

The Sojourner Truth

A NEWSLETTER FOR THE FRIENDS OF SOJOURNER

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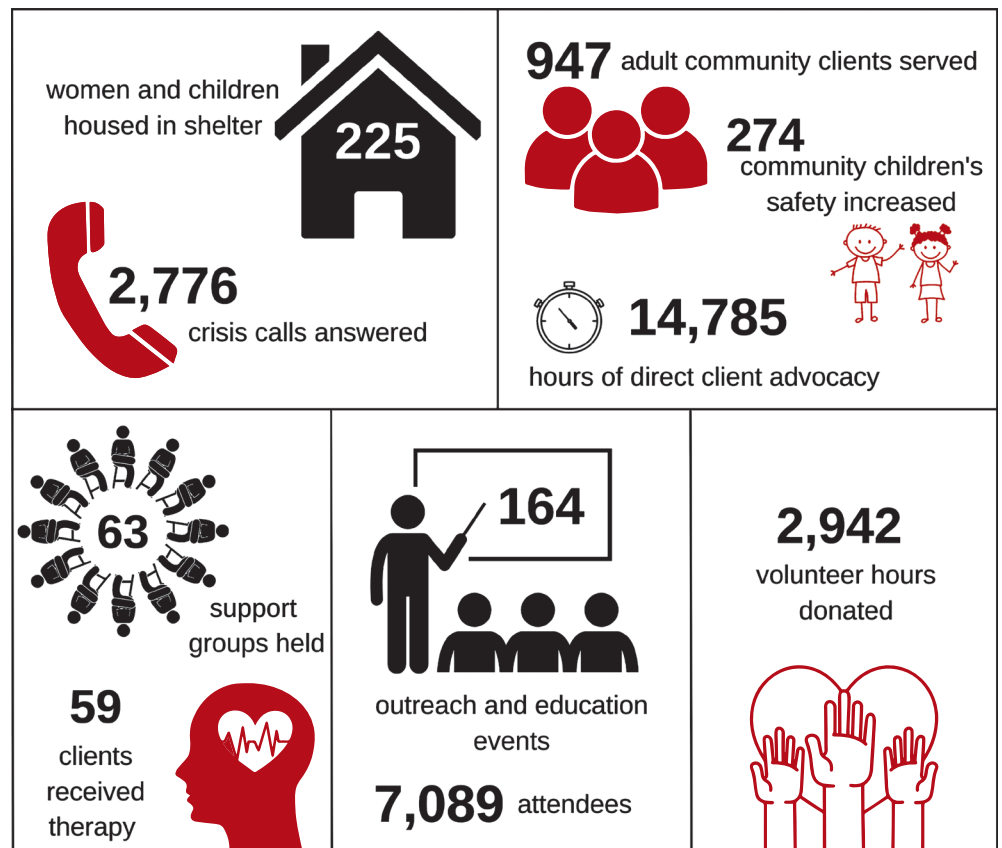
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Sojourner's 2022 Board of Directors

Mary Carter
 Rita Dornbusch
 Andy Gardner
 Jo Hoo
 Vicki McGinty
 Mike Murphy
 George Singer
 Jeff Smith
 Shelley Strohmaier
 Joan Trowbridge
 Shelley Weier

2021 Annual Summary

In 2021, although the world continued to deal with the implications and uncertainties of a pandemic, Sojourner remained committed to providing critical services to increase the safety and stability of those victimized by domestic violence. The dedication of our staff was truly inspiring and uplifting. Our focus and creativity allowed us to address clients' needs while prioritizing the health and well-being of everyone. Below you will find an infographic demonstrating Sojourner's impact in 2021.



- Advocates for victim safety;
- Supports the transition from victim to survivor;
- Educates for the prevention and elimination of domestic violence.

Thank you to all of the community groups, foundations, individual donors, partners and businesses for your support which helps create safer communities and lives. On behalf of the board and staff, we are incredibly grateful and touched by those who chose to partner with us to support our courageous clients and the *Journey from Fear to Hope*.

Sincerely,
 George Singer,
 Board Chair

Laura Sisterman,
 Executive Director

Thank you to our wonderful volunteers and donors!

We feel deep appreciation for the volunteers, donors and community who show up for Sojourner. Whether people donate their time, energy, funds, holiday gifts or essential items for residents to use at the Shelter, we feel the positive impact. At Sojourner, we believe domestic violence is a community issue that requires community solutions. Thank you for being part of our community!

Please note: We recently changed our donation tracking system. If we missed you or your name is listed incorrectly, we sincerely apologize. Please email kbundy@sojournerproject.org or call **952-351-4070** to let us know.

