

# CAROLYN'S VOICE

## A BIG THANK YOU!

During the summer, we began a new membership campaign asking supporters to join in our efforts to save lives. "We are so grateful for the generous response," said Ginny Baudinet, Chairman of Carolyn's Place. "The campaign has raised over \$40,000. This will certainly help with our efforts to expand and introduce new programs and to find a new home." As reported in our last newsletter, Carolyn's Place is actively looking for a new, more central location in Waterbury. (See "We can do more" article on page 2 for an update.)

Carolyn's Place would like to especially acknowledge Ms. Jane Teta of Southbury, CT who provided a \$15,000 matching contribution to the Membership Campaign. Jane is an active supporter of Carolyn's Place and her generosity is reflected not only in her contribution, but her encouragement and input throughout the year.



*Jane Teta (center) presents a \$15,000 contribution to Ginny Baudinet (Chairman) and Father Robert Rousseau (Founder) of Carolyn's Place.*

Fall 2006

## *Mission Statement*

*Jesus said, "Anyone who loves me will be true to my word."*

*(John 13:34)*

*Our purpose in Carolyn's Place, a Pregnancy Resource*

*Center, is to seek to live out these words of Jesus by offering care, concern and love to any woman who finds herself in a problem pregnancy situation.*

*We will do all that we can to help her in making a decision for life. While not pursuing any political agenda, we will help support in whatever ways needed, every woman who chooses to allow her baby to live.*

*By our words and deeds, we will support the Right to Life of every child in the womb as well as the right of the mother to continue the mystery that began at conception. We will work to make known this Right.*

### OUR KEY INITIATIVES TO DO MORE...

#### *Broadened Outreach to Youth*

- Additional education programs on life issues to Waterbury and suburbs
- Outreach to include private & public schools and CCD programs
- Expansion of our abstinence-based program ("Virtuous Reality")

#### *Better Access to Services*

- Relocation to a more central community location
- Designed facility to accommodate programs & efficient operations
- Ongoing availability of 24 hour phone advising and referral services

#### *Expanded Pregnancy Support*

- More training classes on fetal development, birthing and parenting
- Opportunity to learn responsibility while earning items for babies
- Additional support for mothers at doctor visits, labor & delivery, and post birth visits to reinforce the valuable gift of life.

## **WE CAN DO MORE BECAUSE OF FRIENDS LIKE YOU.**

### ***Thank you for your ongoing support.***

As we send out our last newsletter of this calendar year, it is wonderful to think back on the progress we have made and the opportunities that lie ahead. Carolyn's Place has had fourteen years of success that has included over eight hundred births, education for thousands of teens, hundreds of hours in tutoring and mentoring young mothers and so much more. With your support and prayers, we can do more. Plans to broaden our education outreach to youth, expand pregnancy support to young mothers and improve access to our services are our key goals for next year (see "OUR KEY INITIATIVES" page 1).

One major requirement to achieve these goals is finding a new home for Carolyn's Place in Waterbury. We are pleased to report that much work and progress has been achieved to do this. With the assistance of volunteers, our Board of Directors and local real estate professionals, we have visited dozens of locations and have narrowed the scope of our search. We now feel hopeful, that we CAN be in a new location during the coming year.

Clearly, our efforts to do more and to relocate to a new "home" require more work and significant resources. Our recent membership campaign has been a wonderful success, but additional resources are needed. You can be assured that your contribution will help make a vital difference in the lives of unborn children, their mothers and our youth. Thank you for your ongoing support!

### **END-OF-YEAR REMINDER**

As 2006 comes to a close, it also means that this tax year is also coming to an end. At this time, donors may decide to make contributions to their favorite charities. If you are considering making a donation, we ask you to please consider Carolyn's Place. A donor envelope is enclosed with this newsletter. You can help to make a wonderful difference! (See article: "We can do more because of friends like you" for more information). Thank you.

