

# Shared Blessings

You give survivors like  
**Annie a chance to  
start again.**

Annie's childhood foundation was built on chaos.

"I've been abused my whole life," says the 49-year-old. Annie survived child molestation and lived in a home with family mental health issues.

Annie didn't get the help she needed as a kid, but you're helping her now, and you're a lifeline to children fleeing abuse with their parent. Friend, you can provide a lifeline to children like Annie in your community. Healthy communities build healthy families. Annie found some solace in her church, establishing a faith that would help sustain her despite the chaos. As a teen mother, Annie lost her first child when he was just 3-months-old. When she married, she simply moved from one chaotic home to another.

Annie spent 17 years in a marriage that she would describe — at the time — as good, except for the cheating. Looking back, she sees the rampant

"I've been abused  
my whole life.  
Now I see my life  
coming together."

—Annie



emotional abuse. The insults and slander continued after they divorced, damaging her reputation in the small town and making work nearly impossible.

In the following years, Annie faced cancer treatment twice, turned to alcohol to cope and struggled to support herself and her two teenagers by working two jobs. After several years, Annie found her footing and joined a friend in building a successful business.

A southern vacation—her treat to herself — launched a new tumultuous path. Through a series of tragic incidents, Annie's identity and car were stolen. Annie found herself in a world of human trafficking, drugs, alcohol and abuse.



October is Domestic  
Violence Awareness  
and Prevention Month



Names in survivor stories may be changed for their protection.

# Cover Story

*"My life changed completely," Annie remembers. "My faith in God is the only thing that got me through."*

Through personal strength, faith and help from friends, Annie made her way back to the Midwest, but not back to safety. Homeless and penniless, Annie found sanctuary in a local shelter. Her trafficker found her. Staff reached out to Sheltering Wings, and Annie was whisked across state lines.

At Sheltering Wings, Annie has found safety and support.

"I appreciate the opportunity to come to Sheltering Wings," Annie says. "I'm so thankful. Everything that I need is free."

You make it possible to provide basic needs for survivors like Annie, and you provide programs that break the cycle of abuse for good. Today, Annie has food, clothing, support, a connection with mental health services and the chance for a fresh start. It's slow going, but Annie is encouraged by small progress and possibility. She has reconnected with her



young-adult children. She opened her own bank account. She is looking for a job.

"God is telling me to be patient and keep doing the work," Annie says. "I love it here. I love the environment. Now I see my life coming together."

**You are key to helping Annie build a new foundation. One free from abuse.**



I want to help survivors like Annie build a new life with a monthly tax-deductible donation and join the Hope Monthly Giving Society!  \$10  \$25  \$50  \$100  \$ \_\_\_\_\_

I would like to make a one-time gift: \$ \_\_\_\_\_

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

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

SCAN TO  
DONATE  
ONLINE



□ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □

Exp. Date (MM/YY) □ □ / □ □

CW □ □ □

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

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_

**Gifts made to Sheltering Wings go to the greatest needs of our programs unless designated for a special purpose. Use the enclosed envelope or scan the QR code to make your gift today.**

## Life Changer Sponsor: Pools of Fun



Pools of Fun trusts Sheltering Wings to use its funds for whatever needs arise.

Tim Colon, president of Pools of Fun, had long felt compelled to work with an organization like Sheltering Wings when a guest speaker walked into his family's church one Sunday.

"Years ago, an employee spoke to our congregation about what Sheltering Wings was all about. I'd already felt an urge for some time to make a difference somewhere. So, I stopped by. One thing led to another," Tim says. "We did business first. My wife and two sons and I interviewed the staff, and they interviewed us. We looked at the facility and discussed the mission. And we've been involved ever since and have gotten more and more involved over the years."

Pools of Fun has been an Annual Sponsor for years and is now a Life Changer Sponsor for 2024. Additionally, the Colon family and company employees volunteer several times each year.

"You can be involved at whatever level best fits your situation. Sheltering Wings doesn't dictate what they need from you. They meet you where you want to be," Tim says.

