

# haven•house

## A FOND FAREWELL

This past year has been a year of change for our agency. At the end of 2016 our director, one of our board members, and one of our staff members have decided to step down from their positions with Haven House. We wish them a fond farewell and we are so thankful for their service to Haven House.

### Nancy Cederlind

In 2016, Nancy Cederlind announced she would be stepping down from her position as Executive Director. Nancy has been with Haven House for 20 years. Before becoming the Director of Haven House, Nancy served as the Volunteer Coordinator. Nancy has faithfully worked on behalf of Haven House to secure funding sources and increase the services that Haven House is able to provide to those escaping domestic & sexual violence.

Please come and join us for an open house, and help us honor her for her many years of service. The invitation is posted below.



### YOU'RE INVITED!

Stop by and help us wish Nancy a fond farewell.

### Retirement Party for Nancy Cederlind

Open House

January 27th

3:30pm - 5:30pm

Tacos & More - Wayne, NE



### Dennis Lipp

Dennis has been a part of the vision of Haven House since its incorporation in 1979. Dennis will be stepping down from his current position as the Treasurer of the Haven House Board. We are so appreciative for Dennis's 37 years of service and guidance that have helped people live their lives free from violence.



*Oct. - Dec.*

*2016*

## REVIEW

### Haven House Locations:

509 Dearborn Street

Wayne, NE 68787

(402) 375-5433

M-F: 8:30am to 5:00pm

117 East 28th St

South Sioux City, NE 68776

(402) 494-7592

M-F: 8:30am to 5:00pm

24 HOUR CRISIS LINE

1-800-440-4633

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ON SOCIAL MEDIA!



Haven House is a United Way agency.

# Dating Violence: The Silent Abuse

written by Jessica Wilson (a Haven House Volunteer)

Imagine being called stupid and worthless, everyday, every time you do something. Imagine being in public while being yelled at and getting called names. A victim feels as if they have two choices: either sit there and continue being yelled at, or listen to the abuser and obey their threats. Imagine always feeling like you want to disappear or you have to "watch your back." Victims feel most alone at those exact times.

*Did you know that females between 16 and 24 experience the highest rate of dating violence?* 1 in 4 teens in a relationship say they have been called names, harassed, or belittled. Dating violence involves a pattern of behavior in which one person uses threats, or physical, sexual, verbal, or emotional abuse to control his/her partner. Most people don't realize how common dating violence actually is. It doesn't always happen immediately and sometimes signs are hard to see or notice, especially when you are the one in the situation. Victims of dating violence believe that the abuse is normal (usually because their friends are being abused too). Victims also believe that their partner's jealousy and possessiveness is "romantic." This is because the attention they receive from those actions, even though it is in a negative manner. An abuser believes that they have the right to control their partners, demand intimacy, and that they may lose respect if they are attentive and supportive toward their significant other. Not only is dating violence detrimental to someone, it can also increase one's risk of substance abuse, suicide, sexual risk behaviors, or unhealthy weight.

## Red Flags of Dating Violence

- Extreme Jealousy
- Alcohol/drug abuse
- Controlling behavior
- Use of force in arguments
- Isolation
- Blaming others for own problems
- Verbal abuse

There are many do's and don'ts when assisting someone in need. Most people don't realize their comments or judgments towards the victim might only influence or hurt them more. Anyone can be a victim.

## Things You Can "Do" to Help Dating Violence Victims

- Let them know that no one deserves to be abused
- Let them know they're not alone
- Express concern for their safety
- Help them find support

One of the most common questions people ask is "Why don't they leave?" Leaving is not only scary, but can also be dangerous. That is why the "do's" are so important. While following the "do's", be very cautious not to tell the victim what to do. In order to stay safe, there are safety plans for dating violence. These plans include but are not limited to: knowing signs of abuse and watching for them, saving messages on cell phones of the threatening behavior, avoiding drinking and drug use, and having a support system.

# A LOOK BACK

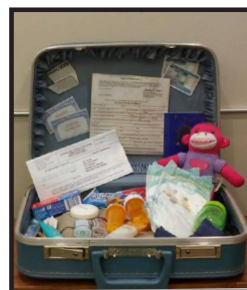
Some of What Happened Last Quarter

## ADOPT-A-FAMILY

In December, community members, churches, and organizations from all across our service area joined our adopt-a-family program. Overall, 20 families (73 individuals) were provided Christmas gifts.



