INTERVAL HOUSE

working to end domestic violence

PO Box 340207, Hartford, CT 06134

October is Domestic Violence Awareness Month

Join us to raise awareness and raise money for Interval House!

Park Road Parade!
Saturday, October 5, 10:30am
Park Road, West Hartford

Walk to End Domestic Violence
Sunday, October 6, 10am
University of Saint Joseph
Adults $25/Students FREE;
crowdrise.com/walk-to-end-domestic-violence

Breakfast With Champions
Thursday, October 17, 7:30am
The Riverview, Simsbury
Free; call 860-838-8461 to reserve your seat

Time's Up! Tune Up! Self-Defense Workshop
Saturday, October 26, 2pm
$20; timesuptuneup.com

Want to receive news via email? Visit intervalhousect.org to join our list!

New Beginnings

Interval House Annual Report Fall 2019

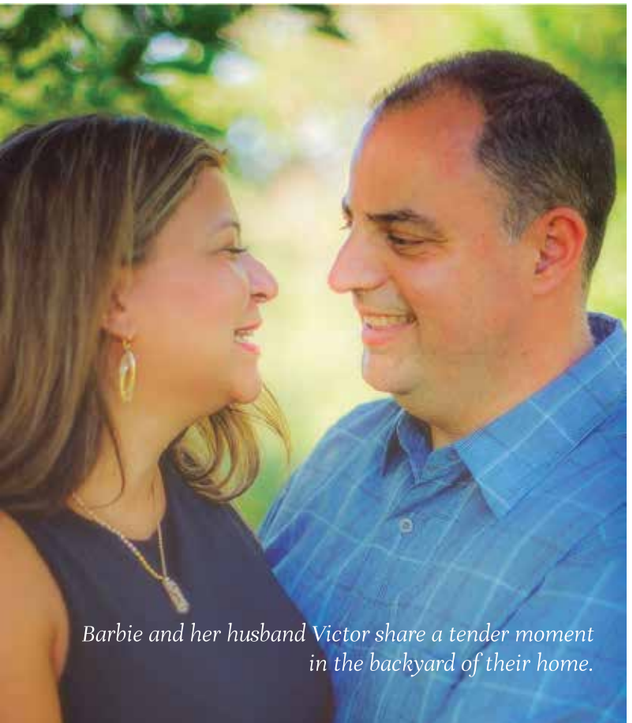
"The Kindness of Strangers"

Barbie Nadal-Cristofaro on how donors like *you* saved her life

The Kindness of Strangers

One morning in 1991, a police escort delivered Barbie Nadal-Cristofaro and her two small children to the unmarked door at Interval House. Cradling her six-week-old daughter, and with her 18-month-old son in tow, Nadal-Cristofaro stood on the brink of a new beginning. Behind her, 21 years of abuse. Before her, strangers.

As a child, Barbie suffered unspeakable abuse at the hand of her own mother, who beat her and insulted her daily. Barbie's mother did nothing to stop their neighbor from raping Barbie at the tender age of 13 and forcing her to have an abortion when she became pregnant. During her teenage years Barbie would arrive home from school to find she had been kicked out—her belongings in garbage bags in the hallway. And so at 17, when she met Michael, Barbie was eager to leave home.



Barbie and her husband Victor share a tender moment in the backyard of their home.

Michael, five years her senior, was charming and provided Barbie with the stability she craved after suffering abuse as a child. But Michael also was controlling and jealous, and preyed on Barbie's vulnerabilities. Over the next three years, Barbie was physically, psychologically, and emotionally abused by Michael, who employed the use of guilt, as well as death threats aimed at her family, to keep Barbie close.

Barbie experienced regular beatings and berating by Michael; any interaction with the authorities resulted in even more severe abuse. It wasn't until Michael threatened the lives of their two children, that Barbie made the decision to escape.

So, it was on that morning in 1991, Barbie and her kids arrived at Interval House to start a life free from fear and violence—a concept so foreign to Barbie that she trembled as she entered the house.

"The staff immediately pulled me in, and I could tell my safety was their main concern. But all I kept thinking was how Michael would find us and hurt these people who were helping me."

But Barbie learned quickly that Interval House could keep her family safe, and for the first time in years, she slept soundly.

"The next morning was completely surreal. I awakened to realize that I was alive and didn't need my abuser after all, despite his insistence that I was nothing without him—that I actually could survive without him. And after a whole week, the same thought occurred to me, that I was still alive. After a month, there was no going back."

Barbie speaks fondly of the staff members who helped her over the next eight months. They assisted her in finding both a job and an apartment she could afford. But most of all, she says, Interval House gave her the confidence she needed to forge ahead in life.

"Interval House was a breath of fresh air. The staff—those women—they were so "together" and I saw them as lucky. But really, they had just learned to value themselves, and they taught me to do the same," says Barbie.

"At one point after leaving Interval House, I was pushing my daughter in her stroller down the street and passed by Michael. And you know what? I wasn't scared of him anymore—he no longer had control over me—so I just walked right past him."

