

A publication of Womanspace, Inc., a non-profit organization  
serving adults and children in crisis.

## You're Invited to the 27th Annual Barbara Boggs Sigmund Award Dinner

Womanspace is pleased to announce that Troy Vincent Sr. will be honored with the Barbara Boggs Sigmund Award in recognition of his dedication to preventing abuse within the home and on the field. The 27th Annual Award Dinner will be held at 5:30pm on May 4th, 2023 at the Westin Princeton at Forrestal Village.

A former Philadelphia Eagles cornerback and Trenton native, Vincent is also a Hall of Famer and EVP of Football Operations at the NFL. Being directly affected by domestic violence, both Vincent and his wife Tommi share a passion for and commitment to advocating for violence-free homes and communities. They serve through visiting shelters, speaking to advocacy groups, and encouraging others to act to end domestic violence and sexual assault. In addition, nearly 20 years ago



in their hometown of Trenton, Troy and Tommi founded the Love Thy Neighbor foundation. A humanitarian effort defined by giving back and empowering the lives of others, the Vincent's have since expanded their work to neighborhoods throughout the nation.

"It is indeed humbling to be the recipient of the 2023 Barbara Boggs Sigmund Award. Its significance and legacy represents decades of dedication to end domestic violence and sexual assault. Turning pain into purpose is an example of how one voice can grow to be amplified on behalf of millions, and it's a reminder that violence against women and young girls is our issue," said Troy Vincent Sr. on his nomination.

Named after the former Mayor of Princeton and a founder of Womanspace, the Barbara Boggs Sigmund Award Dinner

honors a survivor, advocate, and trailblazer who made a real difference in the lives of survivors.

In addition to an inspiring award ceremony, the night will include a cocktail reception and silent auction, to be followed by dinner, drinks, and an exciting raffle. Guests who attend the Awards Dinner, Womanspace's biggest fundraiser of the year, and sponsor it at a certain level, will also be invited to a VIP Reception with Mr. Vincent himself. "Womanspace is honored to have Troy Vincent Sr. as the 27th Barbara Boggs Sigmund Award

*continued on page 3*

### INSIDE THIS ISSUE:

Award Dinner Tickets and Sponsorship

New Board Members

Community Engagement Corner

Mobile Food Pantry

International Women's Day

Sexual Assault Awareness Month

Denim Day

Upcoming Events



Mercer County 24-Hour Domestic Violence & Sexual Assault Hotline (609)-394-9000

Text Message Hotline available 24/7 for the deaf and hard of hearing at (609)-619-1888

NJ Statewide Domestic Violence Hotline 1-800-572-SAFE

Counseling & Support Services (609)-394-2532

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# 27TH ANNUAL BARBARA BOGGS SIGMUND AWARD DINNER, MAY 4, 2023

## SPONSORSHIP OPPORTUNITIES

### Presenting Sponsor \$20,000



- 20 Tickets
- Full back cover in ad journal
- 10 Passes to VIP Meet & Greet with Troy Vincent Sr.
- Inclusion in event advertising & invitation
- Option to display corporate banner
- Recognition during award program
- Name on website and social media

### VIP RECEPTION SPONSOR \$5,000

- Logo on signage directing to VIP Room
- 4 Passes to exclusive VIP Meet & Greet with Troy Vincent Sr.
- Half page in ad journal
- Womanspace-approved sponsor marketing materials displayed on the VIP welcome table
- 4 Tickets

### DIAMOND SPONSOR \$15,000

- 16 Tickets
- Full inside cover in ad journal
- 8 Passes to VIP Meet & Greet with Troy Vincent Sr.
- Inclusion in event advertising & invitation
- Option to display corporate banner
- Recognition during award program
- Name on website and social media

### PLATINUM SPONSOR \$10,000

- 12 Tickets
- Full page in ad journal
- 6 Passes to VIP Meet & Greet with Troy Vincent Sr.
- Inclusion in event advertising & invitation
- Option to display corporate banner
- Recognition during award program
- Name on website and social media

