



Making a *Difference*

Empowered Every Step of the Way!

"The Lakes Crisis Center never gave up on me," emphasized a successful Minnesota professional.

We'll call her "Tina" for privacy purposes.

Tina was in and out of counseling for a number of years with a LCRC advocate prior to the construction of the shelter called "Mary's Place." If the shelter had existed then, she and her children would have found a safe, comfortable, temporary home until their personal storm had subsided. Instead, she found refuge through the guidance of Leona, a long time staff member at the center. Tina tells what a difference the crisis center and her personal heroine made in her life.

Read More On Page 2

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



In The *Know*

"Growing Strong Families!"

Mark your calendar and join us on **Friday, April 10th** at the Holiday Inn for LCRC's 25th Annual Banquet & Auction! The banquet committee has been hard at work curating auction items (let us know if you have an item to donate!) and planning the games and entertainment for the evening.

Read More On Page 2



A Word From *LCRC*

Get to know LCRC Staff

Each quarter we highlight an LCRC Staff Member. This quarter, get to know Leona Ulrich

What is your title at LCRC? Program Director for Crime Victims Services

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...*

For the first few years there were numerous calls to police that were made by my neighbors, never by me -- and each and every time I would have someone from LCRC follow-up to see if they could offer me assistance but I always declined. Another incident occurred and the police brought me to the hospital and the LCRC where I met Leona. She helped me fill out an Order for Protection and she attended the hearing with me. She was very supportive and asked me what I wanted -- which was something nobody had ever asked me before! Leona also kept up with the criminal proceedings and let me know what was going on each and every time the abuser had a hearing.

I eventually allowed myself to believe he had changed and he would never be violent again. I was wrong. Even when I told Leona that I thought he had changed and everything would be different she did not agree or disagree. She was supportive and strongly suggested a safety plan for the "what if" and made me feel like I mattered. She emphasized that I could call, come in, whatever was needed anytime I wanted to -- the door was always open.

The last year of the violent relationship, I again was brought to the hospital and then to LCRC. I was embarrassed but when I saw Leona it struck me, I could rely on her to never judge me. She just listened and offered support. Again she assisted me with an Order for Protection.

The biggest challenge I had was the need to attend court and the possibility of testifying. I was very scared but Leona was there and made sure there was a safe place to wait in the courthouse until the hearing. She sat by my side through all of it. Leona was my one constant through everything. I also used Positive Connections for court ordered supervised visitations and my children received assistance and counseling.

I wish so much that Mary's Place would have been around then but with the work that Leona did I was able to survive and thrive eventually. I didn't feel very comfortable going to support group but the one-on-one support Leona provided, gave me the necessary empowerment to keep going and do what I needed to do. In my mind, Leona is one of my heroines because she helped me when I was down to raise me back up, giving me the tools I needed, empowering me every step of the way and never giving up!

After leaving her abusive husband, Tina says she rented what she calls a "rat hole" in order to save her money to buy a house. She sold her only asset, a car, and she walked to two jobs so she could support her young children.

Today, that is only a memory -- a source of credibility as she guides other women to safety. Tina is now the director of a shelter elsewhere in Minnesota. She is using her troubled past along with social work skills, to help her clients create a life without violence, poverty, and self-doubt.

She is re-married, this time to a fellow who loves and cares about her and her children. She is also taking college classes on-line, staying up late at night to schedule her studies around her full time job and family responsibilities.

Tina is an example that a better life is possible with guts, determination, and support from family, friends, and the Lakes Crisis and Resource Center!

In The Know

Continued...

Austin Bachmann of Bachmann Auctioneers and local teacher Linda Mickelson will serve as our energetic emcees for the evening. Jerome Tappe will be back this year and joined by Kathy Coyle to lead us through the live auction. The planning committee is busy gathering an eclectic list of items that are sure to motivate your bidding. Items up for grabs in the live auction include 4 tickets to see One Direction at their sold out show in TCF Stadium with overnight accommodations at the Hilton, an Adam Thielen autographed MN Vikings jersey, an authentic Italian meal for 12 consisting of pasta, meatballs, salad and bread all delivered to your location, 2 We-Fest VIP tickets and camping, a 7 day Cabo San Lucas vacation, a private airplane ride to enjoy Detroit Lakes from the sky along with dinner and hotel reservations, a MN Wild autographed Zack Parise jersey, and more!

