

# BRIGHT HORIZONS

2nd Quarter 2013

## Abuse Hurts at Any Age

By Lacy Kimes, Norfolk Shelter Manager

### June Recognized as Elder Abuse Awareness Month

When discussing abuse and those that it affects, most people assume only the young experience this trauma. But, in 2010 Nebraska Adult Protective Services had a total of 6,619 intake reports alleging possible abuse or neglect of a vulnerable adult. Of those reports, there were a total of 7,107 victims. From these numbers, one can see that abuse affects all ages, and it is no longer just a problem of the young generation.

For some reading this article, they may be wondering, “how are older people abused?” This can include financial abuse by illegally or improperly using an older adult’s money or assets. Emotional and verbal abuse can also be present, such as put-downs, making the person doubt their abilities, isolation from loved ones, threats and intimidation. When an elder is being physically abused, not only can there be physical signs such as bruises and other marks, but the victim can be denied medical care by the person who is supposed to be caring for him/her, as well as the care taker not reporting serious changes in the victim’s condition.

For many elder victims it is difficult for them to report the abuse for many reasons. A lot of the time the caregiver is the victim’s own child or even spouse, and the victim fears retaliation from others and being mistreated even more. Some victims may not have access to a phone or any outside contacts to report the abuse, as these ways of communication may have been taken from them by the abuser.

*...abuse affects all ages, and it is no longer just a problem of the young generation.*

Here are some signs to look for if you suspect an elderly person is being abused:

- Malnourishment and inadequate physical care
- Unexplained personal injuries
- Withdrawn, apathetic, fearful, or anxious behavior, particularly around certain persons
- Discrepancies between a person's standard of living and his/her financial assets

Although the numbers are astonishing, elder abuse is still underreported. For every reported case of elder abuse, five go unreported. Please contact your local Department of Health and Human Services at 1-800-652-1999 if you suspect an elderly person is being abused.

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# Volunteer Spotlight

## ~ O'Neill

By Amanda Wallace, O'Neill Volunteer/Outreach Coordinator

Bright Horizons' O'Neill office would like to introduce their summer intern, Amber Classen. The last step to Amber earning her bachelor's degree in Human Service Counseling is her internship at Bright Horizons. We are pleased to have her help in serving survivors of domestic violence and sexual assault. Amber was born and raised in Spencer, Nebraska and plans to remain in the area and secure a position in the field she has studied. In one week Amber has exhibited the ability to grasp new concepts quickly and with ease. She is ready and willing, accomplished any task asked of her, and has been busy assisting us in the installation of a new database. She will be a wonderful addition to our community after graduation.



*"Opportunity is missed by people because it is dressed in overalls and looks like work"*  
~Thomas Edison

## Benefits of Volunteering

By Audrea Tate, Norfolk Volunteer Coordinator

People volunteer for many reasons. Some may volunteer because they want to get involved in the community, some because they are passionate about a cause, and some because they need to volunteer for a class or organization. Whatever the reason, volunteers are a very important part of society and of Bright Horizons. We have a variety of volunteer jobs at Bright Horizons that should meet anyone's reason to volunteer.

Whether you want to help out around the office, help out in the community, or help clients, we have a job for you! Even if you are not sure what type of volunteer work you are interested in, we will do our best to find something to meet your needs and interests.

Volunteers benefit our agency in many ways, but there are also several benefits for the volunteer as well! According to United Way, these are a few of the benefits:

- Make important networking contacts
- Learn or develop skills
- Enhance your résumé
- Gain work experience
- Build self-esteem and self-confidence
- Improve your health
- Meet new people
- Feel needed and valued
- Express gratitude for help you may have received in the past from an organization
- Make a difference in someone's life

If you are interested in learning more, contact Amanda in O'Neill at 402-336-1774 or Audrea in Norfolk at 402-379-2026. Our complete list of volunteer jobs can be found in the insert of this newsletter.



## Cultural Diversity Brought to Us By Our Bilingual Advocate

By Sonya Sandoval, Bilingual Advocate

As the Bilingual Advocate for Bright Horizons, I have been working on outreach for the Hispanic/Latino community. My work as an advocate has been rewarding, knowing that victims have come forward and are getting the help they need. My work is to listen to their situation, to know how to meet their needs, to know where to refer them, and to provide information that will be essential to them and their children. Some of my duties include providing assistance with filing a protection order; providing referrals to counseling, therapy or parenting classes; and working with the Mexican Consulate in Omaha, NE and the Nebraska Domestic Violence and Sexual Assault Coalition in Lincoln, NE to see if the victim qualifies for assistance by a pro-bono attorney. If the victim does qualify, the victim will be working with an Attorney that will start the process for applying for a U VISA through VAWA.

Violence Against Women Act (VAWA) in 1994, was passed by congress to create special routes for immigration status for certain battered noncitizens. Once the VAWA U VISA petition has been approved, immigrants are classified into different categories based on a preference system. The VAWA U VISA petition is filed with supporting documentation. There is an extensive amount of evidence that must be collected. My work involves assisting victims to gather information to be used as evidence needed for the VAWA U VISA petition.

Working with the Spanish support group also has taken effort and plenty of outreach too. This includes making invitations and flyers to let the Hispanic/Latino community know that asking for help is okay and that Bright Horizons has staff that speaks their same language. Victims that do attend the Spanish support group feel that it is very helpful to come and share their experiences and get information on how to deal with situations and be less stressed. The victims share their stories if they feel comfortable and always get positive response among the women themselves. Doing activities while the women talk is somehow helpful; it seems to be more effective when it comes to creating something that reminds them that they have a safe place to go to and someone to talk to. Spanish support group is here for the women that want to attend at their own free will, at no cost, and with the understanding that respect and confidentiality is very important. Meanwhile, I continue to extend my outreach and invite any member of the community to bring information to Spanish support group and speak about any services provided by your agency.

Victims [attending] support group feel that it is very helpful to come and share their experiences

My job has also brought me to work with Guatemalans that still speak little Spanish and learning how to communicate has been a challenge to me as a Bilingual Advocate. I need to understand that the Guatemalans still speak their dialect and Spanish is not their first language. I am including some information that was provided by Stanley L. Kasun. Kasun has done research on the Indigenous Guatemalan population which makes up nearly half of their total population, more than any Latino American country. He found that gender roles were well-defined in Guatemala. Women fulfill both roles of working in the fields and such to support the family as well as taking care of the house and children while men maintain a role of dominance. Because these roles are so defined by their culture in Guatemala, there is little or no room for change. With the genocide of the 1980's cause massive migration to the U.S., Kasun was able to survey two Indigenous towns. From 232 surveys, he found that U.S. culture, mainly religious influences, have caused the Indigenous Guatemalan population to doubt Guatemalan gender roles and this may be changing their attitudes toward gender equality verses domination.

## Education Available

**Bright Horizons offers education on bullying, dating violence, healthy relationships, domestic violence, stalking, and sexual assault. We offer education for all ages, including schools, youth groups, and other organizations. If you are interested in having a speaker, please call (402)379-2026 or (402)336-1774.**



### More Work Completed at Norfolk Shelter

By Lacy Kimes, Norfolk Shelter Manager

More projects are underway at Bright Horizons' shelter in Norfolk. With any home, it starts to age and work needs to be done to maintain it and keep it safe. To recap, last spring Bright Horizons was fortunate to receive a grant from the Mary Kay Foundation and the Peter Kiewit Foundation, which was used for new carpeting on 2 of the 3 levels of the home, along with the installation of a new shower in the basement.



After thinking we were done with some projects for a little while, a surprise came to us when rotten subflooring was noticed in one of the bathrooms. This resulted in water going through the floor and into the basement. The bathroom was immediately put out of commission until our team could figure out what our plan was going to be to fix this problem. As Bright Horizons has reported in the past, the Norfolk shelter is full of victims and their children on a regular basis, which means at times serving up to 22 people in one house. As shelter manager, I knew that being short a bathroom with this many people were going to create some stress, and it did. So the staff, along with our Board of Directors, have decided to go ahead with the construction of the bathroom and rip up the flooring, along with the tub/shower, and have it all replaced.

Of course, all projects come with costs, and we continue to search out options to help pay for this much needed construction. Myself, along with Bright Horizons' Executive Director, Linda Olson, continuously look for grant opportunities to help pay for these expenses. We also continue to reach out to the community for any help and support that may be offered to us. In the meantime, we pray that the funds will come in to offset these expenses, and we graciously accept any help that comes our way.

