

Bright Horizons

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2nd Quarter 2011

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“Love Equals Respect”

By Gina Clyde, Norfolk Program Director

The second annual “Love Equals Respect” awareness walk was a huge success, despite the rainy weather! Over 80 supporters joined us at Skyview Lake on April 18th, some braved the weather and walked around the lake, while others came to visit and stay warm! The Morning Kiwanis group donated hot dogs and grilled them for the crowd, and Just Baked Cupcakery made special cupcakes with teal ribbons on top for Sexual Assault Awareness Month. We do have a limited number of extra shirts left. If you are interested in purchasing one for \$15, please contact Gina at 402-379-2026.

Thank you to our generous sponsors this year who helped make the walk a success! Sponsors include: Bora Bora, Go Figure for Women, Hairitage, Henningsen’s, Insurance Associates, Marathon Press, Norfolk Daily News, State Farm (Jay Knobbe), Stratton DeLay & Doele, Tielke’s, Good Life Counseling, Northeast Nebraska Imaging, ANSIR4U, Telebeep Wireless, US Bank, Heritage Financial Services, LLC, Home Instead, Morning Kiwanis, Just Baked Cupcakery, Affiliated Foods, Midwest Beverage, Village Flower Shop, and Pepsi.



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Sexual

By Gina Clyde, Norfolk Program Director

With 1 in 4 girls and 1 in 6 boys sexually assaulted by their 18th birthday, we feel Sexual Assault Awareness Month is a vital time of the year to educate our communities on this problem. We organized several events throughout the month including:

- Ditch The Denim at Walgreens parking lot—we handed out information and ribbons to customers and the public. Thank you to US92 for coming out to air the event!
- Sexual Assault 101 and Stewards of Children workshop at Northeast Community College—Speakers included Amanda from the NE Domestic Violence and Sexual Assault Coalition, Christina from the Northeast NE Child Advocacy Center, Audrea Hoffmann and Gina Clyde of Bright Horizons.
- Coffee Day at the Downtown Coffee Company in Norfolk—they supported us by using coffee cups that said “Prevent Sexual Violence”. Fifth Avenue Express in O’Neill used the cups as well throughout the month!
- 94 Rock Radio Show with Mookie and Sarah—Three of our staff went in to talk about upcoming events and sexual assault services we provide to victims.
- Denim Days—all month long local businesses and groups donated money for the privilege to wear jeans on Fridays at work! (For a list of participants, please see page 6.)

Thank you to everyone who supported us throughout April! We can’t do the work we do without an engaged community that cares, and we can’t say thank you enough!

For more information on sexual assault, our services, or for a speaker at your next event or meeting, please call 379-2026 in Norfolk or 336-1774 in O’Neill.



Newsletter by Email

By Gina Clyde, Norfolk Program Director

Have you received a call from our staff asking you for your email address? We are working on calling all our supporters who receive our paper newsletter to ask them to switch to an email version. Due to budget cuts, we need to cut back significantly on the number of newsletters being mailed out. We mail about 1,500 newsletters out every 3 months to our supporters in our area, across the state, and even to some supporters out of state.

If you have not received a phone call from our staff recently about switching your newsletter from hard copy to email copy, please give us a call or send us an email to bhgina@telebeep.com. We appreciate your support!

Be a Healthy Role Model

By: Jennifer Arens, Criminal Justice Liaison

“Without heroes, we are all plain people, and don't know how far we can go.” -Bernard Malamud

Whether or not you are aware, people are watching your every move. I'm not talking about government surveillance, but instead about the effect your behavior and attitudes have on those surrounding you. You are a role model, whether you like it or not. A role model is someone whose behavior is imitated by others. Of course, there are good role models and bad role models. You can even consider the “anti-role model,” one who behaves badly and serves as a good example of what NOT to be.

We all hope that people, especially children, have good, strong role models who possess the kind of qualities that make our sons and daughters want to become better people. Here are seven qualities of good role models so you can make your impact on the world, one person at a time.

