

June 2011



Volume 3,  
Issue 5

# MAVEN NEWSLETTER

Mature Alternatives for Violent Environments Now

Dear Valued Community Partners and Colleagues,

For almost ten years Next Door Solutions to Domestic Violence has offered older adults in our community the MAVEN program, Mature Alternatives for Violent Environments Now. With this program we have reached out to and helped over 745 women over the age of 50 in the last five years. The MAVEN program has offered one-on-one counseling and case management, a support group, home visits and field trips, as well as outreach and education to community organizations.

In addition, collaborative efforts between MAVEN and various community agencies have increased awareness about domestic violence, elder abuse, and the resources available for individuals. Next Door has been fortunate in that the Santa Clara County community has assisted in strengthening these individuals through their constant support and generous field trip donations. Through the MAVEN support group and individual counseling, many women have developed the necessary coping skills and support systems in order to continue to thrive.

Therefore, it is with great sadness that we have to inform you that the MAVEN program will end as of June 1, 2011 due to a loss of integral grant funding. Like many community-based organizations, Next Door has not been able to weather the current economic difficulties without some losses to its programs. Next Door will continue to offer services for mature adults by providing the following:

- 24 hour crisis intervention hotline available for victims of domestic violence, their relatives and adults that interact with victims. Our hotline number is (408) 279-2962.
- 24-hour Emergency Shelter available for victims of domestic violence. Please call (408) 279-2962 for more information.
- Walk-in emergency services Monday through Friday, from 9:00 a.m. to 4:00 p.m. at our community office. Our address is 234 E. Gish Road. Suite 200, San Jose, 95112.
- Individual Advocacy services available by appointment at our community office. Please call (408)501-7550.
- Legal support (e.g. restraining orders, court accompaniment, etc.). Please call (408) 501-7550 for an appointment to receive these services.
- Support groups Monday and Tuesday nights from 6:30 p.m. to 8:30 p.m. Spanish language support groups are available. Support groups take place at Next Door's community office and other locations in the community.
- Self Sufficiency workshops Wednesday nights from 6:30 p.m. to 8:30 p.m..
- Yoga and Quilting classes are offered on Wednesday nights from 6:30 p.m. to 8:30 p.m..

As always, please feel free to call our community office for more information regarding all the services and programs Next Door provides. Our telephone number is (408) 501-7550. Our web address is [www.nextdoor.org](http://www.nextdoor.org).

We hope that the Santa Clara County community will continue to support Next Door by providing assistance for older adult victims of domestic violence. We are grateful for your efforts and we thank you for your assistance in ending domestic violence in the moment and for all time.

Best regards, *Patricia Bennett*

Patty Bennet, Director of Programs

*Brenda Vieira*

Brenda Vieira, Manager of Advocacy

**Celebrate World Elder Abuse Awareness Day  
annually on June 15th!**



**Show the world  
you care about  
ending elder  
abuse and neglect.  
Wear something  
purple on  
June 15th.**



**World Elder Abuse Awareness Day 2011**

**My World... Your World... Our World... Free of Elder Abuse**

Source: <http://www.inpea.net/home.html>

## Recipe: Turkey and Cheddar Burgers

*Recipe submitted by MAVEN client*

*\*7 weight watcher points per serving*

### **Ingredients:**

- 1 lb ground skinless turkey breast
- 1 small zucchini, shredded
- 1/2 cup shredded reduced-fat cheddar cheese
- 1/4 minced red onion
- 3/4 tsp salt
- 12 tsp ground pepper
- 1/4 cup ketchup
- 1/4 cup reduced-calorie mayonnaise
- 4 lettuce leaves
- 4 tomato slices
- 4 whole wheat hamburger buns, split and toasted

### **Directions:**

1. Heat a nonstick ridged grill pan over medium-low heat.
2. Combine the turkey, zucchini, cheese, onion, salt, and pepper in a bowl until blended. Shape into four patties.
3. Grill the patties until browned on the outside and no longer pink in the center, about 7 minutes on each side.
4. Meanwhile, whisk together the ketchup and mayonnaise in a small bowl.
5. Layer the lettuce, burgers, and tomato slices on the bottoms of the hamburger buns. Top with the ketchup mixture, then the bun tops. Enjoy!

*MAVEN  
CORNER*



## **EXPLORE ALL THE FUN AND HEALTHY ACTIVITIES IN THE BAY AREA!**

Did you know that surfing the internet can be good for your health? Scientific studies have shown that using email to communicate and socialize with others improves psychological well being. Also being able to easily find important information on the internet about news, health, travel and hobbies offers a sense of freedom and empowerment that promotes mental health.

