

# bloom

STORIES FOR PEOPLE  
WHO SUPPORT SURVIVORS

FALL 2021





My little girl started pre-K and my son is in first grade. We've been isolated for years from my family and friends. **Now we're meeting new people and having a blast.** I'm now a member of the Attorney General Survivors Council. I'm going to write a book one day. I have no problem sharing my story. I love doing it because I know it's going to help someone, somewhere—and that's the goal.

# Morgan's story

"I am exactly who he told me I couldn't be"

Before my kids and I escaped, I didn't feel like I had anyone. It was a really low point in my life.

I was seeing a therapist in Lexington, and we came to the realization together that I was in an abusive relationship. She recommended I reach out to GreenHouse17.

*"She told me at this point you're not leaving, you're escaping"*

The person on the phone said, "let's get you to a shelter." I didn't really feel comfortable doing that, so they gave me the phone number for Kris [advocate]. It was a relief to talk to someone.

I didn't feel safe meeting her anywhere except my workplace. I brought her in under the guise of a vendor. We found a conference room, and she stayed with me for three hours while I told her my story. Kris was crucial in helping me to escape.

She told me at this point you're not leaving, you're escaping.

I had a small, very tight circle of people who I was able to confide in and trust. I kept in contact with Kris and an attorney, and we got our plan together for my escape.

Initially it was really scary. My sister told me we could live with them for a little while.

The day I decided we were leaving, he went to work, and I was acting fairly normal. My sister and brother-in-law pulled up. Within an hour we met with a sheriff's deputy and got the EPO.

The day at court came. Kris was there. It was crazy and scary, but it was amazing. Everything went in the favor of my kids and me.

It's a long journey. It's difficult, but you'll make it, and it's so worth it. Once you finally take that first breath and realize I'm free for the first time—it's an indescribable feeling.



*This is only part of Morgan's story, in her own words, shared with her permission.*





## WOODFORD COUNTY

# damselfly gallery



You'll find Damselfly Gallery on Main Street in historic downtown Midway. Paintings, pottery, jewelry, and woodworks by Kentucky artists fill the eclectic gallery.

Rob Mills purchased the shop from the Thoreson family a few years ago. His mother, Karol, moved from Pennsylvania to help out a couple times a week. She loves getting to meet so many new people.

Karol found out about Handmade by Survivors products from an article in Kentucky Homes & Gardens. She came to take a tour

of our shelter and farm to learn more about becoming a retail sales partner.

"I was inspired by the beauty of it all," says Karol. She's proud to support the mission and spread the word in the community, always sharing a brochure and information if people are not familiar with our organization.

Karol loves anything with lavender, so her favorite products are the Fresh Start candle and Remembrance soap. Damselfly Gallery is open seven days a week.



Members Steve Lownds, Darlene Thomas, Stephanie Blevins, and Robert Anderson.

## awareness & support

### BOYLE, GARRARD, LINCOLN & MERCER COUNTY

The Heart of Kentucky Steering Committee leads with a spirit of engagement. They formed in February 2019 to build awareness about services to support survivors in the region.

"It has been wonderful to have this committed group supporting our work," says staff member and Danville resident Mary Trollinger.

Steve Lownds was an inaugural member. He works at Centre College and engaged staff from the school's Title IX office in awareness projects on campus.

"We are excited to continue to bring community members together to spread the word and support survivors," shares Steve.

The City of Danville has issued proclamations during Domestic Violence Awareness Month the past few years, and the Advocate-Messenger has featured several articles about the mission.

"The committee cares about their community and has raised awareness about local services," says Mary. "You don't have to travel a long distance to find safety."



# Cooking with Theo



## BEET AND GOAT CHEESE NAPOLEONS WITH SPICY MINT CHIMICHURRI

Bushels of carrots, sweet potatoes, winter squash, and herbs from the farm make for many delicious autumn meals. Chef Theo, an advocate with focus on food and nutrition at the shelter, makes sure the harvest is put to good use. Healthy eating especially matters while healing the physical and emotional wounds of abuse. This dish is a favorite of residents and staff, and we hope you'll like it, too.



### Ingredients

6 large beets  
11 oz goat cheese  
4 tsp chives (minced)  
2 tsp fresh rosemary (minced)  
2 tsp fresh thyme (minced)  
4 Tbsp olive oil  
2 Tbsp honey

### Napoleons

Preheat oven to 350 degrees.  
Cover beets in olive oil and wrap in aluminum foil.  
Bake 1 hour until a fork is easily inserted into beets.  
Peel the beets and cut into ¼" slabs, then use a cookie cutter or drinking glass to cut into circles.  
Mix herbs, honey, and goat cheese until combined.