### CENTERPIECE SPONSOR \$3,500

- 
- Logo on centerpieces in ballroom
  - Half page in ad Journal
  - 2 Tickets

### REGISTRATION SPONSOR \$2,000

- 
- Logo displayed on welcome table
  - Half page in ad journal
  - 2 Tickets

### WINE & BEER SPONSOR \$2,000

- 
- Logo displayed on bars throughout the venue
  - Half page in ad journal
  - 2 Tickets

### GOLD SPONSOR \$7,500

- 10 Tickets
- Full page in ad journal
- 5 Passes to VIP Meet & Greet with Troy Vincent Sr.
- Inclusion in event advertising & invitation
- Option to display corporate banner
- Recognition during award program
- Name on website and social media

### SILVER SPONSOR \$5,000

- 6 Tickets
- Half page in ad journal
- 3 Passes to VIP Meet & Greet with Troy Vincent Sr.
- Recognition during award program
- Name on website and social media

### ADS AND TRIBUTES

Please note that ad journal files (high resolution pdf or eps file) are due by April 17, 2023 for print. Ads can be emailed to Erin Hartshorn at ebh@womanspace.org.

### BRONZE SPONSOR \$3,000

- 4 Tickets
- Quarter page in ad journal
- 2 Passes to VIP Meet & Greet with Troy Vincent Sr.
- Name on website and social media

### FULL PAGE \$750

5.5 x 8.5 in

### HALF PAGE \$500

5.5 x 4.25 in

### QUARTER PAGE \$250

2.5 x 4.25 in



27<sup>th</sup> Annual

**BARBARA BOGGS SIGMUND AWARD DINNER  
HONORING TROY VINCENT SR.**

#### GUEST INFORMATION

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Billing Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone Number \_\_\_\_\_ Email Address \_\_\_\_\_

**\$225** - One Dinner Ticket  **\$2,200** - Table of Ten Tickets

**\$750** - Two VIP Couple Tickets  Additional Donation Amount

**\$1,000** - Two Benefactor Tickets

In addition to tickets to the Award Dinner, patrons at the levels above may receive additional benefits, including a VIP meet & greet with Troy Vincent Sr. For details, please scan our QR code or visit [www.womanspace.org](http://www.womanspace.org).

#### PAY BY CREDIT CARD

by returning the RSVP with your credit information or paying online with the QR code



Cardholder Name \_\_\_\_\_

Card Number \_\_\_\_\_ CVV \_\_\_\_\_ EXP. \_\_\_\_\_

Signature \_\_\_\_\_

#### PAY BY CHECK

by mailing your check in the included envelope

# Community Engagement Corner

By Brit Olsen (she/her), Community Engagement Manager

March was Women's History Month, and community members and businesses across Mercer County volunteered to facilitate a donation collection to support Womanspace. We were gifted new clothing, pajamas, and baby needs. These essentials serve the clients in our Safe House and Barbara's House transitional housing. Victims often arrive with just a small bag of personal items, or none at all.

In addition, community groups organized snack, blanket, and small toy drives for the clients we serve at courthouses, hospitals, and police stations across the county. At the courthouse, clients often wait four to six hours to see a judge and obtain a safety protective order. Womanspace offers snacks to minimize their

discomfort as the clients patiently wait. Our response team volunteers also respond to hospitals and police stations, meeting with victim survivors at the moment of crisis. In most of these police stations, there is a private room in which volunteer advocates meet with clients and their children to offer support. We keep a supply of blankets, water, and snacks, as well as small toys to keep children entertained (which they take home with them).

We would not be able to offer such exceptional service to our clients without our community's generous donations. Thank you all!