Grateful for our Police Partners!

A special thank you to our police partners for their investment and support of Sojourner. Many of our clients connect with us and increase their safety because of the direct referrals police make through our intervention program. We are grateful to work together to prioritize the well-being of victims and survivors in our communities.

Thank You to All Our 2021 Donors

INDIVIDUALS

Anonymous
Nicole Ahrens
Mary Albitz
Lara Ames
Meg Ariail
Dustin Arnes
Gretchen Austin
Jessica Baker
Cathy Baldwin
Amy Bauer
Barbara Belew
Deidre Belk
Lyndsay Benedict
Larry Berger
Berman Family
Janet Berry
Dave & Pat Trask Beson
Shirley Bierma
Hollie Birkle
Michael Bjorgan
Briya Black
David Blue
Muriel Bochnak
Florence Bogle
Jasmine Boor Boor
Hallie Boorsma
Maureen and Brian Booth
Karen Brady
Eric Bretheim
Beth Brill
Jacalyn Broze
Rhoda Brooks
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Paula Chambers
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John & Gaye Christensen
Mary C. Clark
Carolyn Clements
Mary Clough
Heather Cobbs
Edda Connell
Barbara Corniea
Judith Corson
Anna & Brian Crabb
Lydia Crawford
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Louise & Bruce Dahlgren
Bradley Dammann
Loren Davis
Elizabeth De Baut
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Decker
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Susan Dragsten
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Elinor Ogden Living Trust
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Julie Kelly
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Joanne Kuehl
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Erica Lewerenz
Emily Lied
Merry Lindner
Missy and Ben Line
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J Brent & Lesley Longval
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Candi Lund
Eric & Barbara Lunde
Jenelle Lundgren
Kathryn Mahigan
MacKenzie Mahoney
Carrie Martinson
Julia Mason

Thank You to All Our 2021 Donors, Continued

Jess Maturi
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Wendy Morrison
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Annemaria Peterson
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Cori Severson
Maureen Shaver
Sarah Sheber
Maya Sheikh
Judy Sievers
Beth & Norman Greenberg
Silverwater
Vikas Singhal
Stephen Slocum
Jean Small
Anna Snow
Dawn & David Sobotta
William & Marcia Soules
Emily Spanjers
Gerald Stanton
George & Betty Stein
Lindsay Stewart
Derek Stoa
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Katherine Sullivan
Scott Swanson
Philothea Sweet
Patricia Swensen
Wesley & Pamela Syverson
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Wendy Theisen
Claire Thompson

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Tim & Diane Thorpe
Cathryn Timmers
Mary Trisco
Mike & Mary Ulasich
Paula Umbehoeker
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Sue and Jim Welna
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Marcia Williams
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Ellen Wingfield
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Stephanie & James
Burrows Wolf
Rachelle Wotring
Joan Wright
Marie Yaroll
Linda Yearous
Joe York
Teresa Zaebst
Desirae Zarling
Marilyn Zupnik
Connie Zurcher

**BUSINESS, CIVIC
ORGANIZATIONS AND
FAITH GROUPS**

Amazon Smile
Auto-Owners Insurance
Bath and Body Works,
Eden Prairie
Boulay PLLP
Bolten & Menk
Boston Scientific
Bremer Bank
Brix Recruiting Partners
Cargill Incorporated

Consulting Radiologists
Cosmopolitan Women's
Club
Creative Hair Studio
Cross of Glory Baptist
Church
Cross View Lutheran
Quilters
Driskill's Downtown
Market
Edina Morningside Rotary
Club
Edina Orchestra Program
Excelsior United Methodist
Women
Family of Christ Lutheran
Church
Felhaber Larson
Gethsemane Lutheran
Church
Gustafson Gluek PLLC
Hopkins Noontime Lions
Inner Matter
Jewelweed
Marquette Wealth
Management
McDonalds Denver
Business Council
Minnesota Roadways Co.
Minnetonka Library
Minnetonka United
Methodist Church
MOPS-Ridgewood Church
Nails By Graetz VIP
North Central Electrical
(NCEL)
Oh Fer Charcute
Operation Foxhole
Optimist Club of Glen Lake
Pajama Program
Patterson Companies
PEO Chapter BH
PEO Chapter CT Hopkins
Petals For Purpose
Red Hats
Sathaya Sai Center of
Minneapolis
Shepherd of The Hills
Lutheran Church
Spirit Of Peace
St. Therese Early Learning
Center
Stone Arch Gifts
SuperClean Brands
Swanson & Youngdale
Target Corp.
The Do Organization
The Drawer
The Glenn

