The Courage to Heal — Maggie’s Story

To the outside, I looked like a typical American housewife. I held down two jobs, married and had two beautiful children. I was known for my fun loving personality. I was able to be the children’s pastor of my church for 11 years. I was on the PTA and helped my husband coach my daughter’s soccer team. Somehow, I was able to summon strength to hide the horrific sexual, verbal, and physical abuse I sustained as a child. This pretense, I was so good at.

I needed nine surgeries to correct the damage that was done to me. No one in my family believed me. I was all alone until I was able to start my own family. Still, somehow, I was able to hold things together. That is until my father, my abuser, died. My father was an alcoholic. He was ruthless and sadistic in his sexual abuse. He also beat my mother and my siblings.

After my father died, I started to spiral down a slippery slope. I was no longer able to “pretend” everything was all right. I was suicidal, and the flashbacks were horrific. I knew I desperately needed help. I looked online for any programs that might be out there for help. I found the Susan B. Anthony Project. I was very scared to make the first call. I met with Laura Beeman. She is incredible. She just listened and let me tell my story at my own pace. I felt safe, and she was the first person I really trusted to help me find peace. This was the start of a long journey. She offered services like counseling and support groups. There were some dark times. Laura was there to drive me to the hospital. She always went above and beyond to answer calls after hours or to visit me at the hospital.

I wish I could say everything was wonderful from then on. Unfortunately, I was sexually assaulted by a family friend last year. This turned my journey to heal upside down. Laura was there to go with me to make my statement to the police. I did all the work, but her support gave me the confidence to do it. She helped explain what would be going on every step of the way.

Laura also has helped me to find a new therapist near where I live. I was very scared since trust is such an issue with me. I met my new therapist and remember telling Laura that I just couldn’t go back. Laura asked me to give the therapist one more shot. So, I did. That was one of the best decisions I could have made. My current therapist is amazing.

I have so much farther to go in my healing process. The SBA project took me in and showed me love, support, acceptance, and they BELIEVED me! Now the cycle is broken and the sky is the limit.

~Maggie

Time to Get Involved! April is Sexual Assault Awareness Month

TAKE BACK THE NIGHT
Join us in support of victims of sexual violence on Thursday, April 18th, 6:30 p.m. in the Arts & Sciences Building at the Northwestern CT Community College in Winsted.

CLOTHESLINE PROJECT
A compilation of t-shirts designed by survivors will be on display at our office and online at www.sbaproject.org. They can also be viewed at UConn Library throughout the month of April.

WHITE RIBBON CAMPAIGN
A pledge for men to sign “to never commit, condone or remain silent about violence against women.” To sign the petition, please visit our website at www.sbaproject.org

FACES OF SURVIVAL
A photo exhibition of victim/survivors of sexual violence who have chosen to “break the silence” and tell the story of their journey as a survivor. The exhibition is on display from April 15th – 19th at the Northwestern CT Community College Library.

To find out more about Sexual Assault Awareness Month or other outreach activities, contact SBAP’s community educators or go to www.sbaproject.org
Susan B. Anthony Project honored Nancy Rogers

who retired as Director of Development in December. Nancy led SBAP’s fundraising efforts for the past eight years. Professional, enthusiastic, and passionate, Nancy was an outstanding part of the Susan B. Anthony Project team.

The Board of Directors, Advisory Council, staff, and friends raised $212,000 for our endowment in honor of Nancy.

To make a donation in honor of Nancy go to www.sbaproject.org or contact Barbara or Denise at 860-489-3798.

The Susan B. Anthony Project community mourns the loss of staff member Lois Shelley,

who passed away on January 14, 2013. Lois served in many roles in her 14 years at Susan B. Anthony Project: transitional housing advocate, volunteer coordinator and trainer, and most recently program manager. Lois was completely dedicated to Susan B. Anthony Project’s clients. We feel very fortunate to have known and worked alongside Lois. She was a calm and gentle soul. Lois leaves behind her husband P.J., 3 adult children, and 5 grandchildren.

~ 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.