- (1) **Model positive choice-making:** Little eyes are watching and little ears are listening. When it comes to being a role model, you must be aware that the choices you make don't only impact you but also the children who regard you as their “superhero.” When you are a role model, it is absolutely necessary to “practice what you preach!”
- (2) **Think out loud:** When you have a tough choice to make, allow the children to see how you work through the problem. The process of making a good decision is a skill. A good role model will not only show a child which decision is best, but also how they came to that conclusion.
- (3) **Apologize and admit mistakes:** No one is perfect. It's a fact. When you make a bad choice, let those who are watching and learning from you know that you made a mistake and how you plan to correct it. By apologizing, admitting your mistake, and repairing the damage, you will be demonstrating an important, yet often overlooked, part of being a role model.
- (4) **Follow through:** We all want children to stick with their commitments and follow through with their promises. However, as adults, we get busy, distracted, and honestly, a bit lazy. To be a good role model, we must demonstrate strength and commitment. As a result, children will adopt the “If he can do it, I can do it” attitude.
- (5) **Show respect:** You may be driven, successful, and smart, but whether you choose to show respect to others or not speaks volumes about the type of attitude it takes to get ahead in life. We always tell children to “treat others the way we want to be treated” yet may not live up to this standard ourselves. In this case, it's often the little things you do that make the biggest difference in how children perceive how to succeed in business and relationships.
- (6) **Be well rounded:** While we don't want to spread ourselves too thin, it's important to show children that we can be more than just one thing. When children see that their role models can be many things, they will learn that they don't need to pigeon-hole themselves in order to be successful.
- (7) **Demonstrate confidence in who you are:** Whatever you choose to do with your life, be proud of the person you've become and continue to become. We must continue to strive while being happy with how far we've come at the same time.

Good role models are not flawless in every aspect of life. Be honest with your children and let them observe that no one is perfect. This will help you raise your children to be honest, respectful and confident adults.

Education Available

Bright Horizons offers education on bullying, dating violence, healthy relationships, domestic violence, stalking, and 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.

Get Motivated!

By Audrea Hoffmann, Volunteer Coordinator in Norfolk

Everyone is motivated by something; some could be motivated by money and some by helping others in need. By knowing what motivates you and what you are passionate about, you can find opportunities to become involved in your community. Organizations like Bright Horizons can then assign you with volunteer positions that match your motivations and skills. At Bright Horizons, we have volunteers with a large variety of interests and talents; by offering a wide variety of volunteer positions, we are able match their skills with the right position. Just recently some volunteers were surveyed on what factors motivated them to volunteer. Most volunteers responded that they wanted to help someone in need, wanted to learn something new, wanted to give back to Bright Horizons, and that they saw it as an opportunity to make a difference.

Some may think that all volunteers at Bright Horizons work with clients, but that is not the case. Some volunteers work behind the scenes to make our day to day tasks possible. Some examples of jobs that our volunteers have done recently include the following: painting a mural in the kids room, mowing the lawn at shelter, cleaning the office and shelter, providing office assistance during meetings, building shelves for our garage, attending a local health fair, making signs and flyers for events, and of course several volunteers take crisis line calls. Whether you are interested in volunteering to help someone in need or just because you believe in what our agency stands for, we can match your motivations with a position at Bright Horizons!

Volunteer Spotlight

By Audrea Hoffmann, Volunteer Coordinator in Norfolk

If you were to stop by our office on Monday morning, chances are you would be greeted by one of our most outstanding volunteers! Sister Madeleine is our office assistant once a week, usually during our staff meeting, as well as a valuable crisis line volunteer. By greeting guests and clients with an enthusiastic “Good Morning,” Sister Madeleine always makes them feel welcome! She is very eager to help with any office work the staff needs completed even if that means stuffing envelopes or sorting donations. In her nine months as a Bright Horizons volunteer, she has learned to assist clients in their emergency situations, what resources in the area to refer them to if needed, how to run the office which includes answering phone calls and questions, taking donations, helping clients in the office, and most importantly she has learned to tolerate the staff’s unusual sense of humor!

