

THE EMPOWERMENT PRESS

Winter 2022 Issue

WHAT'S
INSIDE



Survivor Story
Spotlight



Galentine's
Day Brunch



January Awareness
Months

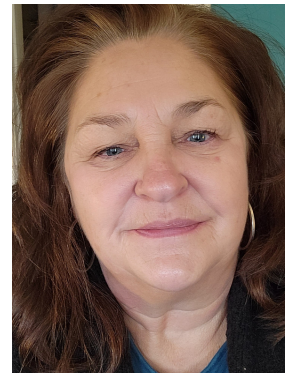


Executive Heart to Heart

Dear friends of New Horizons,

Fifteen years ago, a kind gentleman brought Olga* to our Outreach Center in La Crosse. She was a neighbor living on a farm two miles down the road from him. He would see her occasionally as she walked down her long driveway to retrieve items from the mailbox. He knew the farmer she resided with and would often see him out and about in the community, but he never saw Olga with him.

Although Olga's English was extremely limited, he would have short conversations with her out on the gravel road by her mailbox. He discovered that she was from a European country, had met her husband on the internet, that he had paid for her to travel to the US, that they got married upon her arrival, and that she was not allowed to go out in public with him. Olga was what we referred to in those days a "mail-order bride." **Olga was a victim of international human trafficking.**



ANN KAPPAUFF
EXECUTIVE DIRECTOR

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**Victim's name has been changed for confidentiality.*

International human trafficking is any situation where a person cannot change the immediate position of their existence, regardless of how they got into that position. Author Mariel Branagan (Mail-Order Brides – A Form of Human Trafficking) shares that International Marriage Organizations have been linked to criminal human trafficking in which females are offered to the public as brides but are sold privately into prostitution, forced into marriage, or held in domestic slavery.

As in any situation of human trafficking, the danger lies in the disproportionate distribution of power. In Olga's case, her kind neighbor noticed this unequal share of power and **brought her to New Horizons where she began to work on self-empowerment and a life free of abuse.**

May we all strive to become like the kind gentleman who initiated Olga's independence.

In empowerment,

Ann Kappauf

Ann Kappauf
Executive Director
annk@nhagainstabuse.org

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.

OUR TOP DONORS from Quarter 4 2021

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

Stanley and Sophia Bell
Fern Hauser
Susan M. Quillin*
Martin Kolar
Peter and Mary Nelson
Walter Johnson
Olivet Beacon of Light Lutheran Church
OptumServe Health Services
Trane Family Foundation
Maxwell-White Plumbing
DigiCOPY
William and Cynthia Berg
Loveland Family*
Barbara and Donald Frank
Daniel Gelatt
David S. and Julie S. Rho
Jake & Emily Bowe
Michaels Energy
French Creek Lutheran Church WELCA
Altra Federal Credit Union
Blahnik-Naugler Help Fund For Women*
Immanuel Lutheran Church

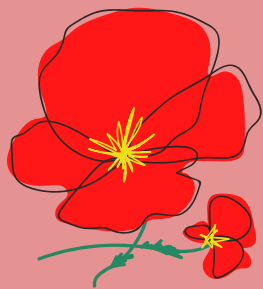
Robert Dean
Chart Industries
Creative Screen Print
Franciscan Sisters Of Perpetual Adoration
Our Saviours Lutheran Church
Jack and Judy Rusch
Mark and Betty Bertrang
Steven and Suzanne Tanke
William Banasik
William Poellinger
Ann Brice and William Haviland
Renee Heintz
David Kilada
Larry Hagar
DeBauche Truck & Diesel
Mary Ann Faherty
Richard and Carla Seeks
Kenneth and Marcy Firl
Stampin Up!
Church Women United Wisconsin
Roselyn Devenport
Donna Demask

Lisa Drexler
James and Marcia Wine
Craig M Hanson & Associates
Dennis and Sharon Ryan
Elk Creek ELCW
Park Bank
St. Pat's Knights Of Columbus
Christopher Eickman
David Bange
George Bartels
Joan Yeatman
Jody Lyon
John & Diann Honadel
John Stilwell
Kevin Leidel
Kim and Mike Grosse
Leslie Wegener
Mary Kay Skemp
Maureen and Thomas Kieffer
Richard and Marilyn Foss
Theresa Wang
Trista Treglowne



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

*La Crosse Community Foundation Fund



Galentine's Day Brunch

Celebrating love and friendship for the benefit of
New Horizons Shelter and Outreach Centers

Saturday February 12th 9:00 am to 11:30 am at the Court Above Main

Tickets are available for \$50 each and \$500 for a table for ten people.
Tables can be marked with business logos or a group's name.