### **ANNUAL ZITTI SUPPER**

On Saturday, September 9, 2006 we held our annual Ziti Supper. We are grateful to Msgr. Coleman for allowing us to use the SS Peter and Paul school gym to host our event. With the hard work of committee chairman, Valerie del Moral-Barbosa, as well as the Knights of Columbus-Fr. Loftus Council from St. John of the Cross in Middlebury, and many volunteers, the evening was a big success raising over \$1500. Everyone enjoyed the delicious ziti, meatball and sausage dinner while being entertained by dancers from the Horgan Academy with their fabulous Irish step dancing.

Younger guests even had the special opportunity to go on stage and learn a few steps. Many lucky winners went away with beautiful raffle baskets while others purchased lovely items at our religious table.



We offer our sincere thanks to all of our volunteers as well as all of the supporters who joined us for a wonderful evening of fun and friendship.



## THE MEANING OF DIGNITY by Meredith Di Liberto, Esq.



Dignity. It is a word we hear frequently, but what does it really mean? According to the *Merriam-Webster* dictionary, dignity means “the quality or state of being worthy, honored or esteemed.” This collection of words is in itself intriguing. What makes someone worthy? Is it the act of being honored or esteemed that makes us worthy? Can someone be worthy and scorned? Can someone possess dignity if she or he has never been honored? Does a person lose his dignity if he loses esteem?

These are the kinds of questions that life presents when we come into contact with someone who the world has either forgotten about, or is trying desperately to forget. A few months ago a friend and colleague of mine passed away very suddenly. Mike was a tri-athlete and an avidly healthy eater. Only when I baked his favorite brownies did he allow himself to stray from his healthy lifestyle. When Mike died he left behind his wife and his 93-year-old mother. For the four plus years that I was blessed enough to know and work with Mike, he always talked about his mom. It was only after a few years that he told me that she suffered from Alzheimer’s disease, and that she had been suffering from it for many years. I know it broke Mike’s heart that his mom did not recognize him anymore, but it never deterred him from spending as much time as possible with her and it did not change how much he loved her.

A few days ago Mike’s mom passed away too. The first thing I thought of was what a reunion she and Mike must have had! There was, however, another interesting and disturbing reaction. One person remarked that she hadn’t *really* been alive for years. Another person commented on the sadness of Alzheimer’s and how it stripped a person of his or her dignity. Mike didn’t feel this way though. He just loved his mom.

Coming full circle then, did Mike’s mom possess dignity? Was it true that her dignity had been stripped from her by a devastating disease? Was she worthy or honored or esteemed? Yes! This is where I part ways with *Merriam-Webster* however, because true dignity has nothing to do with being honored or esteemed. Honor and esteem are things we rely on other people to bestow on us, whereas, our worthiness and our dignity do not depend on any other person. Our inherent worthiness, our dignity, come from one place and they are a gift. The Giver is God.

We possess dignity because we have been made in the image and likeness of God. He made us as a reflection of Himself and that is a gift that cannot be taken away by anyone or anything and it is not dependent upon the honor or esteem of others. Our worthiness is also a gift. We were made worthy of our dignity through the death of Jesus Christ. He loved us so much, that He suffered, died and rose for us. He made us worthy and that cannot be taken away by anyone or anything and it is not dependent on the honor or esteem of others.

So yes, Mike’s mom was worthy, and she possessed dignity. Terri Schiavo was worthy and possessed dignity. Wayne, my homeless buddy who sits on the same stoop every day is worthy and possesses dignity. The brand new life conceived and then selfishly frozen or experimented on is worthy and possesses dignity.

The challenge we face is that we must look at ourselves and everyone we meet through the eyes of the One who bestowed these gifts on us. We must look at everyone as the image and likeness of God. This is not an easy task, I know. Some days I fail miserably. But a Saint is just a sinner who falls and gets back up. So get back up! Resolve every day to see the worthiness and dignity of those around you, and to speak out on behalf of those whose worthiness and dignity are challenged by society. The only way to correct society’s idea that dignity and worthiness mean honor and esteem is to put a new face on dignity by putting His face on dignity. Don’t wait another second!



