



MARCH 2023

24 Hr Crisis Line · 1-888-721-4340 · 402-727-7777
Email: info@bridgefromviolence.com

FREMONT · 141 South Union · 402-721-4340
BLAIR · 402-533-4411

Disability Awareness Month

March is Disability Awareness Month & in the U.S., abuse and disability impact a large percentage of the population— **1 in 4 women and 1 in 7 men** will experience domestic violence throughout their lifetime, and **roughly a quarter** of all adults have a range of physical, cognitive, and emotional disabilities.

There are many ways that abuse and disability intersect. One way is that abuse can actually cause temporary or permanent disability, as **domestic violence is the leading cause of injury to women between the ages of 15 and 44 in the US.**

People with disabilities also experience higher rates of domestic violence and sexual assault than non-disabled people. **70%** of disabled people experience some form of abuse and are **three times** more likely to be sexually assaulted.

In many cases, the abuser will take advantage of an individual's particular disability and use it against them to maintain power within that relationship. For instance, if a disabled person needs assistance when eating, the abuser may refuse to feed them as a way to manipulate and control the victim.

Some other examples include:

- Invalidating or minimizing a disability
- Refusing to help with necessary daily tasks (using the bathroom, getting medication)
 - Over-medicating, tampering with, and/or withholding medication
 - Denying access to healthcare appointments or disability resources
 - Sexual assault when a disability inhibits a person's ability to consent
 - Stealing or withholding finances
- Destroying or denying access to mobility devices (wheelchairs, walkers, etc.)
 - Harming or threatening to harm a service animal
- Using the disability to cause shame, humiliation and justify the abuse
 - Threats of abandonment
 - Intentionally ignoring personal care and hygiene

Because people with disabilities are often isolated and dependent on a small support circle, in nearly **100%** of cases, survivors with disabilities experience abuse at the hands of someone they trust— usually a family member, intimate partner, or caregiver.

Individuals with disabilities are valuable, and they deserve to have healthy, violence-free relationships.

Services at The Bridge will not be denied to survivors of domestic violence, sexual assault, dating violence, or stalking based on age, race, gender, ethnicity, national origin, marital status, sexual orientation, socio-economic status, health status, employment status, immigration status, physical or cognitive ability, or religion

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Celebrating and Remembering Kay McGill

Kay was a longtime supporter and volunteer of The Bridge. From 2007 to 2014 Kay co-facilitated The Bridge's Rainbow Days Children's program for kids who had witnessed domestic abuse. Every Thursday through fun activities, she helped the kids learn about themselves, their feelings, their friendships and how to make healthy choices. They always had fun and she loved being a safe and caring adult in their lives. Kay supported many of The Bridges events. She always donated a decorated tree or holiday item to the Festival of Hope Silent Auction. She thoroughly enjoyed working a refreshment stand/informational table at Ken and Sue Fase's TLC Fall Boutique over the years. You could count on seeing Kay supporting our Big Give events, the Giving Wings Benefit and the Candlelight Vigils.

Kay volunteered through 2020. She loved the work of The Bridge. She had such fond memories of all the staff and volunteers she worked with over the years. Kay too was loved by the staff and all those who knew her. She was also Suzanne's Mom and will be deeply missed.

Her memory will hold a special place in the life of The Bridge.



The Bridge Staff

Suzanne Smith, Executive Director
Jody Bykerk, Shelter Program Manger
Stacey Lichtenberg, Community Education Coordinator
Jody Koziol, Burt/Washington Outreach Coordinator
Jennifer Thomason, Advocacy Program Manager
Kylie Kampschneider, Sexual Assault Services Coordinator/Youth Support
Maffiah Keenan, Office Outreach Coordinator
Luisa Soto, Crisis Intervention & Bilingual Advocate

Board of Directors

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Incredible Donations

The following names are of those who donated to The Bridge between the dates of January 31– March 1. We regret the accidental omission of any donor. Thank you for your donation and continued support; we could not do it without you!

First Lutheran Church

First Baptist Church

St. Patrick's Catholic Church

Seventh Day Adventist Church

The Ellen Osborn Estate

Jan & Jim Reinert

Jackie Whitehead– In Memory of Kay McGill

Dave & Leatta Millie– In Memory of Kay McGill

Jeremy & Jess Knoell & Family– In Memory of Kay McGill

Marilyn Boston– In Memory of Kay McGill

Chris & Linda Barnes– In Memory of Kay McGill

Dorothy & Barb Smith– In Memory of Kay McGill

Steve Smith– In Memory of Kay McGill

Beth Anderson– In Memory of Kay McGill

Todd & Shawn Bridgman– In Memory of Kay McGill

Rob Anderson– In Memory of Kay McGill

Mary Peterson & Clark Freeman– In Memory of Kay McGill

Ida Pollock– In Memory of Kay McGill

Bev Rice– In Memory of Kay McGill

Karen & Roger Schulz & Family– In Memory of Kay McGill

Greg Smith– In Memory of Kay McGill

Kevin & Amy Lundholm– In Memory of Kay McGill

Moser Chapel Staff– In Memory of Kay McGill

Bryan Riecken & Becky Redding– In Memory of Kay McGill

Diane Riecken– In Memory of Kay McGill

Adams County Bank– In Memory of Kay McGill

Greg & Cathi Sampson– In Memory of Kay McGill

Doug & Vickie Cameron– In Memory of Kay McGill

Needs List

Tracfones & Minutes

Security Cameras (ring doorbells, hunting cameras, etc.)

Copy Paper

Stamps

Gas Gift Cards

Fast Food Gift Cards

Garbage Bags

Toilet Bowl Cleaner

Dish Soap

Microwaveable Meals

Hand Soap



Follow us on Facebook, Twitter, and Instagram to see what else we're up to!



Find us online @
www.BridgeFromViolence.com

The Bridge Services

24-Hr Crisis Line: 1-888-721-4340 or 1-402-727-7777, Crisis Intervention, Emergency/Temporary Shelter, Support Groups for Women and Children, Medical and Legal Referrals, Criminal Justice Advocacy, Public Education and Awareness.

Victim services are free, confidential, and available in Spanish.

Women's Support Group

Fremont - Women's Support Group in English, and in Spanish are active. Please contact the office if you are interested in attending.

Volunteer at The Bridge

The volunteer rate remained steady as over 77 million Americans volunteered hours last year. Those who volunteer enrich our community and keep our nation strong. Volunteering goes beyond helping other people. Studies have shown that the volunteers themselves benefit, whether through increased job prospects, better health, or even better overall well-being. Nebraska rates 7th highest in volunteer rate, with 34.6% of Nebraskans volunteering their time.

We respond to nearly 4,000 crisis calls each year. If you or someone you know would like to get more involved with The Bridge, please encourage them to contact us (402-721-4340 or email: info@bridgefromviolence.com) to learn more about volunteer opportunities.

LEAVING A LEGACY

A thoughtful planned gift can become a beautiful legacy you leave to The Bridge and to the victims of abuse who come through our doors for years to come. Bequests, Charitable Gift Annuities, Charitable Remainder Trusts and Charitable Lead Trusts are a few of the many avenues you may consider for continual support. An attorney can help you decide which option best fits your personal needs and financial circumstances.

Funded in part by:

