

NEW HORIZONS



SHELTER & OUTREACH CENTERS

Breaking Silence. Empowering Lives.

The Empowerment Press



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Did You Know?

New Horizons shelters over 250 women, children and men every year?

Help is available 24 hours a day, 7 days a week by calling our Crisis Line at (608)791-2600 or (888)231-0066

Dear Advocate of New Horizons,

If you see a heated argument happening between intimate partners you are a bystander, whether you have chosen to be one or not!

As a bystander, you have the potential to discourage, interrupt or prevent the incident occurring right before your very eyes. You can choose to walk away and do nothing. Or you can choose to be an active bystander.



As an active bystander, you will need to assess the situation to determine what kind of help, if any, that may be appropriate. Factors for you to ask yourself are:

- Do I know the people in the argument?
- How can I prevent or intervene in a way that is safe for all involved?

Do what feels comfortable for you! Be safe!

If you are fast at thinking on your feet:

- ask a question of the couple you don't know "Excuse me, where's the closet gas station?"
- make a statement to the couple you do know "Well hello, I have not see the two of you in a long time!"

A question or a statement may be just enough of an interruption from you to redirect the argument, at least for the time being.

If you have a cell phone on you or if you are on your way into a building, you can call 911 and report the incident to law enforcement.

If you choose to be an active bystander or if you have been an active bystander in the past, thank you for supporting our mission!

Ann Kappauf
Executive Director

Vision

New Horizons will be a leader in promoting a community culture free of abuse where mutual respect and inclusiveness thrive.

Mission

New Horizons Shelter and Outreach Centers provide safety and services to adults and families who have experienced domestic violence, sexual assault, stalking and harassment so that they can make decisions about their lives in a supportive, nonjudgmental and empowering atmosphere. We promote the concepts of nonviolence and equality through intervention, prevention and education.

Philosophy

New Horizons Shelter and Outreach Centers oppose all forms of dominance over others. Our collaborative community effort is an integral part of a broader social justice movement. We support the right of people of all ages, regardless of gender, sexual orientation, race, color, religion, national origin, social class or differing abilities to live without fear, abuse and violence. We believe batterers must be held accountable for their actions and that systems must be responsible to the victim.



Get Informed

New Horizons

Administrative Staff

Executive Director
Ann Kappauf

Assistant Director
Amanda Dotson

Development Director
Liz Beard

2014 Board of Directors

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Dates to Remember

Saturday, August 23
Augie's Poker Run in Bangor

Raffle! Tickets on Sale. Drawing to be held August 23 at Augie's.

Domestic Violence Awareness Month is October. Vigils will be held October 1st. Check our Facebook page for details.

Friday, March 13,
2015 Gala Viola at the Freighthouse

Artspire Participation

New Horizons participated in the first annual Artspire event in downtown La Crosse in June. Our goal was to raise awareness about abuse with artwork created by survivors and facilitate healing through the creation of art.

Several people joined New Horizons in our effort to end domestic violence in our community by contributing to a large scale work of art. Using the tree as a symbol of life, participants expressed their stories and shared their hopes and visions for a violence-free future. Through images of roots, bark, branches, leaves, fruits, and sky, participants joined together to create a special tree embodying their community commitment against domestic violence.



The Community Tree Project

“Denim Day” and “The Clothesline Project” are two events where survivors and their allies decorate jeans or T-shirts with their stories, messages, and images to bring awareness about and promote healing from domestic abuse and sexual assault. New Horizons hosts the creation of new items yearly to incorporate into our growing collection. These powerful clothing pieces are used in our public displays about awareness to promote the prevention of violence.



Denim Day Display

Please consider including New Horizons in your estate planning. Your legacy will live on in the hearts of those we serve.

