

Community



PROJECT WOMAN

Protect Educate Empower

Newsletter

Fall 2017



Project Woman is committed to Survivor Transformation

A Survivor's Story

One survivor shares her story. She has asked to remain anonymous. Her story is very real. Our hope is that these words will help others realize they are not alone in what they have experienced. Those who have been victimized are not to blame for what happened to them. We are here to listen, to believe, and support.

You can call me J. I guess I was missing for a long time. I didn't realize it until my mom and I were sitting together over coffee. She said, "there you are...you have been gone a long time..." I hadn't been anywhere. I didn't know what she was talking about at first. But in time, maybe a couple of years later, I looked in the mirror and recognized myself in a way that I hadn't in years. My mom was right. I had been missing. I had put on a mask for everyone. To my family, especially my mom, I had become different. I had lost my sense of humor, my vitality, and my sense of direction. To me I was still me. After all, I lived inside myself every day so I hardly noticed the change. What I knew was that I was tired, very tired. I had kept the silent secret of abuse for more than 10 years.

I was raised to believe in commitment...to death do us part...and I certainly came close to that on more than one occasion. "He" was on top of me, choking me. I couldn't breathe and knew that I would certainly die. I probably would have, but my son came down the stairs...my son doesn't realize, perhaps even to this day, that he saved my life in that moment. I decided to honor him by changing our story...we left...Sounds a little fairytale but it wasn't. It still took me several years to break free!

I never entered shelter. I had a job and a house. But, I didn't have many friends left and I was still unwilling to tell my family. I blamed the divorce on his infidelity. I kept the silent secret of abuse for 5 more years.

It wasn't until I began to understand what trauma does to a person's body, mind, and spirit that I really began to heal. I learned this from folks at Project Woman. They didn't blame me. They held my secret and said it was okay if I didn't want to share it. I may never share my whole story but as I find courage there are parts of it that are okay to talk about. The best part is that through my healing, my mom was able to find me... the real me, again!

It is with love and courage that this survivor shares her story. I hope that those still struggling to begin the road to recovery will be inspired!

In Peace,
Laura

"It wasn't until I began to understand what trauma does to a person's body, mind, and spirit that I really began to heal."

The Effects of Domestic Violence

What Happens to Victims of Domestic Violence?

• Domestic violence is the third leading cause of homelessness among families, according to the U.S. Department of Housing and Urban Development.

What are the Effects of Domestic Violence on Mental Health?

• Domestic violence victims face high rates of depression, sleep disturbances, anxiety, flashbacks, and other emotional distress.

• Domestic violence contributes to poor health for many survivors including chronic conditions such as heart disease or gastrointestinal disorders.

What is the Economic Cost of Domestic Violence?

• Domestic violence costs more than \$37 billion a year in law enforcement involvement, legal work, medical and mental health treatment, and lost productivity at companies.

What Happens if Domestic Violence Victims Do Not Receive Help?

• Without help, girls who witness domestic violence are more vulnerable to abuse as teens and adults.

• Without help, boys who witness domestic violence are far more likely to become abusers of their partners and/or children as adults, thus continuing the cycle of violence in the next generation.

Domestic Violence impacts so many lives. And there is a story behind each one. We can become lost in the data. We can lose sight of the faces of victims and their families when we consider the issue in terms of billions of dollars and 1/3 of the country's population. We may forget that there are hearts, minds, and bodies that are experiencing violence, often silently each and every day. We need to know the overarching story of domestic violence that exists and ensure that each survivor knows there is hope and they are not alone. It is possible to break the cycle of violence.

amazonsmile



Dear Friends!!

When you shop at AmazonSmile, Amazon donates 0.5% of the purchase price to Project Woman.

BOOKMARK THE LINK
smile.amazon.com/ch/23-7391095
 and support us every time you shop.

New Board Members Welcomed!

Project Woman welcomes three new members to its Board of Directors; Sarah Thornton, Brandy Phipps, PhD., and Tommie Easley, MD; and we could not be more excited!

Sarah is a young professional living in Champaign County. She is the operations manager for Main Graphics and is actively connected to the Chamber of Commerce, Urbana Downtown Business Association, and the Arts Council. Sarah shared that she hopes to connect other young professionals to the great mission of Project Woman!

