

Men IN Action
READ

THURSDAY
MARCH 16, 2023



Men! We are asking **YOU** to read a book to students at a local elementary school on Thursday, March 16, 2023!

We are sending 450 men into schools throughout the county to read a book to students that

focuses on positive family communication, self-esteem, and self-awareness. You can have an impact by signing up to read and/or gifting this year's book to the school corporation of your choice!

Scan the QR code to learn more, or visit ShelteringWings.org/MenRead

SHELTERING WINGS

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YOUR NEWS FROM SHELTERING WINGS Spring 2023

Shared Blessings

"Without Sheltering Wings, I would be dead."

- Keiko, a survivor of domestic violence

I grew up in a loving family. I was my father's little princess – my world was kind, full of smiles, and I lacked nothing.

If only I could go back and warn the younger me. If I could only save myself from experiencing the horrors of what was to come.

After moving in with my boyfriend, he quickly became verbally, financially, emotionally, and physically abusive. He would abuse me to the point of bruises and broken bones.

He would then insist that I wear makeup to cover the cuts and bruises, to save him from what he called "embarrassment" from being seen with me in public. He didn't want others to see my bruises and scratches – but they were so large that I knew even makeup wouldn't be able to cover them up.

His final abusive explosion sent me to the hospital for two weeks.

The medical team that was helping me recommended that I call Sheltering Wings, and I did.

I was scared. I had nothing – no clothes, no shoes, no personal belongings. And I had this picture of what I imagined shelter life to be like, and it wasn't good. I pictured cold, dank rooms – a depressing scene.

But when I walked into Sheltering Wings, I was so surprised! This place was nothing like I had pictured in my mind.

I was immediately met with care and compassion. I made close friends with the other



residents. It's so nice to have someone who understands what you've gone through and doesn't minimize the abuse.

The classes might be my favorite part of staying here! I graduated from Domestic Violence 101 and loved the Financial Stability class. I've learned so much that will help me live on my own after I leave here.

Being at Sheltering Wings has helped me so much. I've been able to grow, learn, and reconcile my relationship with my daughter and my mother.

Without Sheltering Wings, I would be dead. This place saved my life.

Thank you, for saving my life.

2023 Premier Event

Tomorrow's Hope Begins Today!
And it begins with YOU!



Tony Dungy

Join us on Friday, May 5, 2023, for our largest fundraising event of the year, and one of the most anticipated events in central Indiana!

Oh, and did we mention that our special guest is Tony Dungy, former Head Coach of the Indianapolis Colts?

This year, we'll be back at the Indianapolis Marriott Downtown!
Please note: this is not the JW!

Tickets and event sponsorships are available now! Just visit shelteringwings.org/hope to learn more and reserve your spot!



2023 PREMIER EVENT BENEFITING
SHELTERING WINGS

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LIKE US on Facebook ([@ShelteringWings](https://www.facebook.com/ShelteringWings))

FOLLOW US on Instagram, and LinkedIn ([@ShelteringWings](https://www.instagram.com/ShelteringWings))

SIGN UP for our Executive Director's monthly **INSIDER** and other news at shelteringwings.org/news



WHAT'S INSIDE our First Newsletter of 2023:

- Survivor Story that **YOU** made possible
- How you can help your teenager navigate relationships
- Men IN Action READ
- 2023 Premier Event, Tomorrow's Hope Begins Today
- **AND MORE!**

Names in survivor stories may be changed for their protection.

Helping Your Teenager Navigate Relationships

February is Teen Dating Violence Awareness Month!

Did you know that 33% of teenagers in abusive relationships will never tell anyone about it? To me, that is heartbreaking. As a parent myself, I would want my kids to come to me if they were in a situation that was dangerous or harmful. I have to say, though, years ago I don't know that my own children would've felt comfortable coming to me.

About 9 1/2 years ago, I shared with a group of students for the very first time about the difference between healthy and unhealthy relationships. My son was in middle school at the time. He had his first girlfriend, and I could see things that weren't the healthiest. It then occurred to me that his dad and I had never had a talk with him about healthy dating, like the kind I was having with other students.

Believe it or not, I was unsure of what to say! I could stand in front of a classroom full of kids and teach them, but talking with my son felt different.

But one thing I knew from sharing with students is that **they actually want to talk about their relationships!** They want to know if what they are experiencing is normal, healthy, and good. They want someone to

teach them what a relationship built on trust, respect, and honesty looks like.

So, we just started having conversations. I started asking questions about his relationships and friendships, what he wanted in a partner, what he expected out of a relationship, and the role technology plays in the relationship (did you know that 52% of teens who experience digital abuse are also physically abused?).

Now, we've had many conversations about relationships – good, bad, and everything in between. I am confident that he will come to me when things aren't good, because he has, and he is open to my observations about his relationships.

If you are wondering what to look for and what to say, Sheltering Wings can help! We have created a whole list of conversation starters! Here are just a few:

- What is the difference between "talking" and dating?
- What are your friends' dating relationships like?
- Do you want to date someone? What kind of person would you choose to date?
- What are some things that might make a relationship unhealthy?

As caring adults, it is our responsibility to help the young people in our lives navigate the important topic of dating and relationships. We are called to give them tools that will help them make good choices, reach out for help when they need it, and most importantly provide them with a safe space to talk about it.

Melissa Echerd,
Prevention & Education Officer
mecherd@shelteringwings.org

Already this year you have helped do things like:

Provided safe housing for **28 ADULTS** and **40 CHILDREN** (and **244** in 2022).

Answered **151 CRISIS CALLS** (and **1,511** in 2022).

Provided safety plans for **65 FAMILIES** (and **997** in 2022).

Provided **6 FAMILIES** with transportation needs to doctor visits, court proceedings, and other necessary appointments (and **45 FAMILIES & 78 INDIVIDUALS** in 2022).

Made sure **5 ADULTS** and **6 CHILDREN** could move into safe, independent housing (and **52 FAMILIES** in 2022).

Everyday, we thank God for YOU!

Thank you for providing safety to our families. Thank you for changing and saving lives.

(Numbers represent January 1-January 31, 2023.)



What is a "Planned Gift"?

If you've been in your job for a bit, you're probably speaking the jargon.

"Planned giving" = jargon for something pretty simple: **a gift you can leave to a cause you love.** There are many types, and they work across income levels. If you have a Will, you can make a planned gift. You can also give via life insurance or in other ways.

Other plans to consider: You can give directly from your retirement account, or transfer qualified stock and receive tax benefits.



Please reach out to me or to Cassie if you'd like to know how these gifts can help the families we serve.

Paige Vanzo, Development Director
pvanzo@shelteringwings.org (317) 386-5049

Nothing in this communication is meant to provide financial advice.



Sheltering Wings' mission is only possible because of caring people like you.

Return this form with your gift, or simply scan the QR code and give online!

or visit shelteringwings.org/donate



Please contact me about making a *monthly* tax-deductible donation and joining the new **Hope Monthly Giving Society!** By giving monthly, you can sustain hope for those fleeing abuse.

\$150 \$75 \$35 \$20 \$10 \$ _____

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

\$240 \$112 \$50 \$25 \$ _____ I've enclosed my check # _____

Please charge my credit card \$ _____ Visa MC Discover Amex

CREDIT CARD NUMBER

□□□□□□□□□□□□□□□□ Exp. Date (MM/YY) □□/□□ CW□□□□

Signature _____ Print Name _____

Address _____ City _____ State _____ Zip _____

Phone (____) _____ Email _____

Please contact me to discuss:

- How to make a planned gift or join the 2002 Planned Gift Society
- Conducting children's activities at the shelter
- Volunteering to help on the front desk at the Shelter
- Inviting a shelter staff member to speak to my church, club, or group
- Holding a donation drive or third party fundraiser
- Other: _____
- Scheduling a training for my church or workplace

Name _____ Address _____

City _____ State _____ Zip _____ Phone (____) _____

Email _____ *We never share your email address with anyone.*

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