



APRIL 2021

24 Hr Crisis Line · 1-888-721-4340 · 402-727-7777
Email: info@bridgefromviolence.com

FREMONT · 141 South Union · 402-721-4340
BLAIR · 810 N. 22nd Street · 402-533-4411

Sexual Assault Awareness Month

April is Sexual Assault Awareness Month and every 73 seconds an American is sexually assaulted and every 9 minutes, that victim is a child.

Victims are often hesitant to report a sexual assault for many reasons; shame, guilt, embarrassment, and most often, fear they won't be believed. We can all play a huge role in a victims life by believing, listening, and supporting them after a disclosure.

How to 'TALK' with a loved one about Sexual Violence:

- T**– Thank them for telling you
- A**– Ask how you can help
- L**– Listen without judgement
- K**– Keep Supporting

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.

Ways you can help prevent sexual assault:

- C**– Create a distraction
- A**– Ask them directly
- R**– Refer to an authority
- E**– Enlist Others

As we all strive to keep our community safe we will be observing Sexual Assault Awareness Month virtually this year please follow along on our social media.

Join The Bridge for our Fearless 5K- Virtual Run/Walk Against Sexual Assault

Run or walk your 5K on YOUR own time on any course (including the treadmill) anytime during the week of **April 18th-24th**. Proceeds will go towards services supporting survivors of sexual assault and domestic violence. You register at this link <http://raceentry.com/Fearless5KTheBridge> or check out our Facebook for the link to register and to purchase a t-shirt. Also if you would like to post your time and a selfie using the hashtag **#TheBridgeFearless5k** it would be a fun way to show your support!



Inside This Issue

New Employee Spotlight

Meet Desi Acosta

What sprung an interest in you wanting to be involved with The Bridge?

I have always had a passion for helping empower others and wanted to try something new.

Years of employment and or/leadership/volunteering role(s) at The Bridge:

I just started working at The Bridge, but I am very eager to begin this journey. Before coming to The Bridge, I worked as a Youth Advocate/Peer Support Specialist in Omaha. I helped youth and families that were involved in the system advocate for themselves. I also assisted with resume building, resources, mentoring, and community outreach. I volunteered at the Youth Emergency Shelter (Y.E.S), as well as volunteered and helped facilitate the youth group for Region 6.



Employment/Title: Spanish Speaking Service Coordinator

Family: I am the mother of 3 amazing boys, Ivan 13, Jose 11, and Adrian 9.

Born/Raised/Educated Where: I am from Bridgeport, NE and was raised in Omaha, NE. I am working on my degree in Social Work through Metropolitan Community College.

Hobbies/Interests: I enjoy reading, and camping with my family.

The Bridge Staff

Suzanne Smith, Executive Director

Jody Bykerk, Shelter Program Manger

Stacey Lichtenberg, Community Education Coordinator

Jody Koziol, Washington Outreach Coordinator

Jennifer Thomason, Criminal Justice Advocate

Kylie Kampschneider, Sexual Assault/Criminal Justice Advocate

Maffiah Keenan, Office Outreach Coordinator

Desi Acosta, Spanish Speaking Services Coordinator

Board of Directors

Kiley Cordes, President

Vickie Cameron, Vice President

Pam Thomsen, Treasurer

Kylee Stanley M.D., Secretary

Cindy Hermansen

Becky Novacek

Rev. Scott Johnson

Incredible Donations

The following names are of those who donated to The Bridge between the dates of February 1 – March 26. We regret the accidental omission of any donor. Thank you for your donation and continued support; we could not do it without you!

First Congregational Church	Robert Bendig
Jo Potter	Stacy Grewek
Phyllis Gates	Debby Durham Family Foundation
Vickie Cameron	Grace Lutheran Church
Lois Jean Hartmann	Mike & Cindi Brass
First Baptist Church—Fremont	Fremont Antique Car Club
Deb Koertner	Werner Enterprises
First Baptist Church—Blair	Sinai Lutheran Church
NP Dodge Real Estate	Charlee Bates
Susan Woita— In Honor of Carolyn Macklin	Angela Triplet
Paul & Maren Reppert	Mindy Meurquerd
Evan & Carolyn Nordstrom	Janet Brabec
Woodmenlife Lodge 710	Fremont Area Women of Today
Chapter HK P.E.O Sisterhood	James Reinert
Steven & Kathryn Hoden	John & Dail Diedrichsen
Larry Housman	Lenore Peatrowsky
Casey Meyer	
Maureen Nelson	
Alice Klitz	

CAN'T MAKE IT TO THE STORE?

We have a digital wish list where you can shop straight from your phone or computer. It will ship straight to our office when you order.

Shop our digital wish list at:

https://smile.amazon.com/hz/charitylist/l/28TCUE15T9II9/ref=smi_ext_lnk_lcl_cl

Denim Days

Denim Days consists of individuals paying for the opportunity to wear jeans on Fridays (or any other designated day of the week) in April for a donation of \$2-\$5 per individual. All proceeds will benefit The Bridge and support the services that we offer!

This event began in 1990 to protest a Supreme Court decision in Italy, which ruled that a rapist would not be convicted of rape because his victim was wearing jeans, which the judge said can only be removed with the help of the victim. If you are interested in participating please contact **The Bridge at (402)721-4340 or email mattiahk@bridgefromviolence.com**



Needs List

Microwavable meals
(Mac 'n' Cheese, Ravioli, etc.)
Individual wrapped snacks
Fast Food gift cards
Peanut Butter
Size 4 Diapers
Jelly

Granola Bars
Copy Paper
Laundry Soap
Lysol Spray
Toilet Paper
Paper Towels



Follow us on Facebook, Twitter, and Instagram to see what else we're up to!



Find us online @
www.BridgeFromViolence.com

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 - Women's Support Group in English will be starting back up on Thursdays at 6:30 p.m. It will be a virtual support group.

Women's Support Group in Spanish, and Children's Rainbow Days Group are still currently not active.

Volunteer at The Bridge

The volunteer rate remained steady as over 77 million Americans volunteered hours last year. Those who volunteer enrich our community and keep our nation strong. Volunteering goes beyond helping other people. Studies have shown that the volunteers themselves benefit, whether through increased job prospects, better health, or even better overall well-being. Nebraska rates 7th highest in volunteer rate, with 34.6% of Nebraskans volunteering their time.

We respond to nearly 4,000 crisis calls each year. If you or someone you know would like to get more involved with The Bridge, please encourage them to contact us (402-721-4340 or email: info@bridgefromviolence.com) to learn more about volunteer opportunities.

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.

Funded in part by:

**United
Way**



Fremont Area United Way