Women's Fund

We are very pleased and excited to be partnering with the Women's Fund of Greater La Crosse in helping survivors of domestic and sexual abuse



achieve self-sufficiency. New Horizons was recently awarded a \$3,500 grant for our Survivor's Fund Project. The Survivor's Fund helps domestic and sexual abuse victims with financial assistance to help them meet their goals. Sometimes as little as \$68 can make a big difference in the life of a survivor. For instance, when Mindy came into New Horizons Shelter, she had fled an abusive situation and didn't have any ID or important documents. She was able to access the Survivor's Fund in order to get a duplicate ID as well as copies of her children's birth certificates so that she could access services through Human Services and her children could get enrolled in school and childcare. A year later, she was on her feet and made a gift to the Survivor's Fund for the same amount that she had been granted in order to pay it forward to the next woman in need. We are so thankful to the Women's Fund of Greater La Crosse for supporting this special project! It truly helps restore hope in the lives of those we serve!

Postal Worker Food Drive

Our shelves are stocked! We are grateful for the postal workers, volunteers, and community members who donated food to the Postal Worker Food drive last May. New Horizons Shelter received 7,500 pounds of food! It was an amazing turnout this year. We now have plenty of non-perishable food items to last until Winter.



Besides feeding those staying at New Horizons Shelter, a box of donated food is given to survivors when they move out of the shelter in order to help them get started in their new place.



LIVE UNITED™



A United Way Member Organization



What Do You Want?

Do you feel you receive adequate information in a timely manner to keep you abreast of issues regarding domestic and sexual abuse? Do you feel more communication would allow you to better support our mission the way you would like to? Would you welcome communication via email on current and/or legislative issues regarding domestic and sexual abuse?...

Although I am far from a media savvy guru, I would love to share timely information with you because I believe it takes all of us working together to break the silence of abuse and we can't work together if you don't know what's going on! Therefore beginning in August I will send, at a minimum, a monthly email which will contain current happenings, ways you can assist in supporting our mission, success stories etc. This will start out simple and hopefully will build as I become more attune to the tech world! Please bare with me, Ann K

Please complete the short survey below and return to me at New Horizons, PO Box 2031, La Crosse, WI 54602 or email me your answers at kappauf@centurytel.net

My email address is _____

I want to know what is happening in the state of WI as well as in the Coulee Region Yes No

I want to know about legislation issues that affect victims and survivors of domestic violence Yes No

I want to know more about human trafficking and how it relates to domestic and sexual abuse Yes No

I want to hear success stories of persons I have helped by supporting the mission Yes No

I want to know how I can help support the mission through various volunteer opportunities Yes No

I want to know what is currently happening within the programs of New Horizons Yes No

I want to know (please share) _____

United Way Day of Caring

We are so thankful for the United Way Day of Caring Volunteers who helped spruce up our shelter on July 16! Volunteers from Kaplan, Altra Federal Credit Union, and Festival Foods took on the big task of sorting and organizing donations in our attic. They were encouraged to see how much the community gives to make sure that survivors of abuse who come to our shelter have their immediate needs met.

The United Way Day of Caring is a special event each year that gets volunteers from United Way Pacesetter companies out into the community to help with projects at United Way Partner Organizations. We just love to have so many people involved in making our community great!



Be Selfish!

Did you know that being involved in a charitable organization can be good for your physical and emotional health? According to a study done at the University of California—San Diego here's why...

- Moods and emotions, like optimism and joy, strengthen your immune system
- When you focus on someone other than yourself, it interrupts usual tension producing patterns
- It brings people together
- It promotes your personal growth and self esteem
- You discover your hidden talents plus you gain knowledge of local resources
- You feel great by having a chance to give back
- You make a difference in your community





Fall Volunteer Training

Come join the New Horizons Team! We are looking for volunteers to help us meet our mission of providing safety and services to those affected by domestic violence and sexual assault.

When: Sunday, Sept. 14 through Tuesday, Sept. 16th

Time: 5:00pm to 9:00pm each evening

Where: First Baptist Church at 1209 Main Street in La Crosse

Each evening you'll hear from New Horizons advocates and other experts in the community to learn about what we do, how we do it, and how we work with others in the community to support victims and hold perpetrators accountable.

