The Hidden Hurt — Christine’s Story

Susan B. Anthony Project, to me, is a large group of caring kind-hearted women who are the angels who rescued not only my children and me, but so many others! I think of SBAP as a circle of hope, comfort, and a new beginning.

Those of us inside this circle of hope share scars so very deep it can take an eternity to heal. SBAP offers us the proper tools, love, and support, so each of us can take our first steps back into the world with a new mindset, new goals, and new ambitions.

This is hard for me to write because I’m embarrassed to say I loved a man who was emotionally abusive to me. I met him when I answered an ad on Craigslist and hired him to help me move five years ago. Clean cut and shy, so shy, I was the one who asked him for a date.

My family liked him in the beginning. After some time together, he started controlling everything I did. He would check my cell phone, go through letters from old boyfriends, go through my drawers, and throw out my nightgowns. He wouldn’t let me go out with my friends, and I couldn’t use the computer.

I called the police so many times. And, all the while, I loved him. I would leave, and then I’d come back to him. Again and again. Most of the time when we argued, he was taking drugs. He would yell at me, push me, slap me, and make me feel like the argument was my fault.

He wouldn’t let me work. He said if I went to work, I’d get involved sexually with someone else. Even if I took a walk, he’d call me names and accuse me of looking for other men. And, I still loved him.

It took me more than 5 years to reach out for help. My life is getting better now. It still cry and ask myself what I did wrong. I’m still nervous about using the computer, getting together with a friend, or taking a class. But, I know it’s okay to do those things. I’m getting stronger, thanks to the help I get at Susan B. Anthony Project. I’m strong and able to take good care of my children who I adore with all my heart.

Now, I’m living in my own apartment in the SBAP transitional living program. The staff are here for my family, and I have freedom to live on my own, pay bills, and start life again. I feel safe, and I know I don’t need that man any more.

It’s so hard to remove yourself from an abusive, controlling relationship. If you’re reading this, and you know someone who’s with a possessive, belittling man, please reach out to them! Sometimes that’s all they need. Tell them they, too, can get help at Susan B. Anthony Project, and they will begin to feel so much better about themselves.

~Christine L Hemingway
**BOARD OF DIRECTORS**
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**OUR MISSION**
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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.
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**INTERESTED IN VOLUNTEERING?**
**SBA Needs Your Help!**

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

- Client Service Volunteer
- General Office Volunteer
- Special Events
- Babysitting

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

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**TAKING BACK THE NIGHT**
In April for Sexual Assault Awareness Month, SBAP celebrated survivors of sexual assault and honored community members who collaborate with us and support our work. The event was held at Northwestern Connecticut Community College.

**Award recipients:**
Lynn Gelormino, Grant Coordinator, Warner Theatre
Laurel McKiernan, monthly donor
Emily Medina, Therapist & LCSW, Charlotte Hungerford Hospital
Jessica Odlum, Behavior Specialist, Torrington High School
Joyce Peck, Anna Walton, and Barbara Zaharek, SBA Office Volunteers
Mary Ellen Vaccari, Wellness Coordinator, The Gilbert School
Gregory Wityak, Patrolman, Torrington Police Department

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Welcome from Barbara Douglass, President Northwestern Connecticut Community College and SBAP board member.

SBAP Executive Director Barbara Spiegel presenting award to Patrolman Gregory Wityak of the Torrington Police Department.
**Webster Bank** donated $5,000 to SBAP. Webster Bank employees Cheryl Poryanda, Vice President, Market Manager; Kathryn Luria, Vice President, Community Affairs; and Richard A. O’Brien, Regional President with SBAP Executive Director Barbara Spiegel.

**Foundation of Jewish Communities Western CT** board member Peggy Klein presenting a check to SBAP board member Emily Dalton.

**Bank of America Charitable Foundation Inc.** — Barbara Spiegel, SBAP Executive Director, accepting a $5,000 donation from Melissa Clarke, AVP Banking Center manager, Torrington.

**Tamar & Rich Wells** donate a Prius for a SBAP client…their second donation of a car.

**Harwinton Women’s Club** president Carol Buck delivering backpacks filled with school supplies.

**The Allstate Foundation** awarded $32,000 to SBAP to assist clients with job search, resume writing, and budgeting. SBAP uses The Allstate Foundation’s Moving Ahead Through Financial Management curriculum.

**Torrington Family Kempo** owner Keith Mutch presenting a $1,500 check to Nancy Rogers, SBAP Director of Development.

**Harwinton Women’s Club** president Carol Buck delivering backpacks filled with school supplies.
Susan B. Anthony Project receives more than 40% 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 Nancy Rogers, Director of Development, at 860-489-3798 or nrogers@sbaproject.org.

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

**EMPTY PANTRY — Our Community Responds**

When the shelter pantry shelves were almost empty this summer, we reached out to several churches and service clubs and asked for help. Immediately, food started to arrive. Our shelter residents are no longer worried about having enough food. THANK YOU to our generous donors for filling our pantry shelves.

