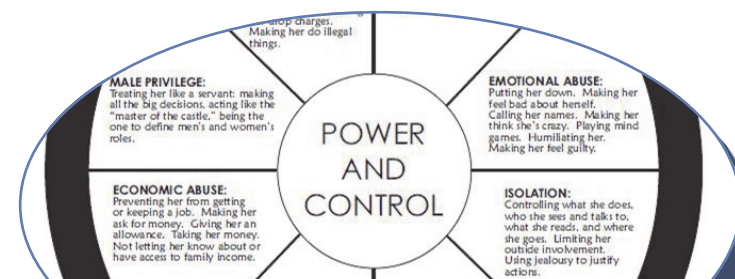




“Fostering safety, hope, and healing through advocacy, intervention, and education.”

The 28th Annual Banquet & Auction was held on April 7th at the Historic Holmes Theatre Ballroom with catering provided by Lakeview Catering. We are extremely appreciative of the efforts of our hardworking committee with their many hours of planning and preparing for this sold out event. A special thanks to all who attended and celebrated successes with us; and, to those who sponsored tables: Mary Newman, Nancy and Scott Erickson, Ruth and Sheldon Tang, Lakeshirts, Cheryl Olson and John Lofberg, Active Nutrition, BEN Transport, Carol Lee, Dakota Supply Group, Essentia Health/St. Mary's, Ferguson Water Works, Infinite Skin, Anna and Joel Sellin, Leighton Broadcasting, Sam Gulon & Friends, Tammy Merkins, Aggregate Industries, Bremer Bank, Drs. McCauley, Zurich and Kivi, Foltz Trucking, KLN Family Brands, Marco, Sanford Health, SJE- Rhombus, and Strata Corporation. In addition, we are grateful to those who contributed monetary donations towards facilitating our event: BTD Manufacturing, Eide Bailly, Midwest Bank, Bell Bank, Dawson Insurance, DelRae and Jack Chivers, Opp Construction, Kathleen and Richard Michaelson, Sherbrooke Turf, Inc., Tasha and Todd Glander, and Cheryl and Jon Flatt. Because of these sponsors, all who donated auction items, and all who attended, we had an amazing evening sharing the philanthropic spirit and supporting our programs and community.

*Read More On Page 2*



## In The Know

### Power and Control Wheel

Abuse is never a one-time event.

Physical abuse is only one part of the scheme of abusive behaviors. Most often, by the time a victim of domestic violence experiences physical threat or abuse, they undoubtedly have also experienced several other forms

*Read More On Page 2*



## A Word From LCRC

### Spotlight on Staff

Each trimester we will highlight an LCRC Staff Member. This trimester, we get to know Rachel M.

**What is your title at LCRC?** Advocate. Recently, I have been hired as the new sexual assault advocate.

*Read More On Page 3*

## 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* Continued...

The Annual Banquet continues to be our largest fundraising event of the year – thanks to the tremendous ongoing support from you! To see a complete listing of the businesses and individuals who donated silent and live auction items go to our blog: <http://blog.lakescrisis.com>.

**Giving Hearts Day 2018** was a fun, collaborative, and exciting online giving event as 167 giving hearts were counted for us (#countme) as they provided **\$18,600** in support for our programs. A special thank you goes out to **Norby's Department Store and Dakota Medical Foundation** for providing matching dollars for gifts given during this 24 hour day of giving and to **Central Market** for holding a special Ribfest and offering a “round up” to customers to promote Giving Hearts Day. This year's proceeds went towards supporting our Children Services and Lakes Area Kinship Programs. **Thank you!!**

Finally, for a tangible, straightforward way to help us out check out our [registry on Amazon](#).

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



The **Circle of Angels** is a very special group who join with Lakes Crisis & Resource Center in supporting local women, men, and children by providing a monthly sustaining gift.

Our current Circle of Angels group consists of 21 individuals who contribute \$1,485 per month! That amount would fund one person staying in Mary's Place for approximately three weeks. For that woman or child in shelter, these sustaining donors are truly **ANGELS!** The ease of a consistent monthly gift transferring to LCRC fits nicely into a monthly budget while providing funding that goes to work immediately to serve people in need right here in our community, AND, with monthly giving it is easier to give a little more. For example, twelve gifts of \$20 each may seem far more affordable than a single gift of \$240.