In addition to the incredible work Sister Madeleine does at our office, she is also an outstanding crisis line volunteer! She has put in 459 hours of crisis line coverage since September of last year, and 85 hours of office assistance to date. During her time at Bright Horizons, Sister Madeleine has assisted several clients on crisis line showing us her natural ability to help others in need! She is very kind, friendly, and incredibly reliable. She has supported our agency in many of our events and fundraisers. She and Sister Veronica even braved the weather on the night of our walk so that they could come out and support our agency.

We have just learned recently that Sister Madeleine will be moving to Winnebago at the end of May; and even though we will miss her dearly, the staff at Bright Horizons is very excited for her future adventures and contributions to the Winnebago area! Sister Madeleine somehow made the ever dreadful Monday mornings a day we all look forward to! In honor of this quarters’ Spotlitged Volunteer, the staff would like to say THANK YOU and Blessings to Sister Madeleine!

Senior Picnics

By Andrea Johnson, O'Neill Criminal Justice Liaison

On Wednesday, April 27th, Antelope County Sheriff Bob Moore and Criminal Justice Liaison, Andrea Johnson hosted a barbeque for all the high school seniors of Antelope County. The goal was to get these kids together one more time before they leave for college and to share some stories about what can happen when they leave their small town lives and go off to college on their own. It's a major turning point in life that can be a lot of fun, time of learning and growing, but it can also be heartbreaking and cruel depending on the choices they make. Trooper Bill Price presented to the students not only as a trooper, but as a parent. He spoke about drugs and alcohol and the different effects they have as well as what law enforcement officers see out there when they are working. I know these kids have heard these things a million times over, but in my opinion, too many times is still never enough. We also had a survivor of sexual assault come and share her story with the students. She was born and raised in a small town in central Nebraska. She went off to college and her life was forever changed. I wanted these kids to hear her. I wanted them to know that anything can happen, good and bad.

The following Wednesday our agency partnered with the Holt County Sheriff's Department, O'Neill Police Department, and Holt County Sound Substance Solutions. This time Trooper Brad Higgins from the State Patrol spoke. Again, the same sexual assault survivor come and shared her story. Between both counties, this is something I'm hoping to do yearly with all the agencies involved.

For Antelope County I'd like to thank the following contributors for making this event possible: The Station, Insurance Mart, Bank of Elgin, Hiway Mart, Blackburn Manufacturing and an anonymous donor. For Holt County I'd like to thank Torpin's Rodeo Market, Super Foods Meat Department, Pamida, ALCO, and Frito Lay.

Volunteer Appreciation Month Observed in April

On April 20th, Bright Horizons in O'Neill honored their valued volunteers by hosting a luncheon. Each volunteer was recognized by the numbers of hours each had contributed from April 2010 to April 2011. A small gift was presented to them as a token of Bright Horizons' appreciation of our volunteers. The Norfolk office also hosted a luncheon for their volunteers on April 19th during which each volunteer was given a gift and a certificate of appreciation. In one year the O'Neill was office was blessed with 4,627.25 hours of donated time and the Norfolk office with 8,343.5 hours. Thank You Volunteers!

Elder Abuse Awareness

By Jamie Drahota, Norfolk Advocate/Bookkeeper

June is Elder Abuse Awareness month and more than half a million reports of abuse against elderly Americans reach authorities every year, and millions more 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.

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.

Thank you to our Denim Days 2011 Supporters!