- **First Congregational Church,** Washington
- **Friendly Hands Food Bank,** Torrington
- **Harwinton Women’s Club,** Harwinton
- **Immaculate Mary Church,** Harwinton
- **Salem Covenant Church,** Washington
- **St. Paul’s Church,** Torrington
- **Terryville Women’s Club,** Terryville

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**Honoring Laura “Tish” Samponaro**

Philip G. Samponaro made a generous gift in memory of his late wife Tish. Executive Director Barbara Spiegel said, “we are honored to name the interior of our conference room in memory of Tish Samponaro.”

*Domestic violence and sexual assault support groups meet in the SBAP conference room. Support group members tell us they feel safe and comfortable in the conference room. It’s the place their healing begins.*

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**Join the NEW Susan B. Anthony Project Giving Circle with a gift of $1,000 or more.**

*Giving Circle members will be invited to an annual private cocktail party.*

- **PLATINUM CIRCLE** Gifts of $10,000 and more
- **GOLD CIRCLE** Gifts of $5,000–$9,999
- **SILVER CIRCLE** Gifts of $2,500–$4,999
- **BRONZE CIRCLE** Gifts of $1,000–$2,499
**Wish List**

Questions about an item listed, please call 860-489-3798 and ask for Denise or visit www.sbaproject.org

**OUR CLIENTS’ MOST PRESSING NEEDS — Gift Cards**
- Gas Cards
- Grocery Store
- Clothing & Shoe Stores
- Phone Cards
- Hair Cuts

**CASH DONATIONS**
For client assistance

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

**PERSONAL HYGIENE**
- Shampoo & conditioner
- Body cream
- Tampons & pads
- Deodorant
- Toothpaste & toothbrushes
- Soap
- Diapers — all sizes
- Tissues

**SHELTER SUPPLIES**
- Bathroom, Kitchen, Floor Cleaners
- Kitchen supplies — Foil, Plastic Wrap, Ziploc Bags
- HE (Energy Efficient) Laundry detergent — Unscented
- Fabric softener — unscented
- Bleach
- Toilet paper, paper towels
- Plastic containers

**OVER THE COUNTER MEDICINES**
- Tylenol / Advil
- Baby / Children’s Tylenol / Advil
- Cold medicine — Adult & children
- Hydrocortisone Cream
- Benadryl

**MISCELLANEOUS**
- Backpacks, Binders, Notebooks, Folders
- Flashlights & Batteries, all sizes
- Movies — DVDs — family orientated
- Craft Supplies — beading, jewelry & scrapbook materials
- Sleeping bags

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**Holiday Wreath Sale**

**NAME OF ORGANIZATION:**

**CONTACT PERSON/TITLE:**

**ADDRESS:**

**CITY:** **STATE:** **ZIP:**

**TELEPHONE #** **FAX #**

**E-MAIL**

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

**Order by mail:**

Susan B. Anthony Project
179 Water St., Torrington, CT 06790

**HANDMADE IN MAINÉ**

20" @ $18
28" @ $35
38" @ $50

Wreaths are available for pick up the week of DECEMBER 3rd.

Become a volunteer seller, e-mail Denise at dtorson@sbaproject.org

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**Adopt a Family For The Holidays!**

Please help us make the holidays special for one of our families.
To adopt a family for the holidays, call Jeanne at 860-489-3798 by Monday, November 12.

**GIFT CERTIFICATES —**
- Wal-Mart — Target — T.J. Maxx —
- Olympia Sports — Haircuts — GAP —
- Old Navy — FYE — Applebees — 99 —
- Grocery Stores — Gas Cards

**CASH —** To purchase holiday gifts for teenagers and adult women
Free and confidential services include:
- Counseling for adults and children
- Support Groups for survivors of domestic violence and sexual assault; call 860-489-3798.
- Self-Esteem Support Group, call 860-489-3798 for more information.

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

OCTOBER IS...
Domestic Violence Awareness Month
Candlelight Vigil, Thurs., Oct. 4, 6:30 p.m., Coe Park, Torrington

MOMIX 2012!
Fundraiser hosted by Milos & Martina Forman at their home in Warren and sponsored by Karpas Strategies Investment Management, Union Savings Bank, Rebecca & Jim Neary, Thomaston Savings Bank, Webster Bank, Litchfield Bancorp, and Jayne Bentzen & Benedict Silverman. Photos by Jay Sottolano

Pictured above, from left: Milos Forman, SBAP board member Anne Green, Vera DeStefano, Jed Struckus, Jim DeStefano, and Martina Forman

Standing: SBAP board member Emily Dalton, Eliot Jaffe, Matt Karpas
Seated: Jennifer Chernus, Suzanne Karpas, and Roz Jaffe.