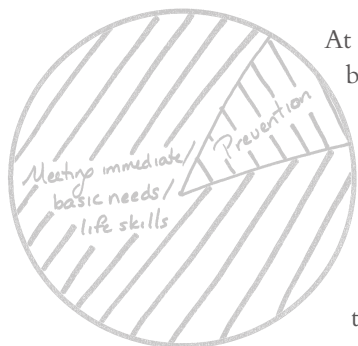


# SHARED BLESSINGS

FALL 2016 NEWS from SHELTERING WINGS

*He stores up sound wisdom for the upright; He is a shield to those who walk in integrity, guarding the paths of justice, and He preserves the way of His godly ones.— PROVERBS 2:7-8*

## Director's Discussion *Cassie Martin, Executive Director*

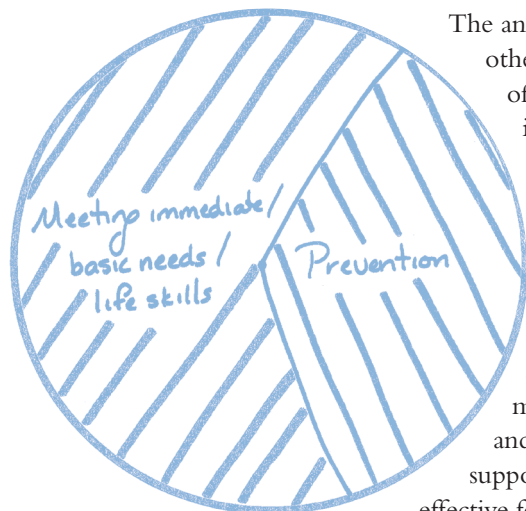


*Today-2016*

At a recent meeting, I was asked to create a pie chart showing how we divide our time between providing services directly to domestic violence victims and delivering prevention and education services. Then I was asked to create a pie chart showing what we wanted the proportion to be in 15 years.

My dream is that our prevention and education efforts become so successful, allowing that piece of the pie to grow as demand for services to victims shrinks. What would that take? What new programs and services are needed? Which existing programs should we expand? What resources do we need to gather?

The answers kept coming back to you and the many others in our community who support the work of Sheltering Wings. The only way we can increase awareness of domestic violence and reduce the number of victims is for people like you to step up and help us.



*Future-2031*

How? There are so many ways. You can invite us to your workplace to educate managers about the warning signs and what to do when they see them. You can host us at your next neighborhood association meeting, because neighbors who look out for each other make communities safer. You can educate your fellow church members and join together to make it clear that your church will fight abuse and support victims. You can teach your kids about healthy relationships and effective forms of conflict resolution (and model those behaviors in your own relationships). You can encourage and support friends and family to choose to treat themselves and others with respect.

### **Yes, you really can make a difference.**

If each person reading these words stepped up and did just one thing I've mentioned here, together we'd dramatically strengthen awareness and reduce the power abusers have over their victims. There's so much to do, but if each of us agrees to do part of it, we truly can achieve big things. And maybe someday, we'll be able to eliminate the need for our services.

## The need continues to grow

As this issue was being prepared, Sheltering Wings was housing **29** women and **41** children. Since January 1, we've handled **879** crisis calls.

CALL OUR 24/7 HELP LINE AT  
**317-745-1496**



## CONGRATULATING A RESIDENT

We frequently talk in general terms about what your support makes possible, but this time, we'd like to get more specific. We'd like you to meet Donika, and join us in congratulating her for completing her high school equivalency. The photo shows her as she received her diploma, and her joy and pride are obvious. That diploma was the culmination of months of hard work, but it also represents a transformation and new opportunities for Donika. If you ever wonder about the impact of your support for Sheltering Wings, we hope you'll remember the expression on Donika's face. Congratulations to a very special lady and our deepest thanks to everyone who helped her succeed!

