

Domestic Violence Awareness

October—Domestic Violence Awareness Month

Domestic Violence is defined by the National Coalition Against Domestic Violence (NCADV) as the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior as part of a systematic pattern of power and control perpetrated by one intimate partner against another. It includes physical violence, sexual violence, psychological violence, and emotional abuse. The frequency and severity of domestic violence can vary dramatically; however, the one constant component of domestic violence is one partner's consistent efforts to maintain power and control over the other.

If you worry that someone you care about is in an abusive relationship, there are steps you can take to help. Consider the following do's and don'ts when approaching a friend, family member, co-worker, neighbor, or other loved one.

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



In The *Know*

LCRC Events!

Thank you to all who contributed items towards and attended our 2nd Annual Lakes Area Auction on August 13th. It was a smashing success! We are incredibly appreciative of the efforts of our hardworking committee as well. Many hours of prepping, planning, loading and lifting went into pulling this fundraising event together.

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A Word From *LCRC*

Spotlight on Staff

Each quarter we highlight an LCRC Staff Member. This quarter, get to know Lynette Erickson.

What is your title at LCRC? Children's Services Advocate

What does that entail? I provide advocacy for abused and

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Donate online



Stay connected to LCRC and learn about events and how you can help make a difference.
<https://www.facebook.com/lakescrisis>



Find us on
Facebook

Making a *Difference*

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DO:

- Approach the other person at a time and place that is safe and confidential.
- Start by expressing concern (ie. "I am concerned someone may be hurting you, and I am worried about your safety.")
- Communicate that you care about their safety, that they do not deserve to be hurt, and that the abuse is not their fault.
- Tell them good things about themselves. Let them know you think they are smart, strong, and brave.
- Encourage them to build a wide support system. Help find a support group or encourage them to talk to friends and family.
- Be patient. Self-empowerment may take longer than you want. Go at the victim's pace, not yours. Respect their choices.

DON'T:

- Don't accuse, diagnose, or judge your loved one's choices. Don't draw conclusions about what they may be experiencing or feeling, and do not judge or criticize their abuser.
- Do not pressure your friend to leave the abusive relationship. There are many reasons they may be choosing to stay. It is possible the abuser threatened to hurt them or their children if they try to leave. The abuser may control all of their finances and may have isolated the victim from their family and friends leaving them with very little resources of their own.
- Do not feel the need to be an expert or try to provide counseling or advice, but do connect your friend to trained people who can help.

Domestic violence does not always manifest as physical abuse. Emotional and psychological abuse can often be just as extreme as physical violence. Lack of physical violence does not mean the abuser is any less dangerous to the victim, nor does it mean the victim is any less trapped by the abuse.

If you or someone you care about are experiencing domestic violence, please contact Lakes Crisis & Resource Center or another domestic violence agency. Our local and toll free numbers with advocates available 24 hours a day are:
218-847-7446 & 877-754-9683.

In The *Know*

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Several local businesses provided generously with deep discounts and donations to help us keep expenses at a minimum. Thank you to Central Market, Daggett Trucking, Leighton Broadcasting, Swanson's Repair & Rental Service, Newman Signs, Seven Sisters Spirits, Lakes Sport Shop, the bRew DL, United Community Bank of Perham, Alsager Ranch, and of course, Bachmann Auctioneers of Frazee.

Items sold ranged from antiques, china sets, furniture and appliances to tools, electronics, landscaping, trips and cars! We have already begun planning the **3rd Annual Auction** for **Thursday, August 11th, 2016.**

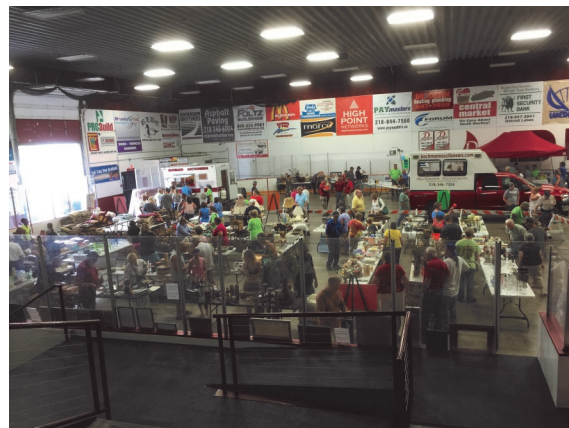
In prior years, we began collecting auction item donations in June. For the 2016 event, we are accepting donations throughout the entire year during our regular business hours (Monday – Friday 8:30 a.m. – 4:30 p.m.). If you have a larger item to donate, we just ask that you please call in advance. If you are moving, redecorating, or downsizing – please think of us!

The residents of Detroit Lakes and the surrounding communities continue to be generous and supportive, and for that we are genuinely grateful.



LCRC is again participating in **Give to the Max Day on Thursday, November 12.** This is a one day only event to support non-profits with an online donation. Watch for more information to come!

Please mark your calendars for another annual LCRC event - the **26th Annual Banquet & Auction** scheduled to take place on **Friday, April 1st** at the Holmes Theatre. Our Annual Banquet consistently features fantastic live and silent auction items, a delicious meal, and entertaining games. The 2016 event falls on April Fool's Day, so expect some additional surprises this year!



A Word From *LCRC*

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at risk children. To achieve this, I work collaboratively with the mothers in Shelter regarding the needs of their children and provide information regarding other community resources that may be available. I also make sure all of the children are enrolled in school and have the necessary supplies. During the school year, I facilitate children's support groups on a wide range of topics in our area schools.

How long have you been with LCRC? I have been employed with LCRC since January of 2014.

What is the most rewarding part of your job? It is a privilege for me to come to a job where I get to work with children every day. To be able to offer a healthy, nurturing environment and see the positive changes and growth in these kids is definitely the most rewarding part.

What is the most challenging part of your job? Remembering what my role is and not getting too emotionally invested. It can be very difficult, especially with the children who stay with us at Mary's Place, to not get so attached.

What is your background? My background is in early childhood, but I have worked with all ages of children ranging from infancy to 18 years. I ran an In-Home Licensed Daycare, worked at a Childcare Center that was licensed for 72 children, and taught Sunday school for several years. I also worked at St. Mary's Regional Health Care Center for 12 years in Health Information, and for Accra Care as a PCA. I did enjoy those positions, but children are definitely my passion!

What is your dream vacation? I am a huge animal and nature lover, so I would love to vacation in Alaska and see all the amazing sights!

What is your favorite food? My favorite food is pretty much anything seafood. My favorites are broiled shrimp and king crab legs.

Who is the most influential person(s) in your life? My mother. She passed away 6 years ago, but is with me every day in all that I do. She was a very nurturing woman who also loved working with children. She did foster care for several years.

What brought you to LCRC? I spent two years taking care of my father who was terminal with cancer. Shortly after he passed, I heard about an opening at LCRC. I started working here in the shelter and really enjoyed it. It was great to be working with children again.

Do you have a favorite childhood memory? My favorite childhood memory is coming to the Lakes area with my family and camping at my Grandparents lake lot on Big Toad Lake.

Circle of *Angels*



The **Circle of Angels** is a special group of individuals who come together in support of local women, men, and children by providing a planned, consistent, monthly gift. Monthly giving is just as helpful for our clients' needs, and can be less of a strain on donors. Monthly gifts of \$20 are just as helpful as yearly gifts of \$240. *Did you know:*

- 95% of all money donated to LCRC goes to the needs of our clients. Only 5% goes to management and fundraising.
- LCRC provided services to 813 victims of Domestic Violence, Sexual Assault and General Crime in the past year.
- LCRC offered advocacy services to over 165 children & provided over 1,200 hours of support groups for students.

By joining the Circle of Angels, you can help us work to end violence in the lives of others. Your monthly gift is transferred around the 15th of each month with no hassle to you. If you would like more information regarding joining this elite group of caring individuals, please contact Anna at **218-847-8572** or email: annas@lakescrisis.com.

WISH LIST

CHILDRENS ITEMS

- Children's educational DVD's
- Children's music CD's
- Backpacks
- Baby wipes
- 3-ring binders
- Children's bicycles
- Pull-ups for girls and boys
- Single & double strollers
- Diapers: all sizes (particularly newborn & 4—6)

HOUSEHOLD ITEMS

- Dish cloths & towels
- Cleaning supplies
- Sheets—full and twin size
- Furniture (beds, dressers, table & chair sets, etc.)
- Queen & single size air mattresses
- Pillows
- Women's slippers
- Silverware
- Pots, pans, & cookie sheets
- **Items for our 2016 Auction!**

