



# THE JOURNEY

A Publication of Friendship Home | Summer 2020

## Give to Lincoln Day

Thank you friends for your support of Friendship Home through Give to Lincoln Day 2020! Between May 1st and May 28th, donations to Friendship Home from this giving day event totaled an amazing \$127,024 with overall Give to Lincoln donations totaling nearly \$6.9 million.

Thank you to the generosity of our community, Friendship Home can continue to provide physical and emotional safety to victims of domestic violence.

THANK YOU Lincoln for helping us to continue to empower freedom from domestic violence!

## Stuff the Bus

Due to the impact of COVID-19, we took this year's event ONLINE for a safe, virtual experience. Your support and generosity provided essential items to help the over 1,500 women and children that Friendship Home serves each year. THANK YOU!

## *Empowering freedom from domestic violence*

### When Home is the most Dangerous Place on Earth

Misty had been married to Dan for 14 years, enduring horrific abuse at his hands. Within two weeks of Dan being home every day, working remotely as a result of COVID-19, the abuse she valiantly accepted for the sake of her two children became unbearable.

Misty called Friendship Home from a grocery store on a rare outing that Dan approved. Safety planning began immediately. The first order of business was to ensure Misty knew how to wipe her phone of all calls and texts, knowing that he routinely checked her phone and computer. Leaving Dan would require her to be diligent and extraordinarily cautious, while watching for an opportunity to escape.

A fishing trip Dan was planning with his brother was the "window" she had prayed for. Misty carefully began gathering documents and clothing for herself and her children. In the moments Dan was either in his office or outside, discrete calls and texts with Friendship Home Advocates helped lessen her anxiety and strengthen her resolve.

Friendship Home held a single family emergency shelter apartment for Misty and her children in anticipation of the courageous phone call telling us that she was ready to leave. Upon their safe arrival, Friendship Home provided a rich array of crisis services and resources, but none more important than the support and care her children received from Friendship Home's Children's Advocates. Misty told us, "This is the first time we have felt safe in years."

# From the Executive Director

The voice on the other end of the line is hushed and urgent. “My husband is out in the garage for a minute. It’s the only chance I’ve had to call you,” Sierra explains. She’s not sure what he’s doing in the garage, but she knows he keeps a gun out there and she’s terrified.

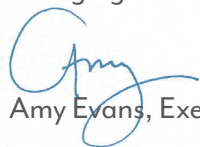
Our Friendship Home advocate does some very quick safety planning with Sierra, gathering the most important information first. How can we contact her? Does she want us to call the police? And then, abruptly, Sierra hangs up. She calls back the next day, when she has another moment alone. Her husband has lost his job to the pandemic. His abuse is escalating. He’s always home.

At Friendship Home and across the nation, conversations with victims seeking services are often happening in short staccato bursts, when the victim has a minute or two of privacy.

Imagine leaving home at a time like this. Imagine seeking safety from domestic violence in a world where a virus could threaten your children’s lives and yours as well. What kinds of support would you need?

Advocates and case managers at Friendship Home are experts in helping victims plan for a safe exit. They offer emotional support and possibilities to help change victims’ lives when things are at their worst—hope they can feel!

It’s your support that makes this life-saving and life-changing work possible! Thank you!



Amy Evans, Executive Director

## Upcoming Events!

**Safe Quarters (Virtual Event) | October**

**10/11 News Series:**

**Domestic Violence Awareness Month | October**

Follow us for updates on upcoming events and volunteer opportunities!

[f /friendshiphome](https://www.facebook.com/friendshiphome)

[ig /friendshiphomeoflincoln](https://www.instagram.com/friendshiphomeoflincoln)

[globe /friendshiphome.org](https://www.friendshiphome.org)

## Community Health Endowment Funds Project: Safe and Well

Robust research and resulting data reveals the devastating impact domestic violence has on the long term health and wellness of victims. They are 80% more likely to have a stroke, 70% more likely to have asthma, and 2.6 times more likely to have cervical cancer.

This research and what victims served by Friendship Home revealed, led to our **Project: Safe and Well**. At its heart is a Health Care Navigator, whose role is to assist victims in reducing and/or eliminating barriers they experience to achieving behavioral, reproductive and medical health care for themselves and their children.

The **Community Health Endowment** has funded this project since 2017. While that support will end in December of 2020, the award has afforded over 300 victims of domestic violence to receive the health care they needed, ensured others have a designated health home upon exiting shelter, and has increased access for the uninsured. What we have learned over nearly four years, is how vital the Health Care Navigator’s role is to improving the long term health and wellness of those we serve.

We are deeply indebted to the **Community Health Endowment** for supporting this project which has demonstrated the need for this critical 21st Century “basic” service for victims of intimate partner violence.





# Friends of Friendship Home

*We are so grateful to you for giving your time, energy, and resources ... and, above all, your compassion to support those we are serving.*

**1 Galentine Event** — Friendship Home would like to recognize **Molly Gleason and her team of supporters** for another successful Galentine event benefiting Friendship Home. This year's ticket sales totaled over \$3,200. This fun evening out with your "Galentine's" not only brings awareness to our community but helps to empower freedom from domestic violence.

