

Making a *Difference*

A Story of Resilience and Rebuilding

The following letter was written by a woman who resided in our shelter, Mary's Place, this year. It is her story, in her own words.

I was an educator with a Master's Degree and a very successful career. I raised two wonderful children. Everyone in my family thought I was happy. However, I was a domestic violence victim and I hid the secret, my unhappiness, and the abuse from everyone.

After my children were grown and out of college, I left my husband of 28 years. I ran away. I left everything behind because I wanted to die and I didn't think that I needed anything anymore – friends, job, belongings, etc. I was suicidal living with a friend and my parents for three

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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.
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Facebook

give TO THE **MAX**
Nov. 1-17, 2016

In The *Know*

Give to the Max!

Give to the Max, one of Minnesota's best online fundraising events, runs from November 1-17! This is one of our biggest giving events of the year and LTD has made it even more special by pledging a match of up to \$10,000! This means LTD will match your donation, dollar for dollar. Don't

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A Word From *LCRC*

Spotlight on Staff

Each quarter we will highlight an LCRC Staff Member. This quarter, get to know Ashlie Seifert.

What is your title at LCRC? I am the Kinship Coordinator.

What does that entail? I am in charge of recruiting

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Making a *Difference* *Continued...*

years blaming myself for everything. I wrote my goodbye letter many times, planned my suicide, but somehow talked myself out of it every time.

After my daughter had my first grandchild, I decided that I needed to get help. I went to the ER and checked myself in. From there, I was taken to Bridgeway Mental Health Clinic in Fergus Falls. With guidance from a wonderful psychiatrist, I discovered that I was not to blame for everything. I had to try to start over.

The social worker and I tried to find a shelter where I could go to restart my life. I had sweats, pajamas, no money and no valid ID. I was starting from scratch. She called Mary's Place and they had an opening. I arrived at Mary's Place on January 19th, 2016 with little hope for the future. When I arrived I was nervous, scared and broken.

With the help and support of my advocate, other LCRC advocates, on-site support groups, a counselor and a compassionate director, I started to rebuild my life. I put an effort into my own recovery and went to everything that was available to me. I was given a Hope Phone so my controlling husband couldn't find me while I tried to recover.

I wrote a list of things that I needed to get done and worked on crossing them off: birth certificate, haircut, ID, Social Security card, eye doctor, new glasses, medical assistance, a physical, library card, legal help, divorce, driver's license, resume, applications, interviews, job, bank, car, and a place to live. There were times that it was hard to stay optimistic and positive.

Less than six months later, I have checked off everything and more. I even went to an interview for a low level job and ended up with a manager's position. I could not have accomplished any of these things without the guidance, support and time that I was given at Mary's Place.

I am still rebuilding my confidence and self-esteem. I wake up every day and thank God that I am still here. My children and parents are thankful, too. It will take time to repair all the damage that was done to me. However, I am on the right path. I will be forever grateful to Mary's Place for giving me my life back and being so supportive.

Thank you from the bottom of my heart!
(Former Mary's Place shelter resident, identity withheld)

In The *Know* *Continued...*

miss this chance to get your donation DOUBLED! Golden Tickets of \$1,000 will be awarded hourly through a random drawing of all donations processed on November 17th. Additionally, two Golden Tickets worth \$10,000 each will be awarded by being randomly drawn from all gifts transacted on November 17th. LCRC is also eligible for the overall leaderboards, with a chance to win up to \$10,000. To make a donation right now, or to read more about the event, go to [giveMN.org](https://www.giveMN.org) and search for **Lakes Crisis & Resource Center** or go to our webpage lakescrisis.com and click the **donate now button**. You can also scan QR code on the right, with your phone, to be taken directly to the webpage.

