



Abby's House

Center for Women and Families

National Women's History Month

March is National Women's History Month, dedicated to ensuring the history of American women and all of their efforts and accomplishments are properly represented in schools and communities. Each year, honorees in the National Women's History Project are chosen by the community from various periods of history and cultural backgrounds whose accomplishments represent the spirit of the annual theme. This year's theme is Celebrating Women of Character, Courage, and Commitment. Honorees were chosen based on their accomplishments in a number of fields that ultimately created positive changes in the world, some of whom are listed below.

Anna Julia Haywood Cooper (1858 – 1964)

Author, educator, speaker, and among the leading intellectuals of her time. Born into enslavement, she wrote "A Voice from the South", considered to be one of the first articulations of Black feminism.



Agatha Tiegel Hanson (1873 – 1959)

Educator, author, and advocate for the deaf community. She was unable to hear and blind in one eye. She attended Gallaudet University in a time where most deaf people were denied access to education, and graduated first in her class. Her valedictorian speech argued for the recognition of the intellect of women.



Frances Oldham Kelsey (1914 – Present)

Frances Oldham Kelsey as the Food and Drug Administration's (FDA) pharmacologist, refused to approve thalidomide, a drug that was later proved to cause severe birth defects. Kelsey required scientific rigor for all her clinical trials as well as ongoing oversight of drug testing at the FDA. Her research led Congress to pass the 1938 Food, Drug, and Cosmetic Act.



Roxcy O'Neal Bolton (1926 – Present)

Roxcy O'Neal Bolton is the founder of Florida's first battered women's shelter and the nation's first hospital-based Rape Treatment Center. She convinced National Airlines to offer maternity leave to pregnant flight attendants, lobbied for passage of the Equal Rights Amendment (ERA), and persuaded the National Oceanic and Atmospheric Administration to name hurricanes after both women and men.



Jaida Im (1961- Present)

Jaida Im founded Freedom House, the first residential shelter for adult female survivors of human trafficking. The program offers holistic case management, counseling, educational resources, and job training for victims of abduction and enslavement. In 2013, Freedom House opened The Nest to serve girls ages 12-17, which provides a space to help girls to recapture their interrupted youth in a loving family setting.



Abby's House is located in the Werner University Center Room 106
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Fall 2015 Programs

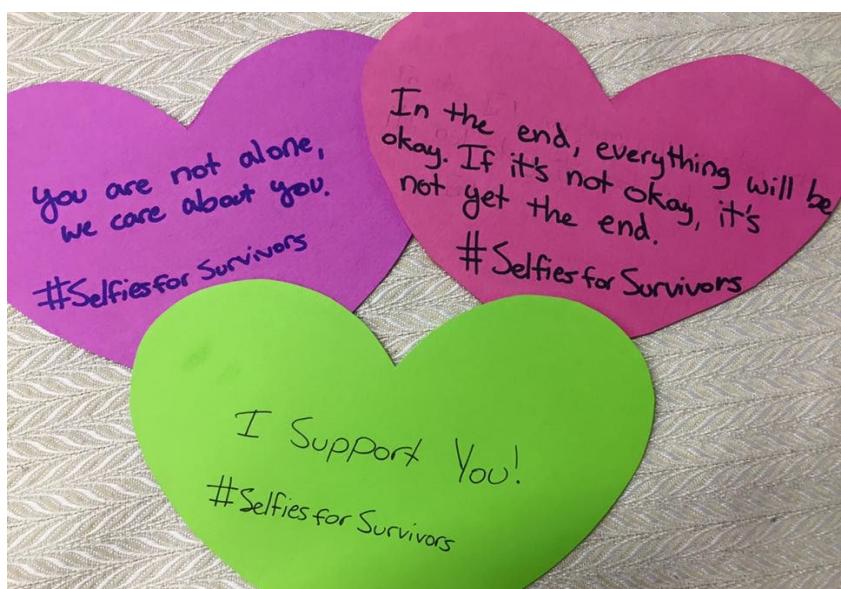
Take Back the Night 2015



Abby's House held our annual **Take Back the Night** event in honor of **Domestic Violence Awareness Month** on October 27th. Over 70 people attended the event where Jackie Sandmeyer from the Oregon Attorney General's Sexual Assault Task Force spoke during the beginning of the program. Part of our program involved a powerful "Speak Out" from survivors of sexual violence in an effort to minimize silence around the ongoing problem of sexual violence. At the end of the evening, participants marched through campus as a way to bring awareness and show solidarity.

