



## A Year in Review

As we near the end of 2015 and reflect on the past year, we think of all the men, women, and children we have served, the intervention to crisis we've provided, and the safety and hope that has been fostered for area families in need. Without the support and generosity of compassionate individuals and businesses in our community and surrounding area, we would not have been able to accomplish our mission. While providing these services, there were also numerous outreach opportunities, community events, and fundraisers we participated in and hosted throughout the year.

The first quarter of the year was spent planning our 25<sup>th</sup> Annual Banquet and Auction which took place in April. Devoted volunteers and staff dedicated many hours to planning this event as it has notoriously been our largest annual fundraiser. February brought us a very successful "Giving Hearts Day" - a day of online giving in Minnesota and North Dakota sponsored by Dakota Medical Foundation. In an effort to reduce expenses, we again partnered with three other Detroit Lakes

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

## 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**



## In The Know

### A Note from the Director

Here's hoping the warmth of the holiday season is filling your hearts. All of us at Lakes Crisis & Resource Center are thankful for the part you have played in helping the many people in need who call us in crisis or walk through our doors daily.

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## A Word From LCRC

### Spotlight on Staff

Each quarter we highlight an LCRC Staff Member. This quarter, get to know Stephanie Baker.

**What is your title at LCRC?** Childcare & Activities Coordinator

**What does that entail?** I provide a learning environment for

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# A Year in *Review*

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non-profits to pool marketing and staff resources. Teen Dating Violence is also recognized in February, so staff focused on sharing information in area schools about healthy relationships and dating violence.

Although planning started in the 1<sup>st</sup> quarter, we began the 2<sup>nd</sup> quarter with hosting our 25th Annual Banquet & Auction at the Holiday Inn. We had great fundraising success and a wonderful evening with all who attended. **(Our 26th Annual Banquet is April 1st, 2016—save the date!)** April is also Sexual Assault Awareness month, so in addition to fundraising, we were able to spend time providing community outreach to the students at MState as well as the community at large via publications and local media.

In May our Fundraising Committee began planning the 2<sup>nd</sup> Annual Lakes Area Auction comprised solely of donated items. Throughout the summer, donations were collected, photographed, and placed into storage in preparation for the August event. Also in May, our agency again co-hosted the Annual Dove Conference in collaboration with White Earth. This vital conference brought speakers from all over the U.S. to provide essential education, resources, and training to those in our field as well as those in education, foster care, and law enforcement. It also continues to serve as a networking opportunity for professionals to share best practices as to how to best serve victims of violence and crime.

The planning of the Lakes Area Auction culminated in the 3rd quarter on August 13th. Thanks to our generous donors, we were able to raffle three prizes which were awarded following the auction. Our hardworking committee and those who donated to our event outdid themselves making the 2<sup>nd</sup> annual event nearly double the financial success it was in its inaugural year. We have already begun accepting donations for the 2016 event **(taking place on Thursday, August 11<sup>th</sup>)** so please think of us if you have furniture, antiques, recreational equipment, or sporting goods you no longer use.

The last quarter of the year is notoriously busy with the holidays, assisting those needing aid, and connecting sponsors with families in need in our community for Christmas. In addition to participating in Give to the Max Day in November, we also began coordinating holiday efforts for Thanksgiving meals and connecting sponsors with families who struggle during the Holiday Season.

Over the course of the year, our staff provided numerous presentations on topics ranging from Elder Abuse to Domestic Violence to Bullying Prevention. To give back to the agencies and individuals that support us, we participate in the Salvation Army's Red Kettle Campaign, the United Way Payroll Drive, the United Way Community Celebration, and the Week of the Young Child among many other community events. We also recognize the importance of staff training and growth and the evolution of our services. Therefore, we were thrilled to have been awarded a federal grant in conjunction with UND which will allow us to implement the Trauma Informed Care model across all programs and services we provide.

All was accomplished while also completing and submitting reports in compliance with state requirements, writing grants to apply for funding opportunities, and most importantly, serving our clients and educating the public on topics of domestic violence, sexual assault, child abuse, and the services we offer to eradicate the trauma caused by those crimes.

Thank you for supporting us & please stay tuned for a busy 2016!

## In The *Know*

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During the holidays, police, medical professionals, crisis lines, and shelters see a rise in Domestic Violence and Sexual Assaults. Domestic Violence and Sexual Assaults do not often make the news until they turn deadly; many are never even reported to the police. As a community member, friend or neighbor, it is important for us all to know what we can do about violence.

One factor that contributes to Domestic Violence and Sexual Assaults occurring more frequently, particularly during the holiday season, is the additional consumption of alcohol and drugs. Alcohol is a well-known trigger that contributes to domestic violence any time of the year in many households. Alcohol and drug use is in no way an excuse for the violence, but often complicates domestic situations.

The lack of sufficient financial resources, excessive spending around the holidays, and other financial pressures can also be a trigger for the occurrence of violence. Tension builds from guilt and frustration, and for those in violent situations, the additional stress can create more violent and out of control behaviors.

It can be difficult to acknowledge that you or someone you know is involved in an abusive relationship. Domestic Violence does not look the same in all relationships; however, there are some warning signs that may indicate that you or someone you know are in an unhealthy relationship. Here are some questions to consider:

- Does your partner insult you in public or in front of your children?
- Does your partner treat you like you are stupid or call you names?
- Does your partner try to control what you do?
- Does your partner blame you for his/her violence?
- Has your partner ever threatened to hurt you or himself/herself if the relationship ended?

If you answered "yes" to one or more questions, it may be helpful for you to speak to one of our advocates. Please call us at **218-847-7446** for assistance.

While the holidays can be a time of joy and celebration, for some the holidays can be a time of fear and sadness. Please remember LCRC is an important resource for families in crisis. If you know someone who may be experiencing violence, please call or connect them to LCRC.

Joy and Peace to you all,

Jan Logan



## A Word From *LCRC*

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the children that live in shelter. We do story time, art projects, positive play, and lots more. Much of the work I do during these kid's groups involves giving the children opportunities to develop their social/emotional skills such as: sharing/turn taking, playing with friends, following rules, and using their words to express themselves.

**How long have you been with LCRC?** I started in June of 2015

**What is the most rewarding part of your job?** The most rewarding part of my job is seeing the amount of progress the children can make in such a short amount of time. I enjoy having the opportunity to be a positive part of the children's lives and hopefully impact them in some small way.

**What is the most challenging part of your job?** The most challenging part of my job is getting attached to the kids who live here. Since many families live in shelter short-term, I frequently have to say goodbye to kids that I have gotten to know really well. While I am happy to see the families move on and have successful outcomes, it is hard to say goodbye.

**What is your background?** I attended Minnesota State University Moorhead where I received a degree in Early Childhood Education and a MN state teaching license. I have worked in childcare for many years, served as an AmeriCorps member with the Minnesota Reading Corps, and was a Jump Start Preschool teacher at Moorhead Public Schools.

**What is your dream vacation?** I would like to go anywhere that requires a stamp in my passport, but New Zealand currently tops my dream vacation list.

**What is your favorite food?** My favorite food is my grandma's made from scratch peach pie.

**What brought you to LCRC?** I have always wanted to work in a non-profit and work with kids so this position is the best of both worlds and a combination of my interests. Plus I lived in Detroit Lakes throughout my junior and high school years and I have a lot of family in the area so I have always thought of Detroit Lakes as my home.

**What is your favorite movie?** I love watching Masterpiece Theatre. The movie adaptations of Pride and Prejudice and Jane Eyre are my favorites, although I do like the books better. I am also a bit of a Sci-Fi nerd and I love Star Wars.



## 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.

A Special Thank You to all 2015 Circle of Angels members: **Larry Anderson, Larry & Kathryn Anderson, Leslie & Pamela Anderson, Lynne Auten, Arlo & Sandy Brasel, Scott & Susan Busker, Mark & LaVerne Czichotzki, Dr. Mary Lee Enfield, Arthur & Natalie Erickson, Mark & Cindy Fritz, John & Norma Haack, Dick & Georgia Hecock, Judi Herk, Pamela Holland, Laurie Lewandowski, Ryan & Chelsea Manke, Charles & Karen Merry, Jack & Lorraine Neufeld, Edward Pachel, Anthony & Luella Rawson, Gretchen & Trevor Thilmony, Jean Waldera, Laurel Winsor, Greg & Missy Wokash, K.L.N. Enterprises and Olaf Anderson Construction**

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](mailto:annas@lakescrisis.com).

## WISH LIST

### CHILDRENS ITEMS

- Children's educational DVDs
- Children's music CDs
- Backpacks
- Baby wipes
- Pull-ups for girls and boys
- Single & double strollers
- Diapers: all sizes (particularly newborn & 4—6)

### HOUSEHOLD ITEMS

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

