

NEW HORIZONS



The Empowerment Press

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Did You Know?

February was Teen Dating Violence Prevention and Awareness Month?

February was International Boost Self-Esteem Month?

March is National Women's History Month?

Dear Partner in Advocacy,

Have you ever felt emotionally blocked, lost your sense of self, felt worthless, and guilty or ashamed for actions that have been committed by others? Individuals who have experienced domestic violence often feel this way. Their abuser has humiliated them, restricted and controlled their actions and made them feel like they were inferior. Their abuser has chipped away at their self-esteem over a period of time! A person who may have been outgoing, self confident and happy going into the relationship may eventually be over critical of their self, feel hopeless and are less resilient to stress. Low self-esteem adds to the difficulty a person has in leaving an abusive relationship. It is extremely



hard to venture out into the world alone when you strongly believe that no one else will ever love you, that you are not good enough and that you do not deserve better than what you have. Persons who experience low self-esteem are more likely to develop mental health conditions such as depression or anxiety; eating disorders or drug/alcohol addictions. Survivors of domestic violence often face more than financial and housing burdens when they leave abusive situations.

Many have to rebuild their entire life beginning with their self-esteem. (February was International Boost Self-Esteem Month—help someone rebuild theirs today!)!

**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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Past Chair
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Vice Chair
Lisa Paulson

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Annmarie Flatten
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Gail Elland
Mary Lynch

Designers

Jenna Lau
Kelly Engstler
Brooke Johnson



Dates to Remember

New Horizons Annual Meeting: Tuesday, March 25, 2014 at 5:30pm

New Horizons Volunteer Appreciation Dinner: Monday, April 28, 2014 at 5pm

Teen Dating Violence Awareness and Prevention

Teen Dating Violence Awareness and Prevention Month takes place every February. Throughout the month of February, New Horizons worked to raise awareness and to educate teens in both La Crosse and Trempealeau Counties about this issue that is affecting so many youth in our communities. Our goal is to teach how to form healthy relationships and embrace mutual respect.

Fact: 1 in 3 teens in the U.S. has experienced some form of dating abuse. To help spread the word about this fact, the 1 in 3 Silhouette Displays traveled to middle and high schools in La Crosse and Trempealeau Counties. Along with the display we had brochures and awareness bracelets available for teens to pick up.

New Horizons also partnered with Crossfire and HMAA to hold some fun events for teens where we could reach out with information about teen dating violence and prevention as well as provide activities and safe spaces for teens to be teens.

I in 3 teens in the U.S. has experienced some form of dating abuse.

Do you know how to talk to the teens in your life about dating violence and healthy relationships? Domestic abuse and dating abuse still remain hidden as victims suffer in shame and silence.

Being open to talking about healthy relationships and starting the conversations with your teen is just the beginning. Visit www.itstimetotalkday.org for the Talk-A-Thon Guide. It teaches adults how to talk to teens about abuse and healthy relationships. You'll find tips on how to start a conversation and signs of abuse. The guide can be used to facilitate a group conversation with parents and teens or a one-on-one conversation.

New Horizons is here to help if you have questions or concerns about dating violence and abuse. Our Crisis Line is available 24/7 plus we have a Youth and Family Advocate who specializes in working with children and teens.

Let's work together to bring an end to the 1 in 3!

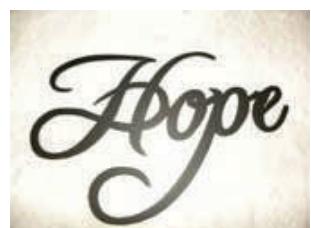
Please consider including New Horizons in your estate planning. Your legacy will live on in the hearts of those we serve.

Hope, Courage, and Freedom

Hope, courage, and freedom are important words at New Horizons. They are gifts that we are able to give to those we serve through our caring and compassionate services. As a friend of New Horizons, you are helping to inspire hope, courage, and freedom every day.

