



## 2nd Quarterly Newsletter 2015

Resources for Survivors of Domestic Violence and Sexual Assault

### Elder Abuse Awareness Month

By: Emily Putters; Norfolk Volunteer Coordinator

June is Elder Abuse Awareness Month. According to The Administration on Aging, hundreds of thousands of elderly are abused, neglected, and exploited each year. Many of these victims are frail, vulnerable, and cannot help themselves and depend on others for their most basic needs. Their abusers may be family members, friends, or others they "trust."

Elder abuse in general, is a term referring to any knowing, intentional, or negligent act by a caregiver or any other person that causes harm or a serious risk of harm to a vulnerable adult (AoA). All 50 states have passed some form of elder abuse prevention laws. Different types of abuse can include physical, sexual, neglect, exploitation, emotional, abandonment, and self-neglect.

There are many warning signs of elder abuse, while one does not necessarily indicate abuse, some more obvious signs include:

Physical- bruises, broken bones, pressure marks, etc. or any other bodily injuries. Emotional- unexplained withdrawal from normal activities, sudden change in alertness, and unusual depression. Sexual- bruises around the breasts or genital area. Exploitation- sudden changes in financial situations. Neglect- bedsores, unattended medical needs, poor hygiene, and unusual weight loss. Emotional- behavior such as belittling, threats, and other uses of power and control by caregivers. Other signs may be strained or tense relationships, frequent arguments between the caregiver and elderly person.

If you suspect elder abuse please call the Adult Protective Services Hotline at:

**1-800-652-1999**

If someone is in immediate danger, call 911 or the local police for immediate help. One of the most important things you can do is be alert. Suffering is often silent and if you notice changes in a senior's personality or behavior, you should question what is going on. Remember it's not your role to verify abuse is happening, but to alert others of your suspicions. This information was founded by the Administration on Aging. Visit [www.aoa.gov](http://www.aoa.gov) for more information on elder abuse, warning signs, and reporting.

### In this issue:

Volunteer Spolight	2
National Training	3
SA Walk 2015	4
Denim Days	4
Project Helping Hands	5
Community Response Team	5
Save the Dates	5
Teammates	6
O'Neill Family Preservation Team	6
Recognition of Donors	7
Upcoming Events	8

### Board of Directors

Ryan Parks, President  
Brandon Maly, VP/Treasurer  
Dr. Wende Heckert, Secretary  
Jenny Bender  
Abbie Widhalm  
Chaplain Randy Rodenborg  
Lori Lee  
Detective Ben McBride  
Stephanie Burndieck  
Gena Jones  
Kelli Lowe, Emeritus Status  
Bill Price, United Way Liaison

## Volunteer Spotlight

Bright Horizons' O'Neill office is excited to announce that we have two wonderful summer interns. We want to welcome both young ladies!

Erin Blakley has a degree in Human Service Counseling with a minor in Criminal Justice. When asked how she chose Bright Horizons to intern for, Erin stated, "I wanted to intern at Bright Horizons because it is close to home. But that isn't the only thing that caught my eye about Bright Horizons. One day I hope to be a school counselor in order to assist students who have fallen victim to bullying. And to me, victims of sexual assault and domestic violence are often the victims of bullying in which society often overlooks. By interning here at Bright Horizons, I am able to help support, educate, and empower victims of domestic violence and sexual assault. I am excited to work with this great group of individuals and assist survivors in any way that I can."



Erin Blakley



Kamaha Cone

Kamaha Cone is a student at the University of Nebraska at Kearney. She is majoring in Family Studies with a minor in Social Work. Kamaha is currently a senior and will be graduating in December. Kamaha also stated that she "chose to intern with Bright Horizons because this organization brings me a lot of interest. I have been focused on helping families throughout my time in college and I think that my experience at Bright Horizons will really benefit my future."

We are scheduling these interns to gain hands on experience at Bright Horizons at all of our locations. We are thankful that they chose Bright Horizons and we will make sure that their experience is outstanding.

*Time is a coin that you can only spend once. Use it, invest it, and make it count! -Unknown*

### 2015 Volunteer Appreciation Event

By Emily Putters; Norfolk Volunteer Coordinator

Coinciding with this year's 6th Annual Sexual Assault Awareness Walk, Bright Horizons also held a Volunteer Appreciation Event. Over 50 volunteers were recognized for their contributions to Bright Horizons. Each of our volunteers received gifts and certificates of appreciation for all their hard work. From helping with front desk work, organizing and cleaning the office, answering crisis calls, to participating as a board member, each volunteer has a vital role that helps keep our agency running. Bright Horizons would not be able to provide the services we do without these wonderful individuals! We cannot thank them enough for all their dedication. Last year alone we had 122 volunteers donate a total of 8,220 hours to our agency! That's an outstanding number and it continues to grow each year! Volunteers can help out with a wide variety of tasks including answering crisis calls, office assistant, court watch attendant, translator, shelter maintenance, children's group assistant, outreach assistant, donations organizer, transportation aid, and house keeping assistant. Internships are also available for those seeking a great experience for degrees in a relatable field. If you or someone you know is interested in becoming a volunteer please contact: Emily in Norfolk—phone: 402-379-2026 email: [emily@brighthorizonsne.org](mailto:emily@brighthorizonsne.org), Amanda in O'Neill—phone: 402-336-1774 email: [bho.amanda@telebeep.com](mailto:bho.amanda@telebeep.com), or Kristy in Ainsworth—phone: 402-382-5676 email: [Kristy.beard@brighthorizonsne.org](mailto:Kristy.beard@brighthorizonsne.org). Again, a big thanks to all the wonderful volunteers at Bright Horizons!



## **Staff Attend 10th Annual Crimes Against Women Conference**

By Amanda Wallace; O'Neill Program Director

My first few weeks on the job back in 2008, I attended a conference in Kearney, Nebraska where I heard Lundy Bancroft speak. I had no previous experience in being an advocate, other than witnessing, what I would have then called dysfunctional relationships amongst myself, family and friends. After listening to Lundy present, I began to understand just how many tactics abusers use to gain control over their victims. He greatly inspired me to be a better advocate and to listen to what our clients were saying. Often times a batterer has convinced his victim that she is crazy and no one will believe her. I have read his book *Why Does He Do That?: Inside the Minds of Angry and Controlling Men* and I would recommend it to anyone in an abusive relationship or as an outsider trying to gain understanding.

An opportunity came up for and myself and Kristy Beard, Ainsworth Program Director, to attend a national training where Lundy would be speaking all day, I jumped at the chance. I was able to meet and have a brief conversation with him and have my book signed. Once again I have returned to my position as an advocate with a renewed perspective of serving and advocating for survivors of domestic and sexual violence.

Lundy Bancroft is an author, workshop leader, and consultant on domestic abuse and child maltreatment. His work focuses on three areas: 1) Training professionals on best practices for intervening with male perpetrators of violence against women, toward the goal of promoting accountability and requiring change; 2) Training professionals on the dynamics of emotional injury and recovery in children who are exposed to a man who abuses their mother, to prepare participants to offer the most effective and safe assistance possible to children and their mothers; and 3) Supporting, healing and empowerment for abused women, with an emphasis on advocating for the human rights of mothers and their children.

Lundy is the author of five books in the field, including:

*Why Does He Do That?: Inside the Minds of Angry and Controlling Men*

*Daily Wisdom for “Why Does He Do That?”: Encouragement For Women Involved With Angry and Controlling Men*

*When Dad Hurts Mom: Helping Your Children Heal the Wounds of Witnessing Abuse*

The national prize-winner *The Batterer as Parent: Addressing the Impact of Domestic Violence on Family Dynamics* (with Dr. Jay Silverman).

*Should I Stay or Should I Go* (with JAC Patrissi)

Lundy is available as a public speaker and trainer for professionals, and offers weekend retreats for women who have experienced abuse.

Lundy has twenty years of experience specializing in interventions for abusive men and their families. He is a former Co-Director of Emerge, the nation's first counseling program for men who batter. He has worked with over a thousand abusers directly as an intervention counselor, and has served as clinical supervisor on another thousand cases. He has also served extensively as a custody evaluator, child abuse investigator, and expert witness in domestic violence and child abuse cases. Lundy appears across the United States as a presenter for judges and other court personnel, child protective workers, therapists, law enforcement officials, and other audiences. He is currently working with Patrice Lenowitz on a play about abused women's experiences with the child custody system, called "Forbidden to Protect."