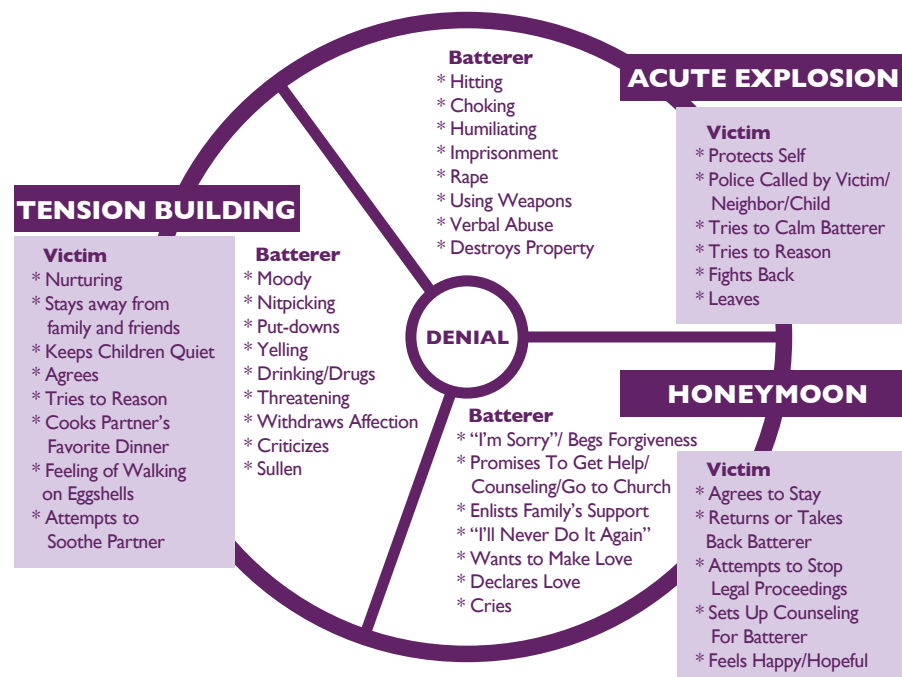
Brandy is an adjunct faculty member at Clark State Community College. She is highly motivated by Social Justice Issues and chose to serve as a Project Woman board member with that community priority in mind. Brandy hopes to engage students and young people toward the mission of Project Woman and to encourage each to take a personal stand against violence.

Tommie is a hospitalist at Springfield Regional Medicaid Center. Tommie lives in Springfield after relocating here from Pennsylvania. She contacted Project

Woman after seeing our display and presentation at a diversity resource fair. Tommie shared, "the Mission of Project Woman is a passion!" and she hopes to "give back to the community that is now my home."

Project Woman is fortunate to have a passionate and strong Board of Directors. Sarah, Brandy, and Tommie will add their own talents and commitment to further the organizations mission and to support survivors and our community! Thank you for choosing to serve!

CYCLE OF VIOLENCE



LOVE SHOULD NOT HURT



ProjectWomanOhio.org

24 Hour Crisis Hotline:
 800-634-9893



Olivia Montgomery, Project Woman Campus Advocate, staff and students from Central State take a stand and speak out against dating and sexual violence!

Join Us at PAVE and Stand Up



Thank you to the above PAVE Coalition Members

The PAVE Coalition was developed to foster community education and social change by urging Springfield citizens to recognize the importance of peaceful relationships and values. The PAVE pledge is a vow to embrace those elements of peace in their daily lives and carry them into the future. Join the 111 people who have taken the PAVE Pledge against violence. Like PAVE on Facebook at www.facebook.com/partnersagainstvienceeveryday/ or visit the PAVE page on our website projectwomanohio.org/pave/.

MADE POSSIBLE BY YOU:

The generosity of donations and support is essential for Project Woman to meet its goals and support survivors. All gifts are significant; All service is deeply appreciated!

Chrysalis Serenity Garden

A spotlight of "THANKS" goes to the Mental Health and Recovery Board of Clark, Madison and Greene County! Through their mini-grant program we were able to create the Chrysalis Serenity Garden.

The Serenity Garden was designed by local artist, Anna Kiehn and is designed to nurture the mind, body and spirit. The garden provides enough privacy to promote a feeling of escape from the outside world without compromising survivors' safety. It engages all of the senses through visually appealing plants, the sound of flowing water and wind chimes; the smell of fragrant herbs, and the feel of comfortable benches.

"Designing the Serenity Garden was a privilege. Art and gardening have helped me find peace and healing in my life. I wanted to create a living space for survivors to connect with the same gifts in their lives." – Anna Kiehn, Designer



Serenity Garden Before



Wittenberg Students lend a helping hand!



Serenity Garden After

Hagen Center Service Plunge

An additional THANKS goes to the Wittenberg Students as part of the annual Hagen Center Service Plunge, who endured the heat and sun to share their time and labor clearing away the overgrowth around the perimeter of the garden area.

There are additional opportunities to connect to this great project! Learn more about Chrysalis Manor at projectwomanohio.org/chrysalis-manor.



Project Woman is committed to Survivor Transformation

Support Project Woman survivors & donate to Chrysalis Manor Projects: Be part of the story! Help us complete our improvements to Chrysalis Manor including completion of the Serenity Garden.

DONATE NOW
crowdise.com/chrysalis-manor-serenity-garden

For every dollar Project Woman raises to complete the Chrysalis renovations and finish the Serenity Garden, between now and December 2017, the HealthPath Foundation will match it dollar for dollar - up to \$5000!!

Project Woman News & Upcoming Events

2017
Candlelight Vigil
PROJECT WOMAN

Thursday, October 5 • 7:00 p.m.

Held at the Esplanade in downtown Springfield
(Between the Marriott and The Heritage Center)

SAVE THE DATE!

Join us as we kick off Domestic Violence Awareness Month with our Candlelight Vigil. Together, we light candles to show our support for those individuals, children, families, and communities affected by domestic violence. Together we can shine the light of awareness on domestic violence and say, "NO MORE!"

Project Woman's
Diva Night Out
Thursday, October 19
5:30 - 9:00 p.m.

Ultimate Pampering
Gift Basket Raffle & Silent Auction
Drinks and Hors D' Oeuvres

Details about the event will be shared as soon as they are finalized. Keep an eye on our Facebook page and our website for updates!

Thank You Sponsors and Supporters!

