

SURVIVOR STORY

Changing lives and giving hope

After being brutally attacked by her boyfriend, Kayla fled and ran to the hospital, where she was treated for serious injuries. She's on the path to success now, thanks to YOU!

(See page 3)



DENIM DAY SCHOLARSHIP

Essay contest for high school students

New Horizons, along with many sponsors are offering TWO \$500 scholarships for students to put toward furthering their education. The opportunity is in conjunction with Sexual Assault Awareness Month.

(See page 4)

SAAM & CAPM

April brings education on two major issues

April is Sexual Assault Awareness Month AND Child Abuse Prevention Month. Take this month as an opportunity to learn, help educate others, and become an ally for survivors of sexual assault and child abuse.

(See page 5)



Executive Heart-to-Heart

Dear Friends,

April is Child Abuse Prevention Month and Sexual Assault Awareness Month. Both equally important topics to discuss and share information about. Therefore, I found myself not knowing which one to focus on. When this happens I tend to ruffle through archived letters to the editor, press releases, etc. that I have written and contributed to our local newspapers during my years here at New Horizons hoping to find inspiration. That's when I came across the following one that I wrote 12 years ago as a community columnist for the La Crosse Tribune. As you read on, please keep in mind that "little man" now stands as tall as his dad. My father-in-law and our gentle Rottweiler, as well as the cats are gone from our presence but not our hearts. I hope this will inspire you to be a positive role model, not only today, but always...

My father-in-law, an 84-year-old man with a heart the size of Minnesota, has grandchildren spanning in age from 40 to two. The youngest, my son, a.k.a. "little man" has recently inherited the cat feeding chores from his "Papa" and what was once a 30 second chore now takes 30 minutes. Of course I'm sure that the assistance of Grizzly, our 110 pound Rottweiler, doesn't help matters. For every scoop that "little man" digs out of the pail, the dog knocks half on the barn floor and eagerly munches up the star shaped nuggets that must be far tastier than what he gets in his own dish. Unfortunately, "little man" is not as trustworthy as "Papa" was with feeding the barn cats. But Butch, Harry and Fluffy have a way of informing us when "little man" is slacking in his new duties.

With spring in the air and oats in the ground already, farm work leans towards the repair of fences in anticipation of cattle. I luckily don't have to participate in this event, other than bringing cold beverages to my three men in the field. I can't tell you what a special sight it is to pull in the drive after a long day of work and see my husband, Papa and "little man" fencing together. I'm not sure who hands out the job duties but each member of this generational team seems to have their own task. Papa drives the mule, "little man" sits in the box and hands out the clips and daddy clips the barbed wire to the fence post. It's quite obvious who is getting the raw end of the deal but I know that Papa has already done his tough duty in the years before and that "little man's" day will be here sooner than I know.

There is seldom a day that goes by that "little man" doesn't say, "Me go to Papa's and Namma's?" And on the off day that he doesn't ask, Papa is most likely to pull into the driveway on his four-wheeler upon which "little man" climbs on, starts it (Papa taught him how) and off the two go for a ride to look over the farm. I must admit that we even bought Papa his own car seat to put in his pickup truck. I'm not sure which one of them enjoys the days that he picks "little man" up from daycare more but I know that it comes in extremely handy at times. It even allows my husband and me an occasional date night which is usually filled with grocery shopping and, if we're lucky, dinner at a restaurant other than a fast-food joint.

Unfortunately, as an advocate for victims of domestic violence, I too often see children who do not have a positive male role model in their lives on a daily or even weekly basis; I am thankful that "little man" has several. As a society, how can we expect little boys to grow into kind hearted and gentle men if no one steps forward to work and have fun with them? Be a positive male role model for someone you know. You will touch the lives of many, today and in the future.

In Empowerment,



Ann Kappauf
Executive Director

Changing Lives

If you recently made a contribution to New Horizons, THANK YOU! You are making a difference in the lives of victims of abuse in our community!

Let us put a face on your impact.

Kayla says she would have never found the path free of abuse without the support she received from people like you.

After her abuser brutally attacked her, she ran to the hospital where she was treated for serious injuries. Kayla ended up coming and staying at our shelter.



She was notified when her abuser was released from jail, and **despite having a restraining order against him, she was terrified**--and rightly so.

Someone hacked into her online bank accounts and drained them. And while she was at work one day, her car was tampered with, making it unable to be driven. We helped Kayla get back to our shelter and while we all had our suspicions of who did those deeds to her, we had no proof.

Thanks to our Survivors Fund, Kayla was able to make the repairs to her car and now does extensive safety planning with us each day to help take precautions and avoid a predictable routine.

While this has all been incredibly stressful for her having to constantly look over her shoulder, Kayla continues to work toward achieving her education and housing goals.

Every day she writes another page in her story of survival and overcoming challenges. And it's a story that YOU provided the helping hand that really made a difference.

YOU made this possible. Your gift is changing lives! Because of your support, the safety net was in place for Kayla when she needed it most.

THANK YOU for becoming a difference-maker by supporting the lives of survivors of abuse!



La Crosse and Trempealeau Counties and Surrounding Area:

Toll-free: (888)231-0066 | Local: (608)791-2600

nhagainstabuse.org

ALL SERVICES ARE FREE & CONFIDENTIAL

2021 New Horizons Shelter & Outreach Centers'

DENIM DAY SCHOLARSHIP

Amount: 2 scholarships of \$500 each

Eligibility: High School Seniors in La Crosse and Trempealeau County Schools

Length Requirement: 750–1,000 words

Deadline: May 31, 2021

Requirements

Scholarship will be awarded to ^{two students} ~~two students~~ contingent upon enrollment verification at a higher education institution. Check will be paid directly to that institution. The winning essays may be published in New Horizons' Summer Newsletter, online by the Wisconsin Coalition Against Sexual Assault, and excerpts from their essay will be published in local media.

Prompt

April is National Sexual Assault Awareness Month. For the first time in our lifetimes, we saw a global pandemic interfering with mostly all activities of daily living. Communities were shut down by Safer at Home orders, families struggled with workplace and school closures and supports and services moved to virtual platforms. How has the pandemic impacted sexual abuse survivors and services in your community? When writing your essay, be mindful of all forms of sexual abuse and violence present in our communities and whom it impacts.

Submission

Essay is due **Monday, May 31st by 12pm**. Essays can be written and submitted in English, Hmong or Spanish. Please submit via email to sa@nhagainstabuse.org and include with your submission your name, contact info and the name of the High School you attend. To make other submission arrangements, please call our Sexual Assault Advocate at 608-386-6043.



La Crosse

Office: 608-791-2610
24/7: 608-791-2600

www.nhagainstabuse.org

Whitehall

Office: 715-538-2810
24/7: 1-800-706-8586



new
horizons
SHELTER & OUTREACH CENTERS

advocating against domestic & sexual abuse

April is **Sexual Assault Awareness Month** *and* **Child Abuse Prevention Month**

Sexual Assault Awareness Month is observed during the entire month of April. Sexual harassment, assault, and abuse can happen anywhere, including in online spaces. As we connect online, we can learn how to practice digital consent, intervene when we see harmful content or behaviors, and ensure that online spaces, whether they are workspaces, classrooms, social media platforms, or other online avenues, are respectful and safe.

speaking of online spaces--thanks to the impact of COVID-19, we have had to move to the virtual realm for the most part in providing services and supports to our clients. That is also the prompt for our Denim Day Essay Scholarship opportunity. We're asking area high school seniors to write about how the pandemic impacted sexual abuse survivors and services in your area. You can learn more about that scholarship opportunity on previous page.

April is also Child Abuse Prevention Month, a time for communities to come together to build caring connections, supportive environments, and positive experiences for all children.

We know child maltreatment is a preventable problem. All Adults play a role in building the safe, stable, nurturing homes and environments needed for the healthy development of our future generation of parents, leaders, and community members.

Whether it is sexual assault or child abuse--a survivor needs to know that they are not responsible for what happened to them. Accessing services and resources available through New Horizons can help a survivor process what has happened and ultimately navigate to a path where they can thrive in life.

“
The real healing was
achieved when I
started to sincerely
believe I'm not
responsible for what
happened to me.

