

*3rd Annual*  
**Lakes Area Auction**  
Thursday, August 11th - 4 pm

“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**

**3<sup>rd</sup> Annual Lakes Area Auction ~ Thursday, August 11<sup>th</sup>**

Mark your calendars and plan to join us at our 3rd Annual Lakes Area Auction benefitting Lakes Crisis & Resource Center! All auction proceeds ensure that programs and services are available to those in our community who need us.

There is still time to donate if you have furniture, electronics, sporting goods, antiques, or home furnishings to share. We are continually amazed by the generosity of our supporters and the quality items they provide for our auction enabling us to continue serving our clients and sustain our programming. Donations are tax deductible and can be brought to the Crisis Center during regular business hours:



*Read More On Page 2*



In The *Know*

**Childhood Trauma—You Can Help**

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

*Read More On Page 2*



A Word From *LCRC*

**Spotlight on Staff**

Each quarter we will be highlighting an LCRC Staff Member. This quarter, get to know Patty Goltz.

**What is your title at LCRC?** Advocate

*Read More On Page 3*



# Making a *Difference* Continued...

**8:30 am – 4:30 pm** on weekdays. Please call us if you need special arrangements at 847-8572.

This will be an excellent opportunity to find affordable furnishings for a college student or home owner looking to outfit their apartment or cabin while supporting the Lakes Crisis & Resource Center. During the auction the winners of the **raffle** for which we are currently selling tickets will be drawn. **Prizes include \$2000 cash, 2 round trip airline tickets, and 50 pounds of beef.**

A special thank you to the following businesses for all of their support and philanthropy helping us make our 3rd Annual Auction the most successful yet!



**Join us!**

## 3rd Annual Lakes Area Auction

**Thursday, August 11th - 4 pm**

**Kent Freeman Arena, Detroit Lakes, MN**







**Not your typical auction!**

- \* Food and beverages available
- \* Raffles
- \* And, plenty of **SURPRISES!**



Visit us  
on Facebook

View more pics at [www.bauchmannauctioneers.com](http://www.bauchmannauctioneers.com)

## In The *Know*

*Continued...*

Childhood Experiences are linked to toxic stress, poor physical and mental health, 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 fear the child must learn to adapt to the fearful environment. These neurophysiological adaptations can alter the brain by constantly having to react when it feels threatened. Just like learning to play an instrument or a sport, the brain gets very good at things that are practiced over and over again. This disrupted neurodevelopment can lead to social, emotional, and cognitive impairments which can cause the child to adopt non-healthy behaviors which can lead to disease, disability, social problems, and early death.

### **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.

But, we can't do this alone and need your help! Will you partner with us to positively impact the lives of the children we serve?

### **Will you...**

- Attend our upcoming auction or donate goods/household items? Any new or gently used item will be gladly accepted and put to good use.
- Volunteer your time by doing crafts or fun projects with kids? Schools out, the kids would love to do special activities.
- Become a mentor for a child through our Kinship program? Spend a couple hours a month hanging out with a fun kid!
- Give financially? Every dollar helps fulfill a need.

**Want to know more about what we do? Give us a call at 847-8572 or schedule a visit.**

## A Word From *LCRC*

*Continued...*

**What does that entail?** I assist clients in crisis by talking with them and assessing their needs whether it be assisting with an Order for Protection, Harassment Order, assisting them with shelter &/or housing needs, safety planning, and finding and navigating community resources.

**How long have you been with LCRC?** I have worked at LCRC since November, 2013.

**What is the most rewarding part of your job?** Witnessing the successes and knowing that I have helped individuals and families in crisis.

**What is the most challenging part of your job?** Getting attached to the women and children that stay in our shelter. You feel so happy for them when they move forward and are successful, but at the same time it is sad to see them leave.

**What is your background?** My background is in the medical field, but I decided to change careers and attend school for Early Childhood Education. I started here in child care, but found my calling to be in Advocacy.

**What is your favorite food?** Anything with pasta.

**Who is the most influential person(s) in your life?** My parents. They were always supportive of me and showed me that you have to work hard to be successful and to never give up on your dreams.

**What brought you to LCRC?** My desire to help others.

**What is your favorite movie?** I love any movie that tells a story, but my all time favorite is The Notebook.

**What is your dream vacation?** I would love to take my family to Hawaii some day.

**Do you have a favorite childhood memory?** Staying at my Grandma's in Fargo and helping her with her flower garden. We would walk and talk and she would tell me stories about my dad when he was a kid.

## 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.**



## WISH LIST

- Dish cloths/towels
- Cleaning supplies
- Pillows
- Child and adult bicycles
- Tricycles
- Single & double strollers
- Baby wipes
- Pull-ups for girls and boys
- Sheets—full and twin size
- Queen & single size air mattresses
- Children's educational DVDs
- Diapers: all sizes (particularly newborn & 4—6)
- Children's swimsuits
- Children's shoes & sandals

• **FURNITURE, ANTIQUES, ELECTRONICS, BOATS, CARS & TRUCKS for the LAKES AREA AUCTION ON AUGUST 11TH 4:00 p.m. Kent Freeman Arena**