



A bridge is a structure built for the purpose of providing a passage over obstacles.

# The Bridge



Violence Ends. Empowerment Begins.

April 2020 Issue 4

## Mission Statement

The prevention and elimination of domestic violence and sexual assault. We work to enhance safety and to promote equality in relationships. We are opposed to the use of violence to control the lives of others. The Bridge is committed to eliminating violence in the lives of women, children and men through empowerment, education and social change.

## Healthy

### Relationships

The Bridge promotes healthy relationships. We focus on the safety of victims when working with them. Every situation and individual we work with is different, and so are the outcomes. We continue to do our best to help those we serve.

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## Sexual Assault Awareness Month

### How can I play a role in preventing sexual assault?

Everyone has a role to play in preventing sexual assault. There are many different ways that you can step in or make a difference if you see someone at risk. This approach to preventing sexual assault is referred to as "bystander intervention." The key to keeping your friends safe is learning how to intervene in a way that fits the situation and your comfort level. Stepping in can make all the difference, but it should never put your own safety at risk.

- FOUR STEPS TO PROTECT YOUR FRIENDS:**
- CARE
  - Create A Distraction
  - Ask Directly
  - Refer to an Authority
  - Enlist Others

Whether or not you were able to change the outcome, by stepping in you are helping to change the way people think about their role in preventing sexual assault. If you suspect that someone you know has been sexually assaulted, there are steps you can take to support that person and show you care

The only person responsible for committing sexual assault is a perpetrator, but all of us have the ability to look out for each other's safety. Whether it's giving someone a safe ride home from a party or directly confronting a person who is engaging in threatening behavior, anyone can help prevent sexual violence. Together we can eliminate the statistics below!

\*One in five women and one in 71 men will be raped at some point in their lives.

\*Eight percent of rapes occur while the victim is at work.

\*34% of people who sexually abuse a child are family members.

\*1 in 4 girls and 1 in 6 boys will be sexually abused before they turn 18 year years old.

Together we can help eliminate these statistics. Be the friend or person who makes the difference. Call The Bridge at: 402-721-4340 if you need to talk to an advocate or call our 24-hour Crisis Line at 402-727-7777.

\*Contributing information/SVRC



**Denim Days** began in 1990 as part of an international protest against the Italian Supreme Court's decision to overturn a rape conviction because the victim was wearing jeans. The unpopular verdict became an international symbol of myth based on injustice for sexual assault. Women in the Italian legislature and other offices wore jeans as a sign of solidarity with the victim and to protest the court's decision. Thank you to those supporting The Bridge in April with your staff participating in **DENIM DAYS!**

# April Is Child Abuse Awareness Month



National Child Abuse Prevention Month, also known as Child Abuse Prevention Month in America, is an annual observance in the United States dedicated to raising awareness and preventing child abuse. April has been designated Child Abuse Prevention Month in the United States since 1983.

The most common type of maltreatment is neglect. In Federal fiscal year (FFY) 2019, about 4.3 million reports were made to child protective services concerning the safety and well-being of approximately 7.8 million children. Last year, an estimated 678,000 children were found to be victims of child abuse or neglect nationwide. In 2018, an estimated 1,720 children died from abuse and neglect. An estimated one in four children have experienced abuse or neglect at some point in their lives.

Children's lives are shaped by their experiences, including what happens in their environment and the types of relationships they have with parents, teachers, and other caregivers. Children who experience abuse, neglect, and other adverse childhood experiences (ACEs) are also at increased risk for negative health consequences and certain chronic diseases as adults. Safe, stable, nurturing relationships and environments are essential to preventing child abuse and neglect. Additionally, policies and programs that are supportive of children and families can help prevent such abuse and neglect.



## What Can We Do?

Strengthen economic supports to families

Change social norms to support parents and positive parenting

Provide quality care and education early in life

Enhance parenting skills to promote healthy child development

Intervene to lessen harms and prevent future action

\*Shared from RAINN\*



## 20 RANDOM ACTS OF KINDNESS

"No act of kindness is too small. The gift of kindness may start as a small ripple that over time can turn into a tidal wave affecting the lives of many." – Kevin Heath

Although we should be kind to people 365 days a year, Random Act of Kindness Month encourages people all over the country to be altruistic to friends, colleagues, and yes, strangers. We should all use this month to bring a smile to someone's face without expecting anything in return. These random acts of kindness can range from a small compliment to an inspiring gesture that could be life changing.

- \*Compliment a stranger.
- \*Pay for the coffee for the person behind you in the drive thru line.
- \*Donate canned goods to your local food bank.
- \*Go in for a hair cut and donate to Locks of Love.
- \*Spare a dollar or two for someone who is in need.
- \*Donate to the Salvation Army, Goodwill, or other non-profits.
- \*Write a note telling someone how much you appreciate them.
- \*Surprise your coworker with their favorite coffee or treat.
- \*Write a letter to a senior citizen through Love for the Elderly.
- \*Let someone go ahead of you in line at the grocery store.
- \*Pay for a friend or coworkers' lunch.
- \*Call your parents and let them know you appreciate them.
- \*Leave a kind note on a stranger's car.
- \*Buy flowers for the cashier at the grocery store.
- \*Say 'thank you' to someone who makes a difference in the community (firefighter, police officer, doctor, philanthropist, etc.).
- \*Write a letter to a deployed member of the military through Operation Gratitude.
- \*Reconnect with an old friend.
- \*Donate blood at American Red Cross or your local Blood Bank.
- \*Email or write to an old teacher or mentor who inspired you.
- \*Write a kind thank you note on the check for your server after dinner.