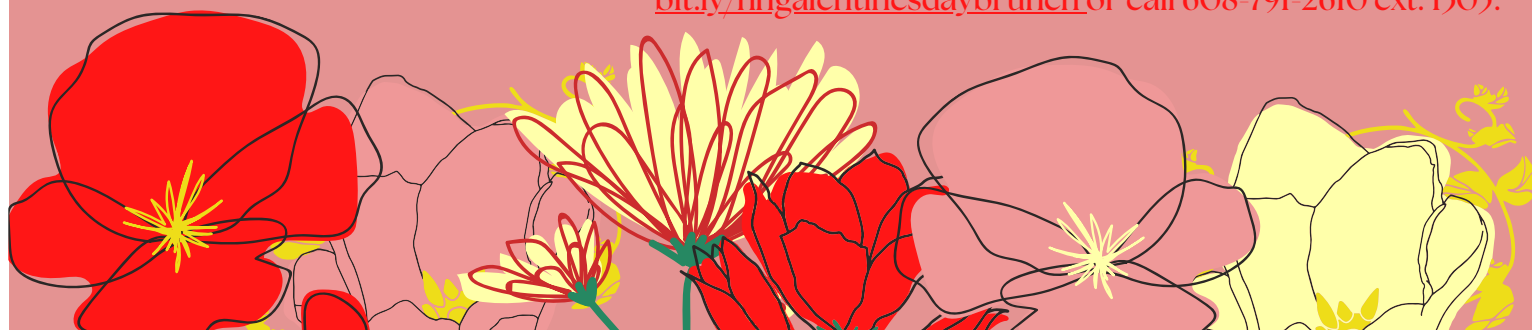
Tickets include:

- Coffee Bar from Bean Juice Coffee
- Donut & Pastry Bar from JavaVino and Linda's Bakery
- Breakfast Buffet from Serves You Right catering
- Mimosa – Nonalcoholic version will be available
- Galentine's Day Swag Bag

More info:

- Performance by humorist, Lisa David Olson
- "Last Minute Valentine's Day Gifts" and "Getaway Packages" in a Silent Auction & Raffle –
- Presentation from New Horizons Team

Tickets are available for purchase now. To order now use the link
bit.ly/nhgalentinesdaybrunch or call 608-791-2610 ext. 1305.



JANUARY VOLUNTEER OF THE MONTH!

Maury has been a volunteer with New Horizons for almost nine years, and her impact has been immeasurable. She works with our staff in our offices and shelter weekly, if not daily, providing childcare for shelter residents, maintaining the shelter's pantry, managing in-kind donations, organizing our closets for shelter residents, and collaborating with our community partners to distribute donations. In her early days of volunteering, she also did direct service with many clients and youth in shelter.

**THANK YOU
MAURY!**

INTERESTED IN VOLUNTEERING?

CONTACT OUR VOLUNTEER & EDUCATION COORDINATOR, DOREEN, AT 608-791-2610
EXT. 1301 OR AT VOLUNTEER@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!

Many of New Horizons staff are survivors of abuse. Our Victim Services Coordinator, Rita, has courageously allowed us to share her story.

"When I went through a terrible abusive relationship filled with extreme physical abuse, torture, and psychological abuse, there were no advocates or shelters for someone like me to go to for help. In the early to mid-70's, the only place to call for help was the police department or involve family or friends which was never a safe option for me back then. I always felt that I was all alone and on my own to figure out how I could get out of this awful relationship, and **I was very aware that it was only a matter of time before my abuser would kill me.**

I endured extreme cruelty and abuse, staying because I felt there was no hope of ever getting away. No hope because there was no shelter that I could run to that could take me in and hide me away until I could figure out my next move. There were no hotlines to call for help. There were no advocates on the other end of the phone to talk to or to listen to me or to help me create a safety plan. There was no agency or office that I could go to that understood domestic abuse and the dangerousness around leaving the abuser. I knew I was on my own. **During that time, I lost all hope of ever getting out alive or ever seeing the birth of my unborn.** I felt a deep sense of helplessness.

