

## Susan B. Anthony Project

179 Water Street

Torrington, CT 06790

Office: 860-489-3798

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

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**Domestic Violence:** 1-888-774-2900



**Sexual Assault:** 1-888-999-5545



**En Espanol:** 1-888-568-8332



**OCTOBER IS...**

**Domestic Violence Awareness Month**

Candlelight Vigil, October 10, 6:30 p.m., Coe Park, Torrington

## recent grants

Susan B. Anthony Project is proud to announce the following grants:

**AKC Fund** \$10,000 for shelter, counseling and advocacy

**Alcoa Howmet Corporation** \$2,500 for shelter, counseling & advocacy

**Crane Fund** for Widows and Children \$2,500 for client services

**Ducci Kitchens** \$2,500 for program support

**Dymax Corporation** \$2,500 for program support

**George A. & Grace L. Long Foundation** \$2,500 for counseling and advocacy of underserved children

**Hopeline Verizon Wireless** \$1,000 for counseling, safety planning, and advocacy services for battered women and their children

**Maximilian E. & Marion O. Hoffman Foundation** \$20,000 for client assistance

**Rene Bloch Foundation** \$1,000 for program support

**Shred-It CT** \$1,000 for program support

**Swindells Charitable Foundation** \$1,500 for client assistance fund

**The Grace Jones Richardson Trust** \$500 for program support

**Webster Bank** \$1,500 for shelter and emergency food



## Make a Gift In Honor Of

Celebrate your loved ones this holiday season by making a donation in their honor or memory that will help to make this a special holiday season for our clients.

To make a gift, please use the enclosed envelope or visit our webpage [www.sbaproject.org](http://www.sbaproject.org), or call Christine 860-489-3798



FALL  
2007

News from the

# Susan B. Anthony Project

SAFETY • HEALING • GROWTH

## A Story of Survival and Growth

**M**y name is Jason Vega and I am going to tell you about my life. Let me begin with the present. I am 24 years old and one of three parts coordinators for a multi-billion-dollar corporation; a proud father of a beautiful baby girl named Isabella; a loving boyfriend to my fiancée Shelley, and, last but not least, a United States Marine currently serving my country under the inactive reserve program.

All this may sound pleasant, but let me tell you a different story. It involves drug and alcohol abuse as well as physical and mental abuse. This is a true story about my life, and it begins as far back as I can remember.

### PART ONE

#### The early years... the difficult years

We were living in New Britain, Connecticut, I don't quite remember where or when, but I do remember what happened in that house, I was seven years old. I remember both of my parents in such a state that neither one of them was sober enough to take care of me or my older brother.

I remember watching my father pummel my mother so badly that she thought she could only find safety hiding behind the bottom of an empty glass or bottle.

This continued on for years until somehow my mother found it in herself to take a stand and fight for her life.

Leaving the only man she had ever known, my mother left her abuser and took her two small children with nothing but the clothes on our backs and a small box of memories to start a new life where nothing bad could ever happen.

This is the point in my life where I was introduced to one of the things that has saved my family: the Susan B. Anthony Project.



### PLANNING FOR THE FUTURE

## First Endowment Fund Established!

Last spring, the Susan B. Anthony Project Board of Directors unanimously voted to establish the agency's first endowment fund at the Community Foundation of Northwest Connecticut. This exciting step in SBAP's growth and organizational maturity is a direct result of the successful Rebuilding Lives Campaign. During the campaign a generous donor with a vision made a gift of \$100,000 specifically to start an agency endowment. The income from this fund will support the agency's programs and assist the women and children as they begin to rebuild their lives.