*If you are interested in making an in-kind donation or organizing a donation drive, please contact Brit Olsen, Community Engagement Manager, at [bjo@womanspace.org](mailto:bjo@womanspace.org).*

## New Board Members

Please join us in welcoming our newest members to the Womanspace Board of Directors



**Malina Poshtova Delamere** is the founder and president of Vida Rose Coaching Solutions, an executive coaching practice for women whose business, career, and life are in growth mode.

With over 20 years of business leadership experience, Ms. Poshtova is also a former Fulbright Scholar, with degrees from New York University and the University of Sofia in Bulgaria. Malina firmly believes that life is an adventure and opportunities often come in disguise.



**Ektaa Sanghvi Shah** is a certified public accountant and recent graduate of Rutgers Business School. A business owner passionate about helping her clients, she currently works in her family's tax practice alongside her father.

As a young professional, Ms. Shah is excited to be part of our community and use her skills, professional and otherwise, to give back.



**Stephen Sigmund** is a communications and public affairs professional with over 25 years experience as an executive, advisor, and spokesperson for some of the region's and the nation's leading public and private sector organizations. He currently serves as Chief of Public Outreach/Chief Spokesman for the Gateway Development Commission.

Mr. Sigmund teaches at Columbia University, and serves on the boards of the Center for an Urban Future and Interact Community Theater. Most importantly to us, Mr. Sigmund is the son of former Princeton mayor and Womanspace founder, Barbara Boggs Sigmund.

*27th Annual Barbara Boggs Sigmund Award Dinner continued from page 1*

recipient. Domestic violence is not just a women's issue. It's an issue that affects everyone, and Troy's passion for ending intimate partner violence is inspiring," said Nathalie Nelson, CEO & President of Womanspace.

For sponsorship opportunities, donations, tickets, and more visit [www.womanspace.org](http://www.womanspace.org). The proceeds from this event go to providing services for men, women, and children effected by domestic or sexual violence.

**Womanspace**  
sincerely thanks these  
**Board Members for their years**  
of service as they step down  
from our Board of Directors.

**The Reverend Matthew Rhodes**

**Ed Schmierer, Esq.**

**Ret. Chief William Spain**

# Recent Donations

Thank you to our generous community of supporters!



Chris English from William Penn presenting a \$2,200 check to Erin Hartshorn, VP of Development & Communications and Nathalie Nelson, CEO & President of Womanspace.



Lynette Glenn from Investor's Bank presenting a \$500 check to Erin Hartshorn, VP of Development & Communications, and Nathalie Nelson, CEO & President of Womanspace.

## Womanspace, Inc. Board of Directors

### OFFICERS

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Ektaa Shah

Stephen Sigmund

Lorene Williams

Frances Zeitler

Nathalie Nelson,  
*CEO & President*

## Mobile Food Pantry Provides Essential Groceries to Womanspace Clients

By Brit Olsen (she/her), Community Engagement Manager

Financial abuse is often a component of domestic violence. To maintain control, an abuser will limit a victim survivor's access to funds and monitor how money is spent. As you know, food and gasoline prices have been increasing, creating even more hardship for our clients.

That is why, on March 10, 2023 Womanspace partnered with the JFCS of Mercer County. JFCS delivered non-perishable foods, fresh fruit and vegetables, eggs, and frozen fish in their mobile pantry. Staff and volunteers worked in the visitor parking lot behind the administration building to assemble and distribute bags of food to our families. A line even formed before the actual start time!

This event was a success

with 25 families getting 25 bags of fresh food. Starting April 14, the JFCS mobile food pantry will be in our parking lot

on the second Friday of each month to help us distribute nutritious items to current and prior Womanspace clients.



Lisseth Dzurkoc, Monica Castillo-Lang, and Nathalie Nelson assembling grocery bags for clients.

# International Women's Day 2023

On March 8, 2023 women across the world celebrated International Women's Day (IWD). This year, the global campaign theme was #Embrace Equity.

The campaign aimed to encourage conversation on IWD and beyond about why equal opportunities aren't enough and why equal isn't always fair. People start from

different places, so true inclusion and belonging require equitable action.

