

BRIGHT HORIZONS

2nd Quarter 2012

June is Elder Abuse Awareness Month

By Jamie Drahota, Bookkeeper & Advocate

June is Elder Abuse Awareness Month, and more than half a million reports of abuse against elderly Americans reach authorities every year. However, millions of cases go unreported. Elder abuse is someone being harmed in a substantial way often by people who are directly responsible for their care. There are different forms of elder abuse; some involving intimidation or threats against the elderly, some involving neglect, and others involving financial deception.



It's important for elders to seek refuge from abuse, either by calling a local agency or telling a doctor or trusted friend. Many seniors do not report the abuse they face even if they are able. Many fear retaliation from the abuser, while others believe that if they turn in their abusers, no one else will take care of them. When the caregivers are their children, they may be ashamed that their children are behaving abusively or blame themselves.

If anyone suspects that an elder is being abused, here are some things that can be done. First report the suspected mistreatment to the local adult protective services agency or law enforcement. Be conscious of what is happening with your older neighbors and acquaintances. Signs to look for are if they are withdrawn, nervous, fearful, sad, or anxious, especially around certain people. Lastly, know programs and resources to help individuals who face this problem.

Elder abuse is an under recognized problem with devastating and even life threatening consequences. If you or someone you know is a witness or a victim of elder abuse, please report it to your local Department of Health and Human Services at 1-800-652-1999.

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Volunteer Spotlight

~ Norfolk

By Audrea Hoffmann, Norfolk Volunteer/Outreach Coordinator

From helping hand out flyers to participating in our Sexual Assault Awareness planning meetings, this quarter's spotlighted volunteer has contributed so much of her time and talents to our organization. Raissa is very eager to get out in the community to promote our upcoming events. This would include taking out flyers to businesses, linking to our events on Facebook, and sharing with her friends, family, and co-workers about what we are doing.

It is important for us to have Raissa here to help reach out to the community for many reasons. She frees up our time in order to help clients and concentrate on our tasks at hand. She also is able to reach many resources that we would not have sought out. But

most importantly, Raissa has the perfect personality and talents to make a good impact when promoting our events to community members!

Another huge way that Raissa has helped us recently was by participating in our Sexual Assault Awareness Committee meetings. She came to most of the meetings and gave some great suggestions on ways to promote our activities. She also helped sell raffle tickets, walk registrations, and helped find sponsors for the walk! All of the work she has done for us has helped make this year's Sexual Assault Awareness activities better than the past year's! Thank you so much Raissa for everything you have brought to Bright Horizons; we all are glad you are part of the team!



You know you are on the road to success if you would do your job, and not be paid for it.

~Oprah Winfrey



Bright Horizons' Summer Interns

By Debra Cameron, Jenna Schindler, and Stephanie Owens

We at Bright Horizons feel very fortunate to have been selected by three incredible college students for their summer internships. We are pleased to introduce to you the following young ladies as part of our team!

Debra Cameron

My name is Debra Cameron, and I am the summer intern in the O'Neill office. I went to grade school and high school in O'Neill and am currently attending University of Nebraska at Kearney majoring in Family Studies. I always wanted to work with woman and children, and I strongly feel that working at Bright Horizons will be a wonderful experience.

Jenna Schindler

My name is Jenna Schindler. My hometown is Elgin, NE. I grew up on a farm and attended Elgin Public Schools. I graduated from Wayne State College this May with a degree in Human Service Counseling and a minor in Criminal Justice. I really enjoy interning at Bright Horizons in Norfolk and am learning a lot!

Stephanie Owens

My name is Stephanie Owens, and I'm one of the interns this summer at the Norfolk location. I graduated from Wayne State College on May 5th with a degree in Human Service Counseling. I've always felt a strong need to help people, that's why Bright Horizons was so appealing to me. I grew up on a farm a few miles from Carroll, Nebraska and went to high school in Wayne. Some of my hobbies include boating, playing softball, being with friends and family, and anything animal print.