Please call New Horizons Volunteer Coordinator, Sharon by Sept. 1st to reserve your seat for this great training and to get a Volunteer Application. (608) 791-2610 ext. 301.

You do not have to volunteer to attend the training, nor does attending guarantee volunteer placement.

Clothesline Project in October

October is Domestic Violence Awareness Month. We are looking for business allies to host displays of the Clothesline Project. Each shirt in the Clothesline Project is a unique story as expressed by a survivor of abuse. The display includes shirts and informational brochures about the project and New Horizons. We can customize the display to any size that you have available for use. It is a very powerful display that gives people a look into the lives and experiences of others. Please contact Arianna for more information or if you are willing to donate space. (608) 791-2610 ext. 206.



A Clothesline Project Display at the La Crosse County Human Services Building.

Keep up with what is going on at New Horizons Shelter and Outreach Centers by "Liking" us on Facebook!

10 Ways You Can Support Our Mission

1. Donate used clothing, furniture, dishes, shoes, books etc to **2nd Chance Resale**. We receive a portion of the monthly proceeds! Don't have time to drop off at the store located in Bridgeview Plaza? Look for the big PINK bins located at businesses in La Crosse and Trempealeau Counties and pop your small items in! For more information call 1-855-430-6070.
2. Shop at 2nd Chance Resale! There are new items every day. They have a selection of clothing, house wares, books, toys, and more!
3. Bring your old iPhone, Samsung Galaxy, HTC, Android or smartphone to one of our Outreach Centers. We collect, submit and receive \$\$\$! OR hold a collection at your business on behalf of us!
4. Get a Kwik Trip Kwik Card. You can choose to donate 3 cents per gallon of gasoline and 10% of in-store purchases to New Horizons and Kwik Trip matches a portion of your donation!
5. Check to see if your company has a gift match program. Some companies will match your gift doubling the impact of your giving!
6. Check to see if your company has a volunteering match program. New Horizons receives \$1,000 a year from Walmart Foundation because of the hours of service one volunteer gives to us each year.
7. Give during local food drives. New Horizons directly benefits from the Rotary Lights Food Drive and the Postal Worker Food Drive. We also participate in the local food bank program and many of our clients greatly benefit from other local food programs.
8. Speak up when you hear domestic violence taking place or misogynistic comments. By raising awareness and helping others to realize that abuse is not ok, you are helping change our culture.
9. Invite a New Horizons speaker to your service organization's meeting. We love to meet new people, answer questions, and provide information about the great work we do every day.
10. Organize a drive or fundraiser. We love it when others get involved in the great work we are doing! We have had many small groups over the years hold drives and fundraisers on our behalf. Last Spring a few Onalaska High School Students organized a fundraiser where the teacher who "won" (all male teachers) got to wear red high heels for the day. They had fun, raised awareness, and raised money to help support our shelter and advocacy services!



Onalaska High School Teachers taking turns in the heels.



Summer Fun!

Raffle! You Could Win \$1,000 Cash!

- 1st Prize: \$1,000 cash
- 2nd Prize: \$500 cash
- 3rd Prize: 2 Milwaukee Brewer Tickets for September 8, 2014, a cooler and \$100 Cash
- 4th Prize: Company Store Quilt
- 5th Prize: 2 Free Consultation Certificates to Chiropractic First of La Crescent
- 6th Prize: \$150 Gift Certificate to Kish and Sons Electric
- 7th Prize: \$100 Gift Certificate for a tattoo with Evil Mike at Third Street Custom Tattoos
- 8th Prize: 2 Tickets to a La Crosse Community Theatre Performance
- 9th Prize: \$50 Gift Card to Howes Diamond Jewelers



Tickets: \$5 each or 5 for \$20

Raffle Drawing:

Drawing will be held on August 23, 2014 at 8pm.

at Augie's Bar, 1614 Commerce Street, Bangor, WI.

Need not be present to win.

