



AUGUST 2020

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
WEST POINT · 500 E. Decatur Street · 402-372-2204

RAISE YOUR VOICE ON CAMPUS

Did you know that students, especially young women, are at the highest risk of sexual assault during the first few months of college?

This “RED ZONE”, roughly from the beginning of the school year until Thanksgiving break, is dangerous because many new freshmen are not yet aware of the resources available to survivors or of the options they have in reporting sexual assault.

With most of the colleges and universities back in session, now is the perfect time to get informed and raise awareness about sexual assault and dating violence on your campus. Here are a few simple ways you can help make this school year a safe one for everyone.

- **Learn about your campus resources.**

Many colleges and universities have their own crisis hotlines, counseling centers, and other resources available to survivors of sexual assault and dating violence. These centers and hotlines often act as hubs of information where you can find out about other local, off-campus, resources. The Bridge offers services to college students who experience sexual assault and/or dating violence.

- **If you see something, say something.**

If a situation seems questionable, speak up and alert others around you to it. By intervening you can prevent a crime from being committed. It can be difficult to know what to do, especially if you’re feeling overwhelmed. Sometimes it helps to stop and take a deep breath. Remember, you can always contact your resident assistant or campus police or call 911.

- **Trust your gut & be true to yourself.**

If something doesn’t feel right, it probably isn’t. If you feel uncomfortable in a situation, trust your instincts and leave. If someone is pressuring you, it’s better to lie and make up an excuse to leave than to stay and be uncomfortable, scared, or worse. Your safety comes before someone else’s feelings or what they may think of you.

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New Board Member Spotlight

Meet Pamela Thomsen

I have always admired the work and services provided by The Bridge and the great staff and volunteers. Advocacy for the needs of those that can't speak or act by themselves is a very wonderful thing to do for others.

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

I am a brand new board member and in my first year. I am looking very forward to making any contributions that I can bring to this board and moreover the organization.

Employment/Title:

My most recent and more rewarding employment was being the Executive Director of Three Rivers Housing Development Corporation for 13 years and currently serve as their Consultant on a part time basis. I was proud to be actively involved in programs that brought affordable housing options to persons in need in Burt, Cuming, Dodge and Washington Counties.

Family: *I am married to my best friend Steven and we have three grown children and four wonderful grandchildren. We are blessed to have them near us in Nebraska and enjoy time together whenever we can.*

Born/Raised/Educated Where - *Proudly born and raised on a farm in Northeast Nebraska. My parents are still living in Lyons, the community I was raised in. There truly is "No Place Like Nebraska" for my family.*

Pets: *We are patiently waiting for our White English Labrador puppy, "Izzy" to be weaned so we can add her to our family.*

Hobbies/Interests: *My favorite things to do are attending our Grandchildren's activities, spending time listening to music and relaxing on our pontoon boat. "Life is Good" and I am thankful for each day. To witness another sunrise and sunset and to be able to do what I can to help others and pay it forward whenever I can!*



The Bridge Staff

Suzanne Smith, Executive Director

Jody Bykerk, Shelter Program Manager

Stacey Lichtenberg, Community Education Coordinator

Jody Koziol, Washington Outreach Coordinator

Jennifer Thomason, Criminal Justice Advocate

Kylie Kampschneider, Sexual Assault/Criminal Justice Advocate

Christine Torres, Cuming County/Spanish Speaking Services Coordinator

Board of Directors

Kiley Cordes, President

Jason Harnisch, Past President

Vickie Cameron, Vice President

Marcey Darmento, Treasurer

Kylee Stanley M.D., Secretary

Alisa Brunsing

Cindy Hermansen

Becky Novacek

Pam Thomsen

Becky Von Seggern

Incredible Donations

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

St. Patrick's Church– Fremont

Lisa Nitzsche

Jeremy Rehwaldt

Prairieland Press

Fremont Presbyterian Church-Board of Deacons

Sandra Van Kley

Mary Lou Echtenkamp

Amy Pimper

Louise Nabb

Kody Christensen– Fremont High School

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/ls/28TCUE15T9II9/ref=smi_ext_lnk_lcl_cl

Needs List

- | | |
|---|--------------|
| Microwavable meals (Mac 'n' Cheese, Ravioli, etc) | Body Wash |
| Individual wrapped snacks | Copy Paper |
| Fast Food gift cards | Toilet Paper |
| Peanut Butter | Laundry Soap |
| Jelly | Lysol Spray |
| Granola Bars | |
| Paper Towels | |
| Tampons | |
| Razors and Shaving Cream | |



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—Currently not active

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

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:

