

The VOICE



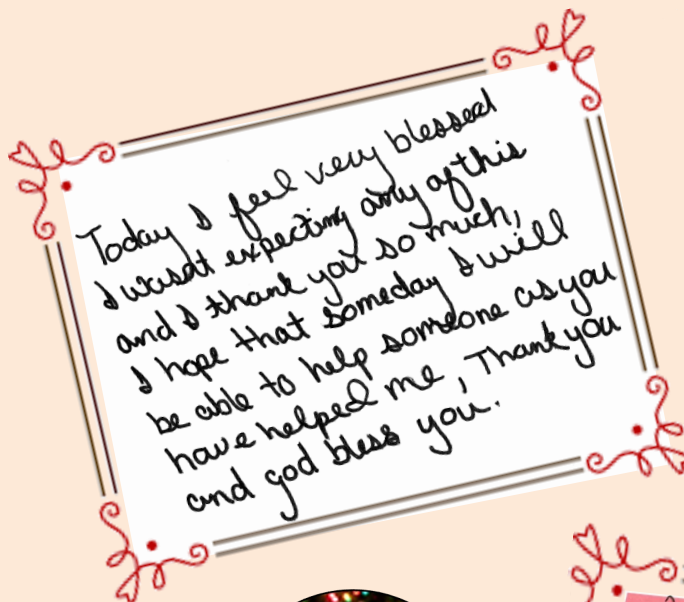
UNDERGROUND RAILROAD, INC.

Winter 2019

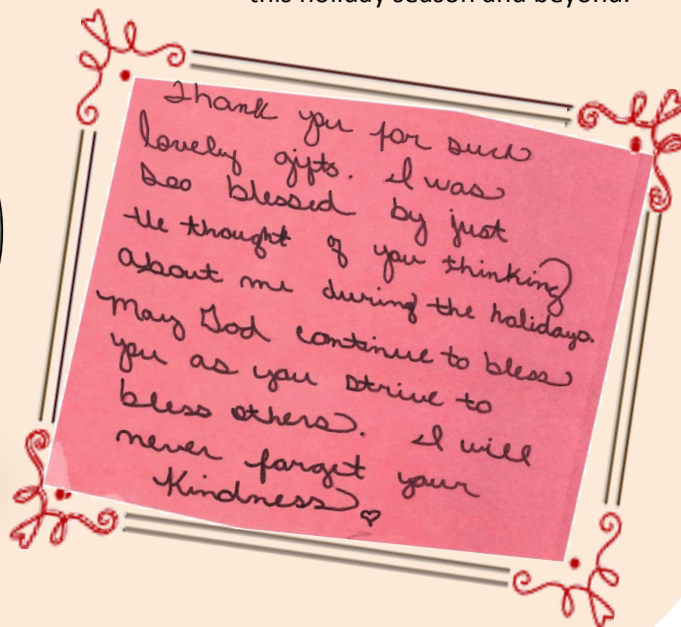


Holiday Giving

Thank
You



This Christmas, you brought the joy and spirit of giving to 235 adults and children through your in-kind and monetary gifts. Though you never met them, you gathered with them to unwrap presents, shared a blessing over a warm meal, and became a part of their extended family forever. Thank you, for once again opening your hearts this holiday season and beyond.



5647 State Street
Suite A
Saginaw, MI 48603

Administrative Offices:
(989) 399-0007

Safety & Resource
Center:
(989) 755-0413

24/7 Helpline:
(989) 755-0411

OUR MISSION:

Empower survivors and
create a culture of
safety and respect in
our community.

BOARD OF DIRECTORS:

Christi Birchmeier
Barbara Boggess
Terri Carmichael
Terrie Chronowski
Sharon Hopper
Shane Hunt
Darlene Krumpholz
Mari McKenzie
David Nall
Jamie Nisidis
Jon Pickelman
Melissa Wallace
Matthew Tarrant
Jennifer Wysong
Alisa Divine Zehnder

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A Note From the Executive Director



Dear Friends,

As the recent government shutdown is officially the longest on record, you may have seen many news stories discussing the effects of the shutdown on domestic violence shelters and other non-profits across the country. We have been confronted with many questions from staff, clients, and supporters about how Underground Railroad is impacted in such a situation. We are so grateful for your continued concern about the well-being of Saginaw County survivors, and the longevity of our programs. Please know, our Board of Directors is always looking carefully at revenue and operating costs, and our sustainability should funding cease for any reason. Though the end of the shutdown may be temporary, currently federal agencies that fund domestic violence programs are open, and will continue to disburse funds as normal. This may change if negotiations are not made by the February 15th deadline. However, we have received payments for January from our federal grants and everything appears to be on track for revenue so far this year. Myself, and the Board of Directors, are optimistic we can make it through the shutdown with minimal impact should it resume, and drag out for several additional months. We are, however, still making sure we're cognizant of our resources. Requests for specific assistance, (official documents, bus passes, utility assistance, etc.) travel, training, and supplies are being questioned to determine if they are immediate needs. Keeping expenses at a minimum will help ensure our stability while we wait for a resolution. Thank you again for keeping the safety of Saginaw County survivors at the forefront of your mind as we navigate the shutdown and its effects. On behalf of our staff, clients, and Board of Directors, thank you for your continued support of Underground Railroad.

Sincerely,

Christi Birchmeier, Executive Director

9th Annual

ADVOCATES
for **change**



5.9.2019

HORIZONS CONFERENCE CENTER

Our annual Advocates for Change Luncheon is a chance to hear an inspiring story from a survivor or community activist, and learn about URR's initiatives to create safety and respect in Saginaw County. Guests will enjoy a seated lunch. Lunch is complimentary, but we hope you feel compelled to financially support our mission.