For more information or to buy tickets, visit New Horizons

La Crosse Outreach Center at 1223 Main Street, La Crosse or call

(608) 791-2610 ext. 305

Thank You to Our Generous Sponsors!



- | | |
|---|-----------------------------|
| Evil Mike at Third Street Custom Tattoo | Co-Op Credit Union |
| La Crosse Insurance | Fantastic Sams |
| Poellinger Electric | Agri-Mark |
| Ballweg Midwest Toyota | La Crosse Community Theatre |
| Kirchner Custom Builders, Inc. | Our Town Fresh Market |
| | Ahz Pasta |

- Howes Diamond Jewelers
- Piggy's Restaurant and Blues Lounge
- Woodman's Markets
- Charlie Smader State Farm Insurance
- Sullivan's Supper Club

Augie's Poker Run Supporting New Horizons

Augie is doing it again! And this year it's be even bigger!



Poker Run & Street Dance

Saturday, August 23
\$15 per Person
~Anything on Wheels~
\$250 Best Poker Hand Prize

Start at any sponsors' bar. Must have a stamp from ALL BARS
 Cards to be drawn at Augies Bar by 7pm
 Winner to be announced at 8pm
 50/50 Raffle Drawing at 10pm
 Food by Bangor-Burns Fire Dept. Family Auxiliary
 Flea Market from 1-6pm (Vendors Still Needed!)
 Live Music by Wayne Solberg Band 5-8pm and
 Wyatt Owen 9pm-1am

For more info call Augies at 608-486-1162

Poker Run Stop Sponsors:

- Nub's Pub in Melrose**
- Freddie's Bar in North Bend**
- Nick's Bar in Barre Mills**
- Likelee Spot in Middle Ridge**
- Big Johnson's Doghouse in Cashton**

Augies Bar in Bangor



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P.O. Box 2031
La Crosse, WI 54602-2031
Address Service Requested

Non-Profit
US Postage
PAID
La Crosse, WI
Permit No. 147



New Horizons Wish List

New Horizons can especially use Summer pajamas for women and older children, gas cards, body wash, lotion, hair conditioner, and new socks and underwear.

Household Items:

- Pots & Pans
- Dish & Flatware Sets
- Kitchen Utensils
- Glasses
- Kitchen Towels
- New Twin & Queen Sheets
- Trash Bags
- Plastic Wrap & Bags/Foil
- Paper Products
- Dish Soap/Scouring Pads
- Laundry Det./Bleach
- Laundry Baskets
- Cleaning Supplies
- Coffee/Non-Dairy Creamer
- Comforters
- Night-Lights
- Lamps
- Alarm Clocks

Personal Items:

- New Bras & Underwear
- Women's Shoes size 6-9
- Daily Planners
- Deodorant
- Razors & Shaving Gel/Foam
- Conditioner
- Hair Grease/Oil Sheen
- Hair Wrap Lotion
- Hair Relaxers
- Hair color
- Body Wash/Lotion
- Makeup
- Nail Polish & Remover
- Vaseline
- New Hairbrushes/Boar Bristle Brushes
- Nail Clippers
- Chap Stick

Baby / Children's Items:

- Baby monitors
- Diapers/Pullups (size 4 & up)
- Baby Wash/Shampoo
- Baby Ointment
- Baby Orajel
- In Season Kid's Clothing 2T and up
- Sippy Cups/Kid's Cups
- Bottles
- Children's Silverware
- Pacifiers

Teen Items:

- Notebooks
- Folders
- Markers
- Scissors
- Backpacks
- Calculators
- Rulers

- Loose leaf paper
- Teen clothing

Office Needs:

- Tape
- Stamps
- Copy Paper

Always Appreciated Items:

- Bus Tokens
- Craft/Art Supplies
- Knitting Supplies
- Gas Cards & Gift Certificates/Cards
- Pre-Paid Phone Cards
- Cash

Donations Phone:

608-791-2610 ext. 300

**Thank you for supporting
New Horizons!**