

New Horizons Crisis Center

SERVING CRIME VICTIMS IN LINCOLN,
LYON, MURRAY, AND REDWOOD
COUNTIES SINCE 1981.

www.newhorizonscrisiscenter.org

Abused Children · Crisis Nursery · Education & Outreach
General Crime · Parenting Time · Sexual Assault

Inside this Issue

- ▶ FROM THE DESK OF THE EXECUTIVE DIRECTOR...1
- ▶ WHEN THE PAST HURTS TODAY.....2
- ▶ PEACE ON EARTH BEGINS AT HOME.....4
- ▶ THE CONNECTIONS BETWEEN SEXUAL VIOLENCE AND HEALTH CARE ANXIETY.....6
- ▶ WHAT IS A HRO OR AN OPF?.....8
- ▶ MEET OUR NEW STAFF.....10
- ▶ GUEST COLUMN: A FOCUS ON PROSITUATION.....12
- ▶ ADDITIONAL NOTES....14



From the Desk of the Executive Director

Hello! We are very excited to announce that we recently received a grant of \$100,000 for 3 years from Otto Bremer Foundation to fund our Crisis Nursery program. Crisis Nursery provides short term respite care and crisis counseling for families and children in crisis. We are very excited about this opportunity!

We were recently informed that United Way of Southwest Minnesota has granted us \$30,000 and Redwood Area United Way has granted us \$4,000 to support agency programs. We are very appreciative of our funders!

We have had a few changes at the agency. Heather Rokeh left the agency in February to take another position and Elaine Ladwig has replaced her as the Lyon County Program Director. Amy Beckius-Johnson replaced Elaine as the SMSU Program Director. Pamela Neet has started as our Crisis Nursery Program Director. Pamela Russell is serving as our bookkeeper. Please welcome our new staff!

We are extremely thankful for the outpouring of generosity from community members. Thank you for your kind donations! It is through community

support that we are able to offer services to victims of sexual assault, general crime, and abused children, crisis nursery, along with parenting time program services (formerly known as supervised visitation), and education in the schools and community. Your donations of cash, "cards for cash" and your time are extremely valuable to our agency! Have a wonderful summer!

JOYCE ARENDS
MSW, LICSW
Executive Director
nhcc@iw.net



Fall
Issue
2008

WHEN THE PAST HURTS TODAY

Sometimes the past hurts. Perhaps that hurt is from a childhood bully who criticized the way you looked or the way you acted. Maybe a friend or family member once told you that you would never amount anything or would never be good enough. Maybe the hurt happened recently when a relationship failed and you felt rejected or betrayed. For some of us that hurt may be from abuse—whether it was emotional, verbal, physical, or sexual. Perhaps the hurt was from a crime that shattered your sense of security and left you feeling broken. Hurts can also stem from a loss—loss of loved one, what you thought your life was going to be, a job, a dream, a goal. Maybe, just maybe, that hurt is from something no one even knows about; a something you have kept hidden inside. I do not know what your past hurt is—but I do know that all of us are hurt at some point in life.

Our past can simply haunt us. Maybe a current situation, a person, a spoken phrase, or even a smell reminds you of the past. Then the pain begins to surface and tears open that old wound. If a past hurt has never been dealt with, like a bad dream, it can come back again, and again, and again.

For instance, our past can haunt us through anger. Anger is all too often the mask we make to cover the pain and pro-

tect our heart. Our past can also affect us in other ways—through frustrations, conflicts, depression, insomnia, and/or anxiety. Maybe we try to deal with the pain through overeating or under-eating, abusing alcohol or drugs, or hurting our bodies through self-mutilation. Whatever it may be, I know that the past can cause mental *and* physical pain.

Healing takes time and healing takes personal strength. When facing your past, you do not have to deal with the pain on your own. Time after time we are told to “pull up your bootstraps” and just “get over it.” However, this cliché is just that—a mere cliché; healing is much more than “bucking up” once.