**2 Masks** — Thank you to the Lincoln community for responding to our need for masks to help keep the women and children we serve, as well as our staff safe during COVID-19. A huge thank you to **Hack the Pandemic 2020, Days for Girls Lincoln, 2 Strings, Katie Wertz, Kathy Ward, Abbey Bettinger, and Debby Portnoy**. Your donations, time and talents allow us to continue serving families safely during COVID-19.

**3 A Novel Idea** — Thank you to **A Novel Idea** bookstore for coordinating with their customers the purchase and donation of 77 gift bags for families in shelter. Each reusable bag was supplied with 3-4 books, a honey stick, a pencil, and a button and note from the store cat. We are so grateful for our connection with A Novel Idea and the support the Lincoln community has for those who need it most!

**4 Bicycle Donation** — A huge thank you to **Dennis and Kathryn Gosselin** for their donation of 28 new bikes to Friendship Home. Assembled by Dennis and ready to be delivered to families we serve in shelter, these bikes may serve as a means of transportation for some or as outdoor fun for our youngest survivors.

**5 Books Donation** — Thank you to **Kat's Korner Bookshop** for over \$1,300 of brand new Usborne books! This gift of books and activities will not only be shared with our littlest victims during one-on-one time with a Child Advocate, but many will also be waiting to be enjoyed by a new family that is moving into safe emergency shelter.

*We are truly grateful for all of our friends!  
To see a full list of donors please visit [friendshiphome.org](http://friendshiphome.org).*

## Are you an online donor?

If yes, we encourage you to use Friendship Home's secure website, [www.friendshiphome.org](http://www.friendshiphome.org). Donations come directly to Friendship Home and we all benefit from lower processing fees. **Thank You!**



# Lives You Have Touched

January – June 2020



**19,656**

Bed nights



**23,100**

Meals were provided



**524**

Victims and their  
children requested  
safe shelter



**894**

Victims received shelter  
and/or crisis services



**371**

Victims of domestic  
violence were sheltered,  
242 were children

*A sincere thank you to our recent contributors for your generosity.*

*To maintain a level of commitment to being cost-effective, the donor lists are now published online at [www.friendshiphome.org](http://www.friendshiphome.org).*

## Your Legacy Gift Ensures a Future for Victims of Domestic Violence

*"I had three children — including my nine-month old baby — and nowhere to turn for help. I felt completely alone and feared for our lives. Then I found Friendship Home."*

*– Debbie, former resident*

Friendship Home depends on the generosity of committed donors like you to provide shelter and support for battered women and children in our community. Some of our donors have chosen to give a Legacy Gift so that victims of domestic violence will always have a place to turn to.

Three ways you too can leave a lasting legacy, ensuring your wishes are honored and that Friendship Home's life-saving work continues into the future are:

- Leave a gift to Friendship Home through a bequest in your will or trust.
- Name Friendship Home as a beneficiary or partial beneficiary of your IRA, life insurance policy, or other financial account.
- Give a gift of stock to Friendship Home and get a tax deduction for the full fair market value and avoid capital gains.

For more information on Legacy gift ideas, please contact Sande Dirks, Donor Relations, at 402.434.0160 or [sanded@friendshiphome.org](mailto:sanded@friendshiphome.org).



## Friendship Home

### Our Mission

Friendship Home exists to support, shelter and advocate for victims of domestic violence and their children.

### Board of Directors

Kirk "Joe" Adams

Kris Baack

Brady Bauer

Tera Beermann

Sharon Cirone

Brad Ewerth

Becky Ferguson

Matt Ferris

Debbie Gaspard

Mary Jo Gillespie

Kathy Griesel

Susan Martin

Jill Miller

Michon Morrow

Lindy Mullin

Mary Nelson

Darcie Ross

Cecilia "Sissy" Ruley

Marcella

Sanchez-Nelsen

Brock Shelton

Krystal Siebrandt

Erin Soper

Wade Walkenhorst

Crystal Wichita

Lincoln Zehr

### Check out our new Website!

Our goal with this new website was to provide visitors an easier way to learn more about the rich array of services offered by Friendship Home. The new design also allows for streamlined menus, clear navigation, and a responsive layout for all platforms. **We hope you love it! Be sure to check it out at [friendshiphome.org](http://friendshiphome.org)**

This newsletter is published three times annually by

**Friendship Home**

P.O. Box 85358, Lincoln, NE 68501-5358

**402.434.0168**

24-Hour Crisis Line: **402.437.9302** • In-Kind Donation Line: **402.437.9301**

SUMMER 2020



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

15-FRDNE-0820-N



[/friendshiphome](https://www.facebook.com/friendshiphome)



[/friendshiphomeoflincoln](https://www.instagram.com/friendshiphomeoflincoln)



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