

THE EMPOWERMENT PRESS

Fall 2021 Issue

WHAT'S
INSIDE



Survivor Story
Spotlight



Upcoming program
announcements



Domestic Violence
Awareness Month



Executive Heart to Heart

Dear friends of New Horizons,

I am a survivor of domestic violence.

I didn't realize (or admit to myself I guess) that I had lived in an abusive marriage from 1984 – 1991 until I applied for a position here at New Horizons in February of 2004.

Even now, 17 years later I can still clearly remember the exact moment when I realized (finally admitted to myself) that I was survivor. It was when the team of interviewers asked me the question “why do women stay in abusive relationships?” and I was able to rattle off perfect and correct answers....love; children; guilt; money; family. If I had been a contestant on Jeopardy and started my answer with the words “what is”, I would have been the big winner.



ANN KAPPAUFF
EXECUTIVE DIRECTOR

Executive Heart to Heart continued on Page 2





Executive Heart to Heart

Continued from page 1

Too often, **survivors like me keep the**

abuse secret. I made excuses for missing family

gatherings. I made excuses for the bruises. I felt guilty and ashamed because I had

been led to believe that I caused my partner to punch me; pull my hair; strangle me;

stomp on me; and throw me up against walls. I had been constantly informed that I was cold hearted,

promiscuous, and that I would never get custody of my children if I chose to leave. I had been

brainwashed so to speak, by someone that I loved and who said they loved me. I told no one of the

physical and psychological abuse that had been inflicted upon me until the day I walked away with

my children by my side.

The National Coalition Against Domestic Violence (NCADV) shares that **1 in 3 women and 1 in 4 men have experienced some form of physical violence by the hands of an intimate partner**

and that 4 in 10 women and 4 in 10 men have experienced at least one form of coercive control by an intimate partner.

Abuse. Knows. No. Boundaries. Whether you realize it or not, you know someone that has fled an abusive partner or who is currently in an abusive relationship. **Be their voice. Speak up.** Help them to become a survivor!

A survivor,

Ann Kappauf

Ann Kappauf

Executive Director

annk@nhagainstabuse.org

OUR TOP DONORS from Quarter 2 2021

Gundersen Health System

Roz Schnick

First Evangelical Free Church

Accident Fund Insurance

William and Cindy Berg

Roy Campbell

Christ Lutheran Church

Cleary-Kumm Foundation

Franciscan Sisters of Perpetual Adoration

La Crosse Community Foundation-AAUW

Gift of Grace Lutheran Church

Valley View Rotary Club Interact

Coulee Creek LLC

Chart Energy and Chemicals, Inc.

Dairyland Power Cooperative

Dolores and John Sandleback

Jane Deml

Holy Trinity Church - St. Anne's Ladies
Society

Julie Keitel

Olivet Beacon of Light Lutheran Church

Peace Lutheran of Pigeon Falls WELCA

DigiCOPY

Altra Federal Credit Union

Breidenbach Chiropractic

R. Heintz Properties LLC

Haley Fara

La Crosse Public Library

Roger Weeks

Gundersen Partners

Citizens State Bank

Bluff View Bank

Ann Brice

Mary Faherty

Associated Bank

Hanson & Associates of Ameriprise Financial
Services, LLC

La Crosse Insurance Agency Inc

Blessed Sacrament Women

La Crosse Community Foundation- Berkedal
Family Fund

Carlene and Cameron Roberts

Bill and Marsha Bateman

Glenna McGahan

Sandi and Eric Nissen

THANK YOU!

The continuous generosity of our community is what allows us to continue providing a safety net of support for survivors. We could not do what we do without your support.

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.



DONUTS, Coffee, **& COLLABORATION**

99% of victims of domestic abuse have also experienced financial abuse, and for 3 out of 4 victims, financial security was their primary reason for staying in the abusive relationship. Survivors looking to New Horizons for help in escaping their abuser and living a life free from fear of abuse often need support in navigating the legal systems. Lack of financial resources create a large barrier in using the legal system to seek justice and protection.

New Horizons is **looking for legal professionals to come alongside us in seeking justice and safety for our clients** with their knowledge and expertise.

Through a short presentation from our advocates on **October 7th, 21st, or November 4th from 7:30 am to 8:30 am** you will learn how you can assist our clients with legal representation for family law cases, protective injunctions, custody cases, civil cases, and more!

FOR MORE INFORMATION AND TO REGISTER CONTACT ROSANNE AT 608-791-2610 EXT. 1309 OR RA2@NHAGAINSTABUSE.ORG SESSIONS WILL BE LIMITED TO 10 PEOPLE.

Bittersweet

A SUPPORT GROUP FOR THOSE WHO HAVE
LOST A LOVED ONE TO DOMESTIC VIOLENCE

MONDAYS FROM 6 PM TO 7:30 PM

OCT. 25TH TO NOV. 29TH

LOCATION WILL BE SHARED UPON REGISTRATION

This October, New Horizons will begin offering a support group to those who have lost a loved one to domestic violence. In 2019, 52 families in Wisconsin were left to mourn the loss of their family member after they were killed as a result of domestic violence.

Through this six-week group, participants will have an opportunity to build community, discuss techniques to assist in the grieving process, and share their experiences and honor their loved one in an empowering, supportive, and nonjudgmental environment.

FOR MORE INFORMATION AND TO REGISTER, CONTACT ROSANNE AT 608-791-2610 EXT. 1309 OR AT RA2@NHAGAINSTABUSE.ORG



WANT TO RECEIVE YOUR NEWSLETTER VIRTUALLY?

Newsletters are emailed to subscribers quarterly! If you are interested in receiving emailed newsletters instead of mailed or only receiving the newsletter virtually via email, head to our website: www.nhagainstabuse.org/get-to-know-us/newsletters/

2021 Holiday Program

WE KNOW FALL HAS ONLY JUST BEGUN, BUT THE HOLIDAY SEASON WILL BE UPON US BEFORE WE KNOW IT!

Every year, we provide an opportunity to bring joy to a family that's holiday season looks and sounds a little different. Through our Holiday Program, our shelter residents and community families who have experienced domestic abuse are able to have some normalcy during the holidays through gifts donated by generous sponsors. In 2020, we were able to provide 200 women, men, and children with the joy and hope that comes with these gifts!

We are **looking for sponsors of individuals and families in both La Crosse and Trempealeau Counties** for the 2021 holiday season! Sponsors can find registration information on our website and begin signing up November 1st.

Once you are registered, you will receive a specific list of needs and wants for the individual or family you have been matched with. Sponsors will deliver gifts to the La Crosse Outreach Center between December 6th and 10th.



Whether you are participating with coworkers or with family, this program is a **great opportunity to start a conversation about domestic violence and how it effects individuals in our community** and gives you an opportunity to show survivors support during an often challenging time of year.

**INTERESTED IN SPONSORING A FAMILY?
CONTACT JEN AT YOUTH@NHAGAINSTABUSE.ORG
OR AT 608-386-6041 TO REGISTER!**



THANK YOU

LINDA!

SEPTEMBER VOLUNTEER OF THE MONTH!

Linda has been a volunteer with New Horizons since November of 2019, and she has made a huge impact. She is in our offices and shelter weekly, if not daily, managing our incoming in kind donations, organizing our clothes closet for shelter residents, and collaborating with our community partners to distribute donations. Linda also created a list of organizations, their needs, and contact information for us to seamlessly make referrals to survivors and community members looking to donate. Thank you for all you do Linda!

**INTERESTED IN VOLUNTEERING?
CONTACT OUR PROGRAM COORDINATOR, HEIDI,
AT 608-791-2610 EXT. 1301 OR AT
PROGRAMCOORD@NHAGAINSTABUSE.ORG.**



You are 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.

Did you know that about **324,000 pregnant women experience intimate partner violence every year**, and that around 1 in 6 of these women are experiencing abuse for the first time while they are pregnant? (CDC) This abuse often results in adverse pregnancy outcomes including: anemia, placental abruption, preterm delivery, low birth weight, poor pregnancy weight gain, and stillbirth. (The American College of Obstetricians and Gynecologists) Unfortunately, in 2020 our client, Tara, was one of these 324,000 women.

She reached out to New Horizons for help when she was almost full term with her third child, and was repeatedly **physically abused by her child's father while pregnant** in May 2020. Unfortunately, we had no room available in our shelter. Due to COVID-19, our shelter was only housing up to seven individuals or families instead of our regular 25. To keep her, her unborn child, and her two other children safe until space became available, we housed her temporarily in a hotel for one month.

When Tara and her children arrived at shelter, she was avoidant and distant from other residents and staff. Our advocates empower all of the shelter residents to set goals for themselves, and Tara established a goal of being able to co-parent with her ex and father of her children while remaining safe. She encountered many barriers in working towards this goal, but with time in shelter and working with her advocate, she made progress and said **she felt more safe and confident than she had in a long time.**

Tara was also able to gain independence for herself by finding safe and affordable housing that accommodated all four of them. Our organization was able to assist her further by using our connection with the Exchange to fill their new home with needed furniture and household items, and we were able to fill in the gaps for baby items and furniture using our Survivors Fund. After two and a half months in shelter, **Tara accomplished all of the goals she set.**

Thank you to the generous support of our donors and the hard work of our advocates for getting Tara back on her feet with housing, safety, and support.