*Executive Director Barbara Spiegel proudly states, "We've come so far as an organization; we have much to be proud of. In addition to our successful campaign and our beautiful new Counseling and Advocacy Center, we are planning for our future. Generous supporters have made all of this possible."*

(continued on page 6)

## Hodges Charitable Foundation

Hodges Charitable Foundation made a \$4,000 grant to the Susan B. Anthony Project (SBAP) to support Children's Art, Culture and Recreation Fund. The grant enabled children to attend the Warner Theatre Summer Arts Program. One mother wrote the following thank-you note: "My child attended a summer arts camp which exposed him to acting, dancing, and singing. My shy, introverted 10-year old was reluctant at first, but after the first day he loved it. I saw a change in him each day. He came home with excitement about a new dance or a skit to show me. It gave me joy to see my son with his newly gained confidence." The grant was made possible through the recommendation of Foundation trustee Susanna Hodges Salk of Roxbury.

*"It gave me joy to see my son with his newly gained confidence."*

## Polly's Dream Fund

Last spring, Susan B. Anthony Project (SBAP) established the Polly's Dream Client Assistance Fund at the Community Foundation of Northwest Connecticut. The \$50,000 fund was created with the proceeds from the sale of the Polly's Dream thrift shop which is named for Polly Doremus, one of the founders of SBAP.

"I congratulate the Susan B. Anthony Project Board of Directors for making the difficult decision to close Polly's Dream," Ms. Doremus said, "and I applaud them for establishing a Polly's Dream Fund with the Community Foundation of Northwest Connecticut. It is gratifying to know that this fund will continue the mission of the thrift shop—to help our clients."

If you would like to make a gift to this fund, please contact Nancy Rogers at Susan B. Anthony Project 860-489-3798 or Guy Rovezzi at the Community Foundation for Northwest Connecticut 860-626-1245.



## Back to School and Looking Cool

Backpacks and school supplies for children in our shelter were donated by the Harwinton Women's Club and Barbara Cowan. This will help our kids start off the new school year on the right foot!

# Making a

## Yale Alumni Community Service Fellowship



The Yale Club of Northwestern Connecticut provided funding to bring Mara Harwel, a Yale student who had just completed her sophomore year, to Susan B. Anthony Project (SBAP) this summer. Mara worked with the SBAP community educators in several summer camps. She also helped plan and organize the Tea for Two Hundred fundraising event. Executive Director Barbara Spiegel stated "Mara became a part of the SBAP Team immediately. She's a bright, capable, energetic young woman who made many significant contributions in her short time here." The program was coordinated by Milton resident Malcolm Forbes, President of the Yale Club of Northwestern Connecticut.

## Harwinton Women's Club

The members of the Harwinton Women's Club have taken SBAP under their wings. They have donated their time, energy and financial donations to recent projects. Eleven women from the group volunteered their time for the Tea for Two Hundred on July 28th, making food for the event and helping pass food the day of the event. We want to extend a warm thank you to Sally Johnson and Patti Kwashnak who helped assemble and coordinate all of the volunteers. More recently the Harwinton Women's Club purchased backpacks and school supplies for children whose families are receiving services at SBAP.



## Hedge Funds Care... helps SBAP!

Susan B. Anthony Project received a grant for \$25,000 in support of the Community Education Program's Safe Touch Puppet Show from Hedge Funds Care. The Puppet Show is offered to all schools in northwestern Connecticut for children in grades pre-k through third. The program teaches young children to understand good and bad touch, know what they can do to keep themselves safe, and know how to ask for help. Hedge Funds Care is an alliance of hedge fund industry professionals committed to protecting children from abuse and neglect.

## Kids Helping Kids



**Torrington Family Kempo Karate School** presented Susan B. Anthony Project with a check for \$1,500. The money was raised through a karate tournament held at Coe Park with 130 children ages four to fourteen.



Blake Giroux and Nicole Rode from the **Roots & Shoots Group**, Thomaston Center School. They donated 15 gift baskets of toiletries stating "As we try to make the world a better place, we give these baskets for use by your families in need".

**Girls in Action**, Friendship Baptist Church Litchfield, made gift bags for the families in the SBAP shelter. "We learned about the people of Sudan who flee their homes because of violence. We are not able to easily help those refugees but we can help the women and children in our own community who are forced to leave their homes because they are not safe."