We can all challenge gender stereotypes, call out discrimination,

draw attention to bias, and seek out inclusion. Collective activism is what drives change. From grassroots action to wide-scale momentum, we can all embrace equity.



Varonda



Nathalie



Marie



Kaitlynn



Krystal



Crystal

# April is Sexual Assault Awareness Month

The theme of Sexual Assault Awareness Month 2023 is “Drawing Connections: Prevention Demands Equity.” This campaign calls on us to change ourselves and the systems surrounding us to build racial equity and respect.

Sheilagh Mescal Gunstensen (she/her) is Coordinator of Sexual Assault Support Services at Womanspace. Her expertise is shared below.

## 1. How does Womanspace combat sexual assault in Mercer County? What is the role of the Womanspace volunteer Response Team Advocate?

Womanspace combats sexual violence on several fronts. We have a Prevention and Community Educator who goes into the community to meet with young people, from middle school through college, on the causes and societal influences that perpetuate sexual violence. Our Sexual Assault Support Service (SASS) Coordinator runs trainings for local police

departments, covering the causes and myths around sexual violence, as well as the victim/survivor experience. Over the past 20 years, Womanspace has trained hundreds of volunteer victim advocates who share this knowledge in their communities. We also have a Community Engagement Manager who attends local events and meets with community groups to present information on domestic and sexual violence, as well the resources we offer to support victim survivors.

The role of our volunteer Response Team Advocate is to meet with victims of sexual and domestic violence at the moment of crisis. The Response Team Advocate is deployed to hospitals and police stations to provide emotional support as the victim makes decisions about how they want to move forward. The Womanspace Response Team Advocate is a member of the Mercer County Sexual Assault Response Team (SART), along-

side the forensic nurse examiner, the police, and the prosecutor. Our advocate explains the role each of the SART team plays, provides emotional and physical support, and offers resources which the survivor can use to make choices they know to be safe for them. Above all, the advocate is there to represent the local community by conveying care, acceptance, and support for the survivor.

## 2. How is a Sexual Assault Response Team (SART) activated?

When a victim survivor calls the police, the NJ Sexual Assault Hotline (800-601-7200), or walks into a hospital to report their assault, a SART can be activated through the Sheriff's Department. To request a Womanspace Response Team Advocate, the Sheriff calls our crisis hotline at 609-394-9000, providing the name of the victim and the hospital or police station where they are; most of the time, our on-call volunteer will get there and meet the survivor in less than an hour. When they arrive, the Response Team Advocate goes to the survivor's room, introduces themselves, and explains that Womanspace is the confidential county-wide support organization for victims of sexual violence.

All of our services are available in English and Spanish, and we have Spanish speaking volunteers.

## 3. What do you mean by empowering survivors?

While we talk about “empowering” survivors, we do not in fact empower anyone. Survivors already have the power within them. What we do is provide a safe space for a survivor to take back their power after it has been stolen from them by their attacker. This is done as soon as we meet the victim by letting them know that they are in charge from that moment on. The survivor chooses the conversations or processes they want to happen, and they can pause or stop at any time with no judgment or pressure. Our volunteer Response Team Advocate is there to support all of those decisions. In addition, by providing the victim/survivor with information about both short- and long-term options, the victim survivor is better able to make choices about what they want to do moving forward.

## 4. What are some of the common misconceptions about sexual assault?

Almost everything you see about sexual assault victims in popular media is inaccurate. When you look at the extensive list of the rape myths, you realize that we

operate under a huge number of misconceptions.

The most damaging rape myth is that victims lie about being raped. According to research, victims lie about an attack at the same rate as robbery victims, between 2% and 8%. Our Mercer County Special Victim's Assistant Prosecutor puts that number at less than 1%. Virtually all victims are telling the truth.