## Domestic Violence Awareness Month



During October, we focused on raising domestic violence awareness. We placed displays throughout the service area with the theme "Getting Out". Thank you to all of our volunteers for helping us set up displays.

## PARADE DAY!

Our volunteers & staff participated in the parade at Balloon Days in Wakefield!



## STAFF

Amy Munderloh	Executive Director
Connie Reyes	Shelter Manager
Debbie Ferguson	Sexual Assault Coordinator
Denise Tello	Bilingual Advocate
Josh Sievers	Outreach Coordinator
Lisbeth Ramirez	Enhanced Client Advocate

## Board of Directors

Laura Dendinger	- President
Daryl Wilcox	- Vice President
Michael Carnes	- Secretary/Interim Treasurer
Susan Koranda	Pat Browning
*Jean Sturm	*Ed Mahon
*newly elected December 2016	

# Stalking Awareness Month

*article provided by [stalkingawarenessmonth.org](http://stalkingawarenessmonth.org)*

January is National Stalking Awareness Month, a time to focus on a crime that affected 7.5 million victims in one year. The theme—“Stalking: Know It. Name It. Stop It.”—challenges the nation to fight this dangerous crime by learning more about it.

Stalking is a crime in all 50 states, the U.S. Territories, and the District of Columbia, yet many victims and criminal justice professionals underestimate its seriousness and impact. In one of five cases, stalkers use weapons to harm or threaten victims, and stalking is one of the significant risk factors for femicide (homicide of women) in abusive relationships. Victims suffer anxiety, social dysfunction, and severe depression at much higher rates than the general population, and many lose time from work or have to move as a result of their victimization.

Stalking is difficult to recognize, investigate, and prosecute. Unlike other crimes, stalking is not a single, easily identifiable crime, but a series of acts, a course of conduct directed at a specific person that would cause that person fear. Stalking may take many forms, such as assaults, threats, vandalism, burglary, or animal abuse, as well as unwanted cards, calls, gifts, or visits. One in four victims reports that the stalker uses technology, such as computers, global positioning system devices, or hidden cameras, to track the victim's daily activities. Stalkers fit no standard psychological profile, and many stalkers follow their victims from one jurisdiction to another, making it difficult for authorities to investigate and prosecute their crimes.

If you feel you are being stalked, you can call Haven House. Our services are free and confidential. We'll visit with you about the signs of stalking and also help you create and implement a safety plan. Our 24 Hour Crisis Line is 1-800-440-4633.

## VOLUNTEER SPOTLIGHT

### Emily Leeper

Emily is one of our volunteers and now an intern. She is attending Wayne State College and majoring in psychology and sociology. During 2016, Emily contributed the most amount of volunteer hours to Haven House. We are so appreciative for her and all of our volunteers that help at Haven House.

*Want to join our team as a volunteer?  
Contact us today!*

## HAVEN HOUSE STATISTICS

(2016)

- Haven House provided services to a total of **255** unduplicated individuals.
- Emergency shelter services were provided to a total of **118** individuals (**45** adults + **73** children) equaling a total of 603 nights, **2,360** shelter beds, and **7,080** meals.
- **22** educational programs were provided to a total audience of **1,711**.
- Volunteers contributed a total of **7,118** hours.

## NEW FACES



### Amy Munderloh

A new year, and a new Director. Amy Munderloh joined the Haven House team at the end of 2016 as the Executive Director.



### Lisbeth Ramirez

In January, Lisbeth joined the Haven House team as our Enhanced Client Advocate. Lisbeth will be working at our South Sioux Office.



### Emily Leeper

Emily recently began as one of our interns. Read more about her in the volunteer spotlight.



### Kelli Bailey

As a Human Services Counseling major at Wayne State College, Kelli began volunteering with Haven House last fall and joined on as an intern in January.

RETURN SERVICE REQUESTED



**SCHEDULE  
A FREE  
PRESENTATION**

**GREAT FOR:**

Schools, Classes, Community Groups,  
Churches, Job Trainings, Youth Groups,  
& More!

