



# THE JOURNEY

A Publication of Friendship Home | Spring 2021

## Stuff the Bus!

Friendship Home, StarTran, and Alpha Media are excited to partner for the **22nd Annual Stuff the Bus**. For the safety of our community volunteers, supporters and Friendship Home staff, **we are taking this year's event ONLINE for a virtual experience April 5-18**. We invite you to join us in helping reach our goal of \$50,000!

These donations will allow families served at Friendship Home to receive the everyday essential items they need while rebuilding their lives — free from domestic violence. Since many of these families enter through Friendship Home's shelter doors with no more than the clothes on their backs, Stuff the Bus is critical to support their needs as they begin this journey.

For more information on how to get involved contact Dani Bryant at [danib@friendshiphome.org](mailto:danib@friendshiphome.org) or 402.434.0167.

## *Empowering freedom from domestic violence*

### Finding Hope in the Storm

In spring of 2020, Simone made the difficult decision to leave her husband of 14 years. After years of emotional abuse and intense control, her husband's violence escalated along with the pandemic. He became physically violent, often in front of Lilly, their 8-year-old daughter. Fearing for her life — and Lilly's — Simone decided to call Friendship Home.

In Friendship Home's emergency shelter, Simone felt safe for the first time in a long time, but faced some daunting challenges. Even as she moved forward into her future, her abusive husband continued to threaten her. She worried about finding work while unemployment was rising due to the pandemic. She had never been allowed to have access to the family income — had never had a debit card, written a check, or prepared a tax return — so she feared that she could not manage on her own.

Moving into Friendship Home's Transitional Housing Program, Simone had strong support from her case manager, Andrea, as she successfully navigated these challenges. Andrea assisted Simone in securing a protection order. She guided her through economic empowerment activities that built Simone's competence, and confidence, in managing money. With the CliftonStrengths assessment, Andrea helped Simone discover her strengths and build the self-assurance to secure a new job. They worked together to find affordable housing.

**With the help of Friendship Home, and you, our donors who make our services possible, this small family has overcome obstacles as large as mountains. In this new year, they are happy, hopeful and safe.**

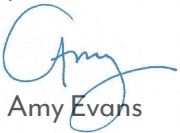
# From the Executive Director

Isabelle was pregnant with her third child when her husband severely assaulted her. She turned to Friendship Home for safety and shelter.

Friendship Home served Isabelle and her children in a cozy apartment through our Housing First program. While there, Isabelle gave birth to her beautiful baby girl, and found steady employment. She is gradually working to assume rent payments and gain financial independence. **Most of all, her home is safe and violence-free.** She often tells her case manager that this would not have been possible without Friendship Home.

It's fair to say that Isabelle and her children were well-served by Friendship Home — even in the middle of a pandemic. **We have you, our donors, funders, and supporters to thank.** Facing so many unknowns last year, we were concerned that the financial impact of COVID-19 might force us to make hard decisions about the services we provide for families in our community. We are so grateful for your care and support during a difficult time.

I'd especially like to thank the individuals in our Partners in Friendship Giving Society. **The nearly one hundred donors who make up this Giving Society have made a multiple-year pledge to our mission, giving Friendship Home the stability and sustainability that provided Isabelle and her family, and so many others like them, with safety and the time they needed to build a strong foundation for their future** — even in the middle of a pandemic. **Thank you!**



Amy Evans  
Executive Director

## Upcoming Events!

Virtual Stuff the Bus | April 5-April 18


Give to Lincoln Day | May 25

Safe Quarters | October 3

Follow us for updates on upcoming events and more!

 /friendshiphome

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## Did You Know?



Did you know domestic violence survivors experience brain injuries at a higher rate than professional football players?

**In Nebraska, 58% of women undergoing brain injury screenings in shelters have screened positive for a possible brain injury; 91% of participants have been hit in the head or strangled.** Friendship Home's Healthcare Navigator builds awareness regarding the short term and long term impact domestic violence has on a victim's overall health with survivors, staff and our community partners.

At Friendship Home, victims are offered a brain injury screening when they enter shelter and a consultation with the Healthcare Navigator to review the results. Survivors are offered educational materials regarding brain injury, including additional assessments, individualized strategies, and group learning experiences, along with referrals to healthcare providers.

With the effort from the Health Care Navigator, Friendship Home continues to explore new avenues to put victims of domestic violence, and their health, first when starting the next chapter of their lives.

## 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!**



# 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 Thank you to the **Ybarra, Cummings and Smith families, friends and the Lincoln community** for your generous support of highly needed items in Dijah Ybarra's memory. Dijah's boys, wearing mom on their shirt were so proud to help bring items into shelter.
- 2 A huge thank you to all who helped provide Thanksgiving meals to the families being served in shelter. Thanksgiving baskets were provided by **Olsson, Lazlo's, Advance Chiropractic Solutions, Community of Christ Church, Clark & Enersen, and other community members.**
- 3 Friendship Home's annual Sponsored Families event was a huge success, raising over \$46,000 in in-kind donations for the individuals being sheltered at Friendship Home over the holidays. **We are grateful for the support from 60 businesses, organizations, and individuals that donated!**
- 4 **The University of Nebraska-Lincoln's Women's Club** volunteered to help wrap gifts for the holidays. Thank you for helping make the holidays extra special for the victims of domestic violence, and their children, at Friendship Home.

*We are truly grateful for the outpour of support from individuals, families, and organizations in Lancaster County. The generosity that we see during the holidays is a reminder that our community is committed to caring for others and supporting Friendship Home to be a hand to hold for those individuals fleeing domestic violence. To see a full list of donors please visit [friendshiphome.org](http://friendshiphome.org).*



## Community Spotlight: ABATE

The American Bikers Aiming Towards Education (ABATE) of Nebraska District 2 has made the holidays at Friendship Home extra special this year with a truckload of gifts. Since 2014, ABATE has generously provided toys to all the children at shelter from dolls, trucks, and everything in between.

In the past 6 years, over \$13,000 in in-kind donations have been donated by ABATE during the holiday season, as a result of their annual Polar Plunge event. In addition to the support during the holidays, the motorcycle organization has provided Friendship Home's communal shelter with two basketball hoops, a new swing set and jungle gym.

**Thank you so much ABATE for your support not only over the holidays, but all year long!**



# Lives You Have Touched

January – December 2020



**37,550**

Bed nights



**39,570**

Meals were provided



**999**

Victims and their  
children requested  
safe shelter



**1,443**

Victims received shelter  
and/or crisis services



**622**

Victims of domestic  
violence were sheltered,  
**373** 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).*

## Simple Ways to Give to Provide Hope for the Future

Many of our supporters may not have the resources to give monetarily during their lifetime but are passionate about ensuring safe shelter, support, and advocacy for future generations of women and children who need help escaping an abusive situation. Naming Friendship Home as the beneficiary of an account is a simple way to give and doesn't cost you any money or a trip to your attorney's office to create. You can name a charity as the beneficiary of any of these accounts:

- ♥ Life insurance policies
- ♥ Commercial annuities
- ♥ Checking, savings or other financial accounts
- ♥ Individual retirement accounts

Simply contact your bank, insurance company or retirement account holder and request a beneficiary designation form.

*For more information* or to learn more about how you can leave a legacy of hope, please contact Sande Dirks at 402.434.1060 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	Debbie Gaspard	Cecilia "Sissy" Ruley
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### Remember Friendship Home

Please let us know if you've included Friendship Home in your will and estate plans. We would like to add you to our Legacy Society. **To learn more, contact Sande Dirks, Donor Relations, at 402.434.0160.**

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**Friendship Home**

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**402.434.0168**

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