Whenever Executive Director Cassie Mecklenburg offers him a choice of programs to support, "I say to her, 'Cassie, just tell me what you need, and we'll do it.' It doesn't matter to me if it's hauling trash or collecting certain items for the residents," he says. "If we're going to support the shelter financially, it's very important that we all be involved and understand the mission. Their needs are what we're supporting, not our own wants or desires, and it doesn't matter to me how they use us or the funds they get from us."

Tim's family and employees have moved furniture, cleaned out resident rooms, participated in several drives (and still do), and even lent a hand during construction of the men's area.

"It's a fantastic organization. From a business standpoint, we need to give back to the community. What we've invested in and done with Sheltering Wings helps in ways that we couldn't do otherwise," Tim says. "We're fortunate to be able to give back personally, too. For our family, we're doing what we are led to be doing through Sheltering Wings."

Learn more at this Life Changer Sponsor at [poolsoffun.com](http://poolsoffun.com).

### "I just have to sell some stock and then I will give."

Wait! Stop. I can't give you financial advice, but what I CAN say is you may be able to transfer appreciated stock directly to Sheltering Wings. That could mean no one has to pay taxes on it. I'd love to talk with you about how you can have a big impact at Sheltering Wings by giving through stock, RMDs, or in other smart ways.

Paige Vanzo  
Donor and Engagement Director  
[pvanzo@shelteringwings.org](mailto:pvanzo@shelteringwings.org)  
317.386.5049

***Nothing in this communication is meant to be financial advice.***



# 40 Developmental Assets

## Assets: Explained!

Developmental Assets® are positive factors within young people, families, communities, and other settings that research has found to be important in promoting the healthy development of young people.

For Domestic Violence Awareness and Prevention Month 2024, the focus is on the External Assets – and ways YOU can impact your community to prevent abuse.

Whether you have young people in your household—or you serve as a healthy influence on the youth in your neighborhood, church or community—you can make a difference!

You are the key to ending domestic violence and promoting healthy relationships and healthy communities. Learn more about the external assets and simple ways YOU can have an impact.

### EXTERNAL ASSETS

The supports, opportunities and relationships young people need across all aspects of their lives.

#### Support

Young people need to be surrounded by people who love, care for, appreciate and accept them.

- Show courtesy to family members in public and at home
- Say one encouraging thing to someone each day
- Encourage passions and interests in others
- Volunteer to be a mentor for a young person

#### Empowerment

Young people need to feel valued and valuable. This happens when they feel safe and respected.

- Encourage teens to take leadership roles in their community
- Do simple acts of community service together
- Give youth appropriate and important responsibilities within the family
- Teach young people how to be safe wherever they go

#### Boundaries & Expectations

Young people need clear rules, consistent consequences and encouragement to do their best.

- Treat all people, regardless of age, with respect
- Be a positive role model in a young person's life
- Respect teenager's privacy, but take interest in their friends and activities
- Talk together about how to establish family rules and consequences

#### Constructive Use of Time

Young people need opportunities – outside of school – to learn and develop new skills and interests with other youth and adults.

- Encourage teens to be involved in at least one hobby
- Have a regular family night to do something fun together
- Visit museums and libraries and attend plays and concerts with young people in your life
- Volunteer in programs and activities for youth

The 40 Developmental Assets® are a framework created by the Search Institute®. All rights reserved. For more information, call 800-888-7828 or visit [www.search-institute.org](http://www.search-institute.org).



# Healthy Communities Build Healthy Families

You can prevent domestic abuse by connecting with people around you.

You hold the key to preventing and even ending domestic violence. How? Simply by connecting with the people in your community.

Attachment to others is a core emotional need we all share. The only way to answer this need is by linking your life, even for a moment, with someone else's. We interact with so many people on any given day—friends, neighbors, relatives, churchgoers, food service workers, teachers, store employees. The list is almost endless. You may not think they care when you hold the door or smile at them. But know that they benefit from your action—and so do you!

Making social connections helps us stay physically and mentally healthy. Stable and supportive relationships in our lives help us cope with stress, meet our physical needs and make healthy choices. Social connections give us the strength to express our needs and feelings, develop a sense of identity and belonging and learn self-discipline. All of these are key features of preventing and ending domestic abuse.

Stronger connections lead to a friendlier, more supportive community. Healthy communities help build healthy families. Healthy families make domestic violence far less likely.

This October—during Domestic Violence Awareness and Prevention Month—you can help prevent domestic violence by connecting with the people around you in very simple ways. 31 Days, 31 Ways is a calendar of fun ways to connect with others—including in your family, a great place to start! Give your Bingo WINGS is a fun Bingo board with activities to help you explore Hendricks County. Score a Bingo and enter to win a fun Hendricks County Prize Package. Use the QR code to download your own Bingo card and 31 Days, 31 Ways calendar now.

By connecting with your community, you'll be doing your part to create an environment to end domestic violence. Share your experiences on social media with the tag [#DVAP2024](#) to encourage others. **Let's be there for each other and end domestic abuse!**



# You can help prevent domestic violence by strengthening your own community.

Healthy communities build healthy families. During Domestic Violence Awareness and Prevention Month, Sheltering Wings will focus on simple ways you can build connection in your community. Connections build trust and safety for everyone.

By participating in one—or both—of these activities in October, you are building a strong community foundation to prevent abuse. Scan this QR code to download your Bingo card and calendar.



Scan this code to download 31 Days, 31 Ways and "Give Your Bingo WINGS".

31 simple activities to build connection within your family, your neighborhood and your community. Use this calendar to build a healthier community every day.

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Look through old family photos	2 Praise others for their kindness and generosity	3 Attend the Men IN Action Breakfast	4 Check in with a friend who might be struggling	5 Say a positive affirmation to yourself
6 Perform a random act of kindness	7 Go fishing or exploring in the woods	8 Make a meal with someone	9 Visit your local library	10 Follow Sheltering Wings on social media	11 Journal about your week	12 Avoid gossip
13 Share about Sheltering Wings on social media	14 Host a community karaoke contest	15 Plant something (or buy a plant)	16 Have a staring contest	17 Wear purple for Domestic Violence Awareness	18 Read a book, blog, or article for pleasure	19 Write an encouraging note to a survivor
20 "Like" a Sheltering Wings social media post	21 Have a family pizza party	22 Take a selfie with a friend or family member	23 Tell a child about the day they were born	24 Participate in Dine Out Against DV	25 Put a piece of candy on someone's desk	26 Start a spare change collection
27 Text a friend that you haven't seen in a while	28 Encourage someone at your work	29 Call a family member that lives out of state	30 Turn on some music and dance	31 Sit outside and connect with your neighbors	<b>How to use:</b> Do your best to complete the goal for each day!	



Play Bingo by attending, participating in or doing community activities on the Sheltering Wings Bingo card. Those who complete a bingo may enter a drawing for a prize package featuring items from Hendricks County businesses.

Visit UPaint Pottery & 20% gets donated 10/12 - 10/19	Walk a trail at your local park	Attend Beasley's Fall Festival on 10/12 or 10/13	Take a child or teenager out for dinner	Follow Sheltering Wings on social media
Help your neighbor rake leaves	Attend a local high school event (game, competition, or concert)	Dine at any Cunningham Restaurant in Hendricks County on 10/24	Visit The Spark Coffee on Tuesdays in October and 10% gets donated	
Attend the Fall Family Read-in at Brownsburg Library 10/15	Have a pumpkin decorating contest	<b>SHELTERING WINGS</b>	Host/attend a neighborhood event (block party, chili cookoff, etc)	
Create a family art project	Visit your local library	Volunteer with a local community organization	Thank a teacher or administrator	
Follow your school corporation on social media	Visit National Night Out 10/12 Danville, Brownsburg, or Plainfield	GO out to lunch with a family from your church	Visit Plainfield Library for the Family Wellness Fair 10/20	

\* For all event details, scan the QR code on the back



## Upcoming Events:

Join us in October and beyond for these abuse-preventing events!

**Oct. 17** Wear purple for Domestic Violence Awareness

**Dec. 03** Giving Tuesday Your gift will be doubled on this day of global generosity

**Oct. 24** Dine Out against Domestic Violence at any Hendricks County Cunningham Group Restaurant

**March 13** Men IN Action READ

Find all Sheltering Wings events at [ShelteringWings.org/Event](http://ShelteringWings.org/Event) or scan the QR code