Put dollops of goat cheese between the slices of beets.  
Press beets down and using a flat edge of a knife, scrape off the excess goat cheese.

### Chimichurri garnish

2 cloves of garlic  
1 c packed fresh parsley  
1 c packed fresh mint  
2 Tbsp apple cider vinegar  
½ Tbsp kosher salt  
½ Tbsp sambal  
6 Tbsp extra virgin olive oil  
2 Tbsp honey

Combine all ingredients in a food processor and pulse until finely minced. Drizzle on plates around the napoleons.

Like in any home, the kitchen at shelter tends to be a gathering spot for adults and children. Survivors often prepare meals alongside staff, many times sharing recipes from their family traditions. Regular groups and workshops explore connections to food. Topics range from budgeting to self-image.





# I'll stand by you

## 17 COUNTIES

Survivors of intimate partner abuse often need to navigate the legal system for longer-term orders of protection and matters related to safety, custody, and property.

For many survivors, the court hearing will be the first time they see the abuser since escaping. Morgan remembers her day in court like it was yesterday.

"I instinctively look left, right, and there he is, and he's got this look on his face that just sent a chill up my spine."

This is where legal advocates come in. While the advocate's role is to restore agency and explain processes, most importantly they stand beside survivors during one of the scariest days of the healing journey.

"When in court I can't act as your attorney, but I'm here for you," explains Stephanie Love, a legal advocate serving survivors in Clark and Powell counties.

"I can make sure you have what you need. I can nudge you to remember something. I can act as an extra barrier between you and the abuser."

Advocates make sure survivors have a plan for their physical and emotional safety after court. They also provide connections to our support groups and local resources for food, clothing, and other needs.

*"When in court I can't act as your attorney, but I'm here for you."*

"We get the survivor in touch with their community, so they aren't just relying on us," says Stephanie.

"You want to have other relationships in your life. If you've just got the one relationship, how healthy are you as an individual? It's the same with survivors."



Legal advocacy and support services are made possible with federal grants from the Victims of Crime Act (VOCA), a non-taxpayer fund generated by fines paid by federal criminals. Violence Against Women Act (VAWA) funding also provides survivors with no-cost attorney services and representation for especially difficult cases. The Kentucky Justice and Public Safety Cabinet administers both funding sources.

The opinions in this publication are those of the author(s) and do not necessarily reflect the views of the Kentucky Justice and Public Safety Cabinet, the Commonwealth of Kentucky, or the U.S. Department of Justice.

## COMMUNITY CARE

# nurturing lives



Although the work to end intimate partner abuse always will be difficult, safer tomorrows are possible in a community that cares about survivors.



Board member Gretchen Bright organized a ride at CycleBar to support survivors, raising over \$600.

The United Way of the Bluegrass Day of Service was June 17. Volunteers worked on the farm, helped move furniture, and organized the basement.

Central Kentucky Project Linus, a longtime partner, donated 10 handmade blankets for shelter residents.

The International We Serve Foundation & Lexington Rotary After Hours visited shelter. They are founders of our Empowering Lives Children's Fund.



**Do you have a great idea to support survivors?**

Let's chat! Reach out to Reena at [rmartin@greenhouse17.org](mailto:rmartin@greenhouse17.org) or call 859.519.1911.

Thankful for nonprofit friends from FoodChain and Seedleaf who volunteered on the farm. They helped weed and restore the tranquility garden.

July was Kentucky Grown Cut Flower Month. We were proud to be featured during the Kentucky Horticulture Society's campaign.

Thank you to Vivian Leigh, Jacob Cox, and Lemon Grass for bringing music out to the safety of the shelter for survivors to enjoy this summer.

August was Bystander Awareness Month, and we wore green to raise awareness about how bystanders can safely intervene and prevent violence.

We are proud to support the new Lex End Homelessness public awareness initiative. Darlene was featured in the launch video for the #lexendhomelessness campaign.





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October is Domestic Violence Awareness Month. Make plans to wear purple on **Thursday, October 21** to show your support for survivors. More at [GreenHouse17.org/dvam](http://GreenHouse17.org/dvam)

# Green House17

**Nurturing lives**

harmed by intimate partner abuse.



For questions and more information about this publication,  
call 859.519.1904 or email [contact@greenhouse17.org](mailto:contact@greenhouse17.org)

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