*"Getting my high school equivalency meant I had a better chance of raising my kids with more stability"* — DONIKA

## SUPPORTER SPOTLIGHT:

# IU Health West

*"As a partner in keeping our community healthy and safe, and as a workplace full of strong, amazing women, the mission of Sheltering Wings has always resonated with us. The IU Health West Hospital team is honored to support it. We can only imagine how many episodes of domestic violence have been prevented thanks to the work of the education and outreach program.*

*It's important for us to be part of our community's life every day, and often that's through collaboration with community partners. That's why you'll see our volunteers working at the farmer's markets, doing skin cancer screenings, or helping Sheltering Wings educate young people about healthy relationships.*

*Like many local businesses, IU Health West is able to provide information to women who may need the care and protection Sheltering Wings provides. We've had experts come in to train members of our team on the signs of violence and abuse.*

***Most of all, our team takes pride in supporting a community partner that doesn't just improve lives. It saves them."***

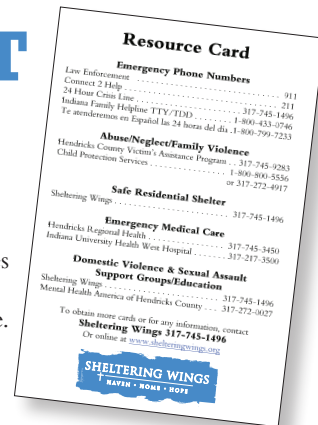
— CATHY STOLL, Marketing Communications and Community Outreach Director

## Small cards with a BIG IMPACT

You may have noticed our resource cards in businesses, restaurants, churches, libraries, and other locations throughout the county.

These simple business card-sized resources assure victims of domestic abuse that they're not alone and that help is available. Placing these cards throughout the community puts truly lifesaving and life-changing information in the hands of those who need it most. The cards include emergency information such as our 24-hour help line, sources for medical care and family assistance, along with instructions for a safety plan and other important reminders.

If you see that one of our cardholders at a local business is empty, please let us know so we can refill it. And if your business or organization would like to make these cards available to your staff and customers, we'd be happy to bring them to you. **Just call Melissa Echerd at 317-386-5061 with your request or questions.**



## We appreciate those who have helped us in special ways, including:



- **Those from the community** who encouraged our staff during our "Difference Maker" week!
- Thank You to **Ray's Trash** for being our Gold Level Sponsor at our Fairway to Haven golf outing.
- **The sponsors, golfers, and volunteers** who made our Fairway to Haven golf outing a success!
- **E.M. Studios, The Cellular Connection/Danville, The Joint Chiropractic, St. Malachy School, Good Samaritan Episcopalian Church, and Danville Friends Church** for the events they hosted in support of our work!
- **The Scheumann Foundation** for a grant awarded to help our children's programming.
- **Teresa D'Angelo and all of our volunteers** that help with childcare!
- **Flap Jacks in Avon** for food donations.

## Reaching out in your neighborhood

What would you do if you suspected that a neighbor is a victim of domestic abuse? It can be tough to reach out or even know what to say, but it's important to do so. How we respond to victims and encourage them often determines the steps they'll take to protect themselves and their children. If they feel supported and encouraged, they'll be better able to make the right decisions—but if they feel judged or criticized, they could be afraid to tell others about the abuse.

It's usually best to address your concerns in private. Tell them what you've observed, and express your concerns while being supportive. Focus on listening, and instead of giving advice or lecturing, share resources such as our **24-hour help line, 317-745-1496**, and our website, [www.shelteringwings.org](http://www.shelteringwings.org). Be willing to help them develop a safety plan. Be patient and supportive, and keep your conversations confidential. They need to know they can trust you. If you believe there is an immediate threat of violence, let them know you think that you should tell someone together.

### Here are some great phrases for starting conversations and providing support:

- *"I've noticed what is going on with you and (name), and I want to help."*
- *"It's not your fault. No one deserves to be treated this way."*
- *"I know it may be difficult to discuss, but please know you can talk to me whenever you are ready."*

- *"You are not alone in this. I am here for you."*
- *"I am worried about your safety."*
- *"I want to help. How can I support you?"*
- *"Here is the number for Sheltering Wings. You can call anytime. They can help you with shelter, support groups, and many other resources."*
- *"Can I help you make a safety plan?"*
- *"If you want to go to the police, I'm willing to go with you."*

## DON'T mind your own business

Domestic violence affects 1 in every 4 women, 1 in 7 men and 1 in every 3 teenagers— but do you know how to help someone who has been or is a victim of abuse? Learn what to do at our community-wide domestic violence training on Tuesday, September 27, from 9:00 a.m. to 10:30 a.m. at Sheltering Wings. We welcome individuals and organizations who want to learn more about the types of abuse, danger signs, and specific steps to take. **To save your place or learn more, call Melissa Echerd at 317-386-5061.**