Throughout the evening you'll be able to peruse the vast array of silent auction items with something for everyone—from Coach purses, jewelry and gourmet food baskets to golf packages, pontoon rentals, a YETI cooler, and MN Twins tickets.

By attending, you'll be supporting the Lakes Crisis & Resource Center and the programs and services it provides to our community 365 days a year. It's also a chance to get together and socialize with those who share in your generous, philanthropic spirit. Enjoy a wonderful meal, entertainment & games, while browsing live & silent auction items from **local donors!**

Get your friends and family together and join us on Friday, April 10th! Tickets are \$50 or you can sponsor a table of eight for \$500 or four for \$300 and enjoy reserved seating. The silent auction and social hour begin at 5:30 pm followed by dinner and the live auction. Tickets can be purchased online this year as well at www.impactgiveback.org/events.

In addition to the items listed above, we are thrilled to again have Bergen's coupons available to purchase at the banquet. Buy as many ten dollar coupons as you'd like and redeem them at Bergen's by June 15. Bergen's will donate back a portion of the coupon dollars! If you can't attend our banquet but would like to support the Crisis Center by purchasing coupons, simply send a check to LCRC for the number of coupons you'd like and we'll mail them to you!



A Word From LCRC

Continued...

What does that entail? I provide leadership, coordination and supervision of the Domestic Violence, Sexual Assault and General Crime programming. Advocates work primarily with crime victims and their families but also do community outreach on issues involving domestic and sexual violence awareness and prevention.

How long have you been with LCRC? 10 ½ years—since August of 2004

What is the most rewarding part of your job? Knowing that I have made a positive difference in someone's life, even if it is to "plant a seed" for healthy change.

What is the most challenging part of your job? To not let negative thinking interfere with the work that I do. It is easy to get jaded and it takes a constant effort to maintain a healthy attitude when dealing with challenging situations such as with families in crisis.

What is your background? I have a BA in Psychology. Prior to working at LCRC, I worked for 3 ½ years with the Listening Ear Crisis Center in Otter Tail County as a Sexual Assault Victim Advocate.

What is your dream vacation? Anyplace in the Caribbean on a warm, quiet, sandy beach.

What is your favorite food? No real favorites, but I love seafood.

Who is the most influential person(s) in your life? My parents.

What brought you to LCRC? I had worked previously as a sexual violence victim advocate for 3+ years in Otter Tail County and really enjoyed the work. I felt like I was finally able to use my skills in a meaningful and positive way. I saw that LCRC had an opening for a domestic violence victim advocate and after applying and being offered the job, I accepted. As they say, I have been here ever since!

What is your favorite movie? I have several - Rain Man, The Birdcage, Moulin Rouge.

Do you have a favorite childhood memory? Playing outdoor yard games with the neighborhood children. Some of the games we would play were: Kick the Can, Red and Green, Red Rover and Freeze Tag.

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. The Circle continues to grow! **Thank You & Welcome** to the newest members of The Lakes Crisis & Resource Center's **Circle of Angels!**

Snow Angels

\$10—\$100 monthly

- Larry & Kathryn Anderson
- Ryan & Chelsey Manke
- Charles & Karen Merry

Halo

Greater than \$500 monthly

- Mary Newman

WISH LIST

- Pots & pans
- Paper towels
- Toilet paper
- Laundry soap
- Cleaning supplies
- Baby wipes
- Diapers sizes 4 & 5
- Queen size sheets
- Dish soap
- Women's & children's socks (all sizes)
- Queen size bedspreads
- Body wash
- Women's & children's underwear

Would you like to impact the life of a child in our community? Volunteer to be a mentor in our **Kinship Program** and be a positive role model in the life of a youth who needs you. Every child is one caring adult away from being a success story!

To learn more please call Anna at 218-847-8572 or visit our website: www.lakescrisis.com/programs/kinship



Kinship