Avera Holt Co Medical Clinic, O'Neill
 Bank of Elgin
 Blarney Stone, O'Neill
 Boardman's Furniture & Pawn, O'Neill
 Boomerangs, Elgin
 Brown County Hospital
 Butte State Bank
 Butte Health Care
 Community Wardrobe, O'Neill
 Cubby's, O'Neill
 Dairy Queen, O'Neill
 Drickeys Market, Spencer
 DW's Pub, Ewing
 Elm's Motel, O'Neill
 Fox's Food Plaza, O'Neill
 Golden Living Center, Neligh
 Great Western Bank, O'Neill
 Holt County Courthouse
 Kathie's Salon, Spencer
 Kaup's Insurance & Investments, Stuart
 North Central District Health Department
 O'Neill Elementary School
 Pamida Pharmacy, O'Neill
 Pinnacle Bank, O'Neill
 Reiser Insurance, O'Neill
 Spencer State Bank
 Sundowner, Lynch
 Sunrise Flower and Gift Shop, O'Neill
 This 'n That, O'Neill
 Wakefield Insurance, O'Neill
 West Holt Memorial Hospital, Atkinson
 Wm. Krotter Co.
 ALCO, O'Neill
 Angels Straw Bale Saloon, Spencer
 Ascera Care Hospice, O'Neill
 Ashley's Attic, O'Neill
 Bank of Orchard
 Bankfirst, O'Neill
 Bar-B-Q Central, O'Neill
 Billy's Market, Butte
 Bomgaars, O'Neill
 Boyd County Courthouse
 Carhart Lumber, O'Neill
 Casey's General Store, O'Neill
 City Limits, Elgin
 Clothing Company/Photo One, O'Neill
 Cubby's, Neligh
 Curves, O'Neill
 Dougherty's Pub, O'Neill
 Encore Video, O'Neill
 Farmers National Company, O'Neill
 Gas & Goods, Orchard
 Gaughenbaugh Flooring, O'Neill
 Golden Hotel, O'Neill
 Good Samaritan Society, Atkinson
 Good Timin' Bar, O'Neill
 Grafted Tree Engraving, O'Neill
 H&R Block, O'Neill
 Hair Junction, O'Neill
 Holt County Independent, O'Neill
 Home Health, O'Neill
 Home Sweet Home, O'Neill
 Huskerland Communications, O'Neill
 Kate's Hair Studio, O'Neill
 Lynch Market
 McDonalds, O'Neill
 McIntosh Jewelry, O'Neill
 Nebraska State Bank, Bristow
 Nebraska State Bank, Lynch
 Nebraska State Bank, Spencer
 Neligh Public Library
 Ogden Hardware/Verizon, O'Neill
 One Stop, Elgin
 O'Neill Chamber Of Commerce
 O'Neill Family Pharmacy
 Orchard Public Schools
 PDQ, Tilden
 Pizza Hut, O'Neill
 Quilters Candy Shoppe, O'Neill
 One Stop, Royal
 RS Carry Out, Orchard
 Short Stop, Butte
 Special T's and More, Lynch
 St Joseph's Elementary, Atkinson
 Stadium Sports, O'Neill
 Strope & Gutshall, O'Neill
 Subway, O'Neill
 O'Neill Super Foods
 Tia Zia, O'Neill
 Tomkins Insurance, O'Neill
 Torpins Rodeo Market, O'Neill
 Westend Mini Mart, Ewing
 Village Varsity, Spencer
 Up Town Hair Design, Atkinson
 Stanton Health Care
 Heritage Bank, Neligh
 Pinnacle Bank, Neligh
 Norfolk Jr High School
 Norfolk Jr High Student Council
 Copple, Rockey, McKeever & Schlect P.C.
 The Willows Assisted Living
 Wausa Lockers
 Osmond gas station
 Plainview Area Health Systems
 Clark Farms of Stanton
 Pierce County District Court
 Frontier Bank, Norfolk
 Frontier Bank, Madison
 Newman Grove Bowl
 Newman Grove Dental Clinic
 Jerry's Standard, Norfolk
 Bank of Newman Grove
 Yai Yai's, Newman Grove
 The Long Horn, Battle Creek
 Brady and Amy gas station
 Burrito King, Madison
 Premier Senior Marketing, Norfolk
 Oasis Counseling, Norfolk