The impression that a victim is lying may be a result of how we process a traumatic event. The chemicals released by the brain that are needed to emotionally and physically survive an attack can cause a victim to freeze instead of fight back or flee. They also cause memories to be laid down in a disorganized manner. The end result is that survivors may not behave in the way we expect, during or after an attack (most of our expectations are from TV or movies), nor can they remember details in an organized fashion. Often, a victim is not able answer the who, what, why, when, and where of the attack. In fact, the chemicals that help the victim get through the attack can also mean some details will never be remembered. Victims may also determine that it's not safe to seek help; they will say they lied so they don't have to deal with family, community, or police reactions.

Another common misconception about sexual violence is that it is usually committed by a stranger. In fact, 80% or more of sexual assaults are committed by someone the victim knows. While 17 to 24-year old women are by far the most frequent targets, 1 in 10 men in the United States are also victims of sexual assault. Rape is not sex, it is extremely painful and leaves long-lasting emotional trauma. Sexual assault survivors are the largest group of PTSD sufferers in the United States. The way someone dresses does not invite sexual assault; people are raped in winter coats and at all ages.

Sexual assault is only about power and control, and nothing else. There is no one type of victim survivor. “NO” always means “NO”, at any time and in any circumstances, regardless of past sexual or relationship history.

Society also clings to many denial of responsibility myths. These include notions like “He didn't mean to”; “He was drunk”; “It was an accident”; “He's not that type of person”; “Men have urges and needs, and once they get started, they can't be expected to stop”; “It was a

*continued on page 7*



#SAAM2023   
DRAWING CONNECTIONS  
PREVENTION DEMANDS EQUITY



# #EmbraceEquity for International Women's Day

By Grace Flagler (she/her), Prevention & Community Educator

International Women's Day (IWD) was celebrated this year on March 8th; the first IWD was celebrated in 1911! At that time, the holiday consisted of protests for women's right to work, vote, and hold elected office. Around that time, women in the United States were drawing attention to the dangerous work conditions they faced while

working in factories. The United Nations (UN) did not mark IWD until 1975. In 1996, the UN began assigning a theme to the day each year, the first of which was "Celebrating the Past, Planning for the Future."

This year's theme was #EmbraceEquity. People across the world were asked to "give equity a huge embrace" by posting pictures of them hugging themselves. So, what is equity? And how is it different from equality? Sim-

ply put, equality is treating everyone exactly the same way, whereas equity is recognizing and celebrating the differences in all of us and adjusting the treatment accordingly. You can find tons of graphics online, such as the one here, that illustrate the difference between equality and equity.

After years of fighting for equality, why are we now focusing on equity? During all the years of fighting for women's rights, the message was that

women wanted to be equal to men. What is less talked about is which women saw the benefits of that message. White, cisgender, heterosexual, able-bodied, and middle and upper class women were the biggest benefactors of the rights that came from progress aimed at equality. People with marginalized identities were deprioritized and often further oppressed as a small few made their way towards equality. Larger systems of power and oppression such as the criminal justice system, the healthcare system, and the education system addressed inequality by simply offering the same experience to others as they did to white men, who were seen as the standard. Considerations were not made for the experiences of other populations.

Civil rights advocate and scholar, Kimberlé Crenshaw, coined the word "intersectionality" to describe the experiences of those with multiple intersecting marginalized identities. Equity goes hand-in-hand with intersectionality, as the needs of individuals are respected and honored instead of being forced to fit an arbitrary standard.

Womanspace celebrated International Women's Day by asking staff and volunteers to embrace themselves and reflect on how they want to embrace equity in their personal and professional lives. We hope you all had a happy and equitable International Women's Day.



## Sexual Assault Awareness Month continued from page 6

one-time mistake, it's not like he's going to do it again"; and "No one really understands this whole consent thing anyway". All these myths excuse the assaulter's behavior as an aberration.

Sexual violence is always about power, and the only one responsible for it is the assaulter.

### 5. Who can volunteer to be a Womanspace Response Team Advocate? What does the training entail?

You can apply to be a volunteer Response Team Advocate if you are 18 years or older; live or work in Mercer County; have a driver's license and available transportation; do not have a criminal history; have never been a defendant in a domestic or sexual assault

case; and can commit to a 60 hour training course, at least two 6 hour on-call shifts each month, and a monthly peer group meeting. Our training runs twice a year; sessions are held both in person and on Zoom over the course of 7 weeks. We cover everything the volunteer advocate will need to know, including the causes and consequences of domestic and sexual violence; an understanding of the complex experience of survivors in all of their diversity; legal, judicial, and forensic topics; safety planning; and all about the Womanspace and community resources available. There is extensive practice and role play, so that when the time comes to support a victim, the new volunteer advocate is ready.

### 6. How can we support friends and family who are survivors of sexual violence?

The most important thing we can do for sexual violence survivors is to provide a safe space where they receive unconditional love and care. Allowing a victim to speak their truth without judgement, unsolicited advice, or correction helps them process their trauma in their own way and in their own time. When the survivor is ready, letting them know about community resources can be very beneficial. Most importantly, do not impose your views or engage in rape myths. Be the person you would want caring for you, if your places were reversed.

### A Message to the Survivors of Sexual Assault

We also want to recognize the courageous survivors of sexual assault who have experienced the horror of this crime and have struggled to heal and move on with their lives. They are the true inspiration for our work and have our utmost respect and admiration.

# UPCOMING EVENTS

**April**

Sexual Assault Awareness Month

**April 26**

Denim Day 2023

**April 28**

Stand Against Racism

**May 4**

27th Annual Barbara Boggs Sigmund Award Dinner

**June**

PRIDE Month

**June 16**

Juneteenth

For more details visit:  
[www.womanspace.org](http://www.womanspace.org)



**WOMANSPACE RECOGNIZES**

# DENIM DAY 2023 APRIL 26TH

**Wear your denim outfit on April 26th as an act of solidarity with survivors of sexual assault.**

## **If you are in immediate danger, call 911.**

If you are being hurt by your partner, it is NOT your fault. You deserve to be safe and healthy. For help and information anytime, contact:

**Womanspace**

**24-Hour Hotline**

[www.womanspace.org](http://www.womanspace.org)

**1-609-394-9000**

Text Message Hotline

for Deaf and

Hard of Hearing

**609-619-1888**

**National Domestic  
Violence Hotline**

[www.ndvh.org](http://www.ndvh.org)

**1-800-799-SAFE (7233)**

**National Sexual  
Assault Hotline**

[www.rainn.org](http://www.rainn.org)

**1-800-656-HOPE (4673)**

**NJ Statewide Domestic Violence  
Hotline**

**1-800-572-SAFE (7233)**

**National Teen Dating Abuse  
Hotline**

[www.endabuse.org](http://www.endabuse.org)

[www.loveisrespect.org](http://www.loveisrespect.org)

[www.thatisnotcool.com](http://www.thatisnotcool.com)

**1-866-331-9474**

**1-866-331-8453**

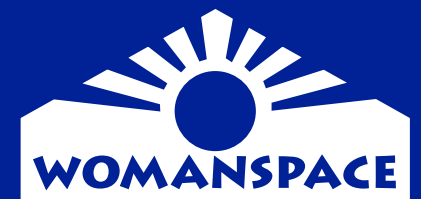
Womanspace affirms its commitment to cultural competency. We recognize and value the ethnic, religious, and racial richness of our communities, and encourage mutual respect and understanding among all people. True excellence in our organization and communities results from identifying, serving, and enlisting the participation of all people who represent this rich diversity.

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**Correspondence and News may be sent to:**

**Development Office, Womanspace News,**

**1530 Brunswick Avenue, Lawrenceville, NJ 08648**



IT STARTS HERE

[www.womanspace.org](http://www.womanspace.org)

**Spring 2023**