**SOME TOPICS**

Dating Violence	Sexual Harassment
Agency Services	Sexual Assault
Child Sexual Abuse	Stalking
Healthy Relationships	Child Abuse
Elder Abuse	Domestic Violence

**Schedule a Presentation  
by Calling 402-375-5433**

## BECOME A VOLUNTEER

We need volunteers just like you to join our team.  
**YOU CAN MAKE A DIFFERENCE!**



Volunteers make all the difference  
in helping bring an end to  
domestic & sexual violence in  
Northeast Nebraska.

We have a variety of volunteer  
needs, and you can help as little or  
as much as you want!

**Want to become a volunteer?**

Contact us today! Call us at  
402-375-5433 or email us at  
[havenhouse@qwestoffice.net](mailto:havenhouse@qwestoffice.net)  
with your interest.





## Haven House Extends Thanks to Our Donors

We apologize if your name has been inadvertently omitted or incorrectly listed; please contact us at 402-375-5433.

*Names are from donations between October 1st and January 18th.*

### INDIVIDUAL

Anderson, Linda  
 Anderson, Perry & Deb  
 Baier, Eddie & Verna Mae  
 Beckmann, Ruth  
 Beebee, Timothy & Leslie  
 Beiermann, Carolyn  
 Bose, Marlin & Mary  
 Carhart, Robert & Marilyn  
 Curry, Mr. & Mrs. Donal  
 Davis, Melissa  
 Dempster, Bob & Vonda  
 Dendinger, Laura  
 Doeman, Sherry  
 Dolph, Jane & Kraig  
 Frye, Diann  
 Gehner, Marilyn  
 Greeve, Jennifer  
 Greve, Jennifer  
 Grone, Eric & Kelly  
 Hansen, Debra  
 Hansen, Sandra/TOPS  
 Hefti, Diane  
 Hegemann, Kayla  
 Heithold, Bryce & Kaleena  
 Keating, Bob & Tracy  
 Kneifl, Mary  
 Knudsen, Karen  
 Koeber, William & Valerie  
 Kramer, Miranda  
 Kranz, Mary & William  
 Leise, Regis & Sherry  
 Leseberg, Lisa  
 Lipp, Geralda & Dennis  
 Loberg, Ken & Jean  
 Marra, Ken & Kara

McAllister, Brenda  
 McDonal, Gina  
 McLain, Mary & Bob  
 Meier, Charles  
 Meyer, Jerry & Nadia  
 Miller, Darrell & Cynthia  
 Mionds, Craig & Pam  
 Moeller, Thelma  
 Mohlfeld, Kathy  
 Mollner, Jeff  
 Moore, Wilma  
 Mosely, Carol  
 Naeve, Sarah  
 Noecker, Dawn  
 Oreilly, Erin  
 Osten, Clara  
 Ping, Jean  
 Potmesil, Todd & Jeri  
 Pulfer, Kent & Jody  
 Roeber, Krista  
 Ruwe, Beverly  
 Scharadt, Karen  
 Sebade, Joyce  
 Shapiro, Charles & Joan  
 Stephens, Carol & Jonah  
 Stout, Helen  
 Strawn, Cindy  
 Svoda, Ivan  
 Taber, Doug  
 Vakoc, Carolyn  
 Wageman, Connie  
 Walloch, Amber  
 Walz, Richard & Jan  
 Wattier, Elaine  
 Weth, Lindsay