As part of a senior project fashion show, at the Forman School, **Laura Kruczek** organized a raffle that raised \$106 for Susan B. Anthony Project.

Students from Har-Bur Middle School donated 18 stuffed toys and animals that they created for children in the SBAP shelter. The students were in **Barbara Flaherty's Family and Consumer Science** class.



# Tea for Two Hundred raised over \$106,000!



Founders  
Ted Hines and  
John Trainor



10th Anniversary of Tea for Two Hundred raises over \$106,000 with 700 guests attending. Best year ever!

Event Founder Gael Hammer and Gary Goodwin graciously hosted the event at their home on July 28th. Special thanks the many generous donors and volunteers who made the event such a resounding success. Proceeds from the event help Susan B. Anthony Project and the Northwestern CT AIDS Project.

More photos from the TEA can be viewed at [www.kodakgallery.com/event\\_photos/tea](http://www.kodakgallery.com/event_photos/tea)



Rex Reed, Kate Sileo, Congressman Chris Murphy, Mary & Peter Tavino

## Interested in Volunteering?

## SBAP NEEDS YOUR HELP!

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

**Direct Service Volunteer** — a 40 hour training program prepares you to:

- ~ Answer the Crisis Hotline
- ~ Co-Facilitate a Support Group
- ~ Help with school presentations

**Special Event/Fundraising Volunteer**

- ~ Sell Holiday Wreaths
- ~ Help with wreath pick-ups
- ~ Help with mailings
- ~ Join a Community Partnership Team "Think Tank"

**General Volunteer**

- ~ Childcare for evening Support Groups
- ~ Bilingual Volunteer
- ~ Receptionist

For more information, go to [www.sbaproject.org](http://www.sbaproject.org) and click on volunteer opportunity link or call volunteer coordinator at (860) 489-3798.

# Wish List

If you have any questions about an item listed, please call 860-489-3798 and ask for Jeanne, Michelle or Danielle.

## CASH DONATIONS

For client assistance

## GIFT CERTIFICATES

Grocery stores      Pharmacies  
Gas stations      Movie Tickets  
Department stores      Haircuts  
Fast Food Restaurants

## DIAPERS

Older babies      Diaper Wipes  
Toddlers      Diaper Cream

## BEDDING

Pillows      Twin Sheets  
Pillow Cases      Twin Blankets  
Washable pillow covers  
Towels and face cloths

## PERSONAL HYGIENE

Shampoo      Deodorant  
Conditioner      Tampons  
Toothbrushes      Toothpaste

## CLEANING SUPPLIES

Laundry  
All purpose

## CHILD COUNSELING

Arts & craft supplies

## MISCELLANEOUS

DVDs      Play Station 2  
Backpacks

## PHONE CARDS

## Holiday Wish List



**ADOPT A FAMILY** — To adopt a family for the holidays, call Jeanne at 860-489-3798 by Thanksgiving. You can make the holiday special for one of our families.

**GIFT CERTIFICATES** — Wal-Mart • Target • T.J. Maxx • f.y.e. • Olympia Sports • Haircuts • Small Electronics

**CASH** — To purchase gifts for teenagers and adult women.

## Ways to Give... It All Begins with You

Susan B. Anthony Project receives over 50 percent of its budget from people like you.

- **Outright Gift**

The simplest method of giving by check or credit card. Please use the enclosed envelope or make a secure online gift at [www.sbaproject.org](http://www.sbaproject.org)

- **Appreciated Securities**

A gift of appreciated securities can provide considerable tax benefits

- **Wills and Bequests**

Your gift passes to the Susan B. Anthony Project after your death

- **Other Planned Gift Opportunities**

Gift Annuity, Charitable Remainder Trust, Life Insurance or Retirement Plan Bequest

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](mailto:nrogers@sbaproject.org). Your financial advisor can tell you more about the tax implications and advantages of each giving method described above. Susan B. Anthony Project is a 501(c)(3) nonprofit organization.

