



When you become a member of Women's One-Hundred, your donation goes to making a difference in the lives of women and children at Lakes Crisis & Resource Center.

Your \$100 Donation + 100 Women = IMPACT

LCRC established Women's ONE-Hundred in 2016 as a collaborative effort with Detroit Lakes community member Beth Priddy with the mission of encouraging women to become active in philanthropy and support other women & their children. As a financial investor in helping support the important services that LCRC provides, you will help others be safe, grow, and flourish. Since its inception in 2016, Women's ONE-Hundred has grown to over 250 members!

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

In this edition:



Women's ONE Hundred
Megan Smith and Helen Foltz



Domestic Violence Awareness
Coming up in October



What's Happening?
Wake The World and MORE

Domestic Violence Awareness

Every October the staff at Lakes Crisis and Resource Center work towards breaking the silence of Domestic Violence in our community. While natural to want to believe that it doesn't happen in our neighborhood or to people we know, domestic violence affects all communities and all walks of life. In fact, 1 in 4 women and 1 in 7 men will experience domestic/intimate partner violence in their lifetime.

During just a 2 week span in July, there were nine confirmed intimate partner homicides in Minnesota. Eight women were killed by a current or former intimate partner, and one man was killed by his girlfriend's ex-boyfriend.



Survivors include our friends, neighbors, co-workers, and family members. Domestic Abuse survivors often suffer with lasting physical injuries, mental health struggles, and/or medical issues.

LCRC Happenings

Every year the 6th graders at DL Middle School participate in a Charity Walk and learn about numerous charities in the area. LCRC staff members Stephanie and Grace talked to students about our Kinship program and our shelter. The students also participated in a game of "Human Knot" to show how communication and working as a team are important to overcoming obstacles.



6th Grade Day
Students learning about Kinship and our Shelter



Check out our website:
www.lakescrisis.com



Women's ONE-Hundred

Continued...

Why 100?

By standing together as ONE of ONE-Hundred for a common mission, we believe this dedicated group of women can make a significant impact in the lives of those in need.

Become ONE.

Individuals can join the Women's ONE-Hundred at any time throughout the calendar year. In addition, you will be invited to attend a special Recognition Lunch & Program to celebrate you and the work that Women's ONE-Hundred is supporting.

A donation of \$100 is the minimum contribution to become a member. Members may be inspired to donate greater amounts depending on their personal finances.

Please join us and become ONE of a group of amazing women supporting and empowering other women!

www.lakescrisis.com/w100



Women's ONE-Hundred

Women's ONE-Hundred members enjoying our 2022 luncheon.

Domestic Violence Awareness

Continued...



The consequences of abuse are long lasting and excruciating to go through alone. Here at LCRC, our advocacy team works every day to help victims successfully overcome these obstacles.

Whether survivors need a safe place to live, mental health or medical appointments, clean clothing, or toys for their kids, our advocates are here to help. In the last year, LCRC served 1,059 adults and 337 kids who were victims of domestic violence. We also aided 223 victims of sexual assault and provided safe shelter to 193 women and children.

By supporting us, attending our events, getting the word out, and donating, you help keep our services available. LCRC is planning a special event with many community collaborations to bring awareness to Domestic Violence survivors and victims in the month of October. Keep your eyes on our website, our Facebook page, or give us a call for more information.

What is your title at LCRC?

Crime Victim Advocate

What does that entail?

I provide advocacy services to domestic violence and sexual assault victims.

How long have you been with LCRC?

March 2023

What is the most rewarding part of your job?

Helping others find solutions and being a voice for them. Helping them find hope!

What is the most challenging part of your job?

Learning what has happened to others throughout their lifetime. Especially children.

What is your background?

I went to college many years ago for Legal Secretary. I was given the opportunity to intern at Lakes Crisis & Resource Center when it was above the Main Street Restaurant as part of my schooling. I really enjoyed the work while I was there. I then went on to work at a nonprofit for about 20 years. I now have come full circle and have gotten the opportunity to work here.

What is your dream vacation?

Going to Hawaii, staying on the beach, seeing the flowers and waterfalls.

What is your favorite food?

Bread from Texas Roadhouse with lots of butter.

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

My mother – she never lost hope and always encouraged us.

What is your favorite movie?

Fried Green Tomatoes. I have probably watched it 10 times and always see a new part I don't remember seeing previously.

Do you have a favorite childhood memory?

My favorite childhood memory is my grandmother taking my sister, brother and I to Winnipeg every summer. We would all get into her very large, big brown Lincoln and travel the 6 hours there. We would start out very early in the morning as my grandmother always said "Mornings are the best time to travel." She would always let us stop at the candy store just before the border.

Spotlight on Staff



Spotlight on Staff

Each trimester we highlight an LCRC Staff Member. This trimester, we get to know Rhonda Vareberg

LCRC Happenings

Our Executive Director, Anna, was invited to speak at the Detroit Lakes Chamber's Women's EDGE series featuring Renee Rongen. Renee hosted a pajama party and encouraged attendees to bring along new pajamas to donate to our shelter residents. We received three large laundry baskets full of pajamas! Thank you to all who attended and donated!

Our Outreach and Development Coordinator, Stephanie, attended BIO Girls of Detroit Lakes' service project in July. The girls learned about some of the programs we offer and created tie blankets to give to our shelter residents. It was heartwarming to see the girls working together to help women and children feel warm and cozy while living in our shelter.



Women's Edge
(Left to right) Stephanie Baker-Outreach and Development Coordinator/Kinship and Anna Sellin-Executive Director



BIO Girls of Detroit Lakes

Pictured are the girls and the blankets they made for women and children in shelter

May was **Supervised Visitation Awareness** month. We brought extra focus to our Positive Connections program this year with an Amazon wish list that helped restock and replenish our visit rooms with new toys, games, and much needed supplies.

Thank you so much to all who donated!



Positive Connections Donations
PC Donations waiting for kids to enjoy



Wake the World

Pictured are two Kinship participants trying their hand at wake boarding