### BUSINESS

ACME Club - Wayne  
 Ameritas - Wayne  
 AFCSP - WSC  
 Arnies Ford - Wayne  
 Calvary Bible Church - Wayne  
 Christian Caring - Coleridge  
 Christ Lutheran Church - Wisner  
 Drs. Kincaid & Fett - Wayne  
 FCCLA Randolph Public Schools  
 Friendly Neighbors Club - Concord  
 Godfathers - Wayne  
 Grace Lutheran Church - Wayne  
 Great Dane Trailers - Wayne  
 Great West Casualty - SSC  
 Holiday Inn Express - Sioux City  
 First Lutheran Church - Allen  
 John Huss Presbyterian Church - Thurston  
 Kris Kreicheck Ranch  
 Laurel Contemporary Community Club  
 MPM Farms - Wayne  
 Northeast NE Public Health Dept - Wayne  
 Northeast Nebraska Public Power - Wayne  
 Ottee Construction - Wayne  
 Pender Vet Clinic, LLC  
 Pender Nursing Home  
 Presbyterian Church - Thurston  
 St. Annes Catholic Church - Dixon  
 St. Frances Catholic Church - Randolph  
 St. Rose Council of Catholic Women - Crofton  
 Swans Apparel - Wayne  
 Tau Kappa Epsilon - WSC  
 Trinity Lutheran Church - Hartington  
 Trinity Women of ELCA - Wayne  
 United Lutheran Church - Laurel  
 United Methodist Church - Wayne  
 VFW Auxiliary #4505 - Laurel  
 Wakefield Dental  
 Wayne Jr./Sr. High  
 Wayne Softball  
 Wayside Repair - Wayne  
 WEASN - WSC  
 Women of Immanuel Lutheran Church - Coleridge  
 Women of Our Savior Lutheran - Wayne

\*SSC = South Sioux City

\*WSC = Wayne State College

### IN HONOR OF(IHO) & IN MEMORY OF (IMO)

Bob & Debbie Ernzs: IHO Hallie Sherry  
 Donna Hansen: IHO Nancy Cederlind  
 Georgia Janssen: IHO: Clients of Haven House  
 Craig & Delorse Hansen: IMO Keely Schroeder  
 Jim Olander: IMO Thresea Olander  
 John & Eileen Witkowski: IMO Anna & Ray Mueller  
 Keith & Bette Becker: IMO Keely Schroeder  
 Mary Garvin: IMO Fred & Lena Salmon  
 Lean May: IMO Corey Jorgensen  
 Rev. Gerald Leis: IMO: Jerry & Rose Leise

# haven·house

## *WISH LIST*

**Due to limited storage, please call before donating any items not on the wish list.**

We recycle cellphones, toners, ink cartridges, digital cameras, MP3 players, laptops and GPS systems to raise funds to assist with client needs.

Gas Cards	Copy Paper	Cleaner (toilet, bathroom, house hold or drain)
Garbage Bags (kitchen size)	(8.5"x11" or 11"x17"-28 lb)	Disinfectant Wipes
Diapers: All Sizes	Snack Size Cereal	Shaving Razors
Baby Wipes	Fruit/Jello Cups/Snacks	Light Bulbs (65 & 100 Watt)
Tissues	Juice Boxes	Toilet Seat
Paper Towels	Stamps	Vinyl Mini Blinds (call for size)
Dish Soap	Scotch Tape for Dispenser	Step Stool (2 Steps)
HE Detergent	Batteries	Gift Cards
Liquid Fabric Softener/Sheets	Gallon/Quart Sized Bags	(Walmart/Shopko/Caseys)
Toilet Paper	Hair Conditioner	
Deodorant	Dry Erase Markers	

### OFFICE LOCATIONS:

P.O. Box 44 – 509 Dearborn Street – Wayne, NE 68787 – 402-375-5433

117 E. 28th Street- South Sioux City, NE 68776 – 402-494-7592

EMAIL: havenhouse@qwestoffice.net



WEBSITE: www.havenhousefsc.com

## HAVEN HOUSE DONATION FORM

Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Address: \_\_\_\_\_ Work Phone: \_\_\_\_\_

City/State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Your gift of \$25 provides one night of safe shelter for an adult and a child. How many nights can you provide?

\_\_\_\$1000 \_\_\_\$500 \_\_\_\$250 \_\_\_\$100 \_\_\_\$50 \_\_\_\$25 \_\_\_Other \$\_\_\_\_\_

This gift is ☐ in honor of or in ☐ in memory of \_\_\_\_\_

May we list your name in the newsletter for donor recognition? \_\_\_YES \_\_\_NO

Please make checks payable to Haven House.

Your contribution will support services for survivors of domestic and sexual violence.

Haven House is a nonprofit agency. Gifts are tax-deductible within the extent of the law.

Federal Tax ID #47-0611454.