## The "Multimedia Toolkit" Is Coming

Susan B. Anthony Project's Community Partnership Team (CPT) is creating new audiovisual materials in English and Spanish for placement in a "Multimedia Toolkit" (MMTK) for use in the rural communities of northwest Connecticut. Our "Multimedia Toolkit" will be available throughout the region allowing individuals to view confidential, sensitive and informative materials on domestic violence close to home. It is also targeted for use by area professionals in their own staff training and for use with their clients.

The kit will include a DVD of videos and digital stories, the Community Resource Manual and public awareness materials for distribution. This is an important new resource for families seeking domestic violence education, intervention and advocacy-reducing barriers in rural areas where geographic isolation makes it more difficult to access traditional victim services. It also makes the information accessible to individuals with diversified learning styles. Contact information and crisis lines for local agencies and other social services will be provided. The information will also be made available on the Susan B. Anthony Project's website.

For the Latino population the MMTK will expand the domestic violence information in Spanish available within the community. Our Spanish translation of the Community Resource Manual will be provided as well as translations of "Information for Victims of Family Violence", "No Excuse for Abuse" and "Healthy Relationship" materials created by our CPT "Think Tanks". The efforts to reach out to Latino families will also include creation of a video celebrating the healthy family as well as digital stories by victims, concerned professionals and community members.

We are currently identifying the volunteer "town liaisons" and "safe public venues" to receive the "MMTK" and make it available for private viewing to interested persons. Email us at [CPT@sbaproject.org](mailto:CPT@sbaproject.org) if you are willing to join our efforts. Domestic violence is a problem for the whole community, not just the victim seeking safety. It is through increased public awareness and community collaboration that we create systems that hold offenders accountable and create a coordinated community response to domestic violence. Let's work together to stop the violence. For further information contact Nini Gridley, Coordinator of the Community Partnership Team at Susan B. Anthony Project, 179 Water Street, Torrington, CT 860-489-3798 ext. 304.

## Susan B. Anthony Project

works to promote the autonomy of women and the safety of all victims of domestic abuse/sexual assault in northwest Connecticut, as well as to promote community action toward ending domestic violence and sexual abuse.

### Board of Directors

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Eric Salk, M.D.

Peggy Tagliarino

## New Board Members

Recently elected to the Susan B.

Anthony Project **Board of Directors:**

**Jacqueline Miller**, LCSW, retired  
Director of Family Violence Services  
at JBFCS, NYC lives in Litchfield, CT  
and New York City.

**Eric Salk**, Medical Director,  
Emergency Dept., Charlotte Hungerford  
Hospital, lives in Roxbury, CT

**Peggy Tagliarino**, Public Relations  
Consultant, lives in West Cornwall

Recently elected to the Susan B.

Anthony Project **Advisory Board:**

**Manny Clark**, Community  
Volunteer, lives in Washington, CT

**Ann Gorham**, Community  
Volunteer, lives in Litchfield, CT

**Christopher Murphy**, Congressman,  
lives in Cheshire, CT

**Mary Schinke**, Attorney at Law, lives  
in Roxbury, CT

## A Story of Survival CONTINUED

My mother moved us into the battered women's shelter where she was surrounded with women who had made the same choice she did in leaving their attackers and trying to start a new life.

This is where my first good memory appeared. It was Christmas and I remember wanting the brand new Teenage Mutant Ninja Turtles Action figure set- what can I say? I'm an '80s baby. I remember running downstairs and seeing the tree and diving head first into a pile of presents that would make a rich kid jealous.

I remember thinking to myself that none of this would have happened if it weren't for an agency like the Susan B. Anthony Project to help and support battered women and give them a new start.

The Susan B. Anthony project not only gives women a fresh start but it helps them through the startup to their new lives.

### PART TWO

#### New beginnings and hope

We had made it through the first part of our new beginning. Things began to get easier. My mother had gotten clean and was actively going to meetings in order to keep her mind on track and maintaining her sobriety.

We had moved from the shelter to the Susan B. Anthony Project Transitional House. This time there were more children who my brother and I could interact with and know that they would not look at us poorly because we came from a broken home.

The one family we interacted with in the house the most is still part of our lives today. We have a wonderful relationship because we never judged one another. My mother was able to begin a new job and begin saving money to support our family. After a few years of saving we were on our way, but never too far from Susan B.

### PART THREE

#### A home of our own

We moved again into yet another house, but this house was almost exactly in between our two previous homes. I never realized this until now. Looking back I wonder if this was the halfway mark or was this the path to the finish line? I don't think it was either because I know that I will never be done with Susan B.

The Susan B Anthony Project saved our lives. It initially gave us freedom and hope, it gave us a new beginning. It helped us get back on our feet, as it has helped hundreds of other families.

The year was 1997. My mother was so well off due to Susan B. that she was able to purchase her own home. What I am trying to say is that my mother has helped me as much as she possibly could but has also instilled in me great morals and a sense of responsibility.

I left my mother for boot camp on July 29, 2002. Four years seven months and fifteen days later, here I am. And I could not have done it without the help of the Susan B. Anthony Project.

*"I remember thinking to myself that none of this would have happened if it weren't for an agency like the Susan B. Anthony Project to help and support battered women and give them a new start."*

## SUPPORT GROUPS AND WORKSHOPS

### HEART Group: (Help End Abusive Relationship Tendencies)

An on-going, peer support group for women who have experienced any form of family violence meets Tuesday and Wednesday evenings, 6:30–8:00 p.m. (child-care offered on Tuesday). Please call to speak to a facilitator prior to attending your first group.

### Trauma Survivors' Group

An on-going group for women survivors of trauma focuses on coping skills for those dealing with past trauma meets Thursday evenings 6:30 – 8:00 p.m. Interested participants must call to speak to a facilitator prior to attendance.

The following support group and workshop will be forming in the near future. Call Lois for more information.

### Self-Esteem Support Group Resume Development and Job Search Assistance Workshop

For more information about exact dates, times and to pre-register, call 489-3798 and reference the title of interest.



Susan B. Anthony Project  
is a United Way Agency

## Meet the Authors Luncheon

**Saturday, November 10, 2007  
Noon at the Litchfield Inn,  
Bistro East**

Tickets: \$50 (\$30 is a donation to SBAP)

Sponsored by Hickory Stick  
Bookshop, Washington, CT

**Alexandra Stoddard**, contemporary philosopher, author, interior designer and speaker

**Nancy Tafuri**, children's book author and recipient of the Caldecott Honor Book

**Katharine Weber**, author of numerous books including her latest *Triangle*

**Moderator – Janet Peckinpaugh**, former NBC 30 News Anchorwoman

Limited seating...reservations by calling Christine at 860-489-3798 or [cmotasky@sbaproject.org](mailto:cmotasky@sbaproject.org)



### HANDMADE IN MAINE

20" @ \$15

28" @ \$30

38" @ \$45

WREATHS ARE AVAILABLE FOR PICK UP  
THE WEEK OF DECEMBER 3RD.

## Holiday Wreath Sale

NAME OF ORGANIZATION: \_\_\_\_\_

CONTACT PERSON/TITLE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

TELEPHONE # \_\_\_\_\_ FAX # \_\_\_\_\_

Wreath Order:	Qty	Total
20" \$15	_____	_____
28" \$30	_____	_____
38" \$45	_____	_____
<b>TOTAL</b>	_____	_____

860-489-3798 phone orders

860-482-6268 fax orders

[www.sbaproject.org](http://www.sbaproject.org) order on-line

### Order by mail

Susan B. Anthony Project

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