Now a social worker for Hartford Public Schools and a member of the Board of Directors for Interval House, Barbie looks back on her life with gratitude for those people—unknown to her at the time—who opened their arms to help her. Even in the difficult years following her time at the shelter, Barbie held close the lessons she had learned to avoid falling back into abuse.

Nadal-Cristofaro (left) collecting household goods for her charity, ENDS2MEET, with long time donor Nanci.

"Oh my God, from the staff at Interval House to the donors who gave money so I could be kept safe while I learned how to take back my life from the people who had stolen precious years from me—it is incredible how the kindness of complete strangers changed the course of my life."

A Message from Mary-Jane

Unfortunately, Barbie's story is not uncommon. At Interval House, we meet women like Barbie all too often. And like Barbie, many of our clients have a long history of being abused. That cycle is what we strive to break, and every day you are helping us to bring one more woman out of the darkness and into the light. Through education and empowerment, we prepare women to move ahead in life, free from violence and fear. We simply cannot do it without you. I hope you will read on to see how your generosity impacted our clients last year, a year when we learned that ***strangers like you are no strangers at all.***

Mary-Jane Foster
President & CEO

Fiscal Year 2019 In Review

Because of you...

3,660 calls to our hotline were answered, providing victims a secure connection to someone who could help;

12,395 units of safety planning were provided to clients, assisting them in mapping an exit from abusive situations;

222 women & children were sheltered in our safe house, shielding them from violence;

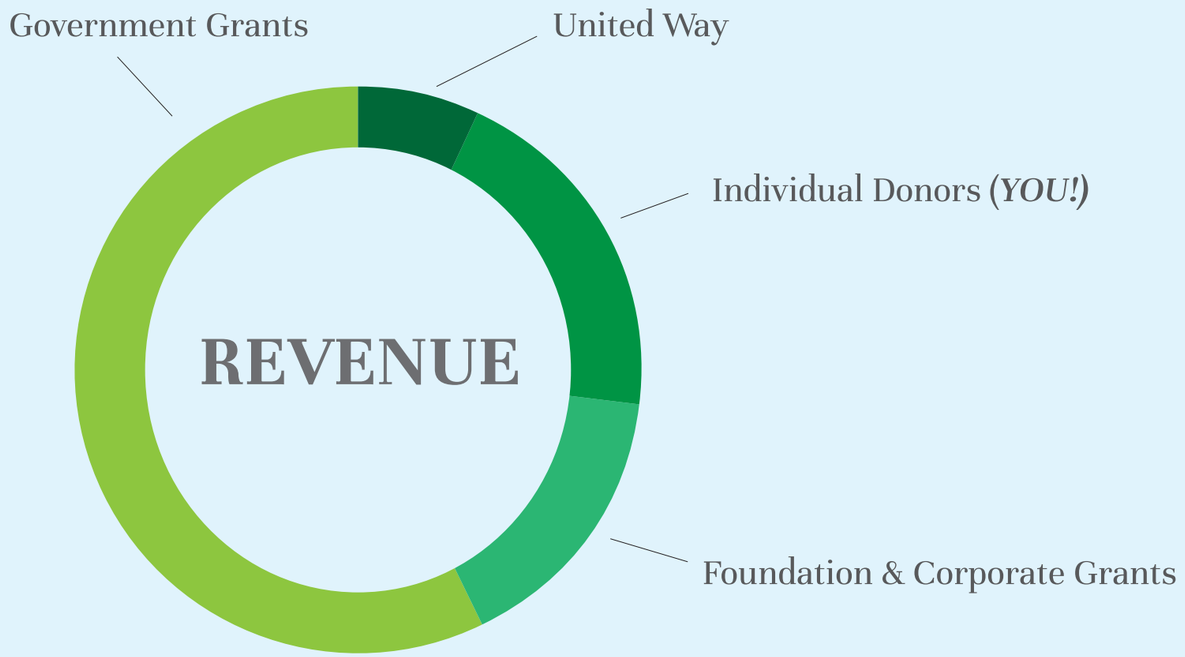
7,665 bed nights were given to those seeking a place to rest and recover from abuse;

