



# Shared Blessings

*My dear children, let's not just talk about love; let's practice real love. This is the only way we'll know we're living truly, living in God's reality.* **1 John 3:18 (MSG)**



*Director's Discussion*  
**Cassie Mecklenburg**, Executive Director

Just prior to coming to Sheltering Wings in 2013, I went to Cambodia to help alongside an organization that works with girls escaping human trafficking. I went with the full intent to serve and help others but somewhere along the way I realized **God was not just working through me, He was also working in me.** It was there the Lord started stirring in my heart a desire to become entrenched in the mission of Sheltering Wings.

Prior to working here, my perception of Sheltering Wings may have been similar to yours: Sheltering Wings = Safe Housing. Simple enough; important enough. But after I met the staff and families we serve, I learned it goes far beyond housing. Helping families build safe, stable and independent lives in a supportive and Christ-centered environment runs parallel to providing a safe haven.

If a person is escaping an abusive relationship and needs a place to stay and support services, **we're here.** If a survivor doesn't need safe housing, but needs help with things like a protective order, case management or a support group, **we're here.** If a family member, colleague or neighbor needs help and you need to know how to help, **we're here.**

In this newsletter, you'll learn about our services that compliment housing but can also be independent.

**Regardless, the point is... we're here for you.**

## *Letter from a Resident*

### **A Feeling of Freedom**

It has been years since I was in a relationship that was abusive. However, as the days and years have moved forward my pain, fears and anxiety have remained. I recently decided it was time to become healthy. I want to be healthy for my new spouse, for my children but mostly for me.

As I was seeking out a local resource to help me navigate these emotions and to find true health, someone suggested Sheltering Wings to me. I had heard of Sheltering Wings in the past but had no

idea they offered more than housing services. I am so thankful that the Lord led me to Sheltering Wings along my journey to health and wholeness. I started attending Embracing Empowerment on Thursday nights and found this support group helped me understand what I had been through and how it still affects my life now. They recommended a local therapist that understands abuse issues.

The emotional support and therapy provided to me in the past few months through Sheltering Wings has changed everything. For the first time in my life, I feel free. I owe that freedom to the help and support provided by Sheltering Wings.

**"Kelly"**



*Extending the love and compassion of Christ to people in circumstances of domestic abuse.*

Sheltering Wings is currently home to **62** RESIDENTS. We've handled **522** HELP LINE CALLS since January 1.

## CASE MANAGERS: Providing Guidance



Think of our case managers as tour guides. They provide direction to those we serve, strengthening the survivor's life skills using the knowledge and connections they can provide.

A case manager begins by getting to know the survivor and what

circumstances led them to Sheltering Wings to evaluate how we can best assist them in their journey.

One of the first things they may determine is if the survivor needs residential services. If they do, we are a safe place where they can land, beginning the process of healing. Perhaps, they have another safe place to go... **That doesn't mean they still don't need our help!** The best way to move forward in case management is to discuss not only where they are in their process but to talk about where they hope to be. During these discussions, the challenges they have in front of them (or perceive to be in front of them) surface.

Case managers sit down with the individual and work with them to map out an itinerary, a plan of action based on goals and challenges. They connect the survivor with resources specializing in an area of need such as WorkOne for employment assistance or ICADV (Indiana Coalition Against Domestic Violence) for legal or immigration assistance. The case managers show the survivor how to navigate the processes, equipping them to do these tasks on their own, while encouraging and holding accountable when needed. All in an effort to keep moving forward towards their destination of becoming safe and independent.

## Employee Spotlight

CASE MANAGER  
**Veronica Escobedo**



### *What is your typical day like?*

There is no typical day. We need to be ready to address whatever comes our way at a moment's notice. We also set aside scheduled time to meet one-on-one with each survivor to get updates on their progress and adjust their plan when needed. We celebrate their successes and help navigate through various trials. There is also lot of prayer going on throughout the day.

### *What is the most rewarding part of your job?*

As the Bilingual Case Manager, I specialize in the area of immigrant abuse. Both undocumented and lawful immigrants are afraid to report abuse due to the fear of deportation. This, combined with a lack of communication as language barriers often exist, intensifies the problem leading to enduring the abuse longer. When they finally get to me, they feel helpless, full of fear and confused. The sense of empowerment they receive after our first meeting, conducted in their own language, is one of the most rewarding parts of my job.

### *Do you have a special story or moment to share from your time at Sheltering Wings?*

Recently, I had a meeting with a resident who is nearing the end of her stay. She made a comment that touched my heart. She said, "Veronica E. I will never forget you. You are a fighter and you have fought for me as if you were fighting for yourself. I can never tell you how grateful I am to have you as my case manager. I will never forget you." I know that it is not just me but we have a team of people that support those we help. This is why we do what we do.



**NOW ACCEPTING TAKE ACTION NOMINATIONS** Do you know someone who has made a major stride in helping address Domestic Violence in your community? Sheltering Wings is now accepting nominations for our **Take Action Award**, awarded at our annual Vigil in October. Submit your nominations here: [ShelteringWings.org/takeaction](https://ShelteringWings.org/takeaction)



## Learning and Applying LIFE SKILLS

Support groups and classes help develop and strengthen life skills. These focus on four main areas: Education, Job Skills, Family Development and Healing Hurts & Opportunity (emotional and mental health support). But how do we do that? Here are examples of what we offer to any survivor.

**Boundaries:** is a 13-week group to help survivors learn how to set healthy boundaries with partners, parents, children, friends, coworkers and even self.

