



Still Celebrating

We, at LCRC, are entering the beautiful fall season in anticipation of having reasons to applaud and celebrate with our wonderful supporters.

- United Way Community Celebration—LCRC, a proud partner with Becker County United Way, will participate in celebrating everything wonderful about our community. **Thursday, Sept. 17th***

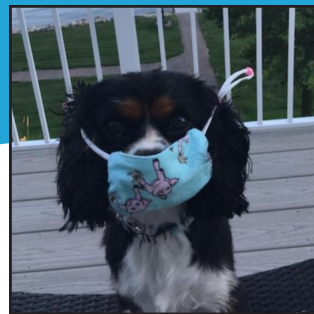
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“Fostering safety, hope, and healing through advocacy, intervention, and education.”

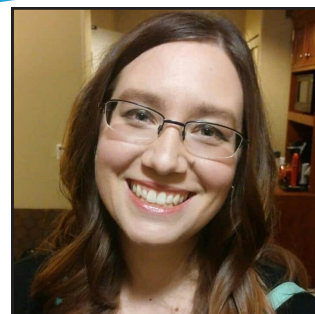
In this edition:



Still Celebrating



In the Know
COVID-19 + LCRC = Gratitude



Spotlight on Staff
Karen Askelson

Donate online



Check out our website:
www.lakescrisis.com

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In The Know

COVID-19 + LCRC = Gratitude

We have met each new day, during these times of uncertainty and adaptation, with utmost gratitude. Gratitude for the immediate caring support of those within this community and beyond.

As the world around us changed in March, we also had to quickly pivot to meet the

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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 Karen Askelson.

I am a Victim Advocate and have been with LCRC since 2014. I mainly work with our walk-in/community clients. I assist men, women, and children with Orders for Protection, Harassment Restraining Orders,

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Still Celebrating

Continued...

- **“Inside Out”** project continues with LCRC participating to discuss mental health issues surrounding trauma. **Date TBD***
- **Women’s ONE-Hundred**—A deeper look into how we help those in crisis with an insightful video to be posted on the W-100 Facebook page. **Tuesday, Sept. 15th**
- **Women’s ONE-Hundred**—A virtual, interactive, **ENGAGING EVENT** in lieu of the annual luncheon. **Thursday, Oct. 1st**
- **Give to the Max Day** which will incorporate elements of our annual **Festival of Trees** holiday event. **Thursday, Nov. 19th**



*The date has not been confirmed at time of printing. LCRC has committed to participating in the Events. Please watch our Facebook page for details as they unfold.

In the Know

Continued...

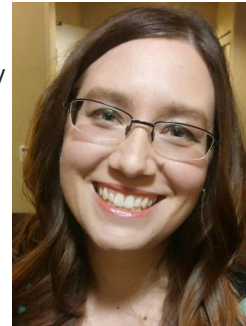
needs of our clients. Two unanticipated situations occurred. First, our shelter residents [at the time] were unable to leave for school and recreation during the “Stay at Home” executive order. This brought a never-before rise in costs for utilities, food, repairs, and cleaning. The second was a delayed need for advocacy services. While the mandated sheltering in place led to a reported increase in domestic violence and sexual abuse, many individuals did not have the option to leave their abusive environment. Because of the proximity of their offender and his/her watchful eye, they could not easily call or communicate their situation [to LCRC], nor take steps to leave it. As restrictions were lifted, requests for services heightened; not just in staff time and resources, but tangible items such as bus tokens, cell phones, food, clothing, and baby items.

The other pivot we had to make was adjusting to not having our largest, very successful fundraiser in the spring. Last year we raised over \$60,000! But so many of you generously contributed despite the cancelled fundraiser, enabling us to continue *fostering safety, hope and healing through advocacy, intervention and education*. Thank you so very much for your support!

Spotlight on Staff

Continued...

safety plans, attending court, and helping find and access resources. The most challenging part of my job is helping clients when the outcome isn't what they wanted, i.e., their order to keep their abuser from them gets dismissed. But then we work a safety plan and discuss alternative steps. The challenges are offset with the reward of seeing someone feel safer in their home and start to move forward.



I have a bachelor's degree in Social Work from the College of St. Benedict. My path to LCRC started with working part-time at the Boys and Girls Club in St. Cloud during school. I heard about a full-time opening at LCRC and thought, "Let's give it a shot." I moved here to work for this amazing organization—helping people every day. I became part of this awesome work family and community. I also met my husband, bought a house, and am expecting our first child. Working at LCRC has truly changed my life for the better!

My grandma is the most influential person in my life. My brother and I would spend summers at my grandparent's. She taught me how to sew, garden, bake, and was always there for me. We still talk every week on the phone. My favorite childhood memory includes riding bike down my grandparent's gravel road and building a fort in the backyard. Also, coming to Detroit Lakes every summer for a week and spending time with my cousins.

To answer the question about my favorite food, it really depends on the day; but sushi would win most days. My favorite movie? This one is tough; I love a lot of movies! The Greatest Showman is one at the top of the list right now. My dream vacation? I would love to go to the Maldives. It looks so gorgeous and relaxing.



KINSHIP CLUB: *Connected during COVID!*

Kinship mentors have continued to build close relationships with their young friends. Some of the ways they've stayed connected...

- Walking a mentor's dog, enjoying a summer morning
- Sending a letter in the mail, sometimes with photos of past visits
- Going for a bike ride
- Using technology (Facetime & Zoom) to stay in touch
- Dropping off baskets of goodies at their mentee's home
- Taking in an old-fashioned drive-in movie



If you are interested in becoming a mentor call Stephanie at 218-847-8572 or email her at stephanieb@lakescrisis.com or kinship@lakescrisis.com.

W-100 Meeting Virtually!

We are entering our fifth year of uniting as a group of philanthropic women to encourage and support families receiving services at Lakes Crisis & Resource Center. To date we have raised over \$40,000!! We have purchased flooring and furniture for the shelter apartments; a van used for transporting clients to appointments, work, and school; a curriculum for youth support groups; and last year we updated our security and surveillance system—which has proven invaluable in ensuring the safest environment for staff and clients as well as capturing critical video footage.



W100 – 2019

Per input from an in-person discussion of W-100 supporters late last year, we want to answer the call to provide insightful information from those on the front lines of helping individuals in crisis—our staff! We are hosting engaging virtual events in September and October. Information will be provided and posted on our Facebook page: <https://www.facebook.com/Womens100/>.



W100 – 2018



2020 Upcoming Events

September							October							November						
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