## ST. DOMINIC'S BABY BOTTLE BOOMERANG

St. Dominic Parish of Southington, CT sponsored a Baby Bottle Boomerang for Carolyn's Place Pregnancy Resource Center. The pro-life committee under the leadership of Mr. Ed Olander and Ms. Donna Pascutti conducted the fundraiser which was a big success raising over \$2600.

THANK YOU, ST. DOMINIC PARISH FOR YOUR CONTINUED SUPPORT

*Ed Olander from St. Dominic Parish presents check to Carolyn's Place, Chairman, Ginny Baudinet.*

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### IF YOUR PARISH OR ORGANIZATION WOULD LIKE TO SPONSOR A BABY BOTTLE BOOMERANG:

- Purchase a sufficient number of baby bottles for your parish or your organization.
  - Distribute a baby bottle to anyone interested in participating.
  - Ask them to fill the bottle with spare change.
  - Have everyone return the filled bottle at the end of a specified time period (*usually about 3 to 4 weeks*).
  - Total up the donations and send one check to Carolyn's Place, Inc.
  - Save the bottles and reuse for a future Baby Bottle Boomerang.
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### OUR VISIT TO ST. FRANCIS OF ASSISI IN NAUGATUCK

In September, we had the privilege of visiting Suzanne Porto's pre-school classes at St. Francis of Assisi in Naugatuck. Both classes are participating in our Spiritual Adoption program. The children touched our hearts with their enthusiasm and excitement. We had a great time talking about the gift of life and that each of them is a special gift.

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### EARNING FOR OTHERS

Twelve year old, Samantha Picard and her ten year old sister, Sarah, of Watertown, CT earned money this summer and purchased several baby outfits which they donated to Carolyn's Place for our clients. Our moms and babies thank you girls!



### FALL WISH LIST (If you can help with any of these items, please contact us at (203) 695-3999.)

As we look towards the future and plan for when we get our new "home," we will need furnishings for this location. We have a storage area available so we are beginning the search for items now. These items can be new or used. Items needed:

**Office: 2 computer desks and chairs, shelving, work table.**

**Client program room: comfortable couches, chairs, bookcases**

It is with much gratitude that we wish to thank Mr. Stan Sypek for answering our request for computer assistance.

# DEPRESSION: A new sexually transmitted disease

## By: Warren Throckmorton (reprinted with permission)

Nearly every discussion about sexual education focuses on preventing sexually transmitted diseases and pregnancy. However, recent research published in the American Journal of Preventive Medicine finds that, especially for girls, the discussion needs to include a third negative possibility: depression.

Most medical and mental health professionals would agree that there is a link between depression and sexual and drug using behavior in adolescents. However, it is commonly assumed that depressed teens use sex and drugs to “medicate” their depression. Thus, when faced with a depressed, sexually active teen, adults may overlook sexual or drug using behavior with the hope that the risky behavior will cease once the depression is gone.

Although the depression followed by sex and drugs link seems to make sense, a new study, which followed over 13,000 middle and high school students for two years in a row found that depression did not predict risky sexual or drug using behavior.

Instead, the study found that depression often follows risky behavior. Lead author of the study, Dr. Denise Hallfors told me in an interview that her research team found evidence that heavy drug and alcohol use significantly increased the likelihood of depression among boys. For girls, the findings are stunning: Even low levels of alcohol, drug or sexual experimentation increased the probability of depression for girls.

Breaking down the results, Dr. Hallfors found that 25 percent of surveyed teens were complete abstainers, meaning they were virgins and used no substances, not even tobacco. Only 4 percent of these teens experienced depression.

Another group of teens could be considered dabblers in that they had experienced sexual intercourse and engaged in some kind of substance usage during the first 12 months of the study. For the boys, there was no increase in depression from this pattern of behavior (for boys, the significant risk was heavy drug use). However, for girls, the study revealed a more troubling pattern. Girls even experimenting with drugs were slightly more than two times as likely to be depressed (8-10 Percent). Those experimenting with sex were three times more likely to be depressed than abstainers (12 percent versus 4 percent). For sexually promiscuous teen girls, the results are staggering: 44 percent of girls with multiple sexual partners during the study period experienced depression.

Did depression ever come first? Boys and girls were no more likely to begin or increase their sexual and drug use behavior when they were depressed than when they were not. In fact, depressed girls who were also abstinent were much less likely to engage in risky behaviors during the second year of the study. However, if they were already “dabbling” with substance use, depressed girls were more likely to go on to very risky sexual behaviors.

In other words, the sex and drug use are not only associated with depression but most often precede it. As a public policy matter, the drug use findings are not surprising and hardly controversial. For any teen, who advocates drug use of any kind?



*F*or you created  
my inmost being;  
you knit me together in  
my mother's womb.

I praise you because I  
am fearfully and  
wonderfully made;  
your works are  
wonderful, I know  
that full well.

-Psalm 139:13-16

## Depression: A new sexually transmitted disease (continued)

On the other hand, for opponents of a strong abstinence message in schools, this study may be difficult to reconcile with their public policy activities. For instance, two groups opposed to abstinence education, Advocates for Youth and Sex Etc., are now sponsoring a contest for teens to promote condom usage. Teens can craft an e-postcard to send to their friends (and potential hook-up partners?) extolling the virtues of condom use. One such card has a picture of a heart and a condom with the caption: "Dream Team." According to Dr. Hallfors' research, for many teen girls, the caption should read: "Sad Nightmare."

More research is needed to isolate the causes and cures for the link between experimentation and depression. However, there is no reason for policy makers to wait to encourage abstinence given these research findings. Citing the devastation and feelings of worthlessness that accompany depression, Dr. Hallfors warns, "parents, educators and health practitioners now have even more reason to be concerned about teen risk behaviors and to take action about alcohol, drugs and sex."

Instead of cheery postcards, teen girls need to know that their sexual behaviors may put them at risk for more than STDs and teen pregnancy. "Once a girl crosses that boundary, she puts herself at risk for a spiral of negative effects," says Dr. Hallfors.

It seems to me that the evidence is consistent that teen sex is not a good idea, especially for girls. Why can't everyone get behind that message?

Teens are nearly united in this sentiment. According to a poll conducted by the National Campaign to Prevent Teen Pregnancy, nine out of 10 adults and teens want society to send a clear message that abstinence is best for teens.

Whatever we think about the morality of sexual behavior, can't we agree that teens should be given a clear and consistent message that it best to wait to engage in sex until they are ready to accept the financial relationship and emotional consequences of making the choice? For nearly all teens, this would be adulthood.

My suggestion for a postcard? A picture of a gold nugget and a heart with the caption: "I'm worth the wait."

### Carolyn's Place Pregnancy Resource Center Personel Needs Drop off Station

Office Products 1760 Watertown Ave. Waterbury, CT

Thanks to the generous offer from Office Products owners Judy and Carl Breiner, personal needs items for Carolyn's Place may also be dropped off at their store. Items include: cribs, car seats, diapers and clothes up to size 2T. We are especially in need of NEWBORN diapers and 0-3 mos. clothes.

Thank you, Judy and Carl, we are most grateful.

*"We ought always to thank God for you, brothers, and rightly so..."*  
2 Thessalonians 1:3



*During the season of Thanksgiving and Advent we are sincerely grateful for all of our supporters and extend a warm wish for a very blessed Christmas and a holy New Year.*

### CHRISTMAS GREETINGS

I wish you Christmas LOVE.  
May you know true love in  
Jesus, our Brother.

I wish you Christmas PEACE  
May you feel God's Healing  
Touch from another.

I wish you Christmas JOY  
May you gain new hope through  
Mary, His Mother.

LOVE, PEACE AND JOY  
Now and always!

Sr. Marie Roccapiore, M.P.F.



*Carolyn's Place*  
**Pregnancy Resource  
Center**

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*Carolyn's Place*  
*Pregnancy Resource Center*  
*Hope for the future by*  
*promoting responsibility*

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