Last Quarter Supporters of Bright Horizons

Ann O'Dey	Mind Schroeder	Carol Armbruster	St. Peter & Paul, Howells
Steve Humburg	Cletus Lofguist	Deb Sirnie	In Memory of Brianna Knoll
Mary Ritz	Judy Arlt	Judy Wagner	Grace Community, Norfolk
Sally Nelson	Jodi Bush	Jenna & Tammy Zierke	Newman Grove Ministerial Assn., Newman Grove
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Carol Diedrichsen	Julie Curry	Ray Hagburg	Renewed Hope Christian Communi- ty, Norfolk
Jen Ryan	Carey Fortwood	Susan Wakefield	Oakdale United Methodist, Elgin
Jeri Anderson	Marian Nitz	Gynell Poessnoecker	Faith Hope and Love Fellowship
Chad Shabram	Candy Went	Velma Kelly	Faith Wesleyan Women
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Byron Ballantyne	Lynn Milander	Ann Krotter	Immanuel Lutheran Missionary League
Kathy Uecker	Amy Schroeter	Judy Knutson	St. Mary's Altar Society
Roger & Sally Nelson	Leroy Vanek	Wanda Kallhoff	Horses Unlimited
Dilores Reihofshi	Yvonne Collison	Brenda McDermott	O'Neill & Spencer Girl Scouts
Katie Voecksi	Lana Toon	Evidene Boettcher	
Kay Stafford	Bert Wagner	Bonnie Kilmurry	
Laurie Horn	Kristy Ralph	Elaine Schorn	
Lisa Mefford	Helen Feller	Cecilia Bazelman	

BRAVO Hosts Dodgeball Tourney

BRAVO hosted the annual St Pat's Celebration Dodgeball Tournament this year on March 19, 2011. The winning team "Great Balls of Fire" competed against the Huskers during half time of the Husker Hoops game. "Great Balls of Fire" was sponsored by Wakefield Insurance Agency in O'Neill and is pictured at right with the Husker team players.



Bright Horizons Shelter Wish List

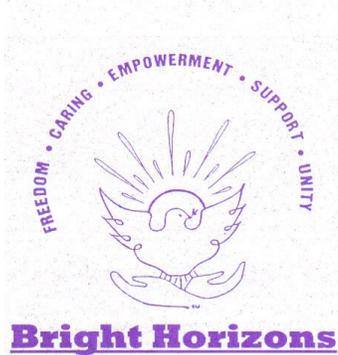
Paper Supplies	Hair Brushes and Combs	Baby Wipes & Formula
Cleaning Supplies	Dish & Laundry Soap, Fabric Softener	Totes for storage
Trash Bags of all sizes	Water Softener Salt & Ice Melt	Journals for writing
Light bulbs ~ 60 watt	Zip-Loc Bags ~ all sizes	Groceries for Shelter: Margarine, Cook- ing Oil, Cooking Spray, and Pancake Syrup
Disposable Diapers	Tupperware to store leftover food	

**BRIGHT HORIZONS
RESOURCES FOR SURVIVORS OF DOMESTIC
VIOLENCE AND SEXUAL ASSAULT**

Norfolk Office
305 N. 4th St.
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



If you no longer want to be on Bright Horizons' newsletter mailing list, please contact Gina at 402-379-2026 or at bhgina@telebeep.com

**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 379-3798 or 336-1774 or 24 Hr Crisis Line 1-877-379-3798

Providing services to Antelope, Boyd, Holt, Knox, Madison, Pierce, and Stanton Counties.

Upcoming Events:

Girls Camp in Norfolk * June 15 for 8-12 year old girls * June 28 for 13-16 year old girls

(see inserted flyer for more information, hosted by HEROS)

Boyd-Holt CRT Meeting July 14 at Holt Co. Courthouse

Madison CRT Meeting—July 27th in Norfolk at Lifelong Learning Center

Knox CRT Meeting—July 28th in Plainview at Plainview Area Health Systems

Don't forget to sign up to get the newsletter by email by emailing bhgina@telebeep.com!