Dodge Ball Tournament a Big Success

By Andrea Johnson, O'Neill Criminal Justice Liaison

BRAVO hosted the 2012 Dodgeball Tournament for the second year in a row on March 16th, 2012, during the annual Saint Patrick's Weekend Celebration in O'Neill. Sponsors for this year's tournament were: North Central District Health Department, Bright Horizons, North Central Anesthesia Services, Pinnacle Bank, LeRoy's Pivot Service and The Evergreen. There were a total of 18 teams who competed in the double elimination tournament. The cost per team was \$40 and each team could have up to 8 members with at least 2 of them being female.

The BP-G (Bully Prevention Group) helped run the concessions with help from some adult volunteers. This group is made up of junior high students from O'Neill public who address bullying and coordinating bullying prevention in their school. A special thank you goes out to Erica VanMeter for standing behind the concession counter ALL evening! BRAVO members also sold T-shirts throughout the evening as well.

The tournament started on Friday night. Each game was scheduled in 10 minute intervals, with the best two out of three matches winning the game. Most of the rules stayed the same this year and the refs did an excellent job again! We truly appreciate them taking the time out of their Friday night volunteering to help! Third place was given out at the end of the evening and were given \$50. There were some fierce competitors who played and it was a lot of fun to watch.

The championship game was held on Saturday afternoon during the halftime of Donkey Basketball. The winning team took home \$100 and second place was \$75. Overall it was a great tournament once again. BRAVO raised just under \$1,400 which will help them continue their outreach efforts within the area schools.



Apple Creates iPhone App to Prevent Sexual Abuse

By Christy Abner; Norfolk Program Director



Nancy Schwartzman is the founder and executive director of The Line Campaign, a nonprofit organization using media and action to prevent sexual assault. Dating violence and sexual assault are widespread problems among young women, with nearly 1 in 5 reporting assault while in college.

A tap of an icon on the Circle of 6 app connects the user's GPS location and sends the message to his or her circle that they need a ride home or they need someone to call them immediately.

National hotlines are already pre-programmed and user's can add their local emergency numbers. Bright Horizons encourages people to include our hotline number 1-877-379-3798, which is staffed 24/7. For more information or to download this free application go to www.circleof6app.com

Sexual Assault Awareness Walk a Big Success

By Sammy, Shelter Advocate

Bright Horizons 3rd Annual Sexual Assault Awareness Walk was held Thursday, April 19, 2012 at Skyview Lake in Norfolk. Through this year's walk we were able to raise a generous amount of money on behalf of survivors of domestic violence and sexual assault. Despite cloudy skies and biting cold, the walk proceeded as planned. Steven and Karen Warner toughed the weather and grilled hotdogs and served food to participants. Several other volunteers showed up as well to help hand out t-shirts and clean up after the walk. Bright Horizons is proud to announce we had over 100 participants show up for the walk regardless of the weather. Bright Horizons is grateful to our many loyal sponsors and supporters. The walk was made possible by:

\$100 Sponsors

- Andrews Van Lines
- ANSIR4U
- Bank First
- First National Bank
- Frontier Bank
- Go Figure for Women
- Good Life Counseling
- Hairitage
- Henningsen
- Davis Kassmeier Chiropractic
- Heritage Financial Services, LLC
- Insurance Associates
- J & P Clark Farms
- Langan Dental Health Center, PC
- MP Global Products LLC
- Norfolk Daily News
- Norfolk Transmission & Muffler Service
- Northeast Nebraska Imaging

- Stallbaumer Construction
- Stratton, DeLay, & Doele
- Telebeep Wireless
- Tielke Sandwiches
- Tyson Foods
- Wendy Hoines, PMHNP and Corey Mayberger, M.D.

Other Donors of the Awareness Walk

- MK's Just Baked Cupcakery, 100 mini cupcakes
- Mid City, Blu-ray player
- Norfolk Chamber, advertisement for event/bags
- Stadium Sports, \$100 off total price of t-shirts
- Steve and Karen Warner, hotdogs & buns
- Stephen Smith M.D., two Husker football tickets
- Target, \$100 Gift Card
- Romans II, 15 pound prime rib
- Fair Play Golf, two rounds of 18 holes of golf
- Dr. Pepper, bottled water



The Girls Scouts pictured above made and donated six pillows to Bright Horizons! Thank you for brightening a child's life!

