

# Community

## 5th Annual Strides Against Violence 5K



Last year, 176 participants walked, jogged, and ran to raise nearly \$5,000 to assist Project Woman in providing support to those affected by violence.

This year you can again help Project Woman continue to raise awareness by participating in our 5th Annual Strides Against Violence 5K Run/Walk! Project Woman is pleased to host Mike Pistorino, Survivor Thriver, who will bring his thoughts and inspiration to this year's 5K.



**WHEN:** Saturday, April 25, 2015 at 10:00 a.m. Check-in begins at 8:30 a.m. Arrive no later than 9:30 a.m.

**WHERE:** Buck Creek State Park, Hickory Knoll Shelter House

**PRE-REGISTRATION:** \$25

**RACE DAY REGISTRATION:** \$30

**ENTRY:** Must be received by April 4 to receive a FREE T-shirt and be able to identify with a team. Visit the Events



page of [projectwomanohio.org](http://projectwomanohio.org) to register online or download the mail-in form. Prizes and medals awarded to the top 3 finishers in each age category plus one overall male and female winner! For more information, call (937) 328-5308 or email [kelly@kelleyandco.net](mailto:kelly@kelleyandco.net). Leashed dogs and strollers welcome. Children 10 and under are free. Proceeds benefit Project Woman's efforts to end intimate partner and family violence.

## 2015 Trivia Night



On January 28th Project Woman presented Knowledge is Power, our annual trivia night! Thank you to everyone who was in attendance! A total of 19 teams came together to

test their knowledge and trivia skills! It was another great opportunity for the supporters of Project Woman in our community to enjoy some time together as friends, share excellent food, win



some prizes, and show their continued support of the mission and efforts of Project Woman!

# Mike Pistorino, Survivor & Thriver, Shares His Mission



Mike is a successful executive at a distribution company in Cleveland, Ohio. He is a devoted husband and a doting father to three beautiful daughters. He is a fitness enthusiast, running races of all kinds, including marathons. Life is great, but it hasn't always been.

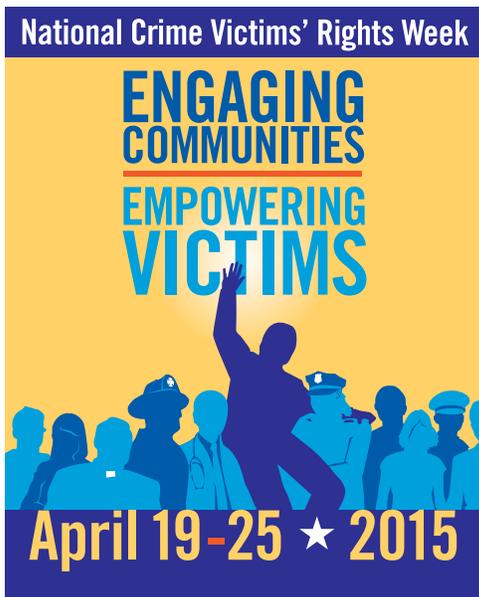
Growing up in the Bronx, Mike wanted what all children want and deserve – to be happy, to be loved, and to be free. Instead, he was neglected by family and subjected to horrific sexual abuse at the hands of a neighbor. Angry, hurt, lost and alone, Mike turned to drugs and alcohol, which led to homelessness, crime, and prison. His young life was over, beyond

redemption. Or so it seemed... [Read more at [mikepistorino.us/about/mikes-bio/](http://mikepistorino.us/about/mikes-bio/) ]

Countless abuse survivors have found the courage to seek help after hearing Mike's inspiring message of hope. Mike Pistorino is a man on a mission to change the world, one day and one speech at a time. Join us this April and let his voice reach you! See [projectwomanohio.org](http://projectwomanohio.org) for more details on:

- **Empowered and Free: Survivor Transformation April 24th at Project Woman**
- **Strides Against Violence: 5K April 25th at Buck Creek State Park**

## Take a Stand: Make a Difference in April



Join Project Woman this April for Sexual Assault Awareness and Prevention Month to help end sexual violence. More than a quarter of a million people are sexually assaulted each year in the U.S., but you have the power to make a difference:

1. Reach Out to a Loved One. It's never too late to let a survivor in your life know that you care. Learn some simple ways to be a supportive ally. Listen. Be there. Communicate without judgment. You can have a profoundly positive impact just by the language you use.