During Domestic Violence Awareness Month, Abby's House participated in a project created by Henderson House Advocacy Center in McMinnville, Oregon. The project started as a creative way to bring awareness to sexual and intimate partner violence. Although the project was centrally located in McMinnville, Abby's House engaged in this social media campaign as a way to make connections between our university and local agencies that have long been offering our students and families in this community a place of respite and support. Students wrote notes to survivors of sexual and intimate partner violence, and then took a photo to post on social media sites with the hashtag #selfiesforsurvivors. By doing this, we created a supportive, empowering presence in cyberspace for these survivors and these issues.

#SelfiesforSurvivors



A special thank you to Kappa Delta Chi for their participation in the project!

OSU WGSS Graduate Reception

On October 20th, Abby's House and the Stonewall Center hosted faculty and graduate students from the **Oregon State University Women, Gender, and Sexuality Studies (WGSS)** program. Graduate program offerings in WGSS and Queer Studies were discussed as well as the application process, graduate teaching assistantships, and research opportunities. For more information, visit: <http://liberalarts.oregonstate.edu/slcs/wgss>.

Women in STEM Sponsored by the Salem Branch of the American Association of University Women, Abby's House facilitated a presentation and discussion about women in STEM fields on November 10th at WOU.

Winter 2016 Programs

MLK Jr. Week: January 18-22

- ⇒ Small posters featuring quotes by Dr. Martin Luther King Jr. and the names and photos of black women killed by police officers were displayed along the sidewalks throughout campus as part of the #SAYHERNAME social media campaign. This was an effort to highlight racialized police brutality, particularly among our society's most vulnerable and targeted individuals, and to make visible the Black Lives Matter movement on our campus during such an important week.
- ⇒ Advocates had a tabling event called “**Self-Care for Justice**” featuring information on self-care, specifically for those involved with social justice work. At the table, advocates encouraged participants to think about the importance of caring for ourselves as we engage in difficult, and sometimes discouraging, work to eliminate oppression. This activity was inspired by well-known feminist author, activist, and poet Audre Lorde who said, “Caring for myself is not self-indulgence. It is self-preservation and that is an act of political warfare.”



Stalking Awareness Month: In observance of Stalking Awareness Month, Abby's House facilitated a workshop about **Stalking in the Media** on January 27th. The event examined the various forms of stalking behavior portrayed in the media, the prevalence of stalking in our society, and relevant on-campus resources. Information about media literacy and feminist responses to violence in the media were presented.

One Billion Rising: On February 11th, Abby's House honored the international movement to end violence against women through the One Billion Rising event. The 2016 theme was “**Escalating the Call For Revolution.**” Members of the WOU community were invited to participate in an engaging art project encouraging all to think about people in positions of power and how to use such power to influence revolution. The event also included a dance performance by the Hula Class led by Professor Darryl Thomas.

National Eating Disorder Awareness Week: February 22-27. Abby's House teamed up with Project H.E.A.L., a national organization with a regional chapter in Salem, to create this week long program. Advocates provided information to raise awareness about eating disorders at a tabling event in the Werner University Center as well as the Health and Wellness Center on. **Andrea Hugmeyer** (Assistant Director, Abby's House), **Kayla Robertson** (Senior, Psychology and Abby's House advocate), and Karis Alston (Senior, Psychology and Project H.E.A.L. regional chapter co-founder) presented about societal pressures that have the ability to produce distorted and negative body images that can often lead to eating disorders. The presentation included a powerful personal narrative by **Emily Swart** (Office Coordinator, WOU Foundation and Abby's House Board Member) who spoke about her own experience with anorexia. The presentation had over 50 people in attendance and was titled “Eating Disorders Impact our Lives.” This was the first time Abby's House has devoted an entire week of programming to this important issue.



Multicultural Student Union: Women of Culture Week: March 7-11. Abby's House participated in the MSU Women of Culture Week by providing an event to the WOU community called, “Understanding the Confidence Gap” on Tuesday, March 8th. The confidence gap is the term for the unequal amount of confidence between women and men, which stems from personal self-doubt that is internalized over time through overt and covert messages in our society. Ways to recognize personal levels of confidence and boost self-esteem were discussed, as well as ways in which individuals can work to eliminate this disparity on an institutional level.

It's O.K. to Not be O.K.

Sophomore Hailey Wren approached Abby's House about supporting her idea to create a mental health awareness campaign at WOU that would seek to reduce stigma around mental health issues and create community among those who have experienced such challenges. She worked with Assistant Director, Andrea Hugmeyer to establish a programming plan and seek advocates for help in disseminating her campaign. On February 2nd—4th, advocates helped Hailey at a tabling event in the Werner University Center and provided information and resources related to various mental health concerns. As part of the campaign, Hailey is working with a videographer to develop a short film in which WOU students will share their experiences with mental health issues. Participants for this aspect of the project were sought at the tabling event. Hailey has completed a series of interviews with student volunteers that will be used in her film. The film will be shown **Thursday, May 5th at 5PM** in the Willamette Room. If you are interested in participating in this project, please contact abbyhouse@wou.edu.



Advocate Training

Congratulations to our advocates who have completed the following trainings:

Safe Zone Ally 1 Training:

Rachel Feldhaus, Elizabeth Fields, Jessica Fontaine, Ileen Huerta-Luna, Sam Hughes, Hannah Towle

Safe Zone Ally 2 Training: Rachel Feldhaus, Ileen Huerta-Luna, Sam Hughes, Hannah Towle

A.L.I.C.E. Training (Active Shooter Training): Lupe Becerra and Tania Villaneueva



Resource and Gender Studies Library



Check out the newest addition to the Abby's House Library:
Bitch magazine!

Each issue offers 80+ pages filled with smart pop culture analysis, profiles of feminist culture-makers, and beautiful illustrations.

The Resource and Gender Studies Library at Abby's House is a **FREE** resource available to students, faculty, and staff!

Come check out books on various topics including: Pregnancy; Family Studies; Women and Violence; Gender, and Masculinity Studies; Reproductive Health; Women's History, and much more! Whether you need resources for a class assignment or for personal use, the Abby's House Library can help!

Community Outreach

101 students were reached in outreach presentations!

A total of 6 outreach presentations were given during fall and winter terms. These presentations involved advocates explaining what resources are available to students at Abby's House in addition to providing timely information about upcoming events.

Oregon Commission For Women Presentation

On September 9th, Director, Mary Ellen Dello Stritto and Assistant Director, Andrea Hugmeyer presented about Abby's House services to the Oregon Commission for Women (OCFW). The public monthly meeting for the OCFW took place in Corvallis, OR where commission members solicited community information about services or needs that directly impact women in Oregon.

Discover Pink Walk

On October 3rd Abby's House joined AAUW of Salem for the Discover Pink Walk, which raised money for breast cancer screenings for local women in Marion and Polk Counties. We had our largest team ever with 25 people participating. Funds raised went to The Medical Foundation of Marion and Polk Counties for breast cancer screenings and support for women going through breast cancer treatment. Team members included advocates from Abby's House and staff from The Research Institute at WOU, along with AAUW of Salem Branch members.