Another project completed at shelter was the installation of a "new" garage door. One of Bright Horizons' great donors contacted me about the possibility of putting in a garage door at shelter if we could find someone to remove the old. So, I got to work and was able to find someone to donate their labor to remove the old door, Overhead Door Company of Norfolk, Inc. donated a garage door that was removed from a local home and the same donor that contacted me then donated the installation. We are truly blessed!

On our list of potential projects is painting our "new" garage door, along with our privacy fence. If you or anybody that you know has some extra outdoor white paint that could be donated to Bright Horizons, please call us at 402-379-3798. We appreciate all the continued support that we receive from our community. We hope that by completing these needed projects and those in the future, we can continue to provide a safe, homelike shelter for the victims we serve.

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### Training in Nashville

By Cortney Arduser, Norfolk Criminal Justice Liaison

**S**ammy, the Criminal Justice Liaison in O'Neill, Steven from the Knox County Sheriffs' office, and I were able to attend the *CCR Policymaking: Strategies and Tasks for Coordinators and Advocacy Programs* training in Nashville, TN. First of all, I couldn't have gone at a better time. The weather was cold and dreary here, but it was sunny and warm in Nashville. I met some fun and interesting people while there.

It was also very interesting to see how many men attended this training, especially law enforcement. Sammy attended the advocate training, and I attended the prosecution training. What I learned most from the training was how important an advocate's role is in the whole justice system. Not only are we the first person most victims turn to, but we can always pave the way for the legal process. It was nice to see the light bulbs turn on in many prosecutors mind once they realized what our job as an advocate all entails and how much we can help them if they are willing to reach out to us.



# Workplace Wellness Program

By Amanda Wallace, O'Neill Volunteer/Outreach Coordinator

The staff at Bright Horizons has recently added an employee wellness program with the help of the North Central District Health Department. Lacy, Norfolk Shelter Manager, and Amanda, O'Neill Volunteer Coordinator, have been researching new ideas of how to ensure that our staff is healthy by focusing on a balance between occupational, social, physical, intellectual, spiritual, and emotional health.

This is a fun, creative way to promote wellness in Bright Horizons' staff. As you know, this job can be a strain on the emotions, and as we continue to empower our survivors it is important we care for ourselves also. We strive for excellence by always providing the best services for our clients, and a vital first step is taking care of our staff. Some of the things we are using are e-mails with "joke of the day" and "recipe of the week". In our bi-weekly paychecks, we have check stuffers with helpful tips on topics that include money management, maintaining a healthy weight, stress reduction, etc. At our monthly all-staff meetings we have set goals to check back on the following month. Reaching our monthly goal means taking home a fabulous prize from our bargain basket!

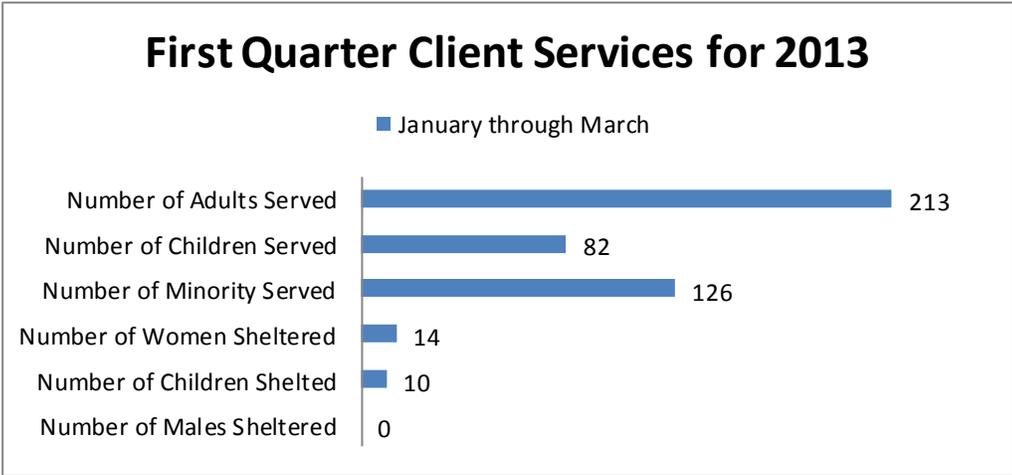
We have implemented a walking program, have staff members who are quitting smoking and have had guest speakers. Steve Kimes, a Certified Financial Planner with Elkhorn Valley Bank, spoke to our staff about budgeting and setting financial goals.

