Joanne’s Story

“People don’t always remember what you say or even what you do, but they always remember how you made them feel.”  
MAYA ANGELOU

I grew up in a large family but always felt alone and depressed. I really had no clue as to why. As I entered my 40s, I learned that I was stuck in an abusive marriage. Throughout my childhood, I had been abused multiple times, as well.

About my marriage...when we were dating, he would forbid me to work overtime at my job. I had to be home to answer the phone when he called. One night, I worked overtime and missed his call. He drove home, and I got in the car with him. He sped down the street doing “donuts,” narrowly missing other vehicles. This was the beginning of his control over me.

After one month of marriage, he told me he had killed a guy in Marine Basic Training. He said he broke the guy’s neck. As he told me the story, he showed no remorse, just a very cold attitude. This set the stage of fear for me during our 23 year marriage.

Sex, which he said was his way of showing love, was often multiple times a day. I couldn’t take a bath without him “jumping” into the tub and forcing me to have sex. I couldn’t refuse. “No” didn’t mean “no” to him.

I had no privacy on the phone. He wanted to know who I was talking to and what was said. I usually sat in the bathroom with the door closed thinking it would “muffle” the conversation. I often found him outside the bathroom door listening. He took away my access to my checkbook towards the end of the marriage. I begged him for $20 for gas, but he wouldn’t give it to me.

I was always afraid to upset or anger him. His drinking mixed with anger, and being a hunter with guns, meant he had power and control over my life. I never knew how far he would go.

After 23 years, I was beaten down and feared for my life and the lives of my children. I packed a laundry basket of my stuff and left with my daughter. I had no money, no food, and nowhere to go. I was desperate.

I never knew about abuse until a girlfriend and I were on her computer and came across a site with a questionnaire. As I checked off the list, reality began to set in. I began working with therapists. It was then that my buried childhood memories began

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Susan B. Anthony Project not only saved my life, they gave me hope. And they continue to do so.”

Susan B. Anthony Project

More than 1 in 3 women (35.6%) and more than 1 in 4 men (28.5%) in the United States have experienced rape, physical violence, and/or stalking by an intimate partner in their lifetime. (


Susan B. Anthony Project helped 1,826 victims of domestic violence last year.

From July 2013 to June 2014, SBAP sheltered 80 women and 50 children.

Education prevention programs were presented to 6,511 school aged children and to 1,571 adult community members.

Each October, a commemorative wreath is hung at Torrington City Hall in honor of victims and survivors of domestic violence.

The annual Candlelight Vigil is held the first week of October at Coe Park to remember victims and celebrate survivors of domestic violence. A ceremony is held to honor community members who have collaborated and supported our work throughout the year.

The Clothesline Project, a collection of T-shirts designed by survivors of domestic violence, will be on display at the UCONN Torrington Campus Library and the Goshen Public Library throughout the month of October. Visit the collection on our website at www.sbaproject.org and on our Facebook page at www.facebook.com/sbaproject.
Joanne’s Story (continued)
to surface, and the marital abuse came to light. I was in and out of hospitals for depression and suicidal attempts because life became unbearable.

Abuse, incest, rape… those were all distant things that happened to others. I grew up with negative sayings such as “what is said and done in this house, stays in this house,” and “you made your bed, now you need to lay in it.” As a Catholic, I was taught husband and wife stay together until death. My own belief was “it’s your worldly duty.”

I first went to Susan B. Anthony Project more than 10 years ago. I had been seeing a therapist to deal with my abuse. I also had a close girlfriend whom I confided in. She told me that although she could empathize and sympathize with what I was telling her, she couldn’t fully understand because she had never been abused. I told my therapist about our conversation, and we began looking through the yellow pages. We came across Susan B. Anthony Project. I joined the incest survivors group and found that I was not alone in my journey. Although our stories were not exactly the same, the painful residual from abuse was.

I was in the right place. As I sat in group, unable to find my own voice, I began to feel safer and slowly learned that I could trust others with my inner thoughts and feelings. I found that as I spoke in group, not only was I empowering myself, but others would join in, and together we grew stronger.

I joined many SBAP groups throughout the years. I found that as I traveled my often treacherous journey, with many ups and downs, SBAP always “had my back.” My hospitalizations for severe depression, suicidal ideations became less as I gained tools and learned to set boundaries to keep myself safe. I know that when and if I ever become overwhelmed with my past issues, all I have to do is reach out, and they will take my hand. I never have to be or feel alone.

My eyes are opening wider as I am learning more and more about SBAP and the work they do. The women there are incredible, giving their time, knowledge, support, and compassion.

I look back at how I found Susan B. Anthony Project — in the yellow pages!! Had I not found them, I feel I wouldn’t be here writing this. They not only saved my life, they gave me hope, and they continue to do so.