I would like to thank the Bright Horizons' Board of Directors and Executive Director, Linda Olson, for the opportunity to attend the 10th Annual Crimes against Women in Dallas Texas it was an incredible conference and a great experience.

## 6th Annual Sexual Assault Awareness Walk

By Christy Abner; Norfolk Program Director

Bright Horizons held our 6th annual Sexual Assault Awareness Walk on April 23rd, 2015. We are thrilled to share that we had around 144 people register for the walk in addition to many people, agencies and business's that supported the event in some way.

This year we utilized the "NO MORE" campaign, which focuses on raising public awareness and engaging bystanders to end sexual assault. This campaign also strives to stop the stigma, shame and silence of sexual assault.

Some ideas on how you can make a difference:

- Learn about sexual assault and talk openly about it – Educate yourself with the facts. Talking openly will help end the stigma.
- Support Survivors – Let them know it's not their fault, they are not alone and there is help and support available. All Bright Horizons services are confidential and free.
- Speak Up – Challenge yourself and others to not use language that degrades women and girls or harasses men and boys for not being "manly" enough.
- Donate – Donate your time or funds to help support local sexual assault agencies and shelters. Fundraise at your school, church or work.

Bright Horizons would like to thank everyone who participated, donated or helped in any way with our walk. We continue to be humbled by the out pouring of support in the communities we serve. THANK YOU!



Bright Horizons Staff

## Denim Days

By Jamie Drahota; Advocate/ Book Keeper

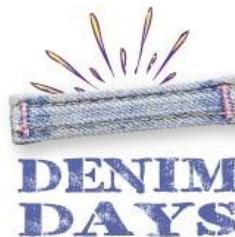
Bright Horizons would like to say "Thank you" to the participants who participated in the 2015 Denim Days for the month of April.

There were multiple ways individuals and businesses could participate in Denim Days. Ways they participated were employees paid one dollar per day for wearing jeans during the month of April. Other agencies sold coupons to their employees or had simply asked for a one time donation to benefit our agency. Either way, we have always encouraged agencies/businesses to be creative to bring awareness to this worthwhile cause.

Again, we greatly appreciate the agencies/businesses that participated in Denim Days this year.

Here's a list of our service area participants:

- Norfolk Iron and Metal
- Ponca Tribe of Nebraska
- Tri-County Bank
- Norfolk Vocational Rehabilitation Services
- Kaup's Financial Advisors Inc.
- Wakefield Insurance
- Oasis Counseling International
- Heritage Bank, HGI Realty, & Heritage Insurance
- Lloyd's Drug Mart
- Ainsworth Flowers & Gifts
- O'Neill Elementary
- Norfolk Regional Center
- NCDHD
- O'Neill Public Schools
- The Willows
- Great Western Bank-O'Neill
- O'Neill High School
- H & R Block Norfolk
- Pinnacle Bank-O'Neill
- Neligh-Oakdale Schools
- West Plains Bank-Ainsworth
- Tilden Bank-Creighton
- Casey's-O'Neill



## **Project Helping Hands**

*By Amanda Veit; Norfolk Criminal Justice Liaison*

Madison County's Coordinated Response Team organized Project Helping Hands, a resource fair with a variety of different agencies in one location for the convenience of the individuals in the surrounding communities. Many times a person may be in need of more than one service, our primary goal by having the resource fair was to increase accessibility to services. Our second goal was to increase awareness in reference to agencies and their available services. The resource fair took place at the Sunset Plaza Mall in Norfolk Saturday, February 28<sup>th</sup> 11-2.



---

## **Coordinated Response Team (CRT)**

*By Amanda Veit; Norfolk Criminal Justice Liaison*

A Coordinated Community Response Team is a local effort of individuals who have a concern for Domestic Violence, Dating Violence, Human Trafficking, Sexual Assault, and Stalking meet quarterly.