Doors open at 11:30 am
Sponsorship opportunities available.
RSVP to your table host or to Karen Sova
at 989-399-0007 ext. 100



NEW FOR 2019!

Your generosity provides vital assistance for survivors of abuse in Saginaw County. The Empowerment Circle is a special group of major donors whose annual support helps empower survivors and inspire change in our community. Members receive special recognition throughout the year.

\$150	<i>Friend</i>	Provides the vaccines, preventative treatments, food & supplies needed to house a pet with its family for 30 days
\$250	<i>Ally</i>	Feeds our 46 emergency shelter residents for one week
\$500	<i>Advocate</i>	Answers one week's worth of calls to the 24 hour crisis helpline, allowing 50 people access to support
\$750	<i>Partner</i>	Educates 375 area students about healthy relationships
\$1,000	<i>Inspiration</i>	Provides free Civil Legal Assistance to one family



Providing
hope for survivors of violence

Empowerment Circle Members are invited to become a member of URR's **Empowerment Society**, a recognition program created for donors who remember Underground Railroad in their estate plan, and advise us of their intent.

By notifying us of your planned gift, we will welcome you into the Empowerment Society. Benefits of membership include:

- Annual recognition event
- Annual recognition in our newsletter
- Personalized tour of the Underground Railroad
- Invitations to exclusive Underground Railroad events
- Knowledge and comfort that the work of the Underground Railroad will continue both during and after your lifetime

**To learn more about joining the
Empowerment Circle or
Empowerment Society, please contact:**

Karen Sova
Development Director
ktesch@undergroundrailroadinc.org
989-399-0007 ext. 100



FEBRUARY IS TEEN DATING VIOLENCE AWARENESS MONTH

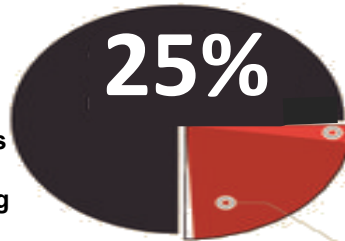
Adapted from Verizon Wireless Hopeline

To learn more visit
verizon.com/about/responsibility/domestic-violence-prevention

Know the facts!

**1.5
MILLION**

High school students across the country experience physical abuse from a dating partner



Of dating teens report they've been digitally victimized by their partners

ONLY **9%** Seek help

Experience other forms of violence from their partners

96%



WIRELESS TECHNOLOGY such as smartphones or tablets is the most common medium for digital abuse



1 in 6 YOUTHS
REPORT BEING
THE VICTIM OF
CYBERBULLYING



VICTIMS OF
CYBERBULLYING ARE

3x more likely
TO ALSO EXPERIENCE
DIGITAL DATING ABUSE
OR HARASSMENT

78%

Of teens (ages 12-17) have cell phones

3 of 4

TEEN ACCESS THE
INTERNET USING
MOBILE DEVICES

Know the signs!



Constantly texts you and makes you feel like you can't be away from your phone



Sends you negative, insulting, or threatening emails, messages, tweets, dms



Tells you who you can or can't be friends with on social media sites



Uses social media networks to keep constant tabs on you



Status

Puts you down in their status updates



Sends you unwanted explicit pictures or video and demands you send some in return



Insists to be given your passwords & looks through your phone

Speak Out! Stand Up!



It's ok to turn off your phone



Don't respond to hostile, harassing, abusive, or inappropriate texts



Tell a trusted adult



You have the right to be alone or spend time with friends



Be mindful when using check ins on social channels



Change your phone number if needed



Don't send any messages you wouldn't want to be seen by others



You do not have to share your passwords



Save or document troublesome texts



What we do

We teach life skills to girls in 3rd-8th grades through evidence-based curriculum that celebrates the joy of movement. Physical activity is woven into lessons, but the program is accessible to all girls regardless of fitness level or athletic ability. Our program culminates with a non-competitive, celebratory 5K event that offers girls a tangible sense of achievement through goal-setting.



**LIFE COMES AT GIRLS FAST.
HELP THEM FIND THEIR PACE.**

OUR COACHES

- Believe in the inherent power within every girl
- Want to leave a lasting impact on the lives of girls in their community by helping them learn, grow, and have fun
- Work alongside co-coaches to lead a group of 8-20 girls through the curriculum
- Receive training and support from Girls on the Run
- Do not have to be runners or athletes
- Can be anyone in your school or community

BRING GOTR TO YOUR SCHOOL OR FACILITY!



Girls on the Run: Grades 3-5

Girls explore who they are and what is important to them. They learn how to activate their "star power" as they develop an appreciation for teamwork & healthy relationships, and are empowered to contribute to their community and to the world.



Heart & Sole: Grades 6-8

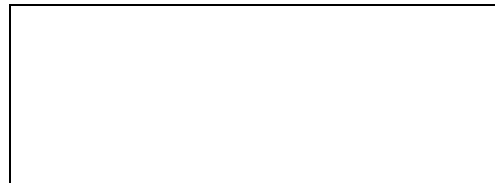
Girls gain critical life skills such as team building, developing a strong support system, boundary setting, decision making, positively impacting others, and ask for & providing help.

Fall 2019 Site Applications are open at
www.gotrsaginawbay.org



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Saginaw, MI 48603
Business Phone: 399-0007



www.facebook.com/UndergroundRR



www.twitter.com/URRSaginaw



www.undergroundrailroadinc.org



UNDERGROUND RAILROAD RESALE

5647 State Street
Mon- Sat 10am - 7pm
(989) 249-1924



50% OFF ENTIRE STORE