part of the team. There are too many to name in this small space but I want to personally thank each individual. I also want to thank the members of the WHCC Board of Trustees who are my valued partners in helping the organization thrive.

When it comes to volunteers, we can never have too many. Precious volunteer hours provide much needed support for daily health center activities, agency administrative operations and committees that plan and execute fundraising events. Noteworthy, are volunteer Advocates who are critical to the success of the Sexual Assault Support Services.



If you or someone you know has interest in finding out how you can help WHCC, I welcome your call. Even if you are short on time, there are easy and quick ways to help. For example, take a moment now to email the information about The Barclays TICKETS Fore CHARITY offer (page 4) to your family, friends and colleagues. In just a few moments you will have helped in a big way.

For all at WHCC the ultimate motivation is to create more opportunities for our neighbors in need to experience the highest level of personal health and wellness possible. That is why, despite the challenging economic times and uncertainties ahead, we are steadfastly focused on long-term sustainability of the WHCC mission. Thank you to all whose allegiance has brought us 38 years of success. I'm extending an invitation to join us in our work as we continue to bring high quality affordable health care to our community.

Fran Palm  
Executive Director

## Thank you to our donors

WHCC is very grateful to its loyal donors. We particularly want to thank those who responded to our recent direct mail campaigns. We also wish to acknowledge the support of **Bristol-Myers Squibb Company; J&J Consumer Products Company; Porzio, Bromberg & Newman, PC; Susan G. Komen for the Cure, North Jersey Affiliate; The Dow Foundation.** It is through the contributions and generosity of all those who support WHCC that enable us to bring vital health care, education and counseling services to those who need it most in the community.

## Contact

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## Online



Become a fan of WHCC on Facebook and follow us on Twitter (WHCCnj).

# Sexual Assault Awareness

April was Sexual Assault Awareness Month and WHCC proactively took this opportunity to raise awareness of the prevalence of sexual assault in our society and help educate our community on how to prevent sexual violence.

The month-long campaign focused on everyone speaking up to help prevent sexual violence in our neighborhoods, communities, workplaces and schools because sexual assault cuts across economic, societal and ethnic divides affecting a startling number of women and men. In fact, the *National Violence Against Women Survey*, found that 1 in 6 women and 1 in 33 men in the United States has experienced an attempted or completed rape at some time in their lives. College women face an even more alarming statistic, with 1 in 4 women being raped during their college career. Indeed, these are sobering statistics.



Irene Lebbad  
Sexual Assault Support  
Services Program Director

**OVER 80 PERCENT OF  
RAPES ARE COMMITTED  
BY SOMEONE THE VICTIM  
KNOWS AND TRUSTS.**

Interestingly, the public perception is that most rapes are conducted by a stranger, but in reality over 80 percent are committed by someone the victim knows and trusts. One in 4 sex offenders is a family member of the victim and as for the college students 90 percent of victims

know their assailant. To make sense of these statistics we must pair the information with the fact that a large number of assaults are committed by an individual under the influence of drugs or alcohol. According to the U.S. Bureau of Justice Statistics, almost 50 percent of all rapes and sexual assaults fall into that category. All too often WHCC counselors work with male and female individuals who are the victim of a drug-facilitated sexual assault. Whether the victim was unknowingly given a drug in a drink or they engaged in excessive substance use, we, as a community, can work to reduce this issue.

Current societal norms tend to blame the victim rather than the assailant. We can all help by educating our teenagers to recognize unsafe situations and to discourage the norms which promote sexual assault. We can work together to tip the balance of current social norms of complacency and acceptance of sexual violence in our community.

By informing others about the problem we can make important strides in preventing future assaults and we can help to change current norms to ones that promote respect, safety, equality and healthy relationships. We invite you to speak with your families, friends and colleagues about the issue.

Consider volunteering your time to assist the victims of sexual assault. By training to become a sexual assault advocate at your county's rape crisis center you can help survivors begin to recover from an assault. But perhaps the most important contribution you can make is to believe and validate a survivor. With greater public awareness of sexual violence, together we *can* make a difference in keeping our families and community safe.

To reach the confidential WHCC 24-hour Sexual Assault Hotline call:

**908 526-7444**

# Out and About

## JAZZY MELODIES ADD FLAIR AND FUN

The inviting ambiance of Verve in Somerville provided the perfect backdrop to tunes by the Hank Rosenthal trio while guests enjoyed a delicious three course brunch and signature Verve desserts.



**HEALTH FAIR FUN** — WHCC medical advisory board member, Dr. Gregory Hirsch, and Laura Montas, CEED Volunteer Coordinator, team up at the Somerville Community Health Fair sponsored by Temple Beth-El and the United Reformed Church.



**NORTH PLAINFIELD HIGH SCHOOL** — WHCC staff launched the Green Dot Violence Prevention program presenting to 9th, 10th and 11th grade students who learned about the importance of Bystander Intervention. Students will identify those among their peers who are influencers and participated in a day-long bystander training program in May. Left, Gina Arnone, Intern; Christie Howley, MSW, LSW, Prevention & Education Program Coordinator.



**WHCC GOES RED FOR WOMEN JUST LIKE YOU** — WHCC staff take cardiovascular disease to heart and donned their red attire to proclaim their commitment to bringing heightened awareness about heart disease, stroke and other cardiovascular diseases to clients, family and friends.



**COLORECTAL CANCER** — Second leading U. S. cancer killer - In March, National Colorectal Cancer Awareness Month, WHCC brought education to clients of the Franklin Township Food Bank and other County agencies to increase awareness that colorectal cancer is preventable, treatable and beatable -- a diet high in fiber and scheduling a colonoscopy at age 50 reduces your chances of developing colorectal cancer. Left, Saba Khan, WHCC Volunteer and Jendi Johnny, WHCC Intern.

# Show your Support

## Something for everyone at WHCC

### TREASURES FOR THE ENTIRE FAMILY ...

3rd Annual Women's Health Garage Sale, Friday, June 10 & 11. Don't miss out on the best deals in town. Visit [www.womenandhealth.org](http://www.womenandhealth.org) or call Shannon at 908 526-2335 ext 133.

### GET PATRIOTIC ...

Somerset Patriots vs. Maryland Blue Crabs, Friday, June 17. Enjoy a summer evening of baseball fun and spectacular fireworks. Tickets are only \$10 each – purchase early by calling Amanda at 908 526-2335 ext 123.

### JOIN THE PROS ...

TICKETS Fore CHARITY to benefit WHCC, August 23 - 28. Not to be missed special discount offer for your week-long pass to The Barclays and The PGA TOUR at Plainfield Country Club – just \$50. Purchase tickets online with promo code W5Y4WW. For more details contact [info@womenandhealth.org](mailto:info@womenandhealth.org).

### SAVE THE DATE ...

11th Annual Women's Health Benefit, Saturday September 24 *Celebrating Healthy Living ... one life at a time* – join this festive celebration at the Bridgewater Marriott. Sponsorships, ad journal opportunities and tickets are available by calling 908 526-2335 ext. 134 or email [development@womenandhealth.org](mailto:development@womenandhealth.org).

## Give Today

Your secure online donation to WHCC will help provide essential services for those most in need who would otherwise be unable to obtain healthcare.

**\$30 SUPPORTS** a nurse visit that helps patients refill medications plus an initial and follow up blood pressure reading and more.

**\$40 SUPPORTS** a one hour counseling session for a victim of sexual assault.

**\$90 SUPPORTS** an initial physical visit – the beginning of the road to good health.

**\$140 SUPPORTS** one digital Mammogram which helps save lives through early detection.

**\$285 SUPPORTS** five complete patient blood tests, an essential tool for diagnosing health problems.

**\$350 SUPPORTS** health education for ten at-risk youth.

**Thank you** for your support through your 100 percent tax deductible donation. Your gift **WILL** make a healthy difference.



## Time passes quickly...

May 2011 marked the six year anniversary of WHCC's move from its humble beginnings to its current home. As in any home, repairs and maintenance are key. Below is our Wish List of needed items – your generous support of an item on our Wish List will help us keep our health center beautiful and to continue our vital mission in the community.

New Cash Register	\$ 200
Steamclean Furniture	\$ 500
Strip and Wax floors	\$ 575
Replace Reception Carpet	\$ 750
Paint, Repair/Floor/Carpet (water leak in Dr.'s office)	\$ 1,000
Refresh Landscaping	\$ 1,000
Exterior Paint, Seal, Caulk	\$ 10,000
Volunteer IT Professional	Priceless!
Volunteer Electrician	Priceless!