As I volunteer with them, I look forward to sharing my journey with others, enabling them to find hope and safety for themselves.

Laura Beeman

Laura joined Susan B. Anthony Project as a volunteer almost 12 years ago.

Within a few months of volunteering, Laura was hired as the Sexual Assault Child Advocate. One responsibility of that position was serving on the C.A.I.T. Team (Child Abuse Investigative Team). There, Laura worked closely with victims, families, and investigators to minimize the trauma experienced before, during, and after the investigative process.

Laura also spent time at a drug and alcohol treatment center counseling men who experienced sexual abuse in their lives, more often than not, as children.

Listening to the stories of survivors of sexual assault was emotionally challenging. However, “there were rewarding times, as well,” says Laura. “Like seeing someone, against all odds, make a healthy life for him or herself.”

Laura recognizes that taking care of herself and staying healthy have allowed her to remain in this work for so many years. It looks like Laura won’t be leaving SBAP any time soon since she was just promoted to Daytime Shelter Manager.

Congratulations, Laura. Here’s to another 12 years!
Since 2007, Matt, Anna & Erin Szymanski have reached out to their neighborhood and collected hundreds of wish list items. We are so thankful for your efforts! Pictured above: Matt & Anna Szymanski.

Erika Lupinacci, surrounded by her birthday request: food & toys for Susan B. Anthony Project clients donated by her friends and family. What a wonderful way to celebrate!

Henry James Memorial students Ben Fabian, Anthony Lantieri, Natalie Rubin, Maddie Fabian & (seated) Abby Fabian collected personal hygiene products for our clients. Fantastic!

Torrington Family Kempo raised $1,200 to support Susan B. Anthony Project. Thank you for your support these past eight years!

Highlander Transition Academy students delivered Easter baskets over the holiday for our younger SBAP clients. Thank you!
2014 Sexual Assault Awareness Month

In April, we held our Sexual Assault Awareness Month ceremony to show community support for sexual assault survivors. The following community members were recognized for collaborating and supporting our work throughout the year:

Detective Fran Espinoza and Detective Jason Reid, members of the Avon police force.

Danielle Williams, Ph.D., Forensic Interviewer for the Child Abuse Investigative Team, Post University professor and Director of Undergraduate Studies.

Lindsay Colligan, Health & Physical Education teacher at Housatonic Valley Regional High School.

Liz Desmond, MSW, Child Abuse Investigative Team member and DCF investigator.

Matthew Ekstrand, recognized for his work with Susan B. Anthony Project as an intern as well as a volunteer.

Matt Karpas/ Karpas Strategies, recognized for having been a generous donor and supporter of Susan B. Anthony Project’s fundraising. He has also shared his expertise in strategizing and building Susan B. Anthony Project’s endowment.

Lou Donne, twelve year member of the Advisory Council and facilitator of Board of Directors strategic planning session.

Manny Clark, seven year member of the Advisory Council and volunteer extraordinaire.

WHERE DO YOU STAND?

Engaging Connecticut Men to End Sexual Violence

The Where Do You Stand? Connecticut campaign positively portrays young men as vital allies and invites all men to consider their own stance on men preventing sexism and sexual assault.

Bystander Intervention Training available

Call 860.489.3798 and ask for a Community Educator for more information.

Join us for the 11th annual Authors’ Luncheon coming in the Spring of 2015!

Over the past ten years, Susan B. Anthony has proudly hosted its annual Authors’ Luncheon — a captivating afternoon where the audience is treated to personal and literary stories from the authors’ themselves.

Authors’ Luncheon 2014: (from left to right) Barbara Spiegel, SBAP Executive Director, author Evie Wyld, author Frank Delaney, author and SBAP Advisory Council Member Diane Meier, author Hilma Wolitzer and author Dagmara Dominczyk.
An amazing display of strength by a talented MOMIX dancer.

The beautiful and elegant sunflower dance.

Thank you, Anthea Disney and Peter Howe, for your generous hospitality.

PHOTO: Jay Sottolano
Susan B. Anthony Project received more than 50% of its budget from people like you.

- **Outright Gift**: The simplest method of giving by check or credit card. Please use the enclosed envelope.
- **Online Gift**: Make a secure gift online at www.sbaproject.org
- **Stock Gift**: A gift of stock can provide considerable tax benefits.
- **Endowment Gift**: A gift to the Susan B. Anthony Project Endowment Fund will help secure our future.
- **Wills and Bequests**: Your gift passes to the Susan B. Anthony Project after your death.

To make a gift or to learn about these and other charitable giving programs, contact Gina Devaux at 860-489-3798 or gdevaux@sbaproject.org

Susan B. Anthony Project is a 501(c)(3) nonprofit organization

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### Interested in Volunteering? SBAP Needs Your Help!

