

# haven·house

## Family Services Center

### 2017...A NEW YEAR

This new year has been a busy time for our team. In January, Nancy Cederlind handed over the reigns of Haven House to the new Executive Director, Amy Munderloh. The phones and offices in both locations have been busy with new and previous clients coming in for help, and the support of our local communities has been key to continuing to help victims and survivors of domestic and sexual violence take back their lives.

You or your teens may have seen our team at a school in your community. We've been busy talking about Healthy Relationships and giving students the knowledge they need to identify a healthy and unhealthy relationship.

If you're in a relationship, you can go to [www.havenhousefsc.org/chooseyourheart](http://www.havenhousefsc.org/chooseyourheart) and take the relationship quiz to see if your relationship is healthy.

In January we focused on stalking and in February we focused on healthy relationships. Now this April we've been talking about sexual assault and in June we'll be focusing on domestic violence in later-life. We'll also be prepping outreach activities for this summer and this coming fall.

## #Start by Believing

Show your support of sexual assault victims and survivors by taking the pledge to #startbybelieving

1) Print off your pledge at  
[www.havenhousefsc.org/startbybelieving](http://www.havenhousefsc.org/startbybelieving)

2) Sign your pledge and snap a picture!

3) Share it on social media with the hashtags  
#havenhouse & #startbybelieving

## Jan. - Mar. 2017 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

### *Inside This Issue*

A New Year  
Start By Believing pg. 1

Late Life DV  
A Look Back pg. 2

After a Sexual Assault  
New Faces pg. 3



Go GREEN  
Receive our digital  
newsletter

[www.havenhousefsc.org](http://www.havenhousefsc.org)

CONNECT WITH US  
ON SOCIAL MEDIA!



Haven House is a United Way agency.

# LATE LIFE DOMESTIC VIOLENCE

*Article from the Administration on Aging*

Domestic violence, also called intimate partner violence, describes physical violence, sexual violence, stalking and psychological aggression (including coercive acts) by a current or former intimate partner and can occur across the lifespan to victims of all ages, including older adults. An intimate partner is a person with whom one has a close personal relationship that can be characterized by: emotional connectedness and regular contact; ongoing physical contact and sexual behavior; identity as a couple; and familiarity and knowledge about each other's lives. Perpetrators include spouses and former spouses, current or former partners, or another individual with whom the victim has an ongoing, personal relationship. The problem occurs in all communities, and affects people regardless of socioeconomic status, race, ethnicity, sexual orientation, or gender identity. Although most victims are female, men can be harmed, too.

Generally, abusers use a pattern of coercive tactics, such as isolation, threats, intimidation, manipulation, and violence, to gain and maintain power over their victims. Often they tell their victims where they can go, whom they can see, and how they can spend their money—in other words, control their decisions. Some abusers use their role and power to financially exploit their victims. Others feel that they are entitled to get their way because they are the “head of the household,” or because they are younger and physically stronger than their victim is.

Some experts view late-life domestic violence as a sub-set of the larger elder abuse problem. Elder abuse, broadly defined, includes physical, sexual and emotional abuse, financial exploitation, neglect and self-neglect, and abandonment. The distinctive context of domestic violence in later life is the abusive use of power and control by a spouse/partner or other person known to the victim in a close, personal way.

Sometimes life changes as you grow older can lead to an increase in abuse in unhealthy relationships. There is no excuse for abuse. If you believe that you or someone you may know may be experiencing abuse in your relationship you can speak to an advocate today. All services are free and confidential and you get to make the decisions about your relationship. Please call 1-800-440-4633.

## A LOOK BACK

Some of What Happened Last Quarter

### #STARTBYBELIEVING

Our Board of Directors & Director took a pledge during their March board meeting to #startbybelieving when people open up to them about Sexual Assault.



### Meeting in Lincoln

Amy (pictured left) visited with Senator Joni Jones Albrecht about how Haven House is making a difference in Northeast Nebraska.