**Embracing Empowerment:** is a 12-week support group that educates survivors on domestic abuse and healthy relationship building. Topics discussed include cycle of abuse, power and control wheel, safety planning, conflict resolution, effects of trauma, the effects on children, coping skills and empowerment.

**Allstate Foundation-Moving Ahead Curriculum:** was developed in partnership with the National Network to End Domestic Violence. The 5-week class includes Understanding Financial Abuse, Learning Financial Fundamentals, Mastering Credit Basics, Building Financial Foundations and Creating Budgeting Strategies.

**Food and Safety class:** educates survivors on cross contamination, proper food storage and food borne illnesses.

**Self-Defense:** encourages survivors to think in terms of options and choices, develops awareness and assertiveness skills and provides practice for physical self-defense techniques.

**Zumba:** is a once a week fitness program that combines music with dance moves.

**Computer Basics:** introduction to the fundamental concepts and operations necessary to use computers. Emphasis is on basic functions and familiarity with computer use.

**FamJam Class:** is part of our parenting education program. Designed for parent and children to attend together, this class helps improve communication skills, encourages growth in faith and educates on the 40 Developmental Assets, positive elements that young people need to succeed (for more information go to <https://www.search-institute.org/our-research/development-assets/>).

## Keeping Safety in Mind

Is the person still harassing them? Is there a threat still occurring? Staff are here to help establish a safety plan. Safety plans vary based on the individual's needs and current living situation. This may involve how to escape safely and how to let others know a person needs help.

It may be the survivor no longer lives with the abuser but needs to stay alert should the abuser try to regain their control. In this case, it may involve creating a plan for how to stay safe in their home, at work or when out in the community. Part of that process may be navigating the legal system for protective orders and any other potential needs in this area.

Staff can help survivors keep themselves and their children safe. This may include changing app and navigation settings on their cell phone to maintain confidentiality, gathering important documents to have on hand, identifying safe code words with trusted friends or family members or getting medical attention when needed. The key is planning ahead! Having a plan in place gives the survivor focus that can be the first step in self-awareness and independence.

### Upcoming EVENTS

#### July

**Christmas in July**  
(all month)

**14-18** Drop off items at the Sheltering Wings Booth at the Hendricks County Fair

**27** Drop off items at the Mustang Club of Indianapolis 40th Annual Car show at the Hendricks County fairgrounds

**22** Everyone's An Asset Builder training

**25** Dine Out Against Domestic Violence at The Bread Basket

#### August

**29** Dine Out Against Domestic Violence at Los Patios

#### September

**4** Church Leadership Breakfast training

**30** Awareness Vigil

#### October

**(Domestic Violence Awareness Month)**

**8** Men IN Action Breakfast

**24** Dine Out Against Domestic Violence

at Hendricks County Cunningham Restaurant Group locations

For more information on our upcoming events, please visit: [shelteringwings.org/event/](http://shelteringwings.org/event/)



Please help us give hope to our residents all year long by revisiting the spirit of Christmas this summer and help us re-stock our shelves with new items to support those we serve! Go to [shelteringwings.org/ChristmasInJuly/](http://shelteringwings.org/ChristmasInJuly/)



# Double the Impact! Double your Dollars!

Does your employer match your donations to organizations like ours? Check with your employer to find out!

## Help us create Healthy Me and Stronger Us

I want to help Sheltering Wings make the individuals, families and our community healthier and stronger by helping one survivor of domestic violence at a time. Please contact me about making a monthly tax-deductible donation of:

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

Today I would like to make a one-time, tax-deductible donation of:

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

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

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

Visa     MC     Discover     Amex

CREDIT CARD NUMBER

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Exp. Date (MM/YY): □□ / □□ CW \_\_\_\_\_

Sign your name \_\_\_\_\_

Print Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_



## I am interested in:

- Becoming involved with Men IN Action
- Helping with administrative work in the office
- Helping with Children's Activities at the Shelter
- Inviting a Shelter rep to my church or group to share an update
- Becoming a monthly prayer partner
- Helping with upcoming events
- Serving on the Youth Council
- Learning more about planned giving (wills, bequests, donor-advised funds)

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

**SHELTERING WINGS**



Healthy Me. Stronger Us.

[shelteringwings.org](http://shelteringwings.org)



# SHELTERING WINGS



P.O. BOX 92 | DANVILLE, IN 46122

## Special thanks to...

- **Avon Interact** for their annual Prom Resale benefitting us.
- **Avon Parks & Recreation** for two picnic tables and **Avon Police** delivering them to us. How special that they were signed by those who worked hard to create them for us!
- **Mrs. Burkhardt's class at Sycamore Elementary** for writing donation request letters on our behalf... and then bringing us the items that were donated (clothing, wish list items, etc.).
- **Vectren, Rita Rongo and DHL**, who all brought Easter goodies/ baskets making a memorable Easter for our kids!
- **All the men who participated in MIA Read**, all the schools who made it possible and specifically to Sheree Hess for coordinating with all the schools on our behalf.
- **Hickory Elementary Student Council Jr. Day of Giving** for including us through a Wish List drive.
- **Cass & Company** for providing hair services monthly to one of our residents.
- **Rhynn and Kimberly Dugan** for providing transportation on Sunday mornings for residents interested in going to Lifeway Church services and church socials. They also host worship services at the shelter Sunday afternoons.



## Stay connected

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

**Like us** on Facebook  
(@ShelteringWings)

**Follow us** on Twitter, Pinterest,  
and Instagram (@ShelteringWings)

**Sign up** for our monthly **INSIDER** Email at  
[ShelteringWings.org/stay-connected](https://ShelteringWings.org/stay-connected)

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 [shelteringwings.org](https://shelteringwings.org).