Never look down on
anybody unless
you're helping him up.

~Jesse Jackson



Students from Elkhorn Valley deliver blankets to Bright Horizons! Thank you for your thoughtful gift!

Let's Talk About IT

By Audrea Hoffmann, Norfolk's Volunteer/Outreach Coordinator

On April 18th, Bright Horizons, with the help of a grant from the Shopko Foundation, and Northeast Community College brought Kelly and Becca to Norfolk to present "Let's Talk About IT" at the Cox Activity Center. Their lively personality and humor brought a comforting feel to the sticky issue of date rape and the topic of sexual boundaries in a relationship. They shared their experience about an acquaintance rape that happened to one of them and explained what they had learned from it. They were able to address situations that are typical of the college atmosphere, such as parties, and how these scenes create high risk situations for sexual assault. But instead of telling students to stay away from certain places or certain groups of people, Kelly and Becca gave alternatives and suggestions for ways to stay safe. They also addressed how society's view of sexual abuse can make it very hard for victims to come forward about the assault. They did an excellent job presenting this topic to the audience they had, and I am very glad we were able to help bring them to Norfolk.

A Gesture of Gratitude to the Local Police and Fire Departments

By Jennifer Arens, Norfolk Criminal Justice Liaison, and Lacy Kimes, Norfolk Shelter Manager

The staff at Bright Horizons is very blessed and thankful to have continuous support from the community, whether it's by receiving donations or when somebody lends a helping hand. That's exactly what the Norfolk Fire Division has done for our agency and continues to do at our Norfolk shelter. This past year employees from the Norfolk Fire Division have completed projects at the shelter in Norfolk, including minor home repairs and installing new interconnected fire and smoke alarms. Bright Horizons recently received a grant from the Mary Kay Foundation and a grant from the Peter Kiewit Foundation that have funded some projects at shelter like the alarms, and this summer the construction of new egress window wells and covers. Thanks to Mike Joy and the Norfolk Fire Division, they have donated their labor to complete these projects.

In recognition of all the hard work from the Norfolk Fire Division, staff at Bright Horizons prepared and delivered home cooked meals to all three shifts at both fire stations. The staff enjoys being able to show our appreciation for all the time that volunteers put into helping Bright Horizons with our mission; providing resources for survivors of domestic violence and sexual assault.

On two separate occasions in April, staff members from Bright Horizons brought breakfast to the officers, dispatchers and administration of the Norfolk Police Division at their 6:00 am shift change. This gesture was to kick off April as Sexual Assault Awareness Month and to show our appreciation for all of their cooperation with our agency and the assistance they provide for survivors. Our staff members gave a short presentation thanking the officers for all that they do for us and for the community of Norfolk and afterwards, tied teal ribbons on the patrol cars. Thank you to the Norfolk Police Division and to the Norfolk Fire Division for their outstanding efforts to support our agency and our clients!

Denim Days and Pledge Papers for Awareness

By Amanda Wallace, O'Neill Volunteer/Outreach Coordinator

Bright Horizons' annual Denim Days fundraiser took place during the month of April. This year, as in the past, many businesses have participated by allowing their employees to pay to wear jeans on Fridays with the proceeds donated to Bright Horizons. Our staff also put out several donation cans at local businesses in our seven county service area that customers put donations in.

This year we added a new way to participate in Denim Days. Bright Horizons provided the participating businesses with pledge paper pads to have at the register. At the time of a sale, the employee asked the customer if they would like to donate a dollar to end violence. If the customer chose to participate, they wrote their name on the pledge paper and the business displayed the paper for the month of April.

Throughout April we had over 60 businesses participate in some way in Denim Days and 30 additional businesses that sponsored our 3rd Annual Sexual Assault Awareness Walk. The money donated all stays local and is used to help victims of domestic violence and sexual assault. "2012 was very successful and we are hoping that 2013 will become even greater! We really appreciate all of the community support that we received this year." stated Amanda Wallace, O'Neill Volunteer/Outreach Coordinator.