We must first face our past hurts honestly. Start by identifying the causes of your anger, anxiety, loss of sleep, or whatever else is affecting your current life. The process is often a hard, strenuous journey; sometimes recognizing our hurts requires us to forgive our mistakes or it reminds us that what happened was not our fault.

**OUR PAST CAN
SIMPLY HAUNT US.**

When facing our hurts, we must also be ready to talk about the pain. Keeping your emotions bottled within can manifest itself in outward signs, such as anger, depression, violence, or addictions. When you find yourself ready to talk, go to

someone you can trust—perhaps a friend, family member, counselor, or spiritual leader. You can even come to New Horizons Crisis Center and talk to someone—we are here to listen. It might be helpful talking to someone that you know well or it might feel safer to share with someone you barely know; find the right person for you. If you are not ready to talk to someone, New Horizons can offer other resources. No matter what, you can always ask for help. Sometimes people equate asking for help with weakness; I know that anyone who asks for help is a very strong person.

There will come a point in your healing when you are ready to accept the past. Be prepared to deal with the change that comes with that acceptance—change to rise above the injustice you have undergone. Your past will not change, but you can change the way you view your past. You will overcome.

I know that we have all been hurt and I know we can all heal. If you need someone to help you deal with your past, contact New Horizons Crisis Center—our services are free and confidential. Every day is a new day—a new beginning. You have the right to fulfill your potential without limitation.

JENNIFER A. BRUNS
 Education Director
 safekids@iw.net

YOU WILL OVERCOME.

NHCC HAS A WEB SITE!

Visit our Web site at
www.newhorizonscrisiscenter.org

The screenshot shows the website's layout. At the top is a blue header with the logo and a yellow box containing the text: "Serving crime victims in Lincoln, Lyon, Murray, and Redwood Counties of Southwest Minnesota since 1981." Below this is a navigation bar with links for Home, About Us, Services, Programs, Locations, and Contact Us. The main content area is divided into several sections: "Our Mission Statement" (describing the center's role in providing services to crime victims), "New Horizons Crisis Center Programs" (listing services like Abused Children, Crisis Nursery, Education & Outreach, General Crime, and Sexual Assault), "Locations" (providing contact information for various offices), and "Services include:" (listing services such as 24 Hour Crisis Line, Individual Support, Crisis Intervention & Counseling, etc.). There are also images of the center's buildings and a "Check out our newsletter!" link.

You will find more information about our center and services, educational offerings, and community resources.



Fall
Issue
2008

PEACE ON EARTH BEGINS AT HOME

Domestic violence can seriously affect the physical and emotional well being of children. Research shows that children who live in households with domestic violence are at a greater risk for maladjustment than other children who do not live with such violence. Between 3.3 million and 10 million children in the United States are exposed to domestic violence each year.

This term “domestic violence” refers to a pattern of behavior where one person in a relationship tries to gain power and control over his or her partner. This control is enforced by using fear, intimidation, isolation, emotional abuse, economic abuse, sexual abuse, and/or physical abuse.

Children in households with domestic violence either “witness” or “observe” the violence. This exposure to domestic violence can include watching or hearing the violent events, direct involvement (trying to intervene), or seeing the aftermath of the violence such as bruises or depression.

Domestic violence is a crime and a public health problem. Criminal codes have been revised to broaden the categories of activities that are considered domestic violence and to strengthen the authority of police officers to intervene in violent or

potentially violent situations.

Domestic violence can have a detrimental effect on children physically, socially, behaviorally, and cognitively. Each child is affected differently by the violence and they adapt their own coping skills to survive. Physical effects can include sleeping disorders, body aches, regression to an earlier stage of development, nervousness and tension, neglect of personal hygiene, and direct physical abuse. Social effects may include distrust of others, poor conflict resolution skills, poor social skills, and excessive social involvement to avoid home. Behavioral effects can include acting out/withdrawn, overly aggressive/passive, attention seeking, suicidal, low self-esteem, running away, and chemical

abuse. Some cognitive effects may include learning unhealthy relationships skills, that anger is a bad feeling, or it is okay to use violence to solve problems.