Moderated by Diane Meier, marketing guru and author of The Season of Second Chances and The New American Wedding.

Featured Authors:

Adriana Trigiani, author of The Shoemaker’s Wife and Big Stone Gap.


Mary McDonagh Murphy, writer and producer of documentary Hey, Boo: Harper Lee and To Kill A Mockingbird.

Generously sponsored by:

Union Savings Bank
Becton & Dickinson
Valerie Manor Healthcare Center

Altek Electronics
Torrington Savings Bank
Hickory Stick Bookshop

To purchase tickets, go to sbaproject.org/upcomingevents.html
Wreath Sellers & Helpers

A heartfelt thanks to our many wreath friends who sold, counted, carried, delivered and bought 1,362 wreaths. We raised more than $17,000 to support our client services.

Adopt a Family for the Holidays

Thank you for helping make the holiday season a bright one for our clients. 63 families with 129 children received gifts from these generous donors:

ALTEK Corporation
Judi Armstrong
Bantam Court
Barry Cone Heating, Plumbing & Air Conditioning
Gil & Thea Bechard
Big Y Supermarket
Bouvier Insurance
Everett & Sally Briggs
BURNS, Brooks & McNeil
Alejandra Brokaw
Christian Counseling Connection
Hugh & Joann Caldara
Brian & Jennifer Cudddeback
Vicki Cowan
Janice Crovo
Patience Deacon
Delta Kappa Gamma Tau
Roger & Iren Dietlin
Anne DODGE
Alisha Donovan and Family
Doris Duvall
Dymax Corporation
Josie English
M ark Famiglietti
First Congregational Church, Canton Center – Sarah Legeyt
First Congregational Church, Litchfield – Aletha Abbott
First Congregational Church, Washington – Marilyn Roze
Fuel Cell Energy, Mary Stempien
Harwinton Women's Club – Sally Johnson
Debra Sue Klingerman
Litchfield High School – Tammy Knox
Eileen Libwin
Nicholas & Aaron Mambrino
Beth McCabe
Tracy McKeon
Jacqueline Miller
Colleen Motusick
Jessica Nardine
Maureen Murphy
New Preston Congregational Church – Clarinda Deitz
Norfolk Church of Christ – Suzanne Hinman
Northwestern CT Community College – Sharon Gusky
Claudia Ocasio
Gail Olsen
Ellen Onégia
Onyx Orton
Ralph Paternostro
Scott Ragaglia
Ron Raymond, Jr.
Turi Rostad
Second Congregational Church of Winsted Youth Group
Marlene & Chris Smith
Nancy Smith
St. Anthony's Church, Litchfield – Cathleen Wyse
St. Bridget Church, Sharon – Louise Riley
St. Paul’s Church – Jean Grela
Thomaston High School – Carol Wright
Mark Torson
Trinity Episcopal Church, Torrington – Faye Tway
Nancy Wadhams
Washington Montessori School – Diana Savory
Webster Bank – Maria Salomone
YMCA Torrington – Elena Twombly
Tamar Wells
Barbara Zaharek

Rebecca Neary
Sharon Ober
Gail Olsen
Shelley Ouellette
Beth Pond
Gloria Riberdy
Charles & Lousia Roraback
Turi Rostad & Ashley Rowe
St. Francis Church
Immaculate Heart of Mary
Thomas & Susan Kendall
Midge Langston
Litchfield County Chiropractic
Litchfield Woods
Jennifer Marecki
Michelle Marone Pillsbury
Patty Marshall
Shannon Mazzeo
McDonald’s Restaurant
The Miceli Family
New Hartford Elementary School
Nancy Newton
Norfolk Women
Mike Petrinio
Stephanie Price
Sara Savage
Lois Shelley
Devin Stilson
St. Anthony’s Church
Tek Controls
Terryville Youth Ministries
Jon & Joanne Thiede
Torrington Country Club
Torrington Social Security Office
UCONN Torrington
Union Savings Bank
Verizon Wireless Hopeline
Nancy Wadhams
Willard & Susannah Wood

Thanks to the youth group of Second Congregational Church in Winsted and other volunteers, it was another successful year for selling wreaths!

