



SPRING
2008

News from the

Susan B. Anthony Project

SAFETY • HEALING • GROWTH

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.

"...because I had to learn to deal with my emotions at such a young age it's easier to face them now."

(continued on page 2)

April is Sexual Assault Awareness Month

Did you know that only 16% of rapes are reported? Help a friend, let them know we are here to listen. Our 24 hour crisis line is available at (860) 482-7133.

Activities for the month:

Clothesline Project

The project is comprised of t-shirts designed by survivors and will be on display in our office throughout the month. They will also soon be available for viewing on our website www.sbaproject.org

Information Tables

Information tables will be set up at high schools, colleges, and local businesses.

Libraries

Packets of information will be distributed to all local libraries.

White Ribbon Campaign

Are you a male who supports Susan B. Anthony Project and our efforts to end violence against women? Take the White Ribbon Campaign Pledge that "From this day forward, I promise never to commit, condone or remain silent about violence against women." The pledge will soon be available on our website www.sbaproject.org for you to sign and be viewed.



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.

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New Board Members

Recently elected to the Susan B. Anthony Project **Board of Directors**:

Josephine Jones, Licensed Professional Counselor, lives in Goshen, CT.

Sharon Ober, RN, Senior Health Information Consultant for Anthem Blue Cross, lives in Harwinton, CT.

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 6:30-8:00p.m. (child-care offered on Tuesday). Please call to speak with a facilitator prior to attending your first group.

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

- **Self-Esteem Support Group**
- **Resume Development and Job Search Assistance Workshop**
- **Latina Self Esteem Group – “La Autoestima de la Mujer”**
- **Certification training.** For volunteers interested in working directly with our clients and students who would like to do their college internship working in direct service.

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



Outreach to Hispanic Women. Susan B. Anthony Project staff and McCall Foundation staff met with Hispanic women and their children to talk about domestic violence and strengthening families.

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 girl's life and hopefully more than just one, and that's all that really matters.”

“ I want girls to realize that it's not our fault and we did nothing wrong.”



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.



Susan B. Anthony Project
is a United Way Agency

S A V E T H E S E D A T E S

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 Oneglia
 Susan Payne

MaryAnn Poinelli
 Turi Rostad
 Marilyn Roze
 Jane Sarjeant
 Diana Savory
 Marlene & Chris Smith
 Cheryl Tedesco
 Elena Twombly
 Mary Whitehead



Lewis Mills High School Baseball Team wreath helpers



St. Anthony of Padua Youth Group wreath helpers

Making a

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
 Litchfield County Medical Assistant Students
 Regina Lynch
 Randy & Sandy Motasky
 Naugatuck Savings Bank
 Pamela & Amy Poulderman

kids helping kids



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.

Difference

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



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



"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.



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.



Lexie Baerly donated her hand-made jewelry as part of "The Congressional Award, America's Award for Youth" she hopes to receive.

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.

Nodine's Smokehouse helps SBAP.

25% of your on-line order will be donated to Susan B. Anthony Project. Just go on-line to www.nodinesmokehouse.com and use key code # 1008 when placing your order.



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.

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.



2007 Authors' Luncheon — authors Nancy Tafuri, Alexandra Stoddard and Katharine Weber

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



**April Is...
Sexual Assault Awareness Month**

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

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.

Susan B. Anthony Project

179 Water Street

Torrington, CT 06790

Office: 860-489-3798

www.sbaproject.org

Serving the towns of: Barkhamsted, Canaan, Colebrook, Cornwall, Goshen, Hartland, Harwinton, Kent, Litchfield, Morris, New Hartford, Norfolk, North Canaan, Salisbury, Sharon, Thomaston, Torrington, Warren, Washington, Winsted.

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recent grants

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

American Savings Foundation

\$25,000 for client services

Bank of American Foundation

\$7,500 for client services

Becton Dickinson & Co.

\$500 for client services

Benas Memorial Fund

\$17,000 for services for Litchfield residents

Berkshire Taconic Foundation

\$5,000 client services and education in northwestern Connecticut

Betty & Leo Balzereit Foundation

\$2,000 for client services

BLN (Burns Brooks & McNeil, Litchfield Bancorp & Northwest

Community Bank annual golf fundraiser) \$7,250 for program support

Crosswicks Foundation

\$10,000 for client services and community education

Diebold Foundation

\$10,000 for program support

Foundation for Community Health

\$10,000 for community education and outreach in Warren and Goshen

Foundation, Jewish Communities of Western CT

\$10,000 client services and community education

Grace Jones Richardson Trust

\$500 for program support

Hartley Corporation

\$1,000 for program support

HCC Global Financial Products

\$2,000 for program support

Irmar Foundation

\$25,000 for program support

Lilac Foundation

\$10,000 for client emergency services and shelter program

Marion Isabell Coe Fund

\$8,500 for client services in Litchfield, Warren, Morris & Goshen

Michael Bolton Charities

\$10,000 for emergency shelter and client assistance

Rene Bloch Foundation

\$1,500 for program support

Salisbury Bank & Trust Company

\$1,000 for program support

Thomaston Savings Bank Foundation

\$2,000 for community education materials

TJX Foundation

\$5,000 for emergency shelter and crisis services

Verizon Foundation

\$6,000 for empowering women programs

Verizon Wireless Hopeline

\$1,000 for program support

Wal-Mart

\$1,000 for program support

Webster Bank

\$2,500 for program support