You may have heard of, or may be participating in, a work site wellness program of your own. If you have any tips or suggestions for Bright Horizons' employee wellness program, please contact one of the staff and share it with us! We really appreciate the support and information that we have received from the North Central District Health Department!

## Donate Your Birthday!

By Geena Piper, Norfolk Catholic High School Student

Geena Piper, a sophomore at Norfolk Catholic School, and her siblings are looking forward to the summer break, as they will be launching a new program to benefit Bright Horizons. Through a grant from the Philanthropy Council of Northeast Nebraska, Geena will be establishing a program called "Donate Your Birthday". The basis of this program will be to encourage kids AND adults to collect necessary items or cash in lieu of birthday gifts for themselves to benefit Bright Horizons. A portion of this program will involve setting up a web site that people from all over Northeast Nebraska can go to in order to find out information on how they can easily donate their birthday. Their hope is to have everything in place by August 1<sup>st</sup> so that this program can be promoted in classrooms beginning this fall. Watch for more on "Donate Your Birthday" coming soon and help us promote philanthropy amongst our youth.



**NOTE:**  
These numbers are unduplicated. This means if we worked with a victim 6 times in one month, we only count him/her ONE time for that month.  
Not listed in this chart are the following:  
1) Crisis Line Calls = 374  
2) Shelter nights provided = 900

# Last Quarter Supporters of Bright Horizons (Jan-Mar)

Sheryl Hansen	Dawn Reedil	Pat Drueke	Arlene Kravens	Thabor Lutheran Church—
Janice Christensen	Marie Smalley	Jim & Terri Vrooman	Jim & Buttons Davis	Wausa
MaryAnn Crab	Kathy Bierman	Ima Inez Schmitz	Nancy Kratz	St. John's Lutheran
Nita Totten	Teresa Horrocks	Jessica Eby	Tammy Ducker	Church—Battle Creek
Marian Anderson	Nancy Holm	Marci Twibell	Nancy Schmitz	Grace Community—
Kathy Mack	Carol Hanlin	Dan & Karen Myers	Father Kramper	Norfolk
Kari & Erik Hoegemeyer	Eileen Hoskinson	Lois Langan	Carol Eilers	Methodist Mission Fund—
Kevin & Cheryl Johnson	Marion Meisinger	Michael & Leanne Masters	Tim Wells	Stanton
Angie Amen	Ivabelle Repschlaeger	Genny McCaslin	Charles & Holly Shane	United Methodist Church—
Tracy Stoltzman	Melvorn Horst	Susie Kramer	Rock County Hospital	Oakdale
Marg Hauerkamp	Cherly Mann	Sheila Keller	Niobrara Lutheran Ladies	Clarkson Bakery—Clarkson
Alice Rowe	Joyah Beckman	Harold & Judy Frickel	Elms Motel—O'Neill	Trinity Episcopal Church—
Brenda Pick	Joni Moore	Marlene Vonseggern	St. John's Lutheran Churches	Norfolk
Virgil & Betty Froehlich	Steve Humburg	Dave Roman	Sandhills Wranglers 4-H Club	St. John's Lutheran
Joani Brown	Kay Hollman	Wayne Hoffman	Holiday Inn Express—O'Neill	Church—Pilger
Liz DeGroff	Michele and Casey Weigel	Sharon Appelt	Inman Community Church	Our Savior Lutheran
Robert and Judy Eggerling	Amber Brown	Steve & Lisa Lind	St. John's Lutheran School—	Church—Norfolk
Rebecca Rohde	Jared Faltys	Larry Mudloff	Battle Creek	Alpha Nu Beta Sigma Tu
Delores Ogan	Dawn Boerngen	Pam Tikalsky	Girl Scout Junior Troop	Bel-Air Elementary
Kay Hollman	Carlene Beller	Gary Conroy	#00183	School—Norfolk
Rosa Arguello	Terry Baumann	Amy Halsey	Women of the ELCA—	St. John's Lutheran Ladies
Bruce and Cheryl Werner	Nicole Konert	Elizabeth Maly	Atkinson	Aid—Madison
Ieda Acklie	Deb Cerny	Cecilia Bazelman	Faith Hope & Love Church—	Ricardos—Norfolk
Diane Nelson	Brian Davis	Bonnie Pospichal	Creighton	
Linda Chapman	Rachel Mittelstaedt	Evalyn Paxton	United Methodist/Presbyterian	
Karla Beiler	Ann Koopman	Rita Olberding	Church Women's	
Jean Slater	Megan Hadar	Patricia Gallagher	Group—Ewing	
Marcella Schiltmeyer	Richard Grant	Michelle Bearinger	St. Mary's Altar Society—	
Margy Ehrenfried	Vicky Krieger	Jennifer Trease	Butte	
Deb Freeze	Dala Cesar	Brenda Vochatzer	Viaero Wireless—Atkinson	
Lindsay Heodley	Colleen Thiele	Shirley Garwood	Shelter Alliance	
Rita Waggnar	Sarah Wilson	Marge Kaup	Trinity Lutheran Church—	
Carolyn Marten	Craig Derickson	Loretta Foote	Bristow	
Arelene Veik	Dan & Nancy Krysl	Ilene Schmit	Sunset Second Hand Store—	
Jenny Schutt	Julie Lingenfelter	Jerry Cuddy	Ewing	
			Casey's-O'Neill	
			O'Neill Eagles Auxiliary	