- **"I'm sorry this happened."** Acknowledge their experience and how it affected their life. You can show you empathize using phrases like "This must be really tough for you," and "I'm so glad you are sharing this with me."



- **"It's not your fault."** Survivors may blame themselves, especially if they know the perpetrator personally. Remind your friend, maybe more than once, that they are not to blame.
- **"I believe you."** It can be extremely difficult for people to come forward and share their story. They may feel ashamed or they may fear being blamed for the assault. So when someone shares their experience with you, the best thing you can do is to believe them.
- **"I'm here to listen."** Remind your friend that you are there to listen. The wake of an assault can be challenging for a survivor, as they might be making difficult decisions, such as deciding to go through the justice process.
- **"You can trust me."** If a survivor opens up to you, it means they trust you. Reassure them by not judging and by respecting their privacy. Before you share their story with others, make sure it's okay with them. They may not be ready to take that step yet.
- **"Are you open to receiving medical attention?"** Your friend might need medical attention, even if the assault happened a while ago. You can ask them or offer to send them information about health resources.
- Encourage the survivor to get support, but realize that only they can make the decision to get help.
- Be patient. Remember, there is no timetable for recovering from trauma. Avoid putting pressure on them to engage in activities they aren't ready for.
- The Project Woman Crisis/Hotline can provide you and your loved one with confidential help, 24/7: 1-800-634-9893 and online at [projectwomanohio.org](http://projectwomanohio.org).

2. Make Your Voice Heard. Congress needs to hear from you about your support for legislation to improve the criminal justice system, support survivors and bring sexual predators to justice. Contact your Member of Congress about legislation that is important to survivors, like renewing the Debbie Smith Act. Go to [www.congress.gov/bill/113th-congress/house-bill/4323](http://www.congress.gov/bill/113th-congress/house-bill/4323) for more information.

3. Volunteer. Looking to donate your time? Visit [projectwomanohio.org](http://projectwomanohio.org) to find ways to support our local efforts!

4. Get Social. Stay tuned to Project Woman's social media and "share" to educate your networks about sexual violence prevention and recovery and how to Take A Stand! Check out our local calendar of events.

5. Join the Take A Stand campaign. You can help survivors by sharing about the **National Crime Victim's Rights Week: April 19 - 25**. [victimsofcrime.org/our-programs/national-crime-victims-rights-week/2015](http://victimsofcrime.org/our-programs/national-crime-victims-rights-week/2015).

6. Sign the Pledge, become a Paver – to help forge a community that says No More to violence and Takes a Stand; Engaging Community and Empowering Victims! Visit [projectwomanohio.org](http://projectwomanohio.org) and "sign" the pledge!

# NO MORE

# Project Woman April Events At-A-Glance

## Friday, April 24, 2015

Empowered and Free:  
Survivor Transformation -  
at Project Woman

## Saturday, April 25, 2015

Strides Against Violence 5K  
Walk/Run - at Buck Creek  
State Park

## April 19 - 25, 2015

National Crime Victims'  
Rights Week: Engaging  
Communities, Empowering  
Victims

Visit [victimsofcrime.org/our-programs/national-crime-victims'-rights-week/2015](http://victimsofcrime.org/our-programs/national-crime-victims'-rights-week/2015) for more information.

## April 1 - 30, 2015

Child Abuse Awareness  
Month

Sexual Assault Awareness  
Month

Visit [projectwomanohio.org](http://projectwomanohio.org) for event details.

## It's Always a Good Time to Support Project Woman

Any time is a good time to become a supporter of Project Woman. During tax season there are extra perks for making a contribution as a Shelter Sponsor! Consider becoming a sponsor for one night, one week, one month or more...

Project Woman provides Emergency Shelter for those fleeing domestic, intimate partner and sexual violence. In the first 6 months of our operating year, Project Woman has provided 2137 bed nights to shelter those fleeing violence in our community. Call or go online at [projectwomanohio.org](http://projectwomanohio.org) to become a Shelter Sponsor today!