#KINDNESSMATTERS



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# Incredible Donations

The following names are of those who donated to The Bridge between the dates of March 1st-present. We regret the accidental omission of any donor. Thank you for your donation and continued support. We could not do this without you!

**Anonymous-Random Acts of Kindness**  
**Brenda Dean**  
**Darlene Prokop**  
**Dave and Carol Rise**  
**First Methodist Church**  
**First Northeast Bank of Uehling**  
**First State Bank**  
**Gene Steffy Auto Group**  
**Jeremy Rehwaldt**  
**J. Evan & Carolyn Nordstrom**

**Jim & Jan Reine**  
**Konda Nietfeld**  
**Lisa Knoell**  
**Michael & Cindi Brass**  
**Reginald Alexis**  
**Rupert Dunklau Foundation**  
**Shelly Kozak**  
**Sinai Church**  
**Sinai Women of the ELCA**



## Need's List

- |                                   |   |
|-----------------------------------|---|
| Copy Paper                        | Lysol/Clorox spray cleaner  |
| Stamps                            | Toilet paper  |
| Toilet bowl cleaner               | Paper towels  |
| Dish soap                         | Jelly   |
| Individual Spaghetti's            | Fruit cups  |
| <b>Snacks</b>                     | Lysol/Clorox pop-up wipes   |
| Granola bars, Rice Krispy treats, | Lysol Disinfectant <b>SPRAY</b>   |
| Pop-Tarts                         | Feminine Hygiene Products   |
| Individual soup meals/cups        | **You may leave items in a box, or bag at the front door of The Bridge, Monday through Friday from 8:00-3:30 pm, during the pandemic. |
| Fast Food Gift Cards              | We are grateful for your donations!   |
| Pocket folders                    |   |



consent-(noun)  
 -Permission for something to happen, or agreement to do something.



"The smallest act of kindness is worth more than the grandest intention."  
 –Oscar Wilde

## The Bridge Services—COVID-19

The Bridge will continue to provide 24 hour crisis intervention services and that will NOT change. We know this is a very stressful time for our community and we will be here for them. To ensure everyone's health and safety we will be providing as much of our services as possible through phone contact. Our advocates can be reached through our 24 hour crisis line .

**24 Hour Crisis Line: 402-727-7777/1-888-721-4340.**

We are concerned about the impact of self-quarantine and isolation. We know that isolation is a strong tactic used by individuals who use abuse to control their partners. First and foremost keep yourself safe emotionally and physically. Confide in someone you trust about what is happening. Know The Bridge's 24 hour crisis line number. We will listen, help you safety plan while in your relationship or if you need to leave. We can provide you with a safe place to stay. If things escalate call 911.

If this is happening to you or someone you know, please reach out to our crisis line or to someone you trust. You matter.

Women's group clients can still receive support via a phone conference on our scheduled group night. Clients will be reminded of confidentiality, interacting during the conference in a private setting,

Stay connected with us through our Facebook and Instagram postings of messages and community offerings for those in need.

**WE ARE HERE! YOU ARE NOT ALONE!**



**24 Hr Crisis Line 1.888.721.4340  
1.402.727.7777**

**Email:  
info@bridgefromviolence.com**

**FREMONT  
141 South Union  
1.402.721.4340**

**BLAIR  
810 North 22nd Street  
1.402.533.4411**

**WEST POINT  
500 East Decatur Street  
1.402.372.2204**

### The Bridge Services

24-Hr Crisis Line: 1.888.721.4340 or 1.402.727.7777, Crisis Intervention, Emergency/Temporary Shelter, Support Groups for Women and Children, Medical and Legal Referrals, Criminal Justice Advocacy, Public Education and Awareness.

**Victim services are free, confidential, and available in Spanish.**

### Women's Support Group

**Fremont - English & Spanish Women's Support Groups & Children's Rainbow Days Group, Thursdays, 6:30-7:30, The Bridge, 141 S Union, Babysitter available**



## The Bridge Board

- |                                       |                          |
|---------------------------------------|--------------------------|
| <b>Kiley Cordes, President</b>        | <b>Becky Novacek</b>     |
| <b>Jason Harnisch, Past President</b> | <b>Becky Von Seggren</b> |
| <b>Vickie Cameron, Vice President</b> | <b>Cindi Hermanson</b>   |
| <b>Marcey Darmento, Treasurer</b>     | <b>Pam Thomsen</b>       |
| <b>Kylee Stanley M.D., Secretary</b>  |                          |
| <b>Alisa Brunsing</b>                 |                          |

## The Bridge Staff

- |   |  |
|---|--|
| <b>Suzanne Smith</b> , Executive Director                                     | <b>Kylie Kampschneider</b> , Sexual Assault/<br>Criminal Justice Advocate        |
| <b>Jody Bykerk</b> , Shelter Program Manager                                  | <b>Christine Torres</b> , Cuming County/Spanish<br>Speaking Services Coordinator |
| <b>Stacey Lichtenberg</b> , Community Education<br>Coordinator                | <b>Linda Schlapfer</b> , Outreach<br>Communications Coordinator                  |
| <b>Jody Koziol</b> , Washington County Outreach<br>Coordinator                |  |
| <b>Jennifer Thomason</b> , Criminal Justice<br>Advocate/Volunteer Coordinator |  |

### LEAVING A LEGACY

A thoughtful planned gift can become a beautiful legacy you leave to The Bridge and to the victims of abuse who come through our doors for years to come. Bequests, Charitable Gift Annuities, Charitable Remainder Trusts and Charitable Lead Trusts are a few of the many avenues you may consider for continual support. An attorney can help you decide which option best fits your personal needs and financial circumstances.

