

# Friendship Home

Safe shelter and so much more

## Meet Her Where She's At

Stupid! Idiot! Worthless! Every day for four years, Jeanie had insults like these—and much worse—thrown at her by her husband, Jeff. She was used to it; kids in school hadn't been much better. Growing up with a learning disability had hardened Jeanie's skin, but the words still hurt. And so did the punches, kicks, and burns that became increasingly common throughout their marriage.

Jeff had been one of the nice kids. He'd been patient with her and kind. They were in love and of age, and married just out of school. Jeff said he wanted to take care of her, to protect her. His idea of care and protection, however, looked more like a prison sentence.

Jeff didn't allow Jeanie much. She stayed home and took care of Jeff—washed his clothes, cleaned his house, cooked his food. Everything belonged to him. Jeanie had to ask for everything, even q-tips.

He told her constantly that she couldn't do anything right. And Jeanie believed him—until the day came when he punched her for mispronouncing a word. "I don't remember the word, but he hadn't hit me because of such a small thing before. Something clicked," Jeanie said. She knew about Friendship Home from a friend who'd used the services. She checked into shelter on a rainy night with Friendship Home Women's Advocate, Schy.

Schy remembers Jeanie's anxiety. "She was embarrassed to tell me that she couldn't read well, but I let her know it was

---

**“Women, like Jeanie, think we change their lives, when really they change ours.”**

---

more common than she might think and went through the paperwork with her line by line so she understood everything,” Schy said.

That small gesture, taking the time to make sure she got it, had a big impact on Jeanie. Through more interaction with other staff, Jeanie realized it wasn't just one or two people, but the entire staff who wanted her to succeed and would take extra time to make things clear for her.

*(continued on page 2)*



safe  quarters  
OCTOBER 10, 2010



## From the Executive Director

Amy Evans



I love the change of seasons, with a particular affection for fall. As a child I loved school and looked forward to each new school year. Now I relish the shift of energy that comes when the air is crisper and I begin to think about the holidays that are but a few short months away.

With my focus on the coming months, my thoughts have also been on our 8th Annual Safe Quarters event, now only days away. I can't help but reminisce about its origin and the three extraordinary women who dreamed it...and then made that dream a reality.

In 2003, three Board members, Marcia Roth, Cynthia Fitchett and Kathleen Allan, wanted to raise money for Friendship Home, but they wanted even more to raise community awareness. From their passionate commitment to the cause, over \$600,000 has been raised to provide shelter and services to victims of domestic violence over the past seven years.

On October 10, we will continue what these amazing women began... selfless volunteers will go door to door, throughout the city, raising money and awareness about the deadly truth of domestic violence. I hope you will choose to honor their mission by opening your door, your checkbook and your heart.

A handwritten signature in cursive script that reads "Amy".

## Meet Her Where She's At

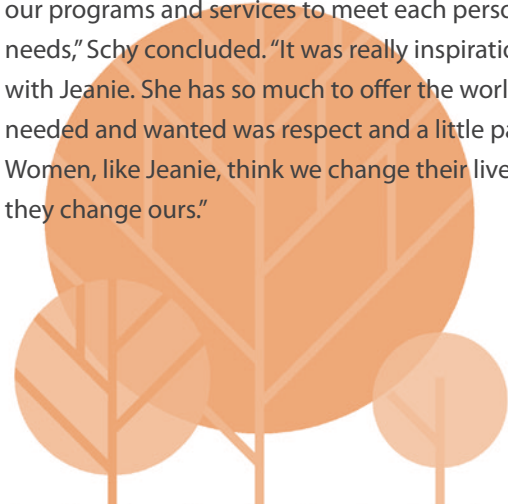
*(continued from cover)*

"We often see women come to shelter with extra barriers. It could be something she's struggled with her entire life, but sometimes the disability was caused by the abuse," said Schy. "Our goal, as it is with every woman we serve, is to meet her where she's at."

For Jeanie this meant reading through documents with her and explaining if she didn't understand. For a deaf woman, it meant changing the way we communicate. Margaret couldn't hear a knock on her door, so staff waved a piece of paper under the door if they needed to talk. Candice had a broken leg when she checked into shelter because of her batterer.

It was difficult for her to get around and staff brought food to her room so she needn't come to the kitchen.

"Each woman is different, it's our job to creatively adapt our programs and services to meet each person's unique needs," Schy concluded. "It was really inspirational working with Jeanie. She has so much to offer the world. All she needed and wanted was respect and a little patience. Women, like Jeanie, think we change their lives, when really they change ours."





I'll never forget the day that I met Rachel. It was my first day of training as a Women's Advocate at the Friendship Home. As I was touring the shelter, I noticed Rachel attempting to calmly attend to her eight children. She looked exhausted. I introduced myself to her. In broken English, she told me her name and the names of her children. I gave her a big smile but she seemed too weak and heartbroken to respond. Later I learned that Rachel was a refugee from war-torn Eastern Africa. After years of domestic violence perpetrated by her husband in Nebraska, she came to the Friendship Home with few English skills, no job experience, no health insurance and a baby on the way. I was deeply affected by Rachel's story and did all I could to alleviate some of the pain and stress she felt on a daily basis.

Several months later, my husband Austin and I left for Malawi to serve as volunteers in the United States Peace Corps. Together, my husband and I assisted our community to form women's groups. We worked with women to assess their needs and create solutions to their problems and daily struggles. We taught about basic business skills so the women could have the power and opportunity to build their own businesses from

scratch to earn money to buy food and soap and send their children to school. We sat in circles under trees teaching them how to add and write important business information in notebooks. We also educated the women about family planning, nutrition and HIV/AIDS hoping that this knowledge would give them the strength to make healthy decisions to protect their bodies and their livelihoods.

Throughout my two years of service in rural Africa, Rachel never left me. Her family flashed through my mind the day our women's group sold their first liter of peanut oil. The sounds of the women laughing, singing and cheering was unforgettable and reminded me of the joy Rachel must have felt when she first walked into her new safe home. From Rachel, I learned the great importance of listening and trust and the deep complications of prejudices and misunderstandings. These lessons influenced my work in Malawi and my desire to empower the mothers, the daughters, the grandmothers and granddaughters of my community.

Without the Friendship Home and their incredible work in our community of Lincoln, I would have never learned these life-long lessons. Consequently, this experience has influenced my



next journey in life. This fall I will be returning to school to obtain a Master's Degree in Social Policy. Someday I hope to assist immigrants and refugees affected by violence around the globe. I hope to empower all the "Rachel's" of the world by giving them the tools and skills needed to help them help themselves. Throughout my work and life, I will always hold Rachel and the Friendship Home close to my heart.



Every month we are wowed by the unique participation of community members to ensure the safety and well-being of battered women and their children. Here is glimpse of what's been happening for Friendship Home residents.

## Volunteerism Abounds

The depth and breadth of volunteerism at Friendship Home inspires. Thanks to these groups' paint, elbow grease, and organizational skills, the shelters are neat and tidy; **Lincoln Industries**, **Piux X High School students**, **University of North Dakota students**, **UNL Big Event volunteers**, **Heartlands Church Youth Group**, and **Alpha Chi Omega**.

Keeping the children at Friendship Home busy and in good spirits was the focus for **UNL Circle K student group**, the **Lincoln Evening Optimist Club**, and **Alpha Chi Omega**. They prepared and executed activities for children's groups. **Tina Gaines** and her therapy dog, **Tank**, visit the children once a month to play and teach the kids how to treat animals. The **Lincoln Evening Optimist Club** purchased and erected a new play structure for the children at one of Friendship Home's Emergency Shelters and purchased gift cards to send Friendship Home kids back to school. The **City Impact Youth Group** continues to raise money for their project to improve the outdoor play area at shelter.

The **SURGE** group from **First Free Evangelical Church** continues a monthly project at Friendship Home, providing a welcome package including a shower caddy with supplies and organized linens for families checking into shelter.

Birthdays are always a treat at shelter thanks to **Sandy Ventry** and **Lana Imes**. These two women provide cakes for those celebrating their birthdays while at Friendship Home.

Finding a quiet and peaceful time at shelter is easier now because of two women, **Katie Joseph-Johnson** and **Rosina**

**Paolini**. They each hold yoga classes for women at shelter.

**Mardel Meinke** uses her expertise to teach nutrition and cooking classes for Friendship Home Transitional Housing residents.

A focus on oral health is provided by **Cynthia Carlson**. She teaches dental education and holds prevention activities with families at Friendship Home.

## Funds Raised and Items Collected

Keeping the shelves stocked and the lights on wouldn't be possible without the dedication of these individuals and groups who found creative ways to support Friendship Home.



Amy Schlichting and Ben Plouzek from Verizon Wireless



The **Lincoln Orthopaedic Center** and **Verizon Wireless** both golfed for the cause. They held their annual golf tournaments to benefit Friendship Home. Employees at **GTE Industries** chose to sponsor the Verizon tournament for the shelter. **Joe Willard** held **Labor of Love** at **Crossroads Church**. An evening of music and drama created to show young women they are cared about. **Becca Dobson** hosted a **Bagolitas Pay-It-Forward** party to kick off a partnership between Friendship Home and Bagolitas. Buy Bagolitas merchandise anytime at [www.bagolitas.com/friendshiphome](http://www.bagolitas.com/friendshiphome) and 15% of the sale will come back to the shelter. **Troy and Katie Shreve** chose Friendship Home as the beneficiary of funds Troy received as an award for his work at MetLife. The **Women's Law Caucus at the University of Nebraska-Lincoln** benefitted Friendship Home with funds raised during a silent auction at their annual event.



*GTE Industries employees present Friendship Home Development Director, Kay Mathews, with a check*



*Girl Scout Troop #464*

**Girl Scout Troop #464** is made up of only four members, but it didn't stop them from making a big impact. The Troop traveled door to door, collecting funds and items for Friendship Home. **St. Luke United Methodist Church** held their Christmas in July items drive collecting cleaning products for the shelters. Red was the color of choice for the items collected by the **Lamplighters Circle at Bennett Community Church**. **Footloose and Fancy** held a promotion and donated hundreds of pairs of shoes to women and children at Friendship Home. The flowerbeds at shelter are still blooming thanks to **Melichar 66 Services**. Owner, **Bruce Melichar** donated flats of bedding plants for a cheerful shelter. **First-Plymouth Congregational Church** and **Verizon Wireless** employees collected back to school items so the kids at Friendship Home would have an easy transition. New recruits to the **University of Nebraska-Lincoln Greek system** brought personal care items for the women at Friendship Home during their rush week.



## Sincere Thanks to Our Donors

Friendship Home thanks its contributors for their generosity. The following list reflects contributions of \$100 or more between May 16, 2010 and July 31, 2010. All donations help provide safe shelter, support, advocacy and comprehensive services for battered women and their children. Contact the Development Office at 402.434.0163 or by email to [taras@friendshiphome.org](mailto:taras@friendshiphome.org) with any questions or concerns.

### Individuals

Shirley Baum  
Clara Bernadt  
Draper and Joyce Bishop  
Marjorie and Harold Borman  
Sharon Brehm  
Donald and Robin Brester  
Lois Brown  
Judith and David Butler  
Ken and Susan Cassman  
Dee and Steve Caswell  
Fran Chaffee  
Clifford Cheever  
Robert and Jo Conrad  
Diane Cottingham  
Mary and Alan Crook  
Adam Cruickshank  
Thomas Davies  
Jeffrey and Amy Debrie  
Greg and Stefanie Dick  
Gerald and Karen Dimon  
Alice Dittman  
Sharon Doll  
Judith and Terry Dougherty  
Jason Draper  
Sherry and Eldin Ehrlich  
Judy Eicher  
Amy and Eric Evans  
Brian and Marlene Foote  
Kyle Goracke  
Jerusha Hancock  
Richard Harm  
David and Debra Harrington  
Lyle and Rojane Hart  
Lanelle and Richard Herink  
Rene and Matthew Hodges  
Marilyn and Charles Hoskins  
Marvin and Cathy Jaques  
Joe and Terri Jensen  
Dick and Cheryl Johnson  
Pamela and Gary Jones  
Zachary Jones  
Dixie and Frank Karnes  
Patty and Clifford Karthaus  
Heidi Kaschke  
Karen Kassebaum  
Deb and Michael Kerrey  
Patricia Knapp  
Eric Korth  
Karla and John Kunkle  
Alvin Landfield and Ann Case Landfield  
Anthony Lange

William Leavitt  
Kenneth and Charlotte Liggett  
Alan Loos  
James and Jane Maly  
Madonna McRoberts  
Bruce and Becky Merrill  
Steven Miller  
Daisy and J. Gates Minnick  
Drs. Patricia and Richard Morin  
Michon and Kenneth Morrow  
Rich Nolte and Vicki Vopalensky  
Irv and Wanda Omtvedt  
Jeff Owens  
Ron and Valerie Peery  
Gary and Allison Petersen  
Kris and Don Peterson  
Colette Polite  
Nick and Diane Richters  
Judy and Bill Roper  
Kori Runge  
Marvin Russell  
Steve & Claudia Russell  
Chris and Thomas Schleich  
Amy and Brian Schlichting  
Joan and William Schwalm  
Vicki Serrato  
Chad and Kimberly Shirk  
Troy and Katie Shreve  
Ken Siemek and Deb Collins  
William Sigbee  
Andrew Slain  
Carolee Svoboda  
David and Tracey Swan  
Michael and Cris Taylor  
Barb and Tom Tegt  
Duane and Julaine Thomas  
Garry and Mardell Timmons  
Shelley and Jim Van Brocklin  
Mark Vangen  
Leonard and Charlotte VerMaas  
Joe and Doris Wampler  
Liz and Craig Wanamaker  
Nancy Wanek  
William and Sandra Whiston  
Bus Whitehead  
Ross and Judy Wilcox  
Paul Witherby  
Gloria and Roger Wohlers  
Darlene and Merlin Wright  
John Wurm  
Robert Zender

### Organizations

Allstate Foundation  
Alpha Chi Omega Xi Chapter  
Ameritas Charitable Foundation  
Assurity Life Insurance Company  
Bank Of The West  
Calvary Lutheran Church  
Clinical Bracing Specialties, LLC  
Design Data  
Dry Cleaning Station  
DuTeau Chevrolet Subaru  
Feinstein Foundation  
First Christian Church  
First Evangelical Free Church  
Girl Scout Troop 464  
GTE Industries  
Haole, LLC  
Heart of the Midlands Combined Federal Campaign  
Heritage League  
Lancaster County Treasurer  
Liberty First Credit Union  
Lincoln Housing Authority  
Lincoln Industries  
Lincoln Northeast High School  
Lincoln Orthopaedic Center  
Love Memorial Cooperative Residence Hall  
Miriam Moeller Charitable Trust  
NAI FMA Realty  
Nebraska Scooter Mart LLC  
Nebraska Title Company  
Nelnet  
Olsson Associates  
Pfizer Inc -- Matching Gift Center  
Pine Ridge Dental  
Pinnacle Bank - Downtown  
Pinnacle Bank - Gretna  
Pittenger & Anderson, Inc.  
Pleasant Dale American Legion Auxilliary #354  
Region V Systems  
Roper & Sons Funeral Services  
Sandhills Publishing Company and Employees  
Sid Dillon Buick Nissan Hyundai Saab  
Southern Heights Presbyterian Church  
St. Mark's United Methodist Church  
Suhr & Lichty Insurance Agency, Inc.  
Swanson Russell Associates  
Ten Thousand Villages  
The Crisis Center  
The Vagina Monologues  
U.S. Bank  
U.S. Department of Justice, Office of Justice Programs  
United Way of Lincoln & Lancaster County



# Spotlight on Golf

United Way of Summit City  
Wal-Mart #1943 / North Lincoln Wal-Mart  
Wal-Mart Northeast Lincoln  
West Gate Bank  
Westminster Presbyterian Church  
Women of the ELCA, Hope Lutheran Church - Burr  
Woods & Aitken LLP

## In Honor Of

50th Anniversary of Maryann & Chuck Erickson *from Dorothy and Robert Shapiro, Rosemarie Tesina, and Rob and Risa Tomek*  
Jeanette Maas's Birthday *from Susan Dinsdale, Sara and Bradley Exwerth, Carol Knolle-Faulkner and R. W. Faulkner, Connie Micek, Bonnie Rosenberger, and Lela Steinkruger*  
Ken & Sue Horky's 30th Wedding Anniversary *from Dwaine and Evelyn Michalski*  
June Reta's 80th Birthday *from Susan Dinsdale, Sara and Bradley Exwerth, Carol Knolle-Faulkner and R. W. Faulkner, Jeanette Maas, Connie Micek, and Lela Steinkruger*  
Mike Seacrest's birthday *from Glenn and Elizabeth Peterson, Norma Jensen, and Morry and Helen Sweet*

## In Memory Of

Candy Nedela Spiegel *from Kate and Jeff High*  
Dean Wright *from Darlene and Merlin Wright*  
Evelyn Kampfe *from Mark and Lisa Arter, Michael and Jennifer Arter, and Peggy Schoen*  
Jan Semin *from Rob and Risa Tomek*  
Kathy Anderson *from Holly and Bob Beck*  
Margaret Cain Harm *from ABWA - Network Chapter, Emily Ahmed-Wynn and Kirk Wynn, Mike Carroll and Linda Marchello, Dean Clawson, Elinor Dawson, Helen Eckholt, Richard Harm, Robert and Susan Harm, Mary Heidrick, Lincoln Benefit Life Company, Billie Mertz, Susan and David Moraczewski, Rod and Lois Morten, Open Records Section of the Comptroller of Public Accounts, Dick and Sally Schneider, Phyllis Schupbach, Phillip and Judith Stephens, Sunrise TIPS Club, Trudy Supalla*  
Dick Deer *from Ross and Joyce Hecht*  
Bob Briggs *from William and Margaret Bivin*  
Ruth Borgens *from Robert and Jo Conrad, Timothy Einspahr, and Julie and Terry Pramberg*  
Shirley Buettner *from Teresa and Todd Ingram*



## Golfers from the Lincoln Orthopaedic Center Golf Tournament

Two golf tournaments; two amazing turn-outs! Friendship Home was the beneficiary of proceeds from two awesome partners over the summer—the **Lincoln Orthopaedic Center (LOC)** and **Verizon Wireless**.

The Lincoln Orthopaedic Center was pleased to have 137 golfers for its Fourth Annual Orthopaedic Open on June 11th. The event celebrates LOC's joint replacement patients who have returned to activities they enjoy, like golf! "The other function of the Open, one we are fortunate and happy to fulfill, is to donate to a Lincoln charity, Friendship Home, who is also helping others return to their lives." said Pat Ganyo, Administrator at LOC.

A similar passion for helping battered women and their children is held by the employees at Verizon Wireless. Their Third Annual Golf Tournament was held August 1st and was their largest turn-out yet! This year saw the addition of a silent auction and raffle to boost proceeds. In addition, Verizon Wireless **matched the amount raised, doubling the donation**. Amy Schlichting, Wellness Coordinator at Verizon Wireless, said, "Our employees are committed to helping out Friendship Home. We know what a crucial role they play in Lincoln and are so happy we can help!"

"We are honored by the hard work and dedication these groups demonstrate to support battered women and their children," said Amy Evans, Friendship Home Executive Director. "Each person they communicate with about Friendship Home's mission, each person they touch, is another person standing next to a battered woman, telling her she's not alone. I'm deeply grateful."



## Golfers from the Verizon Wireless Golf Tournament

## Mark your calendars! 10.10.10



Attention all team captains: Safe Quarters will be held 10.10.10. We need your help to make this year's event as successful as the last! Almost \$100,000 was raised in 2009 to provide supportive services and safe shelter for battered women and their children. Please help us push those dollars even further! Email or call Tracy at [tracyh@friendshiphome.org](mailto:tracyh@friendshiphome.org) or 434-0167 NOW to reserve your favorite precinct. Then on October 10th, ask each household to give at least \$10 to those in our community who desperately need "safe quarters."



*Beth Nelmark and Kristian Lager collect for Safe Quarters 2009. Beth's already setting up her team for 2010!*

## Shop to Help



A new bag can bring about life-changing services and shelter for a battered woman. With the Bagolitas Pay-it-Forward program, shopping becomes charitable! Visit the Friendship Home Bagolitas website at [www.bagolitas.com/friendshiphome](http://www.bagolitas.com/friendshiphome) and select the items of your choice. When you pay, 15% of the sale goes directly to Friendship Home. Buy a special gift for someone, or yourself and know you're doing a good deed.

## Welcome New Board Members!



Sherry Ehrlich is retired from The Gallup Organization. Tami Shaner is Vice President and Assistant Controller of Financial Reporting at Ameritas. Welcome to Friendship Home!

*Pictured Left to Right, Sherry Ehrlich and Tami Shaner*