Advisory Council member Beth McCabe with Barbara Spiegel on wreath pick-up day. Beth has sold 1,319 SBAP wreaths over the last 20 years.
BLN Charity Golf Tournament check presented by Steve Zarrella of Northwest Community Bank to Barbara Spiegel, Executive Director. Also shown are: Stephen Todd of Burns, Brooks & McNeil and Paul McLaughlin of Litchfield Bancorp.

Heather Staley Santoro of Bearingstar Insurance presents Arbella Insurance Foundation check for $1,000 to Executive Director Barbara Spiegel and Associate Director Jeanne Fusco.

Aaron Mambrino and Greg Bachmann of Dymax Corporation with Nancy Rogers, Development Director of SBAP. Dymax Corporation made a generous gift of $6,000 to SBAP this year.

Verizon Wireless contributed $1,000 for holiday gifts for SBAP clients. Shown above are counselors Shannon Mazzeo, Abby Madin, Marissa Dubecky and Laura Mancini.

A “wish list” drive was held by Northwest CT Chamber of Commerce’s Junior Leadership Northwest. Shown with the items they collected are: Kelly Lamoin, Robbie Calcinari, Felice Magistrali and Colleen Mure.

Ashley Petzel, EmmaJo Conliffe and Naomi Petzel from Brownie Troop 40107 delivered Thanksgiving pumpkin pies for our clients.
Wake Robin Neighborhood Collection – Erin, Anna and Matt Szymanski organized a neighborhood wish list drive for Susan B. Anthony Project.

Mrs. Claus entertaining the children at our annual client holiday party.

Jacqueline Miller, SBAP Board of Directors President, and Dr. David Hill from the Jewish Federation of Western CT Foundation presenting a $5,000 grant for SBAP’s Rebuilding Lives program.

Mrs. Claus entertaining the children at our annual client holiday party.

Join the 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.

To make a gift, call 860-489-3798 or go to www.sbaproject.org and click the Donate Now button on the home page.

Wish List

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

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

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
- Disposable razors

OVER THE COUNTER MEDICINES
- Tylenol / Advil
- Baby / Children’s Tylenol
- Cold medicine
- Thermometers

SHELTER SUPPLIES
- Bathroom, Kitchen, Floor Cleaners
- Kitchen supplies – Foil, Plastic Wrap, HE (Energy Efficient) Laundry detergent – unscented
- Fabric softener – unscented
- Bleach
- Toilet paper, paper towels
- Coffee & coffee filters

MISCELLANEOUS
- Backpacks, Binders, Notebooks, Folders
- Flashlights & Batteries, all sizes
- Movies – DVDs, family orientated
- Craft Supplies – beading & jewelry making, scrapbook materials, felt, pipe cleaners, sequins, etc.
- Sleeping bags
- Playdough
- Daily calendars
- Colored pencils
- Stickers
Susan B. Anthony Project
179 Water Street, Torrington, CT 06790
Office: 860-489-3798
www.sbaproject.org


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

Susan B. Anthony Project
is a United Way Agency

Honoring Community Supporters at Candlelight Vigil

In October 2012, during Domestic Violence Awareness Month, the SBAP Candlelight Vigil celebrated survivors of domestic violence and honored the following community members who collaborated and supported our work.

The Diebold Foundation
FISH Food Pantry Staff of Torrington
State Representative Michelle Cook
State Representative Roberta Willis
State Senator Andrew Roraback
Hands of Grace of New Hartford
Lincoln Taylor, Auto Mechanic
Claire Pepper, Social Worker at Torrington School
Lisa Doran, Intake Social Worker for the DCF

One Billion Rising

Taking a Stand to End Violence Against Women at the Legislative Office Building in Hartford, CT.

First Lady of Connecticut Cathy Malloy (second from left) with Community Educators Gina Devaux and Colleen Sullivan, and intern Chelsea Loughlin.

Right – Flash mob at Legislative Office Building in Hartford, CT.