KEITH, SURVIVOR



La Crosse and Trempealeau Counties and Surrounding Area:

Toll-free: (888)231-0066 | Local: (608)791-2600

nhagainstabuse.org



facebook.com/NewHorizonsShelterAndOutreachCentersInc



[@more_than_a_shelter](https://www.instagram.com/more_than_a_shelter)

NH News Nuggets

DENIM DAY

On **Wednesday, April 28, 2021**, we ask community members, elected officials, businesses and students to make a social statement with their fashion by **WEARING JEANS ON THIS DAY** as a visible way to support survivors and oppose the misconceptions that surround sexual assault and victim blaming.

WHY DENIM?

Denim Day started due to a ruling by the Italian Supreme Court where a rape conviction was overturned because the justices felt that since the victim was wearing tight jeans she must have helped her rapist remove her jeans, thereby implying consent.

WANT TO DO MORE?

Participate by hosting a Denim Day fundraiser, supporting La Crosse and Trempealeau County Sexual Assault Awareness Month Scholarship and Events.

*For more information, contact our Sexual Assault Advocate at:
(715)538-2810 or sa@nhagainstabuse.org*



Upcoming Advocacy Training

We have our Summer Advocacy Training Dates set and we're sticking with a virtual learning environment, to be safe with COVID-19 precautions.

- Meet the Advocates of New Horizons
- Learn the dynamics of sexual and domestic abuse and trafficking of both youth and adults
- Learn the best practices of working with survivors of abuse

Volunteers and Interns are required to attend all days. Community members are encouraged to attend all days.

Monday, May 17th 6:00pm-9:00pm

Tuesday, May 18th 6:00pm-9:00pm

Monday, May 24th 6:00pm-9:00pm

Tuesday, May 25th 6:00pm-9:00pm

**To register, contact Erica at:
(608)791-2610, ext. 1301
volunteer@nhagainstabuse.org**



*If you want to know where to find your contribution
to the world, look at your wounds.
When you learn how to heal them, teach others.*

~Emily Maroutian



24/7 Crisis Line: (888)231-0066 or (608)791-2600
nhagainstabuse.org

Top 50 Donors: Jan - March 2021

Otto Bremer Foundation
Burkhardt Physical Therapy Center, LLC
Gordon and Laura Myers
Rural Mutual Insurance
Arcadia Community Chest, Inc.
Neale and Sheryl Horman
Rotary Lights, Inc.
Trempealeau County Human Services
Whitehall Area Chamber of Commerce
LCF - Chester and Veronica Ware Fund
Global Finishing Solutions
Grace Schroeder
Immanuel Lutheran Church - Strum, WI
LCF - M. Elizabeth Cason Fund
Our Savior's Lutheran Church - West Salem
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LCF - MLB MKB Bottcher Family Fund
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Lakshmi Bairavasundaram
Marine Credit Union Foundation
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Dolores and John Sandleback
Industrial Automation & Engineering
Jackie Meyer
Jan Hutchens
John and Rita Jenks
Margaret and Daryl Wood
William and Catherine Johnson

Above are just a few of the multitude of gifts from companies, churches, organizations, and individuals.



Great Rivers United Way continues to support our programs
with grants from funds through their annual campaign.

Thank you!



advocating against domestic & sexual abuse

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New Horizons - Current Needs

Due to very limited space, our donation protocol has recently changed.

We no longer accept any clothing or small appliance items unless it is something that we have specifically put out a request for on our Facebook page. ***We recommend calling ahead before coming with donations to help make it a seamless experience. That number is (608)791-2610, ext. 1300.***

We encourage you to donate items we are not currently accepting to other non-profit organizations. Please consider donating furniture to The Exchange. You can reach them at 608-301-5345.

We work closely with other non-profit organizations to ensure that those we provide services to have their clothing and furniture needs met; this allows us to remain focused on our mission.

We always accept donations of new and full-sized personal care items.



- Cellphones, chargers, & Phone plans (Straight Talk)
- Multi-plug chargers for cellphones
- Pre-paid phone cards (Boost Mobile, Straight Talk, T-Mobile, Tracfone)
- Ring doorbell cameras
- Gift certificates (for gas, groceries, etc.)
- Hairspray
- Sweat pants or black leggings
- Youth joggers or black leggings
- Weighted blankets & fidget toys
- Baby Orajel and new teething toys
- Ear buds/headphones
- New storage containers with lids (all sizes)
- Dog food