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FOR IMMEDIATE RELEASE

“RECIPES AND REFLECTIONS”

**A CLIENT’S JOURNEY THROUGH A DOMESTIC ABUSE SHELTER
AND THE MANY MEALS SHARED BY VICTIMS RESIDING TOGETHER**

October 14, 2009, White Plains, NY - My Sisters' Place (MSP), Westchester County’s leading domestic abuse organization is launching the first **My Sisters’ Place Cookbook: Recipes and Reflections**. More than just a “cookbook,” this book is a culmination of the many recipes that comprise shared dinners in MSP shelters. It also features an inside look at life in the shelter through the journal entries of an MSP client.

Inspiration for the cookbook was spontaneous when a volunteer visiting a MSP shelter inquired about the many diverse dinner recipes tacked to a board in the kitchen. The volunteer learned that each resident is assigned a week in which she has to plan the dinner meal for all residents. “I was in awe of the many culturally diverse, interesting, well balanced recipes staring at me and knew there was a way to weave these wonderful meals into a story about the MSP residents and their lives in the shelter,” explains Gayle Waxenberg, chair of the Cookbook Committee, “While the recipes are amazing, the twelve week journal entries of a victim’s personal shelter experience captures the essence of what MSP does and what we everyone needs to know about domestic abuse.”

The book also emphasizes the importance of mealtime, following a multitude of recent research studies indicating that shared mealtime is important for all configurations of families, especially for child development. “The dinner hour in the shelter provides an opportunity to bond, connect, and learn from one another. It’s a chance to share information and news of the day,” explains Karen Cheeks-Lomax, Executive Director of MSP. “Dinners in the shelters are especially important as the women, and their children, come together in the kitchen, sharing recipes and cooking the evening meal. Dinner brings everyone to one table, creating a truly nurturing experience for all.”

Recipes and Reflections was brought to fruition by a volunteer committee captured by the MSP mission, services and successes. “The stories, drawings and recipes included in this book, represent the many worlds of My Sisters’ Place -- residents of the shelters, clients and staff. **Recipes and Reflections** provides insight and understanding into the important work and mission of MSP,” comments Sara Vescio, committee member.

The book will be formally launched at MSP’s annual fall luncheon on Thursday, October 29th at Brae Burn Country Club in Purchase, NY, entitled, **Peace in the World Begins with Peace at Home...In Our Own Backyard**. The luncheon will feature a panel discussion about human trafficking in Westchester County. Books will also be available for purchase during the holiday season at selected Bed, Bath and Beyond locations and Chef Central in Hartstalde. The price of the book is \$25 and all proceeds go directly to MSP.

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My Sisters' Place, Westchester County's premiere domestic violence organization provides shelter, legal support, advocacy, and educational services to victims of domestic violence, sexual abuse, stalking and human trafficking and their children.

To purchase a book, attend the luncheon, make a donation or learn more about MSP, contact Cheryl Healy at 914-683-1333 X129, chealy@mysistersplaceny.org or visit www.mysistersplaceny.eventbrite.com

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