Violence is a learned behavior and CAN be unlearned. Help break the cycle and silence of domestic violence so that future children won't be caught in the middle!

**VIOLENCE IS A
LEARNED
BEHAVIOR AND
CAN BE
UNLEARNED.**

DARLA CURRY, LSW

Parenting Time Program Director
Murray County Program Director
visitations@iw.net

Article Source: “The Future of Children” by David and Lucile Packard Foundation.

VOLUNTEER!

Helping others feels good and helps you feel good about yourself. New Horizons Crisis Center is currently looking for volunteer advocates for our 24-hour crisis line.

Commit your talents and time to advocacy work—join the NHCC team and make a difference in someone's life! As one NHCC volunteer said, *"I have enjoyed every minute of being a volunteer advocate...After a phone call, it feels wonderful to know that I have just helped someone that needed it."*

Please contact the NHCC office (507-532-5764) or visit our Web site (newhorizonscrisiscenter.org) to learn more about volunteering.

At NHCC, you can make a difference—one person at a time!

SPOTLIGHT ON NHCC VOLUNTEERS

National Volunteer Week was April 27th through May 3rd. As you know, many organizations and agencies utilize volunteers to help ensure that essential services are met. A person who gives their time to help others and who gives of themselves is a true gift to those they help. Volunteers are a priceless gift to the community.

NHCC relies on our volunteers to help provide the best services possible to crime victims in our service area. NHCC has a variety of volunteers including victim advocates and board members.

We are grateful to each and every one of our volunteers as they commit their energy, expertise, and time to help crime victims in our community.

THANK YOU VOLUNTEERS!

• Afton • Bill • Brian • Charlene • Deb • Eileen • Gayle • Jennifer • Judy • Kirstie • Kris • Leah • Lori • Marie • Mark • Nicole • Paul • Penny • Rene • Robin • Scott • Teresa •



Fall
Issue
2008

THE CONNECTIONS BETWEEN SEXUAL VIOLENCE AND HEALTH CARE ANXIETY

Let me start with some questions:

- ***Is it extremely difficult for you to call for a health care appointment yourself?***
- ***Do you put off making dental or 'personal' (i.e. gynecological) medical appointments even though you have problems or are pregnant?***
- ***Do you space out or become excessively fearful while in the dental chair or while getting a pelvic or breast exam?***
- And the final question: ***Were you sexually abused as a child or sexually assaulted as an adult?***

If you answered yes to any of these questions, you are not alone. Surveys estimate that around 80% of people report some level of anxiety while visiting the dentist. Taking this statistic into consideration, we can infer that just as many people experience some level of anxiety while visiting any health care provider.

This fear can also be true for both women *and* men. Men abused as children can

have fear during both dental and medical exams, but may be even more reluctant to talk about it or may not even realize the origin of their fear.

What is the connection between any of these symptoms and sexual violence? There are a number of symbolic parallels: being alone with a person more powerful than oneself, being placed in a horizontal position, being touched in the mouth and/or private areas of the body, having objects put into one's mouth, being unable to swallow, and anticipating or experiencing pain. A health care experience may remind a person of his or her past abuse in that the experience may produce awkward sensations of suffocation, such as in the use of rubber dams, or gagging sensations, or feeling restrained in movement (Jack Bynes, DDS & Dr. Carmen Santos). These conditions may trigger a repetition of earlier trauma and cause anxiety, stress, fear, or even disassociation.

If you have some of these concerns, please know there are a number of ways to help alleviate your fears. If you feel comfortable, talk about your concerns with your health care provider. This does not mean you have to tell your provider

about any past issue if you choose not to. Instead, focus on your discomfort and how your provider can help ease your fears. Health care providers are becoming more sensitive to anxiety triggered by trauma. You can also try the following strategies to help reduce your anxiety.

WHAT YOU CAN DO FOR YOURSELF

Anything that increases your sense of control:

- Ask your health care provider to explain all procedures.
- Ask your health care provider to offer regular reassurance, forewarn you of potential discomfort, and explanations regarding the procedures being performed.
- Develop and agree upon non-verbal signals to indicate increased anxiety and a message to stop treatment.
- If you are concerned about flashbacks, tell your health care provider what he/she can do to help you through it.
- Bring a supportive friend or family member with to your appointment or ask to have another, staff member present during exams.
- Use relaxation aids such as headphones with music or other soothing recordings.

While sedation can ease the anxiety of dental work it may also raise the likelihood of increased feelings of loss of control and helplessness, especially in a situation where patients already may feel vulnerable (Jack Bynes, DDS & Dr. Carmen

Sanos). A potential way to alleviate this increased fear, should you decide to use or need to use sedation, is to bring a supportive and trusted friend or family member with. This could help to create a sense of safety while under sedation.

Mental techniques that you can practice before the appointment or while at the health care office:

- Slow, deep breathing.
- Imagine a safe place.
- Self talk:
 - “I can get through this.”
 - “It will be over shortly.”
 - “I am safe now.”
 - “I am taking care of my health.”

Remember, these are only suggestions. What works best for one person may not work best for another.

DENISE KERKHOFF

Redwood County Program Director
crisis@newulmtel.net

Article Source: Information is based on a study by Kate F. Hays and Sheila Stanley, “The Impact of Childhood Sexual Abuse on Women’s Dental Experiences,” 1993 and a article from The Canadian Women’s Health Network, “Getting Through Medical Examinations: A Resource for Women Survivors of Abuse and Their Health Care Providers.”

WANT MORE? Interested in learning more?

New Horizons Crisis Center has many available resources, including brochures on this topic. We can even offer free training on health care anxiety, sexual violence, patient sensitivity, among others.

If you would like more, whether as an abuse survivor or as a professional, feel free to contact any of our offices. We are here to help.



WHAT IS A HRO OR AN OFP?

A HRO OR AN OFP MAY BE NECESSARY.

Harassment Restraining Orders (HRO) and Orders For Protection (OFP) are often words that we do not think about in our daily lives. But, when a person's life is being controlled by another person a HRO or an OFP may be necessary. This control can take on many different forms. I see clients who have another person trying to control them through harassment, stalking, or abuse. When people call New Horizons Crisis Center they are often out of other options and are desperately seeking help. People are left wondering what qualifies them for an HRO or OFP, how they are the same or different, and what they need as proof to get one.

To qualify for an HRO the following actions must have occurred.

Under Minn. Stat. § 609.748, harassment is defined as:

- A *single incident* of physical or sexual assault.
- Repeated incidents of intrusive or unwanted acts, words or gestures that have a substantial adverse effect or are intended to have a substantial adverse effect on the safety, security or privacy of another, regardless of the relationship between you and the alleged harasser.
- Targeted residential picketing, which includes:
 - marching, standing, or patrolling by one or more persons directed solely at a particular residential building in a manner that adversely affects the safety, security, or privacy of an occupant of the building, and
 - marching, standing, or patrolling by one or more persons which prevents an occupant of a residential building from gaining access to or exiting from the property on which the residential building is located.
- A pattern of attending public events after being notified that one's presence is harassing another.

To qualify for an OFP the following actions must have occurred.

Under Minn. Stat. § 518B.01, subd. 2, domestic abuse is defined as any of the following conduct between family or household members:

- Actual physical harm, bodily injury, assault (such as hitting, kicking, slapping, pushing, stabbing), or fear of imminent physical harm, bodily injury or assault (such as verbal threats, threatening gestures); or
- Terroristic threats (such as threat to commit a crime of violence, bomb threats, or threatening someone when holding a gun); or
- Criminal sexual conduct (such as forced sex or forced sexual contact with an adult or any form of sexual contact with a child); or

- Interference with an emergency call (intentionally interrupts, disrupts, impeded or interferes with an emergency call or intentionally prevents or hinders another from placing an emergency call).

How can a person prove that they are a victim of the above acts?

Through writing a statement about what has happened. Specific information about the harassment and/or abuse such as what happened, where, time, witnesses are very helpful. Also, people may have police reports, copies of e-mails, phone or text messages, or other documentation that they can include in an application.

What is the difference between and OFP and an HRO?

People are often confused about how HROs and OFPs are the same or different. Also, they are wondering which form is best for them and their situation. Below is a chart comparing the two and explaining their similarities and differences (this information on the two forms was prepared by the Staff Attorney of the Sexual Violence Justice Institute).

Order for Protection (OFP)	Harassment Restraining Order (HRO)
Offender is in household or offender has had a significant romantic relationship with the survivor.	Offender may not necessarily know or have relationship with the survivor.
Acts of domestic abuse have occurred, could be sexual assault.	Acts of harassment or stalking has occurred, which could include a sexual assault.
On behalf of minors, an adult household member or reputable adult over 25; OR a minor 16 years or older on behalf of herself or himself (against a spouse or other parent of child) may apply.	On behalf of minors, the parent, guardian, or step-parent of a child who is a victim may apply.
Filing fee is waived.	Filing fee is waived for victims of stalking, sexual assault or <i>in forma pauperis</i> (a form based on the petitioners income that may entitle the petitioner to a waiver of the filing fee), otherwise \$245 filing fee.
OFP is effective for one year, and is effective upon personal service upon the Respondent. Hearing may be requested by the Petitioner in the Petition, and by Respondent within 5 days of receipt of the OFP.	HRO is effective for up to two years, and is effective upon personal service upon the Respondent. Hearing may be requested by Petitioner in the Petition, and by the Respondent within 45 days of filing of the HRO.

If you or someone you know are in need of an HRO or OFP, New Horizons Crisis Center can explain the processes, assist with completing the paperwork, and in some instances attend potential court hearings.

ELAINE LADWIG, LSW

Lyon County Program Director
 gencrime@iw.net



Fall
Issue
2008

MEET OUR NEW STAFF

WELCOME AMY BECKIUS-JOHNSON!

Hi! My name is Amy Beckius-Johnson and I am the new program director at Southwest Minnesota State University (SMSU) for New Horizons Crisis Center. I come from North Dakota, lived in South Dakota for many years and my husband and I have been in Marshall since last September.

I received my Bachelor's degree in psychology from Dakota Wesleyan University in 2005 and am anticipating my Master's degree from the University of South Dakota in August. My education has focused primarily on social advocacy with an emphasis on policy analysis, research, media dissemination and nonprofit administration.

In 2005, I was chosen as the first international intern for the International Harm Reduction Association (IHRA) and collaborated globally to develop research databases for harm reduction professionals worldwide.

I have been an active volunteer for nursing homes, Special Olympics, Children's Care Hospital, Court Appointed Special Advocate (CASA) and in my children's school. I have 13 years of long-term and home health care experience; have worked as a bookkeeper for a tax office, in addition to being a past pre-school teacher.

Through work and school, I have given numerous presentations at the local, regional, national and international level.

My husband and I chose Marshall after reading about organizations like New Horizons serving the area. I have a great opportunity at New Horizons to spread my wings and grow! The staff and volunteers are a wonderful, devoted group and have been fantastic with getting me assimilated.

CHECK OUT THESE GREAT OPPORTUNITIES AT SMSU.

Our SMSU office has moved from ST 152 and is now located in SS 227. Upcoming events at SMSU include the program "Sex Signals" on August 21. "Sex Signals" uses improvisational comedy and audience participation to educate college students about sexual harassment and acquaintance rape. The play also explores dating and gender role stereotypes.

SMSU will host the "Stop the Violence" Conference November 5-7. This conference was made possible by a grant from the Office of Justice Programs Violence Against Women Act. The conference will include topics about child custody issues, post traumatic stress disorder, human trafficking, working with immigrant populations, Native American issues and much more. Mark Wynn, a police officer and domestic violence survivor, and

WELCOME PAMELA NEET!

Olga Trujillo, an attorney and survivor of sexual abuse and child abuse, will be speaking as well as the Minnesota Men's Action Network. Many organizations will be sponsoring and/or co-sponsoring workshops throughout the conference. For more information visit: www.freewebs.com/stoptheviolenceconference.

Please plan to attend this informative and enriching event!

New Horizons will be conducting sexual assault awareness training for Residential Advisors and Public Safety, and sexual harassment training for staff and faculty. Contact me at SMSU at 537-6817 for more information or to schedule a presentation.

AMY BECKIUS-JOHNSON

SMSU Program Director
nhcc@southwestmsu.edu

Starting 6-30-08, I began my duties here at NHCC as the Crisis Nursery Program Director and the Volunteer Coordinator. Most recently, I was the Hospice Social Worker for Redwood Area Hospital in Redwood Falls. There, I served clients and families that were living with a terminal illness.

Marshall has been my home for the past 5 years. My daughter and family live in Marshall as well and it is wonderful to be close to them.

I look forward to serving the clients in the Marshall area and working as a team with the NHCC staff.

PAMELA NEET, LSW

Crisis Nursery Program Director
Volunteer Coordinator
crisiscare@iw.net

REFER YOUR FRIENDS AND FAMILY:

THE CRISIS NURSERY PROGRAM AT NHCC

Families don't always have a support system to help during difficult times. Crisis Nursery is a community-based, voluntary, non-judgmental, and confidential service that responds to parents under stress. Crisis Nursery will listen and support you during a crisis, while providing a safe place for your child. No matter what problem you may be facing, we will make sure that your child is well-cared for. Crisis Nursery serves children that are 6 weeks old up until they are 12 years of age.

Services include: 24-hour crisis line; overnight crisis nursery child care; short-term day care; crisis counseling and support; information and referrals; parent education; other services may be available upon request and/or need.

Interested in crisis nursery? Contact Pamela Neet at (507) 532-5764.



Fall
Issue
2008

GUEST COLUMN: A FOCUS ON PROSTITUTION

The topic of prostitution is one that is often controversial and/or misunderstood. Many look at it as a 'non-crime' where there are no victims and women are making informed decisions about their manner of earning a living. We believe that, more often than not, there are other circumstances that draw women and children (including young boys and young men) into this profession. Prostitution is not always a choice as many seem to believe. The following article provides us with information on this perspective.

SAINT PAUL, MARCH 13, 2008 – With New York Governor Elliot Spitzer recently linked to the sex trade as a purchaser of services, conversations and debate about the sex industry range from, “It’s a victimless crime,” to “There’s no sliding scale in the exploitation of women... Either you exploit a woman in the commercial sex trade or you don’t.” In Minnesota, law enforcement, criminal justice and social service agencies are employing innovative and aggressive means to stop the demand for prostitution and hold johns accountable, while supporting the true victims, the women, children and men who are prostituted.

In Minnesota there are an estimated 8,000 to 12,000 women and children involved in prostitution on any given night.

The average age of entry into prostitution is age 13, with 75 percent of prostituted women having been sexually assaulted before age 18. Nearly all prostituted women are chemically dependent, and one out of three experiences serious and persistent mental health issues. Victims are methodically lured into prostitution from every socioeconomic strata. Homeless and runaway or throwaway youth can expect to be approached by a pimp, john or drug dealer within 36 hours on the street.

“Prostitution is not glamorous. It is highly damaging and for many of its victims the damage can never be repaired,” according to Vednita Carter, Executive Director of Breaking Free, an agency that provides services to help women escape prostitution.

The Minnesota Statewide Human Trafficking Task Force is vigorously opposed to the legalization of prostitution. Studies of countries that have legalized prostitution have found that regulating prostitution results in a climate that allows criminal gangs, violence and child prostitution to flourish. The Task Force is committed to ending human trafficking and ending the social environment that allows it to take place.



In Ramsey County and the state of Minnesota efforts are underway among civic and social service providers to shed light on the degradation and suffering caused by prostitution and to hold johns accountable. "Stop the Demand" is a partnership of Breaking Free, the St. Paul City Attorney's Office, Ramsey County Attorney's Office and the St. Paul Police Department, to assure that the purchasers of women in prostitution are held accountable and prosecuted to the fullest extent of the law.

"Prostitution is NOT a victimless crime," says St. Paul City Attorney John Choi. "There are serious consequences for those who are arrested, charged, or convicted of soliciting prostitution in St. Paul. The city has and will continue to dedicate resources to eradicate prostitution because of the detrimental effect it has on our neighborhood and those who engage in this behavior."

This was a press release from Breaking Free, Inc. Breaking Free, Inc. was established in October 1996, by Vednita Carter, Executive Director, as a non-profit organization that serves women and girls involved in systems of prostitution/sex trafficking and other battered women who have been involved in the criminal justice system. Breaking Free, Inc. is located in St. Paul, Minnesota and can be contacted by calling (651) 645-6557. You can also find more information on their Web site at www.breakingfree.net

CLIENT STATISTICS FY2008*

We have concluded another great fiscal year at New Horizons Crisis Center. We are proud to state that in 2008 our programming served over 700 victims in Lincoln, Lyon, Murray, and Redwood counties.

It has been a wonderful year thanks to the dedication of our staff, volunteer advocates, and board members.

NHCC provided services to:

- **240** victims of child abuse,
- **388** general crime victims, and
- **83** victims of sexual assault.

NHCC provided **629** parenting times.

A total of **8** safe exchanges were completed.

Parenting classes were completed with **19** parents.

There were **6** parents and **7** children served by crisis nursery from July 1, 2007-September 14, 2007.

*Statistics include both primary victims (the victim of the crime) and secondary victims (others affected by the crime like friends, family members, and loved ones of the primary victim).



Thank You to our Contributors

New Horizons Crisis Center wishes to recognize and express our appreciation to those who have donated money, supplies, quilts, toys and gifts to aid in our mission of helping crime victims and their loved ones. **Your donations are critical support for the services we provide.** The following is a list of donators that have given to NHCC since mid-January, 2008.

Anonymous Donation	Our Savior's Women of the ELCA
Armory Square Mall	Project Warmth
Do-Day's Ladies—Tracy Lutheran Church	Redwood Area United Way
First Presbyterian Church— Redwood Falls	Redwood Area Quilters
Holy Redeemer Quilters Group-Marshall	Redwood County Federated Women's Club
I.H.M.—C.C.W.	Redwood County Human Services
Lake Sarah Lutheran Quilters	Redwood County Public Health
Lincoln, Lyon, Murray Human Services	Rural Cellular Corporation
Mary Ann Kramer	Slayton Community Chest
MN Department of Human Services: Children's Trust Fund	Southwest Initiative Foundation: Marshall Community Foundation
MN Dept of Public Safety: Office of Justice Programs	Southwest Minnesota State University
Otto Bremer Foundation	St. John Cantius and SS. Peter and Paul
Our Lady of Victory Council of Catholic Women-Lucan	United Way of Southwest Minnesota
	U.S. Bank Corporation
	Variety Study Club

REMINDER: NHCC is Going Green

In an attempt to save paper, postage and time, New Horizons is converting to an electronic distribution of our newsletter.

If you now receive a paper copy and would like to receive it via email or by accessing our Web site at www.newhorizonscrisiscenter.org, please contact Jennifer Bruns by email at safekids@iw.net or by phone at (507) 532-5764.

ALSO—If you have recently changed addresses or plan to, please confirm your new mailing address with Jennifer Bruns at (507) 532-5764 to keep receiving our newsletter.

How Can YOU Support New Horizons Crisis Center?

THERE ARE MANY WAYS YOU CAN HELP SUPPORT NHCC...MAKING A DONATION, DONATING CARDS FOR CASH, AND VOLUNTEERING ARE ALL GREAT WAYS TO SUPPORT NHCC!

COUNTY FAIR FOODS also offers you a way to raise funds for New Horizons Crisis Center. The program is called Cards for Cash. It utilizes County Fair's United Savings stamps and cards. County Fair currently gives customers one United Savings stamp for every \$5 worth of groceries purchased. A United Savings card is redeemable for merchandise at reduced prices or for free items when a customer has pasted 9 United Savings stamps on a card. County Fair will pay New Horizons Crisis Center \$0.55 per filled card!!! So when the cashier asks if you want your United Savings stamps, please say "YES!" and start collecting them for NHCC. That \$0.55/card will add up very quickly--and in this time of state deficits and NHCC facing budget cuts, we need these funds more than ever before. Our collection box will be located at our main office, in the RLC Building at 109 S. 5th Street, Suite 40, Marshall. Just bring your filled cards to our office and we will get them to County Fair for our donation.

Please note: County Fair Foods do not want customers to deliver filled cards at the store saying "This is for New Horizons"---we need to take them to the store in order for New Horizons to receive the donation. Thank you!

NEW HORIZONS CRISIS CENTER IS A NON-PROFIT ORGANIZATION PROVIDING CRISIS INTERVENTION AND SUPPORT SERVICES TO PRIMARY AND SECONDARY VICTIMS OF SEXUAL ASSAULT, CHILD ABUSE AND GENERAL CRIME. ALTHOUGH OUR SERVICES ARE FREE OF CHARGE, WE DO ACCEPT DONATIONS. FUNDS FROM THE OFFICE OF JUSTICE PROGRAMS, LOCAL UNITED WAY, DEPARTMENT OF HUMAN SERVICES, LOCAL BUSINESSES AND INDIVIDUALS MAKE IT POSSIBLE FOR US TO PROVIDE MANY NEEDED SERVICES TO OUR AREA. YOUR HELP IS ALWAYS WELCOME AND NEEDED! IF YOU WOULD LIKE TO MAKE A **TAX DEDUCTIBLE** CONTRIBUTION, PLEASE RETURN THIS FORM WITH YOUR DONATION.

\$5 \$10 \$25 \$50 \$75 \$100 Other

I wish to be noted as a supporter of New Horizons Crisis Center.

I wish my contribution to remain anonymous.

I am interested in volunteering for New Horizons Crisis Center.

I would like someone from NHCC to speak to my group.

I am interested in serving on the Board of Directors.

Name: _____

Address: _____

City, State: _____ Zip Code: _____

Phone: _____ Email address: _____

New Horizons Crisis Center
109 S. 5th Street Suite 40
Marshall, MN 56258
(507) 532-5764

Non-Profit Bulk Rate
U.S. Postage
PAID
Permit No. 7
Marshall, MN 56258



Serving crime victims in Lincoln, Lyon, Murray,
and Redwood Counties of
Southwest Minnesota since 1981.

www.newhorizonscrisiscenter.org

Abused Children • Crisis Nursery • Education & Outreach
General Crime • Parenting Time • Sexual Assault

Joyce Arends, Executive Director

Denise Kerkhoff, Redwood County Program Director

Darla Curry, Murray County/Parenting Time Program Director

Elaine Ladwig, Lyon County Program Director

Jennifer A. Bruns, Education Director

Pamela Neet, Crisis Nursery Program Director/Volunteer Coordinator

Amy Beckius-Johnson, SMSU Program Director

Penny Messer, Board Chairperson

Brian Christensen, Vice Chairperson