At New Horizons Gala Viola this February, we held a very special auction to sponsor Hope, Courage, and

Freedom for the year at the shelter. Our generous sponsors raised \$725 which will provide safety and advocacy for those staying at New Horizons Shelter. Additionally, signs like the one pictured here will be hung in the shelter to help inspire everyone we serve. We are so thankful to the following donors who sponsored Hope, Courage, and Freedom at New Horizons Shelter this year:



New Horizons Hope Sponsors for 2014

- Jamie Birdd-Knudtson
- Bibiano "Tito" Colón

New Horizons Courage Sponsors for 2014

- John Brinkman
- Burkhardt Physical Therapy Center, LLC
- Jon Erickson
- Paul Krause
- Arianna Saykally-McAdams

New Horizons Freedom Sponsors for 2014

- Jennifer Kovari
- Terri Urbanek

Thank you all for supporting New Horizons and helping to impart the gifts of hope, courage, and freedom on those we serve.

In Their Own Words: Quotes from survivors about hope, courage and freedom

"This place has given me hope. I know soon I'll see light."

"I have a positive outlook to the future now."

"I feel I am finally able to make it on my own!"

LIVE UNITED



A United Way Member Organization





Special Events

Annual Meeting for 2013

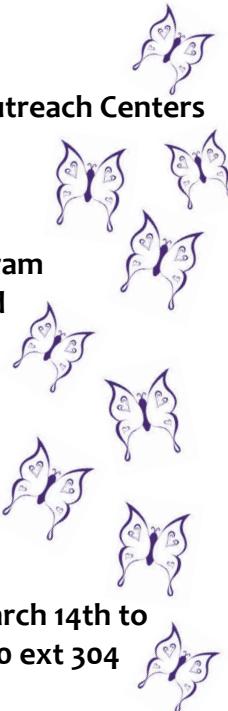
You are cordially invited to
the 2013 Annual Meeting of
New Horizons Shelter and Outreach Centers

March 25, 2014

5:30pm Social / 6:00pm Program
Hors d'oeuvres will be served

Marycrest Auditorium
Mayo Clinic Health System—
Franciscan Healthcare
700 West Avenue South
La Crosse, Wisconsin

Please RSVP no later than March 14th to
Ann Kappauf at (608) 791-2610 ext 304



Volunteers Make a Difference

New Horizons could not do our work without the time, talents, and dedication of all of our wonderful volunteers. Volunteers touch every part of New Horizons: serving on the Board of Directors, answering the Crisis Line, helping victims in the middle of the night, providing advocacy, sorting donations, helping with fundraisers. Whether helping for one hour or one hundred hours, the support given is valuable and helps serve victims of abuse. To show our volunteers how much they are appreciated, we will be holding our annual Volunteer Appreciation Dinner on April 28 in celebration of Volunteer Appreciation Month. This dinner is a time for New Horizons staff to serve our volunteers and show them how much they mean to us and make a difference in what we do.

Thank you to our Gala Viola Sponsors and Auction Donors!



Fastenal

The Freight House Restaurant

Gundersen Health Systems

Ballweg Midwest Toyota

Hale, Skemp, Hanson, Skemp & Sleik

Community Credit Union

- Target
- The Y
- Milwaukee Brewers
- Green Bay Packers
- Pearl Street Books
- Piggy's Restaurant
- The Sweet Shop
- Kick!
- TJ's Cheddarheads
- Wine Guyz
- Terri Urbanek
- Hair Haven
- United Auto Supply
- Kwik Trip
- The Company Store
- Snap Fitness
- Wiebke Fur
- Root Down Yoga
- Fence Bar Creations
- Three Rivers Lodge
- Savory Creations
- Diane Oines
- Trempealeau Mountain Golf Club
- Holmen Locker and Meat Market
- Second Street Hair Gallery
- ESpa and Tlyn Makeup Studio
- Metropolitan Salon and Spa
- Burkhardt Physical Therapy
- Doggie Business, LLC
- New Horizons Board and Staff

Thank you all for helping us have a successful event!



NEW HORIZONS



SHELTER & OUTREACH CENTERS

Breaking Silence. Empowering Lives.

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

Thank you for your support of New Horizons!

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
- Quilts/Comforters
- Night-Lights
- Lamps
- Alarm Clocks

Personal Items:

- New Bras & Underwear
- Women's Shoes size 6-9
- Journals/Diaries/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 3 & up)
- Baby Wipes
- Baby Wash/Shampoo
- Baby Ointment
- Baby Orajel
- Pack 'n' Plays
- 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

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!