## SAVE THE DATE!

**Shattering the Silence!**

**SAVE THE DATE** and be a part of **Shattering the Silence of domestic violence**

<p><b>October 3rd</b> "Shine the Light" Annual Vigil @ Sheltering Wings 6:30 pm</p>	<p><b>October 25th</b> "Shattering the Silence" A Community Conversation with Angela Cain @ Avon Washington Township Park Pavilion Center 6:30 pm</p>
<p><b>October 9th</b> "Purple in the Pews" wear purple to church</p>	<p><b>October 27th</b> "Dine Out Against Domestic Violence" @ Stone Creek in Plainfield, Charbonos in Avon, Boulder Creek in Brownsburg, all day</p>

**SHELTERING WINGS**  
HAVEN • HOME • HOPE

**OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH**

## We're on the air!

Sheltering Wings will soon be featured on TV and radio. Watch WHMB TV-40 for a short video that will share our stories and promote our mission to end domestic violence. And Hank 97.1FM is teaming up with us on October 12th for a Fundraising Flash. Be sure to tune in for all the details!

## We welcome your help

Outreach and education efforts are a critical part of our work to stop domestic violence, and we need plenty of help from eager volunteers. Our volunteers help us coordinate and carry out events and other activities. **You'll find information about our event committees at [www.shelteringwings.org/volunteers/](http://www.shelteringwings.org/volunteers/)**

Right now, we have a need for people willing to serve on a committee for our **annual Premier Event**. Taking place **February 18**, it's one of the largest non-profit events in Hendricks County. There are many opportunities for volunteers, including logistics, sponsorship and in-kind solicitation, decorations, promotions, live and silent auction coordination, and more. Interested in learning more? **Visit our website, or call Cassie Martin at 317-386-5052.**

# Help us out

I'd like to volunteer.  
I am interested in:

- Helping with administrative work in the office
- Providing child care at the Shelter
- Inviting a Shelter rep to my church or group to share an update
- Becoming a monthly prayer partner
- Organizing events
- Helping with the Shelter's domestic violence awareness campaign in October
- Serving on the Youth Council
- Sponsoring a room
- Learning more about planned giving (wills, bequests, donor advised funds)

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Look for  
us on



Facebook, Twitter,  
Instagram and Pinterest!

Volunteer



# Support our work

Yes, I want to ensure that all victims have the resources they need. Please accept my tax-deductible donation of:

- \$25     \$50     \$100  
 \$250     \$ Other \_\_\_\_\_

- Monthly     One Time

To make an easy donation online, visit [www.ShelteringWings.org](http://www.ShelteringWings.org) and click **DONATE NOW!**

- I've enclosed my check # \_\_\_\_\_

- Please charge my credit card  
\$ \_\_\_\_\_

- Visa     MC     Discover     Amex

CARD NUMBER

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TRIM OUT AND RETURN TO SHELTERING WINGS

GIVING

# SHELTERING WINGS

HAVEN • HOME • HOPE

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West Hospital **Thank you to IU Health West for sponsoring our newsletter.**

## What's on our Wish List?

When you provide items from our Wish List, we don't have to spend money to purchase them. That turns generosity into savings of thousands of dollars every year! Our current wish list is at [shelteringwings.org](http://shelteringwings.org). Can you help with these ongoing needs?

- Postage stamps
- Large paper clips
- 13 and 39 gallon trash bags
- Gift cards (gas stations and Lowe's)
- Neosporin, Advil and Tylenol, Cold Medicine (adult and baby/children)
- Disinfectant spray
- Dryer sheets
- Copy paper
- Black Sharpies
- Ziploc bags (gallon)

## Our website is a community resource

Want to know more about domestic violence? Know a victim who needs help? Interested in how you can help Sheltering Wings? You'll find the answers to these questions and a tremendous amount of other helpful information at our recently updated website, [shelteringwings.org](http://shelteringwings.org).

## Stay connected

It's easy to stay informed about domestic violence and what Sheltering Wings is doing.

- Like us on Facebook ([Sheltering Wings](https://www.facebook.com/ShelteringWings))
- Follow us on Twitter, Pinterest, and Instagram ([@ShelteringWings](https://www.instagram.com/ShelteringWings))
- Sign up for our monthly Insider Email, prayer list, and wish list at [www.ShelteringWings.org/stay-connected](http://www.ShelteringWings.org/stay-connected)