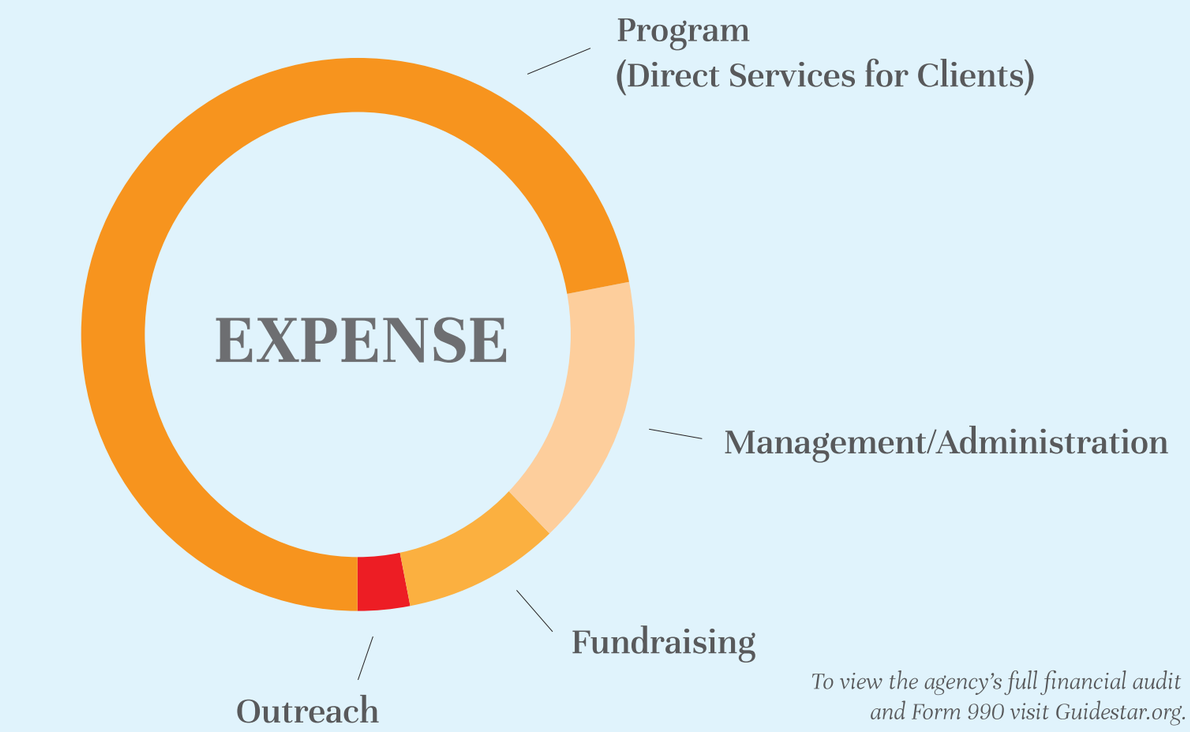
22,995 meals were eaten in our safe house. Residents often shared food preparation & dined together with their children;

51,291 units of counseling, referrals & court advocacy helped clients distance themselves from abusers;

10,444 people were educated about breaking the cycle of domestic violence & trained to help victims; and

4,472 victims of domestic violence ***are on their way to becoming survivors.***





To view the agency's full financial audit and Form 990 visit Guidestar.org.

Honor Roll of Funders

Thank you to the following funders that provided essential grants for Interval House's services for victims of abuse last year:

Asylum Hill Congregational Church
Bank of America Charitable Foundation
Beatrice Fox Auerbach Foundation Fund
Charter Oak Foundation
Charles Nelson Robinson Fund
City of Hartford
CT Coalition Against Domestic Violence
Connecticut Department of Housing
Connecticut Department of Social Services
Connecticut State Medical Society
Ensworth Charitable Foundation
Farmington Bank Community Foundation
Federal Emergency Management Agency
George A. and Grace L. Long Foundation
Harry E. Goldfarb Family Foundation
Hartford Behavioral Health
Hartford Foundation for Public Giving
Individual Donors Like You!
Katherine L.W. & Winthrop Crane Foundation
Lincoln Financial Foundation
Manchester Police Department
Manchester UNICO
Ms. Molly Foundation
NewAlliance Foundation
Olga Sipolin Children's Fund
People's United Community Foundation
Petit Family Foundation
Reid & Reige Foundation
SBM Charitable Foundation
The Larabee Fund Association, Inc.
The William and Alice Mortensen Foundation
TJX Foundation
Town of Avon
Town of Canton
Town of East Hartford
Town of Ellington
Town of Glastonbury
Town of Manchester
Town of Simsbury
Town of South Windsor
Town of Vernon
Town of West Hartford
Town of Windsor
United Bank Foundation Connecticut
United Way
U.S. Dept of Justice, Office for Victims of Crime
Widows Society
XL Catlin

Guardians of Hope

A new planned giving program at Interval House

Established in 1977, Interval House provides critical services to victims of domestic violence in Hartford and 23 surrounding cities and towns. We also give survivors something they yearn for—hope for a life free from violence and fear.

By participating in our new planned giving program, you will play a vital role in giving a safer future. Designating Interval House as a beneficiary of your bequest, trust, or gift of stock or life insurance will help sustain our work in the future, ensuring our clients have the tools and resources they need to live safer lives for years to come. Thinking about planning your estate? Contact Amanda Delaura at 860-838-8461 to learn how your gift will make a difference.

Interval House would like to recognize the following Guardians of Hope, whose planned gifts were received this year:

Estate of Anne Walsh

New Guardians of Hope:

Margaret P. Levy

I would like to continue to help women like Barbie find a path to a safer life by:

- ☐ Making a one-time donation of $_____
- ☐ Pledging my ongoing support of $_____ each month
- ☐ Joining the Sanctuary Society by pledging $1,000 per year over five years
- ☐ Becoming a Guardian of Hope (please contact me to discuss further)

Name _____

Address _____

Email _____ Phone _____

Credit Card # _____ Exp ___/___ CVC _____

Signature _____ Date _____

Please remit this slip & checks to Hartford Interval House, PO Box 340207, Hartford, CT 06134