Combine this with the fact that regular mental and physical activity can improve your psychological well-being, reduce your risk of developing chronic diseases, reduce medication usage and lower incidence of disability. This means that pursuing activities like volunteering, yoga, gardening, walking, and attending art and dance classes can improve your quality of life.

This is why we built an easy to use website [www.bayareaolderadults.org](http://www.bayareaolderadults.org) that offers free information about outdoors, fitness, social and cultural activities in the San Francisco Bay

Area. The website is a wonderful resource for fun and healthy adventures right in your own community. It has over 1500 activities covering the rich cultural and natural diversity here in the Bay Area including the oldest Japanese garden in the Western hemisphere, and the science museums that are home to high powered telescopes enabling views of planets and stars.

So what is so special about this website? All of the information is carefully collected by hand and has all the details you need to venture out with confidence. As a reminder, it is free to use.

We hope you try [www.bayareaolderadults.org](http://www.bayareaolderadults.org). We designed it to make it easier and more fun for you to be physically and mentally active. Enjoy it!



## Upcoming Events

### Midsummer Art Celebration

*Saturday, June 18th, 10am –6pm. Free and open to the public.*

*1505 Warburton Ave, Santa Clara at the Triton Museum of Art*

*Come and browse this outdoor art fair and find that one-of-a-kind gift. In addition to thousands of original works of art, there will be food, music, a showcase of classic cars... and did we mention the art?*

### Festival in the Park

*Saturday, June 25th, 11am-4pm. Free and open to the public.*

*985 Hellyer Ave, San Jose at Hellyer County Park*

*Festival in the Park, where wellness meets fun! Hellyer County Park will be transformed into a health, safety and recreation fair. Adults and children alike will enjoy a fun-filled day exploring healthy lifestyles. Don't miss the Green Living exhibits, lots of free giveaways, teddy bear clinic, kayaking, stand-up paddleboarding and climbing wall. Free parking and free shuttle bus rides only at Silver Creek Sportsplex at 800 Embedded Way, San Jose.*



MISSION: TO END VIOLENCE NOW, AND FOR ALL TIME.

## Next Door Services

Next Door offers programs that address the many facets of abuse.

**Hotline Number: 408-279-2962** assistance in both English and Spanish.

**Emergency Shelter:** The 24 hour, 7 days/week, year-round shelter

**Counseling:** Next Door provides crisis counseling and support groups designed to rebuild the lives damaged by abusive relationships.

### Support Groups

**Monday:** 6:30-8:30, *English & Spanish*

**Tuesday:** 6:30-8:30, *English & Spanish*

**Wednesday:** 6:30-8:30, *Yoga & Quilting*

*Call 408-501-7546 if you would like to attend.*

**Call 408-501-7550 for information on the Woman's Support Group in Los Gatos**

**Call 408-501-7557 for information on the Men's Support Group**

### Advocacy

Next Door provides a wide array of services to victims in crisis including: walk-in or pre-arranged appointments, safety planning, legal options, and crisis counseling. There is also a special program for women over 50 called MAVEN (Mature Alternatives to Violent Environments Now).

**Youth and Children's Services:** Next Door provides weekly year-round programming to help children exposed to domestic violence develop life skills, self-esteem and learning skills.

**Teen Services:** support groups for teenage youth. We also bring dating abuse and domestic violence information to schools throughout the county. Through our POWER (Proud of Wanting Equal Relationships) program we work with teens experiencing dating abuse. We help teens referred by the court system to complete a Domestic Violence program.

**Home Safe Transitional Housing-** The two HomeSafe facilities, located in Santa Clara and in East San Jose, provide housing services.

**Other resources:** [www.WomensLaw.org](http://www.WomensLaw.org); [www.endabuse.org](http://www.endabuse.org); [www.ncadv.org](http://www.ncadv.org); [www.ndvh.org](http://www.ndvh.org) National Hotline 1.800.799.7233; [www.NCALL.org](http://www.NCALL.org) (National clearinghouse on abuse in later life), and [www.ncea.org](http://www.ncea.org) (National Center on Elder Abuse) Even if you are an immigrant, considered "undocumented" or a non-US citizen, there's help, you will not be deported, you will not lose your children...you are in the US and you have rights.



If you live in Santa Clara County, CA check out [www.sccgov.org](http://www.sccgov.org) for a list of events and information on how to get involved. Or you can call Next Door Solutions to Domestic Violence: 408.501.7550.



*Promoting Safety for Women and Children Since 1971*

**Community Office: 408.501.7550 | 24 Hour Hotline: 408.279.2962**  
Next Door Solutions to Domestic Violence | 234 E. Gish Road, Ste 200 | San Jose CA 95112