There are many ways to volunteer at Susan B. Anthony Project.

- Client Services
- General Office
- Special Events
- Childcare

For more information, go to www.sbaproject.org and click on community involvement link or call Siobhain at (860) 489-3798.

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### Susan B. Anthony Project partners with The Allstate Foundation

**TWO ALLSTATE FOUNDATION PROGRAMS SUPPORT SURVIVORS OF DOMESTIC VIOLENCE**

Susan B. Anthony Project received an Allstate Foundation grant to provide financial empowerment services to victims of domestic violence.

In this program, our advocates work with clients on budgeting, job search, credit repair, and other services to help them become financially independent.

Susan B. Anthony Project is also proud to have partnered with The Allstate Foundation on the **Purple Purse Challenge**, a month-long online fundraising program to bring awareness and raise money to support our financial empowerment programs.

Research shows that 98% of victims of domestic violence experience financial abuse. The number one reason domestic violence victims stay or return to an abusive partner is that they don’t have the financial resources to break free.
Wish List

For questions about an item listed, please call 860-489-3798 and ask for Siobhain or visit www.shaproject.org

OUR CLIENTS’ MOST PRESSING NEEDS:

GIFT CARDS
Stop & Shop, Price Rite • Gas Cards
McDonald's, Burger King • Target, Wal-Mart & Kmart
MasterCard or Visa • Movies or Haircuts

CASH DONATIONS
For client assistance

PERSONAL HYGIENE
Shampoo & conditioner
Razors & shaving cream
Tampons & pads
Deodorant
Toothpaste & toothbrushes
Soaps & lotions
Diapers – all sizes & diaper cream
Tissues & Q-tips
Baby shampoo
Shower caddies

SHELTER SUPPLIES
Bathroom & kitchen cleaners
HE (Energy Efficient) Laundry detergent – unscented
Dryer sheets – unscented
Bleach
Fabric softener – unscented
Ziploc bags, foil, plastic wrap
Toilet paper, paper towels
Coffee & coffee filters
Canned, boxed or dry food items

NEW BED & BATH
Twin, full & crib sheets
Pillows
Bath towels & wash clothes
Dish towels & pot holders

OVER THE COUNTER MEDICINES
Tylenol / Advil
Baby / Children's Tylenol
Cold medicine
Tums
Allergy Medicines
Thermometers

MISCELLANEOUS
School supplies
Flashlights & batteries, all sizes
Craft supplies
Sleeping bags
Movies – family DVDs
Wii Games – family orientated
Playdough
Daily calendars
Colored pencils
Stickers
New toys

Thank you for helping us help others.

Holiday Wreath Sale

~ HANDMADE IN MAINE ~

Small (20”) – $20
Medium (28”) – $35
Large (38”) – $50

860-489-3798 phone orders
860-482-6268 fax orders
www.shaproject.org order on-line

Wreaths are available for pick up the week of DECEMBER 8th.
To become a volunteer seller, e-mail Denise at dtorson@shaproject.org

Adopt a Family For The Holidays!

Please help make the season brighter by adopting a family for the holidays! Call Jeanne at 860-489-3798 by Wed., November 12th.

GIFT CERTIFICATES

CASH
To purchase holiday gifts for teenagers and adult women

Terryville Congregational Church Women's Group presented wish list items, personal care kits, and prayer shawls knitted by residents at Eli Terry Senior Housing. Shown are Pam Kamens, Dickie Zalaski & Jennifer Zalaski. Thank you!

Thank you for helping us help others.
**Susan B. Anthony Project**

179 Water Street, Torrington, CT 06790

Office: 860-489-3798

[www.sbaproject.org](http://www.sbaproject.org)


Free and confidential services for survivors of domestic violence and sexual assault include:

- Counseling for adults and children
- Support Groups
- Medical and Court Advocacy

For more information, please call (860) 489-3798.

**24-Hour Crisis Line: 860-482-7133**

Statewide Toll Free Hotlines:

- Domestic Violence: 1-888-744-2900
- Sexual Assault: 1-888-999-5545
- En Espanol: 1-888-568-8332

**OUR MISSION**

Susan B. Anthony Project promotes safety, healing and growth for all survivors of domestic and sexual abuse and advocates for the autonomy of women and the end of interpersonal violence.

**Like Us on Facebook!**

Susan B. Anthony Project is now on Facebook!

[www.facebook.com/sbaproject](http://www.facebook.com/sbaproject)

**STOP & SHOP SURPRISED SBAP WITH A CAKE, BALLOONS, FLOWERS AND A CHECK FOR $1,000!**

Susan B. Anthony Project was nominated by store employees to be the recipient of their 100 Days of Giving celebration in honor of Stop and Shop’s 100th birthday.