If you would like to find out more about helping to end violence please contact any of our staff. We would love to visit with you! If your business or agency would like to participate in Denim Days next year or would like to make a donation at any time, please contact either of our offices. Bright Horizons would like to sincerely thank all who participated in Denim Days this year. With your help, we continue to help improve the lives of families that are affected by Domestic Violence and Sexual Assault.

See the insert for a complete list of Denim Days and Pledge Paper Participants.

Education Available

Bright Horizons offers education on bullying, dating violence, healthy relationships, domestic violence, stalking, sexual assault, and the Stewards of Children training. 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.

Art for a Cause Benefits Bright Horizons

By Linda Olson, Executive Director

Never doubt that a small group of teens can make a big impact on a community. A group of high school students from Elkhorn Valley School formed a group called Positive Painters and submitted a community service project to the Northeast Nebraska Philanthropy Council Youth Contest. Their project was selected as one of the eight projects that received \$1,000 grant from the Connie Fund.

The Positive Painters were assisted with their project by Kara Weander-Gaster from the Norfolk Arts Center. She mentored these young adults. They used their funding to mat and frame their original art work and to host an art auction for charity.

The auction was held on Saturday April 28th at the Tilden Public Library. The student's art work, as well as art work donated from local artists, was auctioned off. Each student had chosen their favorite charity and the public was able to vote amongst those charities to choose which charity would be the recipient of the funds raised. Bright Horizons was honored to be selected as the recipient of the \$2,129.43 that the students raised.

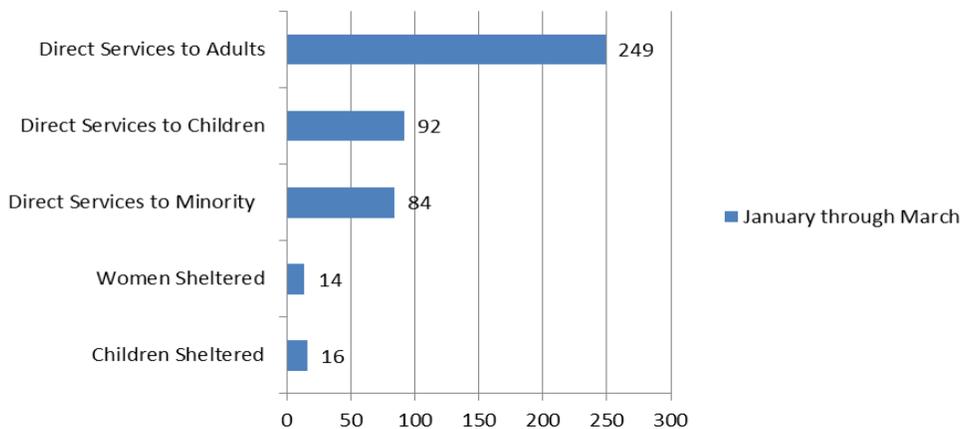
Stephanie Esparza selected Bright Horizons and painted her picture, "Sky Lit Rose" in honor of victims of domestic violence. She stated, "I chose Bright Horizons because I believe no one should ever be abused, whether its emotional or physical. This means a lot to me because I've seen how it destroys people, families. It haunts them for the rest of their lives. In my piece the rose symbolizes the person abused. The dark background symbolizes the pain, confusion and anger they have felt but the spirals going up from the flower represent hope."



Pictured above is Linda Olson, Bright Horizons' Executive Director, and Stephanie Esparza next to her painting titled "Sky-Lit Rose"



First Quarter Client Services for 2012



NOTE:

These numbers are unduplicated. This means if we worked with a woman 6 times in one month, we only count her ONE time for that month.

Not listed in this cart are the following:

- 1) Crisis Line Calls = **516**
- 2) Shelter nights provided = **603**

Outstanding Supporters

By Jennifer Arens, Norfolk Criminal Justice Liaison



We at Bright Horizons are very conscious of our many supporters. In honor of our supporters, we have decided to recognize a pair of outstanding partners for their continued support, cooperation and invaluable contributions to our agency. For this quarter, our staff has nominated Steve and Karen Warner who have helped us in numerous ways. Steve and Karen have been instrumental in our agency for numerous years. They are always willing to help in anyway that they can, whether it is building shelves in our garage or grilling hotdogs at our annual Sexual Assault Awareness Walk. Karen was also a past board member for many years. Steve and Karen will receive a Certificate of Appreciation for them to display. Congratulations Steve and Karen and THANK YOU for your desire to help Bright Horizons!

