

the **EMPOWERMENT** press

2025 1st Quarter Issue

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INSIDE**



SURVIVOR
STORY



2024 HOLIDAY
PROGRAM



UPCOMING
AWARENESS MONTHS



2024 IMPACT



Executive Heart to Heart

Dear friends of New Horizons,

Each year, the need for our services get greater, but the funding is getting smaller.

For over 20 years, New Horizons Shelter and Outreach Centers has received grant funding from the Victims of Crime Act (VOCA), which provides essential funding for services that help survivors of domestic violence, sexual assault, child abuse, elder abuse, human trafficking, and other heinous crimes.

VOCA, which is funded through deposits to the Crime Victims Fund whose money comes from penalties paid by federal offenders, has had severe budget cuts. As a result, New Horizons is losing over \$337,000 per year! A financial cut of this magnitude means that of the 500 victims New Horizons serves annually, 227 of them will not have access to crucial support and resources moving forward.



Ann Kappauf
EXECUTIVE DIRECTOR

Executive Heart to Heart continued on Page 2

YOU CAN HELP! You can make it possible for us to say yes to every survivor that reaches out to us for support. You can make hope possible. You can be a part of saving lives.

Support our mission by donating unrestricted funds directly to New Horizons. Your gift will ensure that individuals and families needing our services will have access to the safety and support they need to leave abusive relationships. **Can we count on you?**

To make a donation, visit our website: **nhagainstabuse.org** or scan the QR code below. You can also mail a check made out to New Horizons Shelter and Outreach Centers to: PO Box 2031, La Crosse, WI 54602.

In empowerment,

Ann Kappauf

Ann Kappauf
Executive Director
annk@nhagainstabuse.org



THANK YOU!

We are deeply grateful for the ongoing generosity of our community, which enables us to provide a vital safety net of support for survivors. Your contributions make all the difference, and we couldn't continue our work without your steadfast support. Thank you for standing with us!

OUR TOP DONORS from Quarter 4 2024

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

- | | | |
|------------------------------------|---------------------------------|--------------------------------|
| ALM Charities | Richard & Carla Seeks | Presbyterian Women-West Salem |
| Susan Schmidt | Creative Screen Printing | Joe & Pat Heim |
| * Sue Anne Gelatt Foundation | Mr. & Mrs. John & Diann Honadel | Marine Credit Union |
| Gordon Myers | Donald & LaVonne Zietlow | Christopher Eickman |
| * Loveland Family Fund | George & Elizabeth Kruck | Chart Industries |
| Trane Family Foundation | Jack & Judy Rusch | Elk Creek ELCW |
| Maxwell-White Plumbing, Inc. | EatStreet | Peace Lutheran of Pigeon Falls |
| Barbara Frank | UU Fellowship of La Crosse | Steven & Suzanne Tanke |
| Dr. & Mrs. Peter & Mary Nelson | William & Cynthia Berg | Coon Valley Lutheran Church |
| Brian & Barbara Benson | Alex Lueck | Arcadia Community Chest, Inc. |
| Fidelity Charitable Gift Fund | Leslie Wegener | Patricia Nahn |
| Brinker Family Foundation | Rebecca & James Naugler | Theresa Wang |
| Firefighters Credit Union | Laura Klingbeil | George & Ramona Bartels |
| Neale & Sheryl Horman | Ms. Marlys Kolstad | Charles & Cheryl Hanson |
| French Creek Lutheran Church | Mark Jolivet | Denise Newgard |
| Harvatine Huston Family Foundation | Steven Virata | |



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

*La Crosse Community Foundation Fund

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!

SURVIVOR STORY...

When Faye first arrived at New Horizons, she was broken - damaged, lonely, and overwhelmed by pain. She carried feelings of sadness, anger, frustration, and confusion, convinced there was no purpose left in her life. She didn't know her worth, and it felt as though she was only here to endure hardship. She had built a wall around herself, believing that all she had were her children, and that trust was something she could never give.