For more information about joining the Circle of Angels, please contact Lisa at **218-847-8572** or [lisal@lakescrisis.com](mailto:lisal@lakescrisis.com). It is very easy to join and you may cancel it at any time.

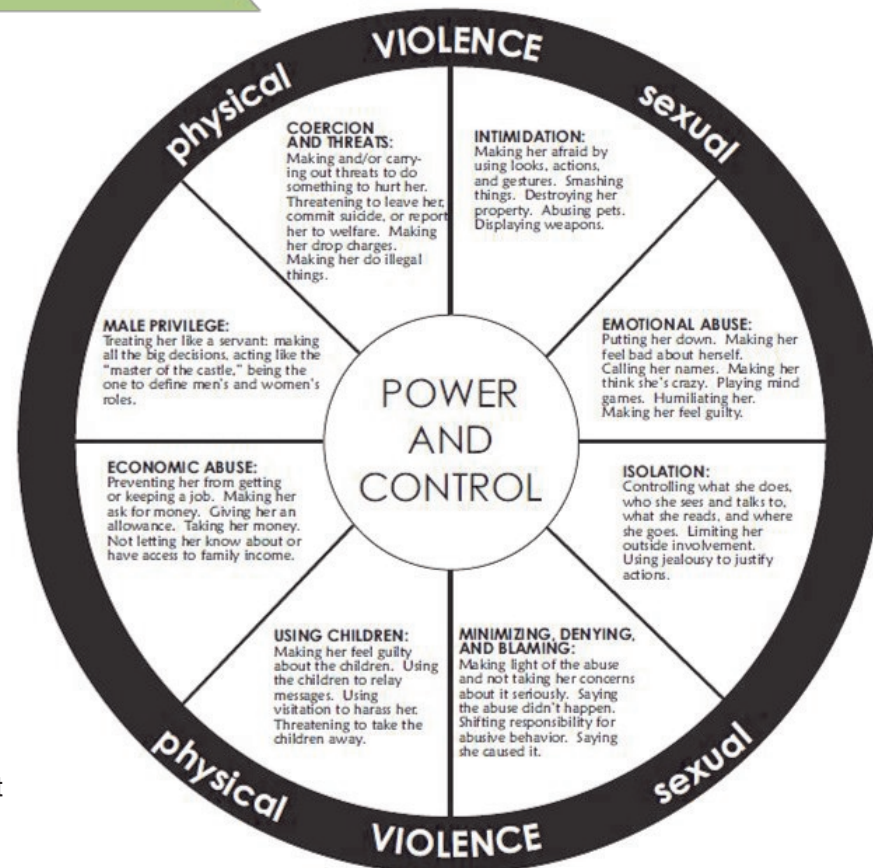
## In The *Know* Continued...

of abuse or tactics used by an abuser to achieve dominance. These include: intimidation, emotional abuse, isolation, minimizing/blaming, using children, economic abuse, male privilege, and coercion/threats.

We use the “**Power and Control Wheel**” (which was developed by the Domestic Abuse Intervention Project in Duluth, MN) to educate how physical or sexual abuse along with the use of any of the other tactics mentioned will result in the abuser having power and control over the victim. The use of physical or sexual abuse instills the most fear. Regular use of abusive behaviors when reinforced by one or more acts of physical violence, make up a larger system of abuse.

It is not uncommon for a victim to remain in denial or minimize the abuser's behavior for various and layered reasons. By using this wheel to facilitate a conversation, our staff has the opportunity to shed light on what an abusive relationship looks like. When a victim becomes more aware and recognizes behaviors for what they are, s/he can begin the process of deciding whether, when, and how to safely leave and begin the process of healing.

To learn more about the Power and Control Wheel contact us or learn more at [www.theduluthmodel.org/wheels/](http://www.theduluthmodel.org/wheels/). For presentations about this topic and more, contact **Lisa** at [lisal@lakescrisis.com](mailto:lisal@lakescrisis.com) or **218-847-8572**.



