Women’s ONE Hundred

Become ONE. Our mission is to unite as a group of philanthropic women who support the services at Lakes Crisis & Resource Center.

You can join the Women’s ONE-Hundred at any time and make a lasting and significant impact in the community while also networking with like minded, generous women. Members will be invited to a special Recognition Lunch & Program on September 19th to celebrate the collective impact and good work that Women’s ONE-Hundred is supporting. While a minimum donation of $100 makes one a member, some may be inspired to donate greater amounts. 100% of all contributions to the Women’s ONE-Hundred are completely tax-deductible.

Adverse Childhood Experiences

At LCRC, we know our best chance of achieving lasting impact in reducing interpersonal violence begins with the children. When children are exposed to trauma, it not only affects their lives in the present but it can have lasting consequences throughout their entire lives. Adverse Childhood Experiences are linked to toxic stress, poor physical and mental health,

In The Know

Fostering safety, hope, and healing through advocacy, intervention, and education.”

In this edition:

Making a Difference
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Lakes Area Kinship
Mentor a Child

Spotlight on Staff
Capt’n Crisis

 chase out our website:
www.lakescrisis.com

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Check out our website:
www.lakescrisis.com

Find us on Facebook

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www.lakescrisis.com

3rd Trimester 2018

Making a Difference!

The Advocate

Spotlight on Staff

Each trimester we highlight an LCRC Staff Member. This trimester, we get to know Richard H. - a.k.a Capt’n Crisis.

What is your title at LCRC?
Maintenance Specialist

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The significant impact a dedicated group of women can make is meaningful and powerful. When we stand together as ONE of ONE-hundred in support of a common mission, we can (and have) truly made a difference. Become ONE and attend the luncheon on Wednesday, September 19th and learn about the project Women’s ONE-Hundred is funding this year and the impact it will have on children in our community and the generations following. The article regarding ACE’s in this issue is related to the 2018 Women’s ONE-Hundred project.

**UPCOMING FUNDRAISING EVENTS**

**Festival of Trees 2018**

Tickets will be available at a later date at I’ll Tile & Stone 218-847-0335 and LCRC 218-847-8572.

**In The Know**

chronic disease, poor academic achievement, lower financial success, and early death. In fact, a high majority of women who reside at Mary’s Place have suffered horrific childhood traumas. Problems that domestic violence victims deal with today can be directly tied to events that occurred during childhood.

**What Are ACEs?**

Adverse Childhood Experiences or ACEs include any traumatic event, abuse, or neglect that happened before the age of eighteen. Common ACEs are: divorce/separation of parents, death in the family, parental drug/alcohol use, poverty, bullying, having an incarcerated or mentally ill parent, and verbal, physical, or sexual abuse. These experiences can significantly affect the health and well-being of adults decades later.

**What’s the Big Deal With ACEs?**

When a child has had an Adverse Childhood Experience it can actually disrupt the way the brain develops. For instance, when a child lives in a fearful environment, the brain gets very good at things that are safe, stable, and nurturing. When the brain is free from fear the child must learn to adapt to the fearful environment. These experiences disrupt the way the brain develops. For instance, when a child lives in a fearful environment, the brain gets very good at things that are safe, stable, and nurturing. When the brain is free from fear the child must learn to adapt to the fearful environment.

**What Can You Do?**

According to the CDC, safe, stable, nurturing environments play a large role in preventing ACEs by creating a context and atmosphere that allows families to share quality time together, to discuss and resolve conflicts, and to provide emotional support to one another. Here at the Lakes Crisis and Resource Center we strive to do just that. When living at Mary’s Place, women and children are able to cope with their trauma in a positive and violence-free environment. Through parenting groups, domestic violence classes, and counseling sessions women benefit from much more than a safe place to sleep. We offer on-site childcare, fun activities, community events, and counseling for the resident children, too.

**Lakes Area Kinship**

Lakes Area Kinship of the LCRC improves lives by helping establish quality relationships between youth ages 5 to 16 and caring adult volunteers for the purpose of promoting stability, support, friendship, and community. We are desperately searching for male mentors as many of the children waiting would greatly benefit from having a positive male influence in their lives, but we are also looking for women and families to give their time to the youth in our community. It is a minimal commitment for an invaluable and immeasurable experience for both the children and adults. Please consider joining Kinship and changing two lives. For more information about Kinship please call Stephanie at 218-847-8572 or email stephanie@lakescrisis.com.

**What is your favorite movie?**

Buckaroo Bonzai Across the 8th Dimension.

**What brought you to LCRC?**

Relocated to Detroit Lakes and needed a career change.

**Who is the most influential person(s) in your life?**

My father.

**What is your favorite food?**

Mexican.

**What is your background?**

Mexican.

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