Festival of Trees Fundraiser on Saturday, Nov. 26th



We would like to thank **I'll Tile and Stone** for hosting the first ever Festival of Trees fundraiser! This event was created by them as a way of giving back to the community and they chose LCRC to be the sole recipient of all funds generated by the event. We can't thank them enough! Tickets are \$30 - please contact LCRC or I'll Tile and Stone if you are interested in attending. Event details -

- Nine Local business are decorating trees (in creative ways) to be auctioned off
- Starts at 5pm at the Holiday INN Detroit Lakes on Nov. 26th
- Door prizes
- There will be a separate silent auction
- Dinner will be served
- Live entertainment

The businesses decorating trees: I'll Tile and Stone, Brew Ale & Eats, Ace Electric, Foltz Buildings, Dynamic Homes, Lake Ridge Dental, Pay Masters, MidWest Bank, and The Real Estate Company. Thank you for the support!

27th Annual Banquet!

Please mark your calendars for another annual LCRC event - the **27th Annual Banquet & Auction** scheduled to take place on March 31st at the Holmes Theatre. Our Annual Banquet consistently features fantastic live and silent auction items, a delicious meal, and entertaining games. In past years, this much anticipated event has consistently sold out. To purchase tickets early, give us a call at 218-847-8572.

A Word From *LCRC* *Continued...*

Mentors (adult volunteers) and Mentees (children ages 5-16) and then matching them together to hopefully build a positive, strong relationship between them while enhancing a child's life and contributing to help grow confidence, friendship and community. I am also a Parent Coach and Supervised Visitation Facilitator. I supervise in a safe neutral environment so parents, or grandparents, relatives, etc. can visit their children who have been removed from their home or care.

How long have you been with LCRC? 1 year

What is the most rewarding part of your job? Everything! Being able to give back what was given to me. Being able to help children experience things they otherwise wouldn't be able to. Creating strong relationships for the greater good of our community.

What is the most challenging part of your job? Finding Mentors

What is your background? I am from Littlefork, a small country town near the Ice Box of the Nation, International Falls. I graduated High School at Littlefork Big Falls HS. I moved to the Twin Cities and attended Normandale Community College and stayed in St. Paul until I was 27. I moved back to International Falls and after being in an abusive relationship myself started working as a Crisis Advocate and Supervised Visitation Facilitator at an agency there, Friends Against Abuse.

What is your dream vacation? Any vacation at this point would be lovely. A beach. A book. Sunshine.

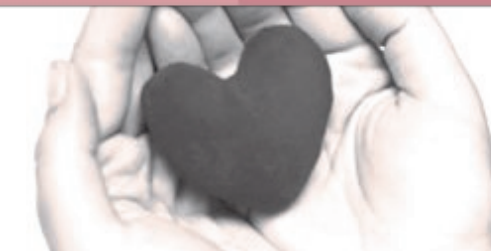
What is your favorite food? Chips and Salsa. Especially spicy and fruity salsa.

Who is the most influential person(s) in your life? My Dad. I grew up with just my Dad and I was an only child. He taught me how to hunt, fish, change a tire and to be independent and assertive.

What brought you to LCRC? I met my husband online. He is from the Lakes Area and after a long distance relationship I decided to move here. I heard about the Crisis Center and walked in one day in hopes of volunteering and also seeking employment.

What is your favorite movie? I don't watch TV or movies much but I enjoy reading. The Alchemist by Paulo Coelho and The Bell Jar by Sylvia Plath are my favorite books.

Lakes Area *Kinship*



Lakes Area Kinship is a mentoring program for children that improves lives by helping establish quality relationships with youth between the ages of 5 -16 and caring adults for the purpose of promoting stability, support, and friendship. The mentor and mentee spend time together fishing, playing, or just talking and sharing. We are looking for adult volunteers to become mentors for children in our community. By committing just a couple hours per month and simply being yourself, you can positively impact the life of a child.

If you would like to share your wisdom and yourself with a child in need or would like more information on Kinship, please contact Ashlie by calling 218-847-8572.



- Dish cloths/towels
- Cleaning supplies
- Pillows
- Single & double strollers
- Baby wipes
- Pull-ups for girls and boys
- Sheets—full size
- Air mattresses
- Diapers: all sizes (particularly newborn & sizes 4—6)
- Art supplies (drawing paper, water color paints, paint brushes)
- Small Legos for older children
- Baby dolls & accessories
- Quilts & bedspreads—full & queen size
- Toy food and dishes

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