I'm telling you this because since then, I have always wanted to find a way to help victims of abuse. I wanted to find a job where I could be that voice on the other end of a hotline call or that person that opened the door for them at the shelter. To be that someone that would sit and listen to them, someone to support them through this dangerous and scary time filled with so much uncertainty.

We have come a long way since the 70's and still have a long way to go. But as the DART Victims Services Coordinator with New Horizons, I finally got that chance. The chance to make an impact in the lives of victims/survivors and their families in need of help, and to remind them as much as I can that they are not alone.

I am grateful to New Horizons and to LCPD for the opportunity to make a difference and impact the lives of victims/survivors and their families."

Thank you to the generous support of our donors and the hard work of our advocates that allows people in situations like Rita's to have options for their future.

**FOLLOW US ON
SOCIAL MEDIA**



facebook.com/NewHorizonsShelterAndOutreachCentersInc



@more_than_a_shelter



Thank you to all of our sponsors for the 2021 holiday program!

Every year, we provide an opportunity to bring joy to a family that's holiday season looks and sounds a little different, and your generosity brought hope and joy to **100 individuals** in La Crosse and Trempealeau counties for our 2021 Holiday Program.

Thank you to the businesses, clubs, and churches that hosted Giving Trees! Each Giving Tree had a list of specific items to donate that help New Horizons fill the basic needs of survivors we serve. We are so thankful for the help stocking our pantries for the winter ahead.



Trempealeau Elementary School held a "Penny War" between classrooms to raise over \$5,000 for New Horizons and other vital community organizations.



The Golden Key International Honor Society from UWL hosted a Giving Tree to collect children's books.



Create Happy, a handcrafted jewelry store in Galesville, WI, sold "Mystery Boxes" to raise money to sponsor a family and went shopping as a team for their gifts.

"I am so grateful for all your help for me and my family. I really thank you with all my heart. For such a good action to offer us a little or a lot of these gifts, thank you for all your support that you have given me in these moments of my life there is a ray of light in the middle of the darkness, blessings for all who collaborate so that this is possible. Happy Christmas and a prosperous year! May God pour out blessings on your life."

- Holiday Program Gift Recipient

Human Trafficking Prevention Month

Human Trafficking is a crime that occurs when a trafficker (who can be anyone) uses

force, fraud, or coercion

to control another person for the purposes of engaging in commercial sex acts or soliciting labor or services against that person's will.

Human trafficking can happen to anyone; however, traffickers often target these vulnerable populations:

- Persons 12 to 14 years of age
- Individuals who are addicted to drugs
- Those who are homeless
- Persons suffering from abuse or neglect
- Runaways or truancy
- Individuals in the LGBTQ+ community
- People without documentation

[LEARN MORE](#)

Volunteer Informational Meeting

Monday, January 31st at 8 pm via Zoom

New Horizons will be holding an informational meeting for students and community members interested in learning more about our volunteer opportunities. We offer long term, short term, and one-time volunteer roles assisting with our projects and programs in La Crosse and Trempealeau County.

Attending will inform you on the roles and requirements of our volunteers. Attending does not commit you to becoming a volunteer. This session will be held virtually via Zoom. If you are interested in volunteering, but are unable to attend this meeting, please send Doreen an email at volunteer@nhagainstabuse.org

[REGISTER](#)

ALL SERVICES ARE FREE & CONFIDENTIAL



new
horizons
SHELTER & OUTREACH CENTERS

La Crosse and Trempealeau Counties
and Surrounding Area:

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



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.



- Boys pants sizes 3T and 4T
- Boys winter clothes
- Adult wool socks
- Women's athletic shoes (new or gently used)
- Teen clothing
- Adult long johns (new)
- Bath towels
- Paper towels
- Fidget toys for anxiety
- Ear buds/headphones
- Pre-paid cellphones and phone cards
- Ring doorbell cameras
- Gift certificates (for gas, grocery, etc.)

Volunteer at Galentine's Day Brunch

Saturday, February 12th at the Court Above Main

We are in need of volunteers for our upcoming fundraising event, Galentine's Day Brunch. Volunteers are needed to help with check in, set up, serving food, valet service, and more!

To see all available opportunities and choose a role, visit our sign up page.

[SIGN UP](#)