**FOLLOW US ON
SOCIAL MEDIA**



@more_than_a_shelter



facebook.com/NewHorizonsShelterAndOutreachCentersInc





DOMESTIC VIOLENCE AWARENESS MONTH



Since 1981, Domestic Violence Awareness Month has been held in October to unite communities and organizations with one collective voice in their efforts to end domestic violence and spread awareness of the public health epidemic.

MYTHS ABOUT DOMESTIC VIOLENCE

Abuse doesn't affect very many people. – Every minute, 24 people in the United States are victim to rape, stalking, or physical violence by an intimate partner. That totals to be more than 12 million women and men every single year. – *National Domestic Violence Hotline*

Victims of abuse choose to stay because they like being abused. – No one likes to be abused, and most persons will make many efforts to stop the violence. There are many reasons someone will choose to stay in an abusive situation, and it is important to understand that the most dangerous time for someone in an abusive relationship and their children is when they are leaving the relationship.

The abuser is just "out of control". – The abuser is very much in control. The abuser chooses who they abuse, where they abuse, and how they abuse. Abusers usually decide when it is safest for them to abuse at a time which will allow them to suffer no or lessened consequences for their actions.

Alcohol and drugs cause abuse. – Abusers abuse when they are under the influence or when they are sober. Lack of sobriety is often an excuse for their behavior, and it is often a reality that the abuser will become intoxicated to lessen their responsibility for their behavior.

**TALK
ABOUT IT!**

Only **one-third of people have ever had a conversation with a friend or family member about domestic violence.** We can start removing the stigma and bringing awareness to the issue when we remove the taboo by bringing up the prevalence of domestic abuse and its effects to the people closest to us!



La Crosse and Trempealeau Counties
and Surrounding Area:

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

ALL SERVICES ARE FREE & CONFIDENTIAL

HOW TO GET INVOLVED WITH DOMESTIC VIOLENCE AWARENESS MONTH

SHOW YOUR SUPPORT BY ATTENDING AN EVENT

Mayoral Proclamation with Mayor Mitch Reynolds

at New Horizons Outreach Center at 1223 Main Street La Crosse, WI
at 10 am on Friday October 1st.

Trempealeau County Vigil and Proclamation

in the Tremplo Room at the Trempealeau County Courthouse
at 36245 Main Street, Whitehall, WI 54773
at 12 pm on Tuesday October 5th.

Domestic Violence Awareness Month

Gathering and Awareness Walk

Join us for a program and walk through Downtown La Crosse to raise awareness.
Starts at Cameron Park at 5 pm on Tuesday October 5th.

#WearPurpleDay2021

Wear purple to raise awareness for Domestic Violence Awareness Month
on Thursday October 21st.

VOLUNTEER

Clothesline Project

Design t-shirts for the DVAM
clothesline and assemble
purple ribbon pins.

2 pm to 4 pm
Friday, Sept. 17th
Location TBA

Purple Ribbon set up

Hang purple ribbons on Main
Street.

1 pm to 4 pm
Thursday, Sept. 30th
starting at 1223 Main St
La Crosse, WI

Purple Ribbon take down

Take down purple ribbons on
Main Street.

9 am to 11 am
Monday, Nov. 1st
starting at 1223 Main St
La Crosse, WI

Contact Rosanne at 608-791-2610 or ra2@nhagainstabuse.org for volunteer event locations,
to register, or for more information.

PROVIDE FINANCIAL SUPPORT

Victims that come to New Horizons for support have a wide range of needs that can be provided through our programs including trauma counseling, advocacy, shelter, and more. With a monetary gift, we are able to **continue providing them with the support they need to get back on their feet.** To donate, visit our website, and click "Donate Now", or you can return the envelope received with this newsletter to our office.



advocating against domestic & sexual abuse

**PO Box 2031 | 1223 Main Street
La Crosse, WI 54601**

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



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.

**IMMEDIATE
NEEDS**

- Paper towels
- Full-sized sheet sets, gently-used or new
- Twin-sized sheet sets, gently-used or new
- Full-sized comforters
- Lightweight bed blankets, preferably cotton, full-sized
- Gently-used adult bikes and bike locks
- Fidget toys for anxiety
- Ear buds/headphones
- Pre-paid cellphones and phone cards (Boost Mobile, Straight Talk, T-Mobile, Tracfone)
- Ring doorbell cameras
- Gift certificates (for gas, grocery, etc.)