Everything began to change when Faye entered the shelter at New Horizons. The staff welcomed her with open arms, showing her the compassion and understanding she had longed for. They listened without judgment, offering her a safe space to open up and heal. Slowly, she began to feel a sense of peace and understanding that had been absent for so long. The support she received wasn't just for her - it was for her children as well. Faye learned that she was not alone, and for the first time in a long time, she felt seen, heard, and valued.

Her main priority when entering shelter was ensuring that when her time at New Horizons came to an end, she and her children would have a safe place to go. She worked consistently with her advocate, setting goals and navigating barriers to secure stable housing and a better future for her family. Along the way, the support and guidance she received helped her accomplish this goal, as well as many others, giving her the foundation she needed to heal and rebuild.

Today, she is beginning to rebuild her life, learning to embrace her worth and the brighter future ahead. Though the journey is ongoing, the support she found at New Horizons Shelter and Outreach Centers has given her the hope she once thought was lost. Her journey is a testament to the power of resilience, determination, and the belief that change is possible - even in the darkest of times.

**Survivor name has been changed for confidentiality*

Our dedicated advocates, many of whom are survivors themselves, show up every day to make a difference in the lives of people like Faye, offering compassion, guidance, and unwavering support. We also extend our deepest gratitude to our generous donors - without your support, this vital work wouldn't be possible. Together, we are helping survivors rebuild their lives and find hope for the future.



ALL SERVICES ARE FREE & CONFIDENTIAL



new
horizons
SHELTER & OUTREACH CENTERS

La Crosse & Trempealeau Counties & Surrounding Area:
TOLL-FREE: (888)231-0066 | LOCAL: (608)791-2600
TEXT ONLY: (608)667-9944 | nhagainstabuse.org



Thank you to all of our
sponsors for the 2024
holiday program!



Each year, we offer a special opportunity to bring joy to families whose holiday season may look a little different. Thanks to your generosity, our 2024 Holiday Program brought hope and happiness to 12 individuals, 45 families, and 107 children. We are so grateful to our 47 sponsors, whose support made this holiday season extra special!

Our sponsors truly went above and beyond, with many going far beyond the items listed on our clients' wish lists to ensure each family received more than expected. We had 6 sponsors who adopted 3 or more families, showing an extraordinary commitment to helping others. A special thank you goes to our top sponsors - Optum Serve, Wild Child Indoor Playground, and The Fraternal Order of the Eagles - each of whom sponsored 5 families! Your generosity made a lasting impact on so many lives.

Our Youth and Family Advocate, Jen, plays a key role in this program and is always especially excited during the holiday season. Her enthusiasm and holiday spirit are contagious, and she helps bring a sense of warmth to the entire process.

The turnout for Giving Trees this year was also exceptional! Thanks to your generosity, we were able to replenish many of the most needed items at our shelter, ensuring we are well-stocked and ready to support the survivors we serve throughout the year.

Thank you again to our incredible sponsors and donors for your continued dedication to this important cause! Your kindness makes a difference, and we are so fortunate to have such a generous community rallying behind us.



"I would like to thank you all for the gifts you got us for Christmas!! The girls and myself are so grateful for all that you got for us, especially at this time of year!!! Thank you again!"

"With a heart full of gratitude, I want to thank you for the gifts my children and I received this Christmas, thanks to you. Your generosity has been a beacon of joy and hope."

"Thank you so very much for making this holiday season a little brighter for us! May you and your family continue to stay blessed."

~Holiday program recipients

New Horizons 2024 Impact...