### School Assemblies & Presentations

This spring our team got the chance to talk about Healthy Relationships in Wakefield, Homer, Laurel, & Emerson Schools. It was so great to offer our free assembly programs in these schools.



### 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
Sara Arguello	Shelter Manager

### Board of Directors

Laura Dendinger - President		
Daryl Wilcox - Vice President		
Michael Carnes - Secretary		
Jean Sturm - Treasurer		
Susan Koranda	Pat Browning	Ed Mahon

# After A Sexual Assault

*some information from [www.rainn.org](http://www.rainn.org)*

It's hard to know what to do, how to feel, or what your options are after a sexual assault. Please know that you're not alone. Below are some things to keep in mind. If you are in immediate danger or seriously injured, call 911.

- 1) Your safety is important. Are you in a safe place?** If you're not feeling safe, consider reaching out to someone you trust for support. You don't have to go through this alone.
- 2) What happened was not your fault.** Something happened to you that you didn't want to happen—and that's not OK.
- 3) Contact Haven House at 1-800-440-4633.** You'll be able to speak to an advocate about what happened to you and all our services are free and confidential. Our advocates will listen to you, let you know what the available options are, allow you to make your own decisions, and be with you if you decide to seek medical attention or report to police.
- 4) Get proper medical attention.** Whether or not you decide to report to police, we suggest to get examined for potential STIs and physical trauma. Haven House does have a variety of resources to help with medical costs associated with sexual assault exams. It is best not to shower or bath following a sexual assault, and to bring an extra set of clothes with you to the hospital. This will help preserve evidence if you decide to press charges against the rapist then or in the future.

When you call Haven House, a staff member will walk you through the process of getting help at your own pace. Our team of advocates can also accompany you to medical appointments or if you decide to report to police. Our offices also offer a confidential place to report to police so you won't have to go to the police station.

**You don't have to walk through this alone.**

## VOLUNTEER SPOTLIGHT

### Kelli Bailey

As a Human Services Counseling Major at Wayne State College, Kelli joined our team as a volunteer in October of 2016. Starting in January, Kelli took the next step and joined the Haven House Team as our Spring Intern. Across the months of January, February, and March Kelli has donated **404.25** hours to Haven House. Kelli has enjoyed raising awareness and helping individuals live lives free of violence.



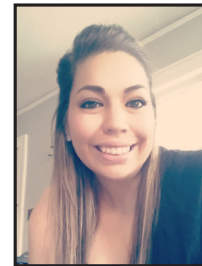
*Want to join our team as a volunteer?  
Contact us today!*

## HAVEN HOUSE STATISTICS

(January - March 2017)

- Haven House provided services to a total of **95** unduplicated individuals.
- Emergency shelter services were provided to a total of **31** individuals (**12** adults + **19** children) equaling a total of 603 nights, **522** shelter beds, and **1,566** meals.
- **10** educational programs were provided to a total audience of **786**.
- Volunteers contributed a total of **2,207.25** hours.

## NEW FACES



### Sara Arguello

We'd like to welcome Sara onto the Haven House Team. Sara will be joining as the new Dakota County Shelter Manager.



**Schedule a FREE  
Assembly Program,  
Presentation, or Training!**

**GREAT FOR:**

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

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





## 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 January 1st and March 31st.*

### INDIVIDUAL

Ankeny, Heidi  
Beckman, Ruth  
Beebee, Timothy & Leslie  
Beiermann, Carolyn  
Brown, Dick & Carol  
Dendinger, Laura  
Dunning, Carol  
Ek, Linnea K  
Gensler, Melissa  
Gibson, Shannon  
Hansen, Debra  
Hassler, Mike  
Hegemann, Kayla  
Hubbard, Benerly  
Johnson, Eunice  
Kai, Karen & Mike  
Klabenes, Paige  
Koran, Gail  
Leise, Regis & Sherry  
May, Leon  
McCorkindale, Gail  
Millard, Tara  
Mortenson, Melvin & Carol Jean  
Mueller, Marlene