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

**What does that entail?** Addressing safety concerns and taking appropriate measures to protect our clients and their families. Assisting clients in gaining access to additional information and resources within the community. Completing orders for protection and/or harassment restraining orders and offering additional legal advocacy, per a client's request. Coordinating referrals and appointments within the community on behalf of clients. Providing crisis intervention which may include assessing a client's mental, physical, and emotional health, personal safety and security, or other basic needs. In addition, I meet clients at the emergency room after a sexual assault or domestic violence incident.

**How long have you been with LCRC?** Three years ago I worked in the shelter part-time as a resident assistant while attending college. I came back to Mary's Place part time about a year ago and began doing advocacy full-time.

**What is the most rewarding part of your job?** The kiddos! I love interacting with the children and watching them grow as they start to gain a sense of safety and security. It's amazing!

**What is the most challenging part of your job?** It's bittersweet, but the most challenging part for me would be watching the clients move on to the next step in their lives. After working so closely with individuals, you begin to bond and connect with them. They become a huge part of your life. You want nothing but the very best for them. They deserve it!

**What is your background?** I graduated from Concordia College in 2014 with a degree in psychology and minor in neuroscience. Throughout my college years, I did various types of volunteer work within different areas of human services. After graduation, I worked at Prairie St. John's for 2+ years. I took a break from the field for a few years and went to work on the family farm for about 1.5+ years. Now, I'm back in the field and enjoy every minute of it.

**What is your dream vacation?** Wine tour in the Napa Valley/Sonoma Valley (CA) area!!

**What is your favorite food?** Sushi.

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

**What brought you to LCRC?** My mom heard of the agency when it moved to its current location. She did some volunteer work at LCRC and is a huge supporter of the organization.

## Lakes Area *Kinship*

Did you know...

...our Lakes Area Kinship Program currently has 35 matches! **That means 70 lives are positively impacted and enriched by mentorship in our community!**

The Lakes Area Kinship Program unites one caring adult volunteer with a child in our community between the ages of 5 - 16 based on similar likes and dislikes, common interests, hobbies, and personalities. Once matched, the pair establishes a relationship through spending quality time together, attending our L.A.K.E. (Lakes Area Kinship Events), and giving back to our community by volunteering. Mentors help teach children how to be healthy, contributing, and successful members of society. Children with mentors are 78% more likely to volunteer within their communities as adults.

Our Kinship program does not receive funding from grants but relies solely on sponsorships and donations from our very generous and giving local philanthropists and businesses. We are always striving to find ways to eliminate any costs for the mentors, to sustain our current day to day obligations, and to keep our office running effectively and efficiently.

We would be so grateful if you would please consider giving to Kinship today. Your donation would help us continue with our efforts to host mentoring events, to offer gift cards for meals and treats for mentoring outings, and to provide our mentees with opportunities that they may not otherwise have.

Thank you for your ongoing support!

Best Regards,

**Ashlie Seifert**  
Kinship Coordinator  
[ashliew@lakescrisis.com](mailto:ashliew@lakescrisis.com)



**UPCOMING  
EVENTS**

**Break the Silence Tours**

**11 a.m. to noon: June 19, July 17, and Aug 14**  
**8 a.m. to 9 a.m.: Sept 25**

Join us for a free, one-hour tour of LCRC. Participants learn about how the work we do fosters safety, hope, and healing in response to the violence happening in our community. You will hear several staff members describe the services we provide. Please R.S.V.P. to **Lisa** at **218-847-8572** or [lisal@lakescrisis.com](mailto:lisal@lakescrisis.com). Space is limited, so sign up early!

**3rd Annual Women's ONE-Hundred Luncheon**  
**Wednesday, September 19, 11:45 a.m. – 1:00 p.m.**  
**The Meadows on Lind**

We celebrate this powerful group of women and the significant impact they make for those served by LCRC. For information on how to become a member contact **Lisa** at **218-847-8572** or [lisal@lakescrisis.com](mailto:lisal@lakescrisis.com).

**ONE**