ANSWERED 3,899 CALLS TO OUR 24-HOUR CRISIS LINE



PROVIDED 4,722 NIGHTS OF SHELTER TO 64 ADULTS & 42 CHILDREN AGED 17 & UNDER



PROVIDED 10,018 SERVICES TO 503 VICTIMS & SURVIVORS OF DOMESTIC & SEXUAL ABUSE

2025 Galentine's Day Brunch Recap

Many thanks to everyone who made our 4th Annual Galentine's Day Brunch a success! With the generous support of our sponsors and attendees, we're thrilled to announce that we netted just over \$23,000. A very special thank you to our presenting sponsor, Pischke Motors, for their incredible support. These funds are vital in ensuring our services continue uninterrupted, helping us make a lasting impact in our community. Be sure to make your calendars and save the date for next year's event - Feb. 7, 2026!

MOTORS
PISCHKE
West Salem La Crosse

Awareness Months Coming Up...

March is Women's History Month

March is a time to celebrate the achievements, contributions, and resilience of women throughout history. The 2025 theme, **"Moving Forward Together,"** highlights the importance of unity and collective action in advancing gender equality and empowering women. This March, we honor the progress made and commit to working together to create a brighter, more inclusive future for all women. **International Women's Day is celebrated on March 8th.**

April is Sexual Assault Awareness Month

SAAM is a time to raise awareness about sexual violence and its impact on individuals and communities. The 2025 theme, **"Together We Act, United We Change,"** emphasizes the power of collective action in preventing sexual assault and supporting survivors. By standing together, we can create a world where everyone is safe, respected, and empowered to make a difference. Let's unite to raise our voices, take action, and create lasting change.

April is also Child Abuse Prevention Month

CAPM is a time to reflect on the importance of protecting children and supporting families. The 2025 theme, "Doing Things Differently: Moving from the Challenge to the Change," encourages us to rethink our approach to preventing abuse and creating positive, lasting change for children and families. By working together and embracing new strategies, we can build stronger, safer communities where every child has the opportunity to grow and thrive. The national symbol for child abuse prevention is the pinwheel. **Pinwheels for Prevention** is a national campaign used as a reminder of the uplifting and childhood all children deserve.



Show your support!

Saturday, March 8, 2025 - *International Women's Day* - Wear purple to symbolize power, justice dignity, and strength, green to symbolize hope, and/or white to symbolize purity

Tuesday, April 1, 2025 - *Wear Teal Day* to show support for survivors of sexual assault

Friday, April 4, 2025 - *Wear Blue Day* to symbolize solidarity and commitment to protecting children

Wednesday, April 30, 2025 - *Denim Day* - A day of action and awareness in which people are encouraged to wear denim to combat victim blaming and educate others about sexual violence

**FOLLOW US ON
SOCIAL MEDIA**



facebook.com/NewHorizonsShelterAndOutreachCentersInc



@more_than_a_shelter



**PO Box 2031
La Crosse, WI 54601**

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Summer Internships Open

We offer internships for local college students seeking valuable hands-on experience in advocacy, crisis management, and community engagement. Internships are available in various roles, including Outreach Advocate (Shelter Focus or Community Focus) Youth and Family Advocate, and Crisis Advocate. These opportunities empower individuals facing domestic and sexual violence while providing professional development for the intern.

For more information and how to apply, please contact our Director of Community Engagement at 608-791-2610, ext. 1301, or find these internship opportunities on HandShake.



New Horizons – Current Needs

We are incredibly grateful for the generosity of our community members who contribute in-kind donations from our needs list. Your support helps us meet our clients' immediate needs and sustain the daily operations of our shelter.

If you have furniture to donate, we encourage you to reach out to The Exchange at 608-301-5345. They accept gently used furniture, which is then donated back out to community members in need. Depending on your location, they may be able to arrange a pick-up for your items.

For questions about donations, scheduling a drop-off, or hosting a donation drive, please contact our Director of Community Engagement at 608-791-2610, ext. 1301. Thank you for helping us make a difference!



IMMEDIATE NEEDS

- Shampoo & Conditioner
- Lotion
- Nail Clippers
- Hair Detangle Spray
- Leave-in Conditioner
- Wide Tooth Combs
- Hair Wraