Sofia's Story of Courage and Healing

Helping teenagers understand the many aspects of sexual assault is an important part of the SBAP Community Education Program. *Talk To Me*, a video created by Saun Ellis, is one of the tools we use to help teenagers begin the discussion about sexual assault and date rape. Here is Sofia’s story — one of the girls who courageously agreed to share her story on the video. When Sofia’s parents learned what had happened to her they came to Susan B. Anthony Project for help.

“When Saun Ellis, who has been a family friend for as long as I've been around, asked me if I wanted to participate in the documentary *Talk To Me*, I knew that it was something I had to be a part of.

The grandfather of one of my friends sexually abused me for the first time when I was six years old. It happened again when I was nine. Because I was so young I was convinced that it was my fault that it happened, that I had done something wrong and I was being punished. On top of being sexually abused I basically had no friends growing up. I would trust someone and end up telling them about my past, not only about being abused but also about being adopted, and it would get spread around the whole school. Because we were so young the kids didn’t understand it and found that making fun of me was the best way to react. I felt alone growing up and was treated like an outsider.

It took a lot of work for me to get to where I am today. I went from taking anti-depressants, seeing three different therapists a week, being in group therapy, and hurting my body, to being confident with myself, letting go of the people who were hurting me, getting off anti-depressants, graduating from group therapy, and realizing that what happened to me wasn’t a punishment; it was a gift, a blessing. I know it sounds weird that I would use the word gift or blessing, but it’s the way I feel. I know that what happened to me, happened for a reason.

I am who I am today because of what happened to me. I am able to see things on a different level than most kids my age. I am more mentally mature and I am more in touch with reality. Because I was abused I now have the opportunity to help other girls who have been abused. It was so hard for me to get through that period of my life and even today, I won’t lie, I’m still going through it. But because I had to learn to deal with my emotions at such a young age it’s easier to face them now. Being abused made my skin that much stronger and made me a better person.

(continued on page 2)
Sofia’s Story CONTINUED

I want girls to realize how strong we can be and that we can survive whatever life throws at us. I want girls to realize that it’s not our fault and we did nothing wrong. I want girls to realize that it’s okay to stand up for themselves and if they ever experience what I did they NEED to say something.

I wanted to be part of Talk To Me because it was my chance to make a difference. It was my chance to help girls my age and older deal with abuse. It was my chance to prevent girls from feeling the guilt and confusion that I and so many other girls have felt. It was my chance to let girls know that there are other outlets besides hurting their bodies, my outlets being singing and taking photographs.

When I was going through that period of my life I remember wishing that there was something or someone who could explain what happened and what I was feeling. Talk To Me is a great documentary explaining just that. My goal in life is to make a difference, and what better way than to be in a documentary? It was an opportunity of a lifetime!

I am now a junior in high school and it’s been four years since I was interviewed for Talk To Me. I’m taking sociology and psychology this year and plan on being a therapist when I grow up, dealing specifically with girls and boys in situations similar to mine.

Talk To Me changed my life. It was therapeutic and the other girls involved in the film blew me away. They are such strong girls and it was an honor to be associated with them. Together we will make a difference in some girls life and hopefully more than just one, and that’s all that really matters.”
SBAP Expands Transitional Housing Program

Susan B. Anthony Project proudly announces the expansion of our Transitional Housing Program. In addition to our four-family transitional house, we have expanded our capacity and can now provide services and support for four to six more families per year. In 2007, we applied for and received a $255,000 grant from the US Department of Justice, Office of Violence Against Women to fund this expanded program through 2010. Women and families who participate in this new program will live in “scattered-site housing” that best meets their individual needs. Project partners are the Litchfield Homeless Coalition, Northwestern Community College, Connecticut Legal Services and La Via Latina.

This housing is available to survivors of domestic violence, dating violence, sexual assault and stalking. For more information contact Alisha or Lois at 860-489-3798.

SAVE THESE DATES

Tues., June 17, 2008
Kent School
Kent, CT
9:30 a.m. – 2:00 p.m.

5th Annual
Women’s Doubles Benefit
ROUND ROBIN & LUNCHEON

Tickets: $75 per person
Patron Ticket: $250 per team

Manny & Kenyon Clark
Event Coordinators

Contact Christine at SBAP (860) 489-3798 or cmotasky@sbaproject.org with any questions

*100% of your ticket is a donation to Susan B. Anthony Project

Sat., July 26, 2008
63 River Road
Washington, CT
4:00 – 7:00 p.m.

11th Annual
Tea for Two Hundred
A COTTAGE GARDEN TEA

Tickets are $50 at www.teafortwohundred.org

To benefit Northwestern Connecticut AIDS Project and Susan B. Anthony Project

White attire requested

Hat Contest
Silent Auction
Holiday Wreath Sellers and Helpers
Thanks to our Wreaths Friends we sold over 1500 wreaths and raised $15,647.

Aletha Abbott
Lisa & Greg Bachmann
Jennifer Baldwin
Marge Beary
Bob Beck
Bob Berson & Barbara Putnam
Scott Blackmon
Ann Bott
Susan Carol
Gayle Carr
Betsy Chadwick
Cynthia Clark
Manny Clark
Janice Crovo
Gene Daponte
Clarinda Deitz
Mike Delay
Helen Donaher
Louis Donne, Jr.
Saun Ellis
Sara & Jerry Gault
Janet Hooper
Lisa & Jake Horne
Carissa & David Keepin
Debra Sue Klingerman
Eileen Litwin
Beth McCabe
Jennifer McLellan
Ed Macias
Bobbie Miller
Jackie Miller
Jane Molon & The Harwinton Women’s Club
Maureen Murphy
Jessica Nardine
Cathy Onegia
Susan Payne
MaryAnn Poinelli
Turi Rostad
Marilyn Roze
Jane Sarjeant
Diana Savory
Marlene & Chris Smith
Cheryl Tedesco
Elena Twombly
Mary Whitehead

Making a Kids Helping Kids

Holiday 2007
Thanks to our many generous friends holiday gifts were given to 34 moms and 79 children. The “Adopt a Family” program was a great success and over 400 gifts were donated for families in our community.

Bakerville School
Bath & Body Works
Wendy Berg
Brass City Velo
Center Congregational Church in Torrington
Curves – Bethlehem
Delta Kappa Gamma Tau
Delta Kappa Gamma Upsilon
Mary English
Kate Erwin
Fuel Cell Energy
Michael Fusco
Gary & Sheri Giordano
Immaculate Heart of Mary in Harwinton
Hilary Houldin
Jaci Carroll Staffing
Lewis Mills High School Baseball Team wreath helpers
St. Anthony of Padua Youth Group wreath helpers
Litchfield County Medical Assistant Students
Regina Lynch
Randy & Sandy Motasky
Naugatuck Savings Bank
Pamela & Amy Poulderman

Torrington Family Kempo Karate School raised $1,500 for Susan B. Anthony Project at their karate tournament held in February.

New Hartford Fall Legion Baseball delivering donations.
Gloria Riberdy & Neighbors
Marie Skinner
Barbara Spiegel
St. Francis of Assisi in Torrington
Troop 66257 Canton Girl Scouts
Troop B State Police
Victoria’s Secret – Southbury
Cheryl Wallace

Canton Troop 66257 donated dishes, sheets, towels and much more for a mother and daughter setting up a new apartment. To make their holiday a little brighter the girls brought a Christmas tree with decorations & toys for the daughter.

Delta Kappa Gamma Society International — Upsilon Chapter donated items for the holidays.

Lexie Baerny donated her hand-made jewelry as part of “The Congressional Award, America’s Award for Youth” she hopes to receive.

“Holiday Elves” from Procare USA, Farmington brought SBAP every item on our “Wish List”. They did this instead of giving holiday gifts to their clients.

Litchfield High School Student Council is sponsoring a community service effort to help SBAP. They are collecting supplies for the SBAP shelter and are involving all Litchfield Public Schools through April.

Torrington 4H Willing Workers donated Easter Baskets for children in the shelter.
Ways to give...IT ALL BEGINS WITH YOU
Susan B. Anthony Project receives over 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 or make a secure online gift at www.sbaproject.org
- **Appreciated Securities:** A gift of appreciated securities can provide considerable tax benefits
- **Gifts to Susan B. Anthony Project Endowment Fund:** Income from this fund provides program support
- **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. 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.

**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, Programs & Fundraising**
- 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 and click on volunteer opportunity link or call volunteer coordinator at (860) 489-3798.

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**Two volunteers who donate their special talents and expertise to help Susan B. Anthony Project.**

**Martina Forman** came to Susan B. Anthony Project in 2006 to become a direct service volunteer. She went through a 40-hour volunteer training program and has been certified as a domestic violence and sexual assault advocate. She now volunteers 1-2 days a week as a court advocate in Bantam Court and as a counselor answering the crisis line. As a court advocate, she informs victims of their rights, helps them understand the court procedures and presents the victims wishes to the judge.

As an outgrowth of this work she is now in graduate school working toward a master’s degree in social work at Fordham University in New York. Martina was born and raised in Czechoslovakia and came to the United States 13 years ago.

**Mark Famiglietti** is the reason Susan B. Anthony Project can accept secure on-line donations. Several years ago Mark approached Jeanne Fusco, his friend and SBAP Associate Director, about buying a holiday wreath online. Jeanne explained that we did not have that capability but would like to. Mark offered to make it happen.

In addition Mark has given feedback on effective ways to reach our community. He has also informed SBAP about resources that we can take advantage as a non-profit and has trained employees in different software applications. Mark’s involvement with SBAP has grown to hosting and maintaining the website, sending out monthly e-mail blasts and creating the Tea for Two Hundred website.
**Mother's Day**

Celebrate your mom this Mother's Day by making a donation in her honor that will help to make this a special Mother's Day for one of our clients. To make a gift please use the enclosed envelope or visit our webpage www.sbaproject.org, or call Christine 860.489.3798.

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**Wish List**

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

**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**

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**In Memoriam**

William Swift Doremus, 89 died March 1, 2008 in Deer Isle Maine. Bill was the wife of Polly Doremus, one of the founders of Susan B. Anthony Project. Bill and Polly were married for 64 years and lived in Harwinton, CT, for most of their lives. Bill was a dedicated SBAP volunteer and donor. A memorial service will be held at 2:00 pm on Sat., June 28, 2008 at Trinity Episcopal Church in Torrington.

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**April Is...**

**Sexual Assault Awareness Month**

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**24-HOUR CRISIS LINE: 860-482-7133**

**STATEWIDE TOLL FREE HOTLINES:**

- Domestic Violence: 1-888-774-2900
- Sexual Assault: 1-888-999-5545
- En Espanol: 1-888-568-8332

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2007 Authors’ Luncheon — authors Nancy Tafuri, Alexandra Stoddard and Katharine Weber
Susan B. Anthony Project
179 Water Street
Torrington, CT 06790
Office: 860-489-3798
www.sbaproject.org


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

<table>
<thead>
<tr>
<th>Grantor</th>
<th>Amount</th>
<th>Purpose</th>
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<tr>
<td>American Savings Foundation</td>
<td>$25,000</td>
<td>for client services</td>
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<tr>
<td>Bank of American Foundation</td>
<td>$7,500</td>
<td>for client services</td>
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<tr>
<td>Becton Dickinson &amp; Co.</td>
<td>$500</td>
<td>for client services</td>
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<tr>
<td>Benas Memorial Fund</td>
<td>$17,000</td>
<td>for services for Litchfield residents</td>
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<tr>
<td>Berkshire Taconic Foundation</td>
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<tr>
<td>Betty &amp; Leo Balzereit Foundation</td>
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<td>BLN (Burns Brooks &amp; McNeil, Litchfield Bancorp &amp; Northwest Community Bank annual golf fundraiser)</td>
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<td>Crosswicks Foundation</td>
<td>$10,000</td>
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<td>Diebold Foundation</td>
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<tr>
<td>Foundation for Community Health</td>
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<td>for community education and outreach in Warren and Goshen</td>
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<tr>
<td>Foundation, Jewish Communities of Western CT</td>
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<td>Grace Jones Richardson Trust</td>
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<td>Hartley Corporation</td>
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<td>HCC Global Financial Products</td>
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<td>Irmar Foundation</td>
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<td>Lilac Foundation</td>
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<td>Marion Isabel Coe Fund</td>
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<td>Michael Bolton Charities</td>
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<td>Rene Bloch Foundation</td>
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<td>Salisbury Bank &amp; Trust Company</td>
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