



Women's ONE Hundred

Become ONE. Our mission is to unite as a group of philanthropic women who support the services at Lakes Crisis & Resource Center.

You can join the Women's ONE-Hundred at any time and make a lasting and significant impact in the community while also networking with like minded, generous women. Members will be invited to a special Recognition Lunch & Program on **September 19th** to celebrate the collective impact and good work that Women's ONE-Hundred is supporting. While a minimum donation of **\$100** makes one a member, some may be inspired to donate greater amounts. 100% of all contributions to the Women's ONE-Hundred are completely tax-deductible.

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

In this edition:



Making a Difference
Join Women's ONE Hundred



Lakes Area Kinship
Mentor a Child



Spotlight on Staff
Capt'n Crisis

Donate
online



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www.lakescrisis.com

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In The Know

Adverse Childhood Experiences

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 Childhood Experiences are linked to toxic stress, poor physical and mental health,

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A Word From LCRC

Spotlight on Staff

Each trimester we highlight an LCRC Staff Member. This trimester, we get to know Richard H. - a.k.a Capt'n Crisis.

What is your title at LCRC?
Maintenance Specialist

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Making a *Difference* *Continued...*



The significant impact a dedicated group of women can make is meaningful and powerful. When we stand together as ONE of ONE-hundred in support of a common mission, we can (and have) truly made a difference. Become ONE and attend the luncheon on Wednesday, September 19th and learn about the project Women's ONE-Hundred is funding this year and the impact it will have on children in our community and the generations following. *The article regarding ACE's in this issue is related to the 2018 Women's ONE-Hundred project!*

UPCOMING FUNDRAISING EVENTS

LCRC is again participating in **Give to the Max Day on Thursday, November 15**. This is a one day event to support non-profits with an online donation through GiveMN.org. However, this year supporters may schedule a gift anytime between **Nov 1 and Nov 15** that will count towards leaderboard prizes and drawings. *Watch for more information to come!*



We are delighted to once again partner with **I'll Tile & Stone** for the **Festival of Trees** taking place on **Saturday, November 24th** at the Historic Holmes Theatre. Please join us as we leap into the holiday spirit at this event featuring Christmas Trees sponsored by area businesses, live music, and dinner catered by La Barista.



Tickets will be available at a later date at I'll Tile & Stone 218-847-0335 and LCRC 218-847-8572.

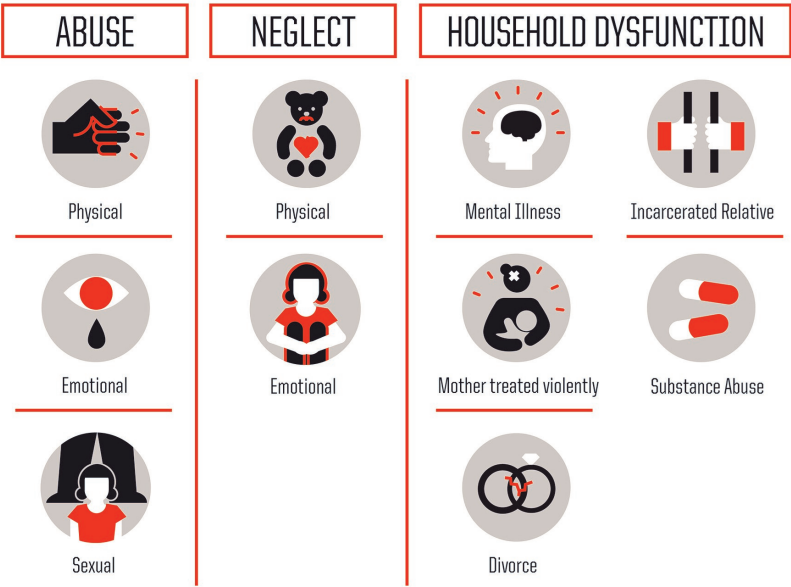
In The *Know* *Continued...*

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.



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

- What does that entail?**
Building & grounds maintenance.
- How long have you been with LCRC?**
Almost a year.
- What is the most rewarding part of your job?**
Working as part of a team.
- What is the most challenging part of your job?**
Keeping 20 ladies happy.
- What is your background?**
I grew up in Gardner, ND. I am married and have 3 kids. Previously I have worked as a mechanic and a sales manager.
- What is your dream vacation?**
Anywhere with friends.
- What is your favorite food?**
Mexican.
- Who is the most influential person(s) in your life?**
My father.
- What brought you to LCRC?**
Relocated to Detroit Lakes and needed a career change.
- What is your favorite movie?**
Buckaroo Bonzai Across the 8th Dimension.



Richard putting away last year's Festival of Trees donation.

Lakes Area *Kinship*

Lakes Area Kinship of the LCRC improves lives by helping establish quality relationships between youth ages 5 to 16 and caring adult volunteers for the purpose of promoting stability, support, friendship, and community. We are desperately searching for **male mentors** as many of the children waiting would greatly benefit from having a positive male influence in their lives, but we are also looking for women and families to give their time to the youth in our community. It is a minimal commitment for an invaluable and immeasurable experience for both the children and adults. Please consider joining Kinship and changing two lives. **For more information about Kinship please call Stephanie at 218-847-8572 or email stephanieb@lakescrisis.com.**



UPCOMING EVENTS

Break the Silence Tours
11 a.m. to Noon: **Sept 11, Oct 9, Nov 6, Dec 4**
8 a.m. to 9 a.m.: **Sept 25**
5 p.m. to 6 p.m.: **Oct 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 Anna at **218-847-8572** or annas@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 **Denielle at 218-847-8572** or denielle@lakescrisis.com.