*Thank  
you*



## Bright Horizons Shelter Wish List



Paper Supplies	Totes for storage	2 4/5 drawer dressers
Baby Lotion/Shampoo/Body Wash	Journals for writing	Paint supplies
Mops	Flashlights	Disinfectant spray
Trash Bags of all sizes	Baby Pack-N-Play	Clorox wipes
Light bulbs ~ 40 & 60 watt	Pillows	Mr. Clean Magic Erasers
Disposable Diapers	Label Maker	Floor cleaner
Hair Brushes and Combs	48" White Blinds for Office (set of 2)	Pledge/wood polish
Dish & Laundry Soap, Fabric Softener	30" White Blinds for Kitchen (set of 2)	Small Dixie Cups
Ice Melt	Curtain Rods for Bedrooms	Air freshener spray
Zip-Loc Bags ~ all sizes	Handheld Vacuum Cleaner for Steps	Groceries for Shelter: <i>Margarine, Cooking Oil,</i>
Tupperware to Store Leftover Food	Hand Soap	<i>Cooking Spray, and Pancake Syrup</i>
Baby Wipes & Formula	2 full-size bedframes	

**Bright Horizons**  
Resources for Survivors of Domestic  
Violence and Sexual Assault

Norfolk Office  
305 N. 4th  
P.O.Box 1904  
Norfolk, NE 68702  
(402) 379-2026

O'Neill Office  
318 E. Douglas St.  
O'Neill, NE 68763  
(402) 336-1774



**Bright Horizons**

Crisis Line  
1-877-379-3798  
www.brighthorizonsne.org

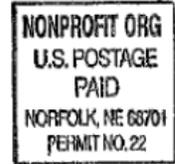
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If you no longer want to be on Bright Horizons' newsletter mailing list, please contact Audrea at 402-379-2026 or at [audrea@brighthorizonsne.org](mailto:audrea@brighthorizonsne.org)

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**Ask Us About Becoming a  
Volunteer!**

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## BRIGHT HORIZONS SERVICES

- 24 Hour Crisis Line
- Community Education
- Individual Advocacy
- Criminal Justice & Legal Advocacy
- Emergency Shelter
- Support Group

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**Call 402-379-3798 or 402-336-1774 or 24 Hour Crisis Line 1-877-379-3798**  
**Providing services to Antelope, Boyd, Holt, Knox, Madison, Pierce, and**  
**Stanton counties.**

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## UPCOMING EVENTS:

- Pierce-Knox CRT Meeting— Tuesday, May 28 at 1:30 PM at Pierce County Courthouse in the District Courtroom**
- NENCAC Fish and Chip Tournament—June 1st** *(contact 402-644-7402 for more information)*
- NENCAC's Stewards of Children Training—Monday, June 10 from 6:00-8:30 PM** *(contact 402-644-7402 for more information)*
- NCFE's Community Empowerment Conference—Thursday, June 13 at the Lifelong Learning Center** *(see insert for more information)*
- NENCAC's Child Abuse and Neglect 101—Tuesday, July 16 from 6:00- 8:30 PM** *(contact 402-644-7402 for more information)*
- Holt/Boyd CRT Meeting—Tuesday, July 23 at Noon at Holt County Annex Building**
- Madison CRT Meeting—Date and Time TBA**

**Don't forget to sign up to get the newsletter electronically by emailing [audrea@brighthorizonsne.org](mailto:audrea@brighthorizonsne.org)!**  
**Also find us online and on Facebook!**