



### ***Finding a Safe Haven After Years of Hardship***

Elizabeth's first step on the path to homelessness and desperation wasn't drugs or alcohol. It was trying too hard to help others. She left her home state of Minnesota when she was twenty to get married. The relationship felt perfect, and they began devoting their time, as a couple, to ministries in major cities around the country. They worked with homeless people in Oklahoma City, feeding hundreds every day in an abandoned house. They helped young adults caught up in gangs in Chicago. Everywhere they went, their enthusiastic aid was sought after by both the needy and by those trying to help them.

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**“ It was frightening to start all over, but this building...should make anyone feel safe.”**

*- Resident of Mary's Place*



### **In The *Know***

#### ***The Link Between the Financial Crisis and Domestic Abuse***

You've probably spent time thinking about the financial crisis, and if you're reading this newsletter, you're

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### **A Word From *LCRC***

We are excited to announce 3 new programs at the Lakes Crisis and Resource Center!

- Circle of Angels
- Kinship Program
- Mental Health Program
- A New Electronic LCRC Newsletter

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# Making a *Difference* Continued...

Regrettably, this left no time to tend to her marriage, which ended in divorce several years later—Elizabeth taking off to Oregon to be near her brother. While there, she re-married, entering into what proved a much more sinister relationship. As the relationship unraveled, he began to stalk her, following her and hassling the people wherever she worked. Deciding to make a break for it, Elizabeth escaped to Wyoming, where she landed a job as a Resident Manager for a girl's group home.

She started seeing another man, but things weren't right. Her health was deteriorating. Unbeknownst to her, she was being slowly sickened by an undetected gas leak in her home. Weeks went by, and no one caught it. Eventually, she suffered seizures and was rushed to the ER. By the time the leak was patched, she could barely string words together, and her boyfriend decided he couldn't handle it. Elizabeth was alone. She lost her job. She lost her health insurance. She lost her friends. She lived on food stamps, scraping by while slowly regaining the faculties the gas poisoning had removed.

Buoyed by the help of a counselor who treated her nearly for free, Elizabeth decided to return to her birthplace of Minnesota. Armed with her small therapy dog, Elizabeth completed the loop that she'd begun forty years earlier.

When she arrived, she found Mary's Place, run by the Lakes Crisis & Resource Center.

"They can read the women really well—helping them analyze their goals, make plans, help clients make applications for housing and schooling, but each woman must take the responsibility to schedule their own appointments," she said. "They also have a great program for the kids in the playroom so the women can take a few hours for themselves. The advocates are excellent, very kind."

Elizabeth's goal is to work in a similar facility, helping people with addictions. She found a little apartment in Detroit Lakes—a one bedroom. She hopes to enroll in M-State and then transfer to MSUM for her degree.

Despite all her struggles, Elizabeth says, "I'm just going to make it! I'm truly very thankful for this place!"

## In The *Know*

*Continued...*

probably concerned about the plight of domestic abuse. Have you ever considered a connection between the two?

A study by The National Institute of Justice examined the connection between poverty, job loss, and domestic abuse. The study, entitled "When Violence Hits Home: How Economics and Neighborhood Play a Role," shows a strong link. Families experiencing sustained periods of unemployment suffered an unfortunate rise in abuse. In couples where men sustained two or more periods of unemployment over five years, the instances of abuse increased nearly three times. This remained true across ethnic and geographic lines—nationally, and right here in Minnesota.

The problem for us locally is very real. According to The National Coalition Against Domestic Violence, an average year will include over thirty-seven thousand women and children in Minnesota seeking aid and advocacy from organizations like The Lakes Crisis & Resource Center. That includes over ten thousand making use of emergency shelters.

These sorts of housing needs, as well as employment searches by women seeking to become independent from abusive partners, are frequently complicated by the poor economy. Here at The Lakes Crisis & Resource Center, one of the biggest problems we run into is securing lodging and work for women as they transition out of shelters.

Not every abuse victim is poor. Not every abuse victim needs help securing lodging or finding an income source. Abusers do not discriminate in those they cause pain to. Nevertheless, by understanding what populations are most at risk, intercessors are able to take steps towards breaking patterns of violence and aiding victims. We recognize the importance of providing aid in poor and high-risk areas, including those wrecked by the recent financial crisis, while simultaneously remembering our commitment to individuals who fall outside of a statistic.

One in four women will experience abuse in their lives. No attack is simply a set of boxes that, when ticked, create the perfect storm. Nevertheless, facts like those highlighted in this study provide a shining light, often pointing us towards those in need. With the amount of long-term unemployed in American hovering around four million people, there is certainly a lot of work to be done.

## A Word From *LCRC*

*Continued...*



### -Circle of Angels

The Circle of Angels is a special group of individuals who join all of us in supporting local women, men and children by providing a consistent, monthly gift. You can become a member of the "Circle of Angels" today by just signing up! Please read the enclosed publication for more details.

### -Kinship Program

Lakes Area Kinship is a mentoring program for children that 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. The mentor and mentee spend time together at least twice monthly for a couple hours. We are looking for adult volunteers to become mentors and referrals of children that would benefit from having a mentor. If you have room in your heart to give love and attention to a child in need, please contact Susie at LCRC at 218-847-8572 or [susief@lakescrisis.com](mailto:susief@lakescrisis.com)



### -Mental Health Program

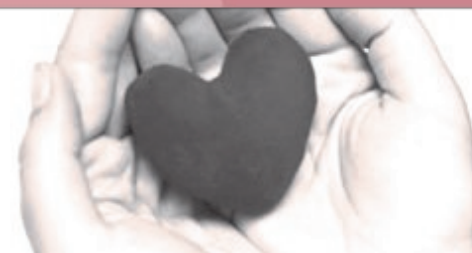
LCRC now has two licensed psychologists on staff to treat individuals with depression, anxiety, and other mental health related affects from violence and trauma-related experiences. With the addition of these services, LCRC aspires to help adults and children lead healthier lives with improved mental health.



### - A New Electronic LCRC Newsletter

We've been working on an electronic version of this newsletter and we're excited to send it to you this quarter. Check your inbox and view this newsletter online! If you're not part of our email list and would like to receive future newsletters (and save some trees) go to our website ([lakescrisis.com](http://lakescrisis.com)) and sign up to receive The Advocate.

## We Care *Receipts*



Lakes Crisis & Resource Center collects "We Care" receipts from various businesses in the community. Please consider stopping by one of the following locations to drop off your receipts:

- Action Realty
- Bremer Bank
- Curves
- LCRC

If your business would like to begin collecting receipts on behalf of LCRC, please contact us. Thank you for your support!

## WISH LIST

- Dishware
- Pizza pans
- Dish cloths/towels
- Clippers/Tweezers
- Diaper wipes
- Laundry soap
- Cleaning supplies
- Backpacks
- Baby wipes
- Shampoo & conditioner
- Newborn & sizes 4, 5, & 6 diapers
- Kitchen garbage bags
- Toilet paper
- Paper towels
- Copy paper
- AA batteries
- Packing tape
- Deodorant
- Pocket folders