### **Our mission statement:**

**"To provide a coordinated collaborative community response to all victims and offenders of domestic violence, sexual assault, stalking, dating violence, and human trafficking by striving to improve communication and cooperation between all agencies."**

This includes: local law enforcement, probation, prosecution, medical personnel, human services agencies, and concerned citizens. This is a great source of networking, which allows for survivors of abusive situations to have the opportunity for safe and efficient services. Bright Horizons facilitates four Coordinated Community Response Teams in our covering area. Kristy Beard facilitates the meetings for Brown, Keya Paha, and Rock. Katie Williamson facilitates the meetings for Boyd and Holt Counties along with co-facilitating Antelope, Knox, and Pierce County meetings with Amanda Veit. Amanda also facilitates the meetings for Madison County. If you feel you could help or would be valuable to this group, please contact one of the facilitators at [amanda.veit@brighthorizonsne.org](mailto:amanda.veit@brighthorizonsne.org), [katie@brighthorizonsne.org](mailto:katie@brighthorizonsne.org), or [Kristy.beard@brighthorizonsne.org](mailto:kristy.beard@brighthorizonsne.org)

---



*We hope to see you there!*

**Multi-Family Garage Sale– June 26th see flyer for details!**

**BRAVO's 80's Bash– July 17th see flyer for details!**

**Family Fit n' Fun– August 1st, 2015 at Skyview Lake in Norfolk**

**Poker Run for Bright Horizons– August 15th see flyer for details!**

**Women's Wellness Event– September 17th at the O'Neill Community Center**

**Dueling Pianos– October 15th at Times Square Event Center in Norfolk**

---

## Inspiring Youth

By Katie Williamson; O'Neill Criminal Justice Liaison



The mission of TeamMates is to positively impact the world by inspiring youth to reach their full potential through mentoring. TeamMates is a one to one school-based mentoring program where 3rd – 12th grade students are matched with a caring adult, that will meet with them once a week during the school year. Bright Horizons staff members have been actively involved in this program.

On April 9th, 34 mentors and mentees from the Holt County TeamMates Program were able to travel to Lincoln to attend the Nebraska Husker's Spring Game along with a special Senior Recognition Ceremony and a Drug-Free Pledge. The pledge took place during half-time where students were invited onto the football field. It was a wonderful experience for all involved that included lots of bonding time between mentors and mentees.



Kris Harvey—Volunteer (left)  
Katie Williamson— Bright Horizons Staff (right)

## O'Neill Family Preservation Team

By Katie Williamson; O'Neill Criminal Justice Liaison

O'Neill Family Preservation Team was formed to provide service organization, governmental agencies, and individual citizens the opportunity to join together to recognize and support families through coordinated efforts. This organization also provides indirect services to families by assisting in the development of a needed resource.



The O'Neill Family Preservation Team recently created a Facebook Page. Amanda Wallace, creator of the page, stated that her hopes for the page is “to make it a place for soccer sign-up, things families can do together, where math night is, etc.” Jump onto ‘O'Neill Family Preservation Team’ page and “like” it for the most current updates and happenings around the community. If there are any events that you feel need added to the page or if you have any questions about the group, please contact Amanda at [amanda@brighthorizonsne.org](mailto:amanda@brighthorizonsne.org) or Katie at [katie@brighthorizonsne.org](mailto:katie@brighthorizonsne.org).

### Client Services Provided January - March 2015



#### 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.

## Last Quarter Supporters of Bright Horizons

Amber Shane	Harold & Judy Frickel	Marie Wellborn	Trent & Tiffani Shoemaker
Amy Shane	Hellen Kunz	Mark Johnson	Wanda Brovant
Amy Larsen	Irene Brotsky	Marlene Blakeman	Wendy Claussen
Becky Chapp	Ivan Wayman	Martie Burer	Wes Thompson
Becky Heiser	Jamie Adams	Mary Ehrenfried	Avera St. Anthony's Cookie Drive
Bethany Church	Janet Pfeifer	Mary Woslager	Boardman's Furniture Pawn
Beverly Wragge	Jill Schaffer	Maryann Nissen	Christ Lutheran Church– Norfolk
Bob Eggerling	Janice & Dennis Aldag	Mike & Deb Kelly	Covidien
Camille Ohri	Janice & Patrick Robertson	Nancy Deuel	FRHS Radiology Department
Carol Dubsky	Jim Schulz	Nancy Sinclair	Norfolk Eagles Auxiliary
Carmen Godberson	Jim & Leann Gotschall	Norm & Lorideen Larabee	Norfolk Morning Kiwanis
Cathy Black	Jerry Cuddy	Patricia Ruther	Our Saviors' Women of ECLA– Plainview
Caroline Hale	Joan Brudigan	Pauetta Riha	PED of O'Neill
Carroll Olson	Joann Leonard	Renee Rosenbaum	Renewed Hope
Charlotte Christensen	Joni Moore	Rhonda Olson	Salem Shell Creek & Zion Lutheran
Chris Wagner	Judy Olson	Richard & Sally Wallace	Sunday School– Newman Grove
Cindy & Duane Nelson	Kaitlin Sullivan	Ron & Jean Crumly	St. Andrew & St. Rose 4th & 5th grade
Cindy Sellers	Kathy Miller	Ronald Benson	class– Crofton
Coleen & Kip Bressler	Kay Mudloff	Sandra Dostal	St. John's Ladies Aid– Pilger
Danny & Linda Fernau	Kelly Buchanan	Sandra Hart	St. John's Lutheran Church– Battlecreek
Donna Rodekohr	Kelly Pulley	Sandy Hoefer	St. Mark's Lutheran Church– Bloomfield
Dree Arens	Kerry Trowbridge	Sara Hoffman	St. Peter & Paul Alter Society
Elaine Schorn	Kevin & Kelly Young	Scott & Laurie Kunz	St. Peter & Paul's Catholic Church
Ellen Hansen	Laura Peitz	Seth Rivest	United Methodist Church– Oakdale
Elizabeth Bilstein	Lisa Lueninghoener	Shannon Olberding	UNMC– Norfolk
Erin Zierke	Lois Braesch	Shayla Dieter	WELCA Lutheran Church– Wausa
Estella Landover	Lori Brand	Sheila Grant	
Evadene Boettcher	Lynn Milander	Sherry Dinkel	
Geraldine Benton	Louis Brrek	Stacy Yegow	
Gerri Anderson	Marie Corkle	Steve & Judy Hagan	

*Thank You*

### Bright Horizons Shelter Wish List

- Paper Good Supplies
- Cleaning Supplies
- Air Fresheners
- Disinfectant Wipes/Spray
- Dish/Laundry Soap
- Fabric Softener
- Trash Bags– All sizes
- Light Bulbs 40-60 Watt
- Hand Soap
- Food Items
- Bottled Water
- Zip-Lock Bags



- Tupperware Containers
- Storage Totes
- Ice Melt
- Coffee, Filters, & Creamer
- Gift Cards (Grocery, Gas, etc.)
- Baby Care Items
- Disposable Diapers
- Baby Wipes
- Baby Formula
- Hygiene Products
- Over The Counter Medications
- First Aid Supplies

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

Norfolk Office  
305 N. 4th  
Norfolk, NE 68701  
(402) 379-2026

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

Ainsworth Office  
938 East Zero St  
PO Box 313  
Ainsworth, NE 69210  
(402) 382-5676

Crisis Line  
1-877-379-3798



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

**Ask Us About Becoming a  
Volunteer!**

## **Bright Horizons Services**

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

**24 Hour Crisis Line 1-877-379-3798**

**Providing services to Antelope, Boyd, Holt, Knox, Madison, Pierce,  
Stanton, Brown, Rock, and Keya Paha counties.**

## **Upcoming Events:**

**Multi-Family Garage Sale– June 26th**

**BRAVO's 80's Bash– July 17th**

**Family Fit n' Fun– August 1st**

**Poker Run for Bright Horizons– August 15th**

**See our flyers for details!**

**Don't forget to sign up to get the newsletter electronically by emailing [emily@brighthorizonsne.org](mailto:emily@brighthorizonsne.org)!**

**Also find us online and on Facebook!**

