



# Safe Haven

SUMMER 2008

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## MESSAGE FROM BOARD PRESIDENT



I became involved with My Sister's House four years ago because I wanted to bring much-needed resources to Asian and Pacific Islander (API) women and children fleeing domestic violence and help raise awareness of the needs of battered immigrant women. My Sister's House has taught me much about how non-profit organizations maximize scarce resources to deliver critical intervention and prevention services. I have come to understand the many manifestations of domestic abuse within our API communities and the detrimental impact it has on women and children. I have witnessed the power of human connections in bringing courage, hope, peace, and power to our clients.

Volunteering with My Sister's House has also helped me to be more knowledgeable and effective in my day job with State Senator Sheila Kuehl's office, where I work on policy issues relating to violence against women. I have been able to bring the experiences of My Sister's House clients to the State Capitol and ensure that state public policy addresses their unique needs and experiences. On behalf of the entire My Sister's House family, our deepest gratitude to our community for supporting our efforts to end violence across the diversity of Sacramento and the Central Valley. I hope to see you at our annual 5K Run for a Safe Haven on **Saturday, November 8!**

*"When the power of love overcomes the love of power, the world will know peace."* -- Jimi Hendrix

— Tam Mai Ma, 2007-2008 Board President

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## New E-Newsletter started!

My Sister's House has a new monthly e-newsletter which was started by board member Jennifer Kendall of Mind storm Creative. Jennifer worked with our marketing committee to design the newsletter which provides My Sister's House supporters with information about our services for domestic violence survivors. Our marketing committee consists of Stefanie Cruz, news anchor, CBS 13/CW 31; Michelle Robles, Marketing Manager, KBTU Global Television; Elyssa Lee, Publisher, SacTown Magazine, and Alane Masui, Assistant General Manager of Marketing and Communications, Sacramento Regional Transit.

"Our new e-newsletter demonstrates the power of volunteers. Much kudos to Jennifer Kendall for sharing her professional skills and making a great difference for My Sister's House. Under her leadership My Sister's House can be more timely in its announcements to its supporters," said Executive Director Nilda Valmores. If you are interested in making sure that you receive My Sister's House e-newsletter, be sure to sign up on My Sister's House website at [www.my-sisters-house.org](http://www.my-sisters-house.org).

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### My Sister's House

[www.my-sisters-house.org](http://www.my-sisters-house.org)

E-mail: [info@my-sisters-house.org](mailto:info@my-sisters-house.org)

Mailing Address:

3053 Freeport Blvd, No. 120

Sacramento, CA 95818

Business Line: (916) 868-7820

Fax: (916) 324-6240

### 24/7 Multilingual Help Line: (916) 428-3271

*My Sister's House is the first and only non-profit organization to specifically identify and address the unique needs of women and children impacted by domestic violence in the Central Valley's highly diverse Asian and Pacific Islander community.*

**Help us to spread the news!** My Sister's House is looking for a sponsor for the next edition of our newsletter. It currently costs approximately \$1200 to print and mail the newsletter. Please contact Nilda at [nildamsh@gmail.com](mailto:nildamsh@gmail.com) if you can help!

## Meet our Friends Advisory Board Members

In addition to having an active Board of Directors that lead the organization, My Sister's House is fortunate to have a committed team of volunteers serving on our Friends Advisory Committee.

*Who are they? And what do they do?*

The Friends Advisory Committee consists of over 20 individuals who provide advice and assistance to the Board of Directors and staff.

Some of the Advisory Board members are former board members, including Derek Ledda, Ophelia Riego, Kathryn Doi, Gary Kikumoto, Paula D. Winn, Alice Wong, Corrine Yee Joe and Ellen Yin-Wycoff. They are nominated by the Board of Directors.

Cristina Gapasin, who works at UC Davis School of Law, commented, "I became involved after I heard Gloria Ochoa speak about My Sister's House at UCD. I knew I wanted to make a difference then. I've had a lot of fun co-chairing the Heroes of Hope dinner with Board President



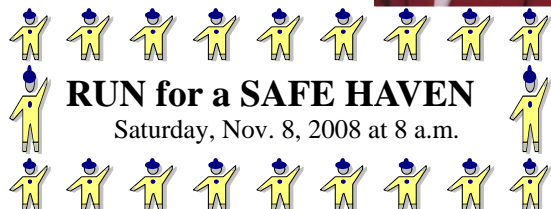
Tam Ma the last couple years."

"From the first time I heard about the concept of My Sister's House, I knew it would serve an important need in our community. I'm glad that I can help My

Sister's House grow and better address the demand for its services," said Genevieve Shiroma, who also serves on SMUD Board of Directors.



If you are interested in serving on My Sister's House Advisory Board, please contact Nilda Valmores at nildamsh@gmail.com.



*In honor of World Elder Abuse Day*

*June 15, 2008*

*Although there is much respect for our elders in our Asian/Pacific Islander community, abuse in our families and to our elders still occur. Below are some signs to help make this "invisible" crime more "visible".*

### WHAT IS ELDER ABUSE?

"Elder abuse" means any action against a person who is 50 years of age or older that constitutes the willful infliction of injury, unreasonable confinement, intimidation, cruel punishment, pain or mental anguish; or deprivation by a person, including a caregiver, of goods or services with the intent to cause physical harm, and mental anguish.

### WHAT ARE SOME TYPES OF ELDER ABUSE?

- **Physical abuse:** imprisonment, unauthorized restraint causing pain or injury, intentional misuse of medication
- **Sexual abuse:** inappropriate exposure or sexual advances, rape
- **Neglect:** deprivation of basic needs: housing, food, water, medical care
- **Financial abuse:** undue influence to change documents, theft, embezzlement, misuse of property
- **Emotional or verbal abuse:** threats of abandonment, harm, isolation, or intimidation
- **Isolation:** preventing an elder from receiving mail or phone calls or having contact with family members

### MYTHS REGARDING ELDER ABUSE:

- Older women are never abused.
- Elderly are imagining abuse due to dementia.
- Injuries are a result of illness, disabilities, or aging.

### WHAT SHOULD YOU DO IF YOU ARE CONCERNED ABOUT ELDER ABUSE?

- Call Adult Protective Services : (916) 874-9377
- Call My Sister's House 24/7 Multi-Lingual Help Line: (916) 428-3271.

## Effective Representation: Protecting the Rights of Women



On March 1, 2008, My Sister's House hosted a training institute entitled, "Effective Representation: Protecting the Interests of Women" for 75 legal practitioners to educate them about the legal needs of domestic violence victims, particularly immigrant women. Attendees learned about workplace employment rights, securing assets and income, housing rights, immigration and family law, interaction with the criminal justice system and recently enacted legislation relevant to domestic violence survivors.

According to Angela Lai, Board Member and Conference Co-Chair, "There is a lot of misinformation about rights and remedies that are available to domestic violence survivors, which puts their lives in serious danger. Convening this conference gave My Sister's House the opportunity to educate attorneys about resources such as My Sister's House and ensure their clients' long-term safety and well-being."

Speakers at the event included:

- Claudia Center, Esq., Senior Staff Attorney, SURVIVE Project of The Legal Aid Society
- Mona Tawatao, Esq., Regional Counsel, Legal Services of Northern California
- Meliah Schultzman, Esq., Equal Justice Works Fellow / Attorney, National Housing Law Project
- Julie Aguilar-Rogado, Esq., Managing Attorney of Health Rights Hotline
- Gloria Ochoa, Esq., , Senior Consultant, Senate Committee on Judiciary
- Victoria Searl, Esq., Porter & Associates
- Dee Brown, Esq. California Department of Insurance and President, Asian / Pacific Bar Association of Sacramento
- Sgt. Dave Cropp, Sac City Police Dept.
- Paul Durenberger, Esq., District Attorney's Office
- Stephanie Bamberger, Esq., Managing Attorney, WEAVE
- Tammi Wong, Esq. Legal Services of Northern California
- Ann Block, Esq., State Certified Immigration Law Specialist
- Naoki Sekiya , Law Offices of Douglas Lehrman
- Assemblymember Fiona Ma
- Alice Wong, Attorney, Jerry Chong & Alice Wong Law Firm, and President of CAPITAL Foundation



## Thank you to our 2008 Conference sponsors:

### GUARDIAN



Asian / Pacific Bar  
Association of Sacramento



### Advocates

Asian Legal Services  
Outreach

Women Lawyers of  
Sacramento

### Partners



Legal Services of  
Northern California

**P O R T E R | S C O T T**  
ATTORNEYS



Sierra Health Foundation

# *My Sister's House "2008 Heroes of Hope Dinner"*

## **2008 Heroes of Hope**

*Honoring our heroes, community members who have helped us provide a safe haven for Asian / Pacific Islander women and children impacted by domestic violence.*

*Assemblymember Dave Jones*  
**Civic Leader of the Year**

*KBTV Global Television*  
**Media Organization of the Year**

*Sujatha Moni, Ph.D.*  
**Volunteer of the Year**

*Deputy Chief Brian Louie*  
**Sacramento Police Department**  
**Law Enforcement of the Year**

*Asian / Pacific Bar Association of Sacramento*  
**(ABAS)**  
**Civic Organization of the Year**

*Yocha De-He Community Fund*  
**(Rumsey Community Fund)**  
**Business Leader of the Year**



*Thank you for celebrating our five years of providing a Safe Haven with us and we look forward to seeing you again next year!*

Thank you to Tommy Chan for our beautiful dinner pictures.

## **Sponsors & Donors**

*With much gratitude to these generous organizations and individuals.*

### **EVENT SPONSOR**

Hannibal's Catering

### **ANGELS**

Kaiser Permanente  
KBTV Global Television

### **CHAMPION**

California Bank & Trust

### **GUARDIAN**

APA News & Review  
Fat's Restaurants  
SMUD  
Teichert Foundation  
Anthony & Keiko Williams  
Supervisor Jimmie Yee  
Yocha De-He Community Fund  
PG&E  
Wells Fargo

### **FRIEND**

Asian Pacific Islander American Public Affairs Association (APAPA)  
Douglas and Carla Carr  
Elaine Chiao  
Jean Chong  
Senator Sheila Kuehl  
Assemblymember Dave Jones  
McDonough Holland & Allen PC  
Murphy Austin Adams Schoenfeld LLP .  
& Kathryn Doi  
Riego Insurance and Financial Services, Inc.  
River City Medical Group  
Sacramento Asian Chamber of Commerce  
Genevieve Shiroma  
California Advocates  
Consumer Attorneys of California

### **TABLE CAPTAINS**

Asian / Pacific Bar Association of Sacramento (ABAS)  
Asian Pacific Community Counseling  
& Asian Community Center  
Asian Pacific State Employees Association  
Asian Peace Officers Association  
Asian Resources & CSUS Asian American Studies  
CAPITAL & CAPITAL Foundation

*Special Thanks to Our "2008 Heroes of Hope Dinner"  
Sponsors and Donors!*



*(Table Captains continued)*

Chinese American Council of Sacramento  
& Organization of Chinese Americans

Chee Fat

Rachel Iskow

Corrine Yee Joe

Ditas Katague

Al Lee

Cheryl Louie

Tam Ma and Matthew Wilson

Maharlika Lions Club

Sujatha Moni and Friends

Gloria Ochoa

Mona Pasquil

Perlas Ramos

Moira Sharma and Timothy J. Aspinwall

Diane Tomoda

Nilda Valmores and Friends

**SILENT AUCTION & RAFFLE DONORS**

24-Hour Fitness

Al Lee

American Business Women's Association

Assemblyman Dave Jones

Candy House of Davis

Carla Carr

Char Hall

Cristina Gapsin

Cora Monce

Corrine Joe

Councilmember Rob Fong

County of Sacramento EDD

Davis Musical Theatre Company

Ditas Katague

*(Silent Auction & Raffle Donors continued)*

Elaine Chiao

Espie Agbayani

Heart House Publications

Island Getaways

Joann's Elegant Gifts

KD Herbals

Lewsoko Designs

Ligaya Hattari

Luna Mom's Club

Magami Restaurant

Maloof Sports & Entertainment

Moira Sharma

Mt. Shasta Naturals

Nicolas Caesar

Nilda Valmores

Nordstrom

Oshimi Restaurant

Perla Ramos

Royden Heitz

Soroptimist of Woodland

Tam Ma

Patricia Sokolowski

Jerome Tabilon, Massage Therapist

Temple Terkildsen

The CW 31

UC Davis Cal Aggie Alumni Association

Yang Her

China Town Enterprises

Gold's Gym

Jerome Tabilon Massage Therapy

Mellow Me Out

Papillion Skin

CW 31 – Good Day Girls



## **SPECIAL THANKS TO OUR 2008-2009 SHELTER SPONSORS**



The following individuals and organizations are each sponsoring one month of shelter expenses during Fiscal Year 08-09. They signed up for the challenge at our 2008 Heroes of Hope Dinner in May.

**July** - Sierra Health Foundation  
**August** - Councilmember Rob Fong  
**September** - Gloria Ochoa  
**October** - Genevieve Shiroma  
**November** - Brian and Tami Louie  
**December** - Anthony and Keiko Williams  
**January** - Moira Sharma and Tim Aspinwall  
**February** - Maharlika Lions  
**March** - Mike Belote  
**April** - Gaurav Kalra  
**May** - Elizabeth Miller  
**June** - Rose and Nancy Lee

### **My Sister's House Wish List**

#### **Safe Haven Shelter:**

- real estate (for an additional shelter site.)
- dishwasher soap, bleach, laundry detergent
- kitchen and yard size garbage bags
- bus tokens
- postage stamps
- oven, wood floor, and all-purpose cleaners
- fast food gift cards

#### **Women to Work Program / Outreach:**

- food for Tuesday night meetings
- white and colored bond paper

### **My Sister's House 4th Rummage Sale!**

**Saturday, August 9th, 2008  
8:00 a.m. - 1:00 p.m.  
915 Broadway**

**You may donate items to sell or just  
come by to support us!**

For more information, please call (916) 868-7820

## *Since you asked . . . .*

### *Does My Sister's House have a donation policy?*

*My Sister's House prefers the donation of new items, however, we also accept used items.*

### *Are there any items My Sister's House doesn't take?*

*Yes, here are some guidelines:*

- *No stained, soiled, damaged clothing (rips, tears, holes, missing buttons, broken zippers, etc.)*
- *No used underwear, swimwear, gym wear, t-shirts.*
- *No men's clothing.*
- *No evening attire.*
- *No broken / damaged / outdated appliances.*
- *No dirty, broken or incomplete toys or games.*

### *Do you do pick-ups?*

*No, sorry we don't have enough staff or volunteer resources to do pick-ups.*

### *When and where can I/we drop off our donations?*

*Monday or Tuesday between 8:30 - 4:30 p.m. works best at Sacramento Works Career Center, located at 915 Broadway. (Just let the front desk staff know that the donation is for My Sister's House.)*

***What do you do with the donations?** We offer the donations to our Safe Haven shelter first. Then we offer it to the clients who are participating in our Women to Work Program. Due to our limited storage space, anything that isn't used is donated to the local Goodwill or to another non-profit. Depending on the time of year, some donations are saved for our rummage sale, which is scheduled for August 9 this year, at*

***915 Broadway, 8:00 a.m. - 1:00 p.m.***

*My Sister's House thanks Miss Asia Sacramento organization for helping with this year's rummage sale.*

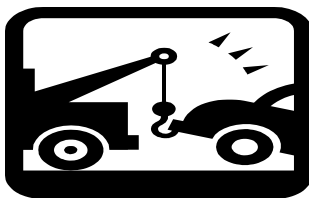


My Sister's House  
3053 Freeport Blvd., No 120  
Sacramento, CA 95818

NON-PROFIT  
ORG.  
US POSTAGE  
PAID  
PERMIT No. 41  
SACRAMENTO,  
CA

RETURN SERVICE REQUESTED

***Do you have a car that you  
would like to donate to  
My Sister's House and  
receive a tax deduction?***



***Call My Sister's House at  
916-868-7820 or send an  
e-mail to  
info@my-sisters-house.org***

## Mark Your 2008 Calendar!

Contact [info@my-sisters-house.org](mailto:info@my-sisters-house.org) or (916) 868-7820 for more information.

- **August 8-9** - Charity B-ball Tournament for MSH—by AsianUnderground.org. Contact Hoop-Tourney@AsianUnderground.org or (916) 965-2570
- **August 9** - Rummage Sale, *My Sister's House 4th Closet Sale*, 915 Broadway, 8 a.m.—1 p.m.
- **Aug. 16** - Everything you should know about Family Law as a Japanese Woman, 10 -12 pm.
- **Aug. 16** - Monthly volunteer orientation, 10-11 a.m.
- **September 20 - October 18** - 2008 Fall Shelter Advocate Training
- **October 1** - “Yes I Can” Conference for domestic violence survivors
- **November 8** - 2008 Run for a Safe Haven