Ottee, Kristy  
Peters, Trisha  
Rudin, Catherine  
Ruwe, Beverly  
Schardt, Lowell & Karen  
Schmidt, Sandra  
Skogan, Vicky  
Specht, Amber  
Thoene, Kurt & Lynn  
Vakoc, Carolyn  
Wagman, Connie  
Walz, Richard & Jan  
Weaver, Megan  
Webber, Connie  
Wert, Dorothy

### BUSINESS

Country Classics 4-H - Wayne  
FBLA - Coleridge/Laurel-Concord  
FBLA & Art Club - Wakefield  
FCCLA Randolph Public Schools  
First Lutheran Church- Allen  
GAMMA/Greek Council - WSC  
Godfathers - Wayne  
Hands in Service UMCC - Wisner

Holiday Inn Express - Sioux City  
Interfaith Group - WSC  
Kidz Korner - Hartington  
Kimono Project - Norfolk  
Laurel Community Club  
Northeast Nebraska Public Health - Wayne  
NPPD – Wayne  
Office of Residence Life - WSC  
Ottee Construction – Wayne  
Pender Nursing Home  
Presbyterian Church - Thurston  
Presbyterian Womens Association - Laurel  
Randolph Womens Club – Randolph  
Salem Lutheran Church - Ponca  
Security Bank - Coleridge  
Thabor Lutheran Church - Wausa  
United Lutheran Church - Laurel  
United Methodist Church - Wayne  
Wayne Eagles Pickle Lottery Fund  
Women of ELCA Immanuel  
Lutheran Church - Coleridge  
Women of ELCA Our Savior  
Lutheran Church - Wayne  
WSC Volleyball Team – WSC  
WSC SPORTS Club - WSC

\*SSC = South Sioux City \*WSC = Wayne State College



## CAN'T MAKE IT TO THE STORE?

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

Shop our digital wish list at  
[www.havenhousefsc.org/wishlist](http://www.havenhousefsc.org/wishlist)

OR

Flip this page over to our physical wish list  
and support a local business.



## HAVEN HOUSE PARTNER PROGRAM

Our partner's program allows us to notify you of immediate client needs, and then you have the option to offer your help or resources for that need.

### How does it work?

- 1) Sign up for the Partners Program by calling 402-375-5433 or emailing [havenhouse@qwestoffice.net](mailto:havenhouse@qwestoffice.net).
- 2) We'll add you to our partner's program database.
- 3) When new needs arise from our clients, we'll notify all of our partners.
- 4) Respond if you can help with their need.
- 5) The needs of clients are met!

# 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	Disinfectant Wipes
Garbage Bags (kitchen size)	(8.5"x11" or 11"x17"-28 lb)	Light Bulbs (65 & 100 Watt)
Diapers: All Sizes	Juice Boxes	Toilet Seat
Baby Wipes	Stamps	Vinyl Mini Blinds (call for size)
Paper Towels	Scotch Tape for Dispenser	Step Stool (2 Steps)
Dish Soap	Batteries (AA & AAA)	Gift Cards
HE Detergent	Gallon/Quart Sized Bags	(Walmart/Shopko/Caseys)
Liquid Fabric Softener/Sheets	Dry Erase Markers	Forward Faing Car Seat (3 in 1)
Toilet Paper	Cleaner (toilet, bathroom,	Paper Plates
Deodorant	house hold or drain)	Plastic Silverware

### 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.org

## 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.

**SUMMER 2017  
& FALL 2017  
internships currently open!**

Our interns actively help to bring an end to domestic & sexual violence in Northeast Nebraska.

As an intern you'll get a variety of opportunities to build your skills as you work with victims, survivors, volunteers, and community members.

**Want to apply for an internship?**  
Call us at 402-375-5433 or email us at [havenhouse@qwestoffice.net](mailto:havenhouse@qwestoffice.net) with your interest.

# INTERNS WANTED!