The Mills Church
Trinity Episcopal Church
Trinity Lutheran Church
Twin Cities Kappa Delta
Alumnae Chapter
Twin Cities United DSG
Unitarian Universalist
Church Of Minnetonka
UnitedHealth Group-
Employee Giving
Campaign
Victoria Secret-Ridgedale
Waytonka Club
Webb Insurance Agency
Zion Lutheran Church of
Hopkins

FOUNDATIONS

Bank of America Charitable
Foundation
Barrett Family Foundation
Eden Prairie Community
Foundation
Fingerhut Family
Foundation
Frog Crossing Foundation
Golden Valley Human
Services Fund
Hennepin County Bar
Foundation
Hennepin South Services
Collaborative
Hugs From Hunter
Foundation
Lokar Family Foundation
Minnetonka Family
Collaborative
Minnesota State Bar
Foundation
SpartanNash Foundation
Norrie Thomas Foundation
Open Your Heart to the
Hungry and Homeless
Otto Bremer Foundation
Surdna Foundation
Tankenoff Families
Foundation
Curtis L. Carlson Family
Foundation
Richard M Schultze Family
Foundation
Wayzata Rotary Charitable
Foundation
The Beverly Foundation
Wayzata Partners for
Healthy Kids
WCA Foundation
Westonka Healthy
Community
Collaborative

SafeU: Consent Education

In honor of April being Sexual Assault Awareness Month, below is the framework our SafeU youth educators use to teach young people about the importance of consent. We understand consent as an essential communication practice that helps make sure everyone is safe and comfortable. It's an important life skill!

Consent is a clear yes, expressed through words or actions that you want to do something.

Consent should be:

Informed

Everyone understands what they are agreeing to and are able to make a clear-headed decision.

If your partner has been using substances, they may not be able to give you informed consent.

Enthusiastic

Consent is given without fear of consequences or repercussions. It is a freely given YES, without coercion or pressure.



Specific

Consent is new and required every time. Just because a person has said yes to something in the past doesn't mean they want to do that again, now and with you!

A person can change their mind at any time. Consent is an on-going conversation, not a one-time thing.

Meet Our Newest Board Members

“ I first heard about Sojourner when we bought our house in 2012. Although it had changed hands twice, we learned our new home had previously been the site of Sojourner Shelter. In small ways, we felt their presence: old wiring that had been used for offices, the donated fancy playground in the back yard that our kids were now enjoying and the memories our neighbors shared. After the 2016 election, my husband and I wanted to be more deliberate about teaching our three boys their responsibility to their community. I immediately thought of Sojourner. At the time, my kids were 6 months, 4 and 6 years old. We would ask what Sojourner needed and every month the boys would go with us to Costco, load our car, and carry in our donations. Our kids would say, “thank you for helping people be safe.” This practice started conversations that continue to this day.

In 2019, I volunteered to help organize Sojourner’s 40th Anniversary Celebration and shortly thereafter was invited to join the Board of Directors.



Shelley Weier

In addition to being a mom & a wife, I am a physician. For the past twenty years, I have helped patients and families navigate their acute illnesses. Diagnose and treat what I can and then sit down and brainstorm through “the grey zone”. I often say, “when common sense and kindness is your guide, the path forward can become clear.” Even in the short time I’ve been on the board, I have learned so much and continue to be amazed by the compassion, tenacity, and skill at Sojourner Project. And to think! This connection all started because we happened to buy a home that came with its own mission to “help keep people safe” built into its very walls.”

– Shelley Weier



Shelley Strohmaier

“ Many years ago, I was doing work that was no longer feeding my soul. I got a kick out of it but I thought maybe if I volunteered somewhere, it would fill the ‘gap’ that was missing. I found Sojourner through a Google search! I began as a volunteer answering the crisis line, and the path I wanted to pursue became clear. I had my own marketing research consulting firm at the time and soon shut it down to go back to school for my Masters in Psychology. Eventually, I returned to Sojourner to work as a therapist, helping victims of abuse overcome trauma, build resilience, and regain a positive vision for their future. I retired from my therapy work in 2020 but I remain passionate about Sojourner’s mission and want to continue to support the organization in a board member capacity. Sojourner does outstanding work in helping victims of abuse break free from the cycle of violence. Our comprehensive approach of providing shelter, legal support and counseling makes Sojourner a true beacon of hope for our clients.”