Academic Support

- ◆ Assistant Director, Andrea Hugmeyer advised two student groups from two different courses in the Psychology department during winter term. A group from the Psychology of Leadership course conducted a student needs assessment survey that benefitted Abby's House by identifying the current needs of WOU students. They also collected information on the ways in which Abby's House is viewed as a resource on campus. The student group from the Psychology of Creativity course created a project around the topic of consent. Andrea provided an overview lesson about sexual violence dynamics, the history of consent campaigns, and ways to be gender-inclusive and culturally appropriate in new approaches to teaching consent.
- ◆ During fall term, Community Health Education intern, Tania Villanueva, helped coordinate efforts for our annual Silent Auction and provided programming support for our center.
- ◆ In fall and winter terms, we had three students volunteer hours as part of course requirements. These volunteers created additional resource material and supported educational programming.



Welcome 2015-2016 New Abby's House Advocates!

Abby's House would like to extend a warm welcome to our nine new advocates for the 2015-2016.

Abby's House advocates attend a three day training before the beginning of fall term. New advocates learned about sexual harassment and violence, crisis response, historic and contemporary gender issues, and resources for our LGBTQ+ community.



From Left: Kayla Robertson, Ashley Baxter, Elizabeth Fields, Amanda Stevens, Lupe Becerra, Mayra Mendoza, Tania Villanueva, Marisol Monroy, and Crystal De Leon

Welcome Back Returning Advocates!

Rachel Feldhaus, Jessica Fonatine, Erika Gutierrez, Ileen Huerta-Luna, Samantha Hughes, and Hannah Towle

**SILENT
AUCTION**

December 1 **TUES** 11am-3pm
2 **WED** 11am-3pm
3 THURS 11am-6pm

WUC Pacific Room



A HUGE thank you to the bidders and donors of our annual Silent Auction!

The December 2015 auction was our biggest fundraiser to date!

All proceeds went to the Jeanne Deane Abby's House Scholarship.

Upcoming Events:

Abby's House at the Health Fair

Monday, April 4th, 12-4pm, Health and Wellness Center

Equal Pay Day 2016: Interactive Inequality Bake Sale

Tuesday, April 12th, 11-3pm, WUC Plaza

Speak Like a Girl

Wednesday, April 20th, 6pm, Willamette Room, WUC

Sexual Assualt Awareness Month (SAAM):

#ShamingCauses Poster Campaign

Tuesday, April 26th & Thursday April 28th, 11-2pm WUC

Denim Day with Alpha Chi Omega

Wednesday, April 27th, 10am-2pm, WUC

Speak Out Against Victim Blaming

Wednesday, April 27th, 5pm, WUC Plaza

Film Screening of *The Mask You Live In*

Wednesday, April 27th, 6pm, Willamette Room, WUC

"It's OK to Not be OK" Mental Health Awareness Campaign

Wednesday, May 4th & Thursday, May 5th, 11am-2pm, WUC

"It's OK to Not be OK" Video Launch

Thursday, May 5th, 5pm, Willamette Room, WUC



Abby's House Center for Women and Families

Abby's House is open
to ALL genders!

Mission Statement:

To provide the WOU community with educational programming, information, and referral services designed to promote equity and non-violence. We embrace a feminist model that empowers all people to actively stand against all forms of violence, harassment, verbal abuse, discrimination, and hatred.

We can help you find resources for a variety of issues:

- *Sexual Violence*
- *Relationship Violence*
- *Sexual Harassment*
- *Stalking*
- *Child Abuse*
- *Depression*
- *Suicide*
- *Women's Health*
- *Breast Cancer*
- *Contraception*
- *STD Testing*
- *Substance Abuse*
- *Eating Disorders*
- *Gender Identity*



Our Name:

The name Abby's House was chosen in honor of Abigail Scott Duniway, who fought for women's right to vote and own property predominantly in Oregon. She was the first woman to register to vote in Oregon.

On the web:

www.wou.edu/abbyhouse

facebook.com/wouabbyhouse

<https://twitter.com/WOUAbbyHouse>



*Editors: Elizabeth Fields, Hannah Towle,
Amanda Stevens & Andrea Doyle Hugmeyer*