

Basic Detail Report

Title Interview with Maeve Salamida

Date 21 April 2025

Primary Maker Michaela Mantie

Medium born digital audio file

Description Audio file of interview with Maeve Salamida. She was interviewed by Michaela Mantie on 21 April 2025 in Cromwell, CT. Maeve Salamida was interviewed as part of the Connecticut Museum of Culture and History's Community History Project discussing moments of change in her life. Maeve discusses her personal definition of change, describing it as a shift influenced by both controllable and uncontrollable forces. She elaborates on how change often requires a reaction or adaptation. The discussion highlights the complexity of change, both in societal and personal contexts, and how it can lead to further changes. Maeve shares her journey of dealing with personal challenges, including a diagnosis of Obsessive Compulsive Disorder (OCD) and the decision to quit a teaching job. Maeve delves into the difficulties of managing mental health issues, sexual abuse, outside expectations, and the impact of these challenges on personal and professional life. She discusses the transition from teaching to grant writing, reflecting on the need for control and the pursuit of a career that aligns more closely with her values and capabilities. Maeve reflects on how significant personal decisions, particularly quitting her teaching job, have led to a series of changes that have shaped her current life. Maeve discusses the positive outcomes of these changes, including a new career in

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grant writing and a better understanding of her own needs and aspirations.

Maeve highlights the interconnection between personal decisions and her broader life trajectory. In the concluding remarks, Maeve expresses gratitude for the interview, noting it as a reflective and growth-promoting experience. She discusses the value of self-expression and the importance of acknowledging personal changes and achievements. Maeve's reflections underscore the therapeutic aspect of sharing personal stories and the insights gained from such discussions.

Dimensions Duration: 45 Minutes, 39 Seconds