– Shelley Strohmaier

Get to Know Laura Sisterman

In the three months since I have taken on the role of Executive Director at Sojourner, I have fully immersed myself in the duties and responsibilities that come with the position. Before my selection as Executive Director, I had been with Sojourner for over nine years, most recently operating as the Assistant Director. This time, along with the education I received in my Masters of Leadership and Management program, has helped me get off to a productive and successful start. I am honored to be part of an organization that helps so many and to share with you more about myself.

A majority of my 17-year non-profit career has been in youth work and I fundamentally believe that those experiences have shaped and guided my ability to lead Sojourner. As a youth counselor in Minneapolis, I was fortunate to work with hundreds of creative, smart and determined youth and their families. Seeing youth overcome challenges, barriers and trauma to be positive and successful forces in their communities is something that always sticks with me. Having this direct experience is foundational to my approach to leadership now. To this day, their resiliency motivates me to be a persevering and daring leader!

On a more personal note, I have two children who are 4 and 10. I have always felt it was important for them to see me involved with something I am passionate about, while supporting an organization that aligns with our personal values.

They have had the opportunity to be a part of this work through me. I deeply believe it has and will continue to shape them into kind, thoughtful and grounded individuals who have the ability to recognize their own privileges. As their mom, I will always feel grateful for this incredible gift.

My hope for the rest of the year is to continue to gracefully navigate the unexpected twist and turns of COVID and the impact it continues to make on our services. I also look forward to working on a strategic plan that will include a variety of voices and inputs. As a lifelong learner, I know this year will be full of opportunities for me to grow both personally and professionally. The support and encouragement I have received from staff, board and our supporters is heartening and I continue to draw daily inspiration from our courageous clients.



2021 Financial Report

2021 Statement of Functional Expenses

Shelter	\$719,670
Community Services	\$312,965
Education & Outreach	\$62,102
Administration	\$129,015
Fundraising & Marketing	\$35,868
TOTAL	\$1,259,620

2021 Balance Sheet

ASSETS	
Current Assets	\$1,989,234
Fixed Assets	\$3,269,118
Accumulated Depreciation	(\$1,513,121)
TOTAL ASSETS	\$3,745,231
LIABILITIES & EQUITY	
Current Liabilities	\$33,078
Long Term Liabilities *	\$571,531
Total Liabilities	\$604,609
Equity	\$3,140,622
TOTAL LIABILITIES & EQUITY	\$3,745,231

2021 Income & Expense Statement

INCOME	
GRANT/CONTRACT REVENUE	
Contracts	\$861,970
Foundations	\$204,215
Contributions	\$322,095
Other	\$208,146
TOTAL REVENUE	\$1,596,426
EXPENSES	
Occupancy & Business	\$132,980
Program Expense	\$1,094,737
Depreciation	\$104,474
TOTAL EXPENSES	\$1,259,620
Total 2021 Profit or Loss**	\$336,806

* 301,695 of Long Term Liabilities is forgivable loans.

**\$77,500 of Profit is restricted for 2022.



P.O. Box 272, Hopkins, MN 55343
952-933-7433
24-Hour Crisis Line: 952-933-7422
www.sojournerproject.org

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If you would like to receive future newsletters and communications by email or if you would like to be removed from our mailing list, please contact the Outreach and Education Coordinator at 952-351-4062.

Honor a Mother in Your Life

We are a few short weeks from Mother's Day, a time to celebrate those who have been a nurturing and protective figure in the lives of others. As Jill Churchill wrote, "there's no way to be a perfect mother and a million ways to be a good one."

If you are looking for a way to honor or remember a mother figure you know, please consider a gift to Sojourner. We are happy to write a note of appreciation to your chosen recipient to inform them of the donation and share our gratitude.

Each year Sojourner serves hundreds of mothers and their children. Your gift would serve the dual purpose of honoring someone you love and increasing the safety and



stability of families in your community. As anyone who has been a caregiver knows, sometimes we all need an extra helping hand along the way.

At Sojourner, we envision a world where every parent can raise their children in a safe and loving home, free from violence or abuse.

Thank you for considering supporting this vision.

To make a gift, you can send a check along with the Mother's Day insert included in this newsletter, call **952-351-4070** to donate over the phone or send a donation via our website. If you donate online, please email **Becca@SojournerProject.org** to designate who should receive the Mother's Day note. Thank you!

Staying Connected and Supporting Sojourner



Follow us on **Instagram** (@sojournermn) and **Facebook** (@SojournerProject1) for regular updates and to 're-share' how victims can access free and confidential services with your networks.



Know someone who is currently experiencing domestic or sexual violence?

Call our 24/7 crisis line for support at **952-933-7422**.