Last Quarter Supporters of Bright Horizons

Kathy Mack	Sherry Gray	Vi Leapley	St. Mary's Altar Society
Marge Voelker	Diane Nelson	Steven Janssen	Stephanie Jacues/Girl Scouts
Kris Starma	Janice Bahns	Carol Diedrichsen	Girl Scout Troop 118, 181
Jamie Johnson	Sarah Jacobs	Ardene Peitzmeier	Family First Dental
Lou Brtek	Jamey Adams	Dottie McKeever	Verizon Wireless
Karen Matteo	Jenny Geyer	Sharon Beard	Christ Lutheran Church
Brian Schwager	Dodie Finkhaus	Jerry Miller	Mt. Olive Lutheran Church Ladies Aid
Karla Beller	Virgil & Betty Froehlich	Patricia Druke	Piecin' Pals Quilt Group
Gladys Meisinger	Cindy Ganskow	Deb Brauer	St. John's Lutheran Ladies Aid
Brian Rogers	Sherry Gray	Merle & Leola Reisselman	St. John's Lutheran Church – Battlecreek
Mike Christiansen	Alicia Plambeck	Cody Boettcher	United Methodist –Elgin
Jeanie Sage	Cathie Black	Kim Estes	Trinity Lutheran League
Joann Beckman	Ethelyn Fossum	Larry & Evelyn Paxton	Westridge United Methodist Church
Jan Selders	Lori Pfeifer	Twila Wherley	St. John's Ladies Aid
Judy Blackman	Sally Mercado	Nancy Tiefenthaler	Grace Community
Beverly Wragge	Anne Dexter	Cindy DeKay	Neligh Oakdale FCCLA
Marian Norton	Barbara Swan	Betty Johnson	Stanton Women's Club
Betty Maulding	Kay Anderson	Lois Langan	Girl Scouts—Wausa
Carol Rodenberg	Delores Ogan	Mary Woslager	Trinity Church
Karen Wingett	Bev Hartz	Christina Rislinger	UNMC
Karen and Mark Schmode	Wanda Retzlaff	Angie Strong	Good Shepherd Evangelical Lutheran Church
Joni Moore	Sally Jo Reisser	Arlene Cravens	
Alice Ehrenfried	Kent Oberding	Trisha Swayack	
Lowell Uttecht	Marie Smelts	Janice Roeder	
Joan Waggoner	Miriam Taylor	Tammy Ducker	
Deborah Avery	Connie Jensen	Jim & Pam Rother	
Henry Bohn	Brenda Pick	Don Tejral	
Jody Roberg	Brenda Hokamp	Fred Ehlers	

*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)	Groceries for Shelter: <i>Margarine, Cooking Oil, Cook- ing Spray, and Pancake Syrup</i>
Ice Melt	Curtain Rods for Bedrooms	
Zip-Loc Bags ~ all sizes	Handheld Vacuum Cleaner for Steps	
Tupperware to Store Leftover Food	Hand Soap	
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



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

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

**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

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.

UPCOMING EVENTS:

- Staff Retreat—Wednesday, June 20th @ the Norfolk Immaculata Monastery
- Advisory Board Meeting—Tuesday, June 26th @ 5 PM at the Ponca Tribe, Norfolk
- G.I.R.L.S. Empowerment Camp—Tuesday, July 10th and Thursday July 12th (see insert for more details)
- Boyd-Holt CRT Meeting—Thursday, July 19th @ Noon at O'Neill District Court Jury Room
- Madison CRT Meeting—Tuesday, July 24th @ Noon at Bright Horizons
- Pierce-Knox CRT Meeting— Thursday, July 26th @ Noon at Alegent Health in Plainview
- Women's Wellness Event—Thursday, September 20th at the O'Neill Community Center from 5:30—8:30 PM

Don't forget to sign up to get the newsletter electronically by emailing audrea@brighthorizonsne.org!
Also find us on Facebook and online @ www.brighthorizonsne.org