### SPONSOR ONE BED



ONE NIGHT	\$64
ONE WEEK	\$350
ONE MONTH	\$1,500
ONE YEAR	\$18,500

### SPONSOR THE SHELTER



ONE NIGHT	\$800
ONE WEEK	\$5,600
ONE MONTH	\$24,000
ONE YEAR	\$292,000

## Project Woman Welcomes New Board Member



**Project Woman is pleased to welcome Stephen Moberg, Esq. to its Board of Directors!**

As a student at Wittenberg University

in 2010, Stephen participated as a volunteer to assist Project Woman in developing outreach materials in Spanish to increase access and awareness of services for the Latina community. In recalling this, Stephen stated, "My trip to the old Project Woman office has stuck with me all these years, and now I feel like I can offer more than just the service of translation." Stephen's commitment to the mission of ending domestic, intimate partner and sexual violence has held strong along with his willingness to serve our community.

Stephen is an alumnus of Wittenberg University and The OSU and an Associate Attorney at Gorman, Veskauf, Henson &

Wineberg of Springfield. In his letter of interest to serve as a Board Member for Project Woman he stated, "...one of the obligations of an attorney is to provide service to the public that promotes the common good. This takes the form not only of pro bono work, but also volunteering to serve in leadership roles in the community. Because I believe strongly in the worthiness of the work that Project Woman does, it would be an honor and privilege to offer my services as a member of its Board of Directors." Stephen – we welcome you!

Sincerely,  
Project Woman Board of  
Directors and Staff

# A Letter From the Executive Director

"Just when a caterpillar thought the world was over it became a butterfly."  
- Project Woman Supports Survivor Transformation.

April is upon us. We begin to think of spring: blooming tulips, warmer weather, and of course tax season. But April is also an opportunity to Take a Stand, say No More, and make a commitment toward ending Sexual Violence in our community. April is Sexual Assault Awareness Month.

Consider the real pain and depth of betrayal that occurs when someone is raped or sexually assaulted. One survivor shared in a healing letter written to the rapist, "...I should have been able to grow up in this world and live without something as awful as

rape happening to me. No one should... how could someone be so violent and hateful...you raped me and I will always have to live with that."

In an article written for The New York Times Magazine, Nancy V. Raine says, "The anniversary of my rape has come to mean more to me than my birthday... after all I don't remember my birth struggle but I do remember every second of those three hours.... I am growing accustomed to living with an anniversary that can be marked only by silence, a silence that tastes a lot like shame."

Central to the experience of trauma is helplessness, isolation and the loss of power and control. The guiding principles of trauma recovery

are the restoration of safety and empowerment. Recovery does not necessarily mean complete freedom from post-traumatic affects but generally it is the ability to live in the present without being overwhelmed by the thoughts and feelings of the past.

Healing from trauma takes a very long time. Each survivor's transformational journey is as unique as each butterfly wing; fragile, precious, and powerful. Each woman, man or child who has experienced sexual assault moves past being a victim. Each will remember who they are as a unique and special person, empowered and free. A Survivor.

In Peace,  
Laura Baxter, Executive Director  
Project Woman

## Made Possible by YOU



Through the generous support of our donors and funders, Project Woman has been able to meet our strategic goal of building and strengthening our Children's Programming. Over 98 children have participated in specialized activities and therapeutic interventions this year; helping them to overcome the negative impacts of family violence.

A spotlight of THANKS goes to the Turner Foundation, Wilson-Sheehan Foundation, and the Young Woman's Mission. Through their support, Project

Woman was able to provide the Safe Start Program for children who witness violence in their homes. The program focuses on building resiliency and coping mechanisms for children who have lived with violence in their homes. We know that there can be developmental impacts on children who witness violence and this program offers a safe starting point for mothers and their children to begin to work together and reduce these risks, build on positives, and restore parent/child relationships. Thank you!

## Project Woman News

**Project Woman has a new location in Urbana to better serve surrounding areas!**

Advocacy & Victim Assistance Services  
40 Monument Square - Community Action Offices  
Tuesdays 9:00 a.m. - 12:00 p.m.  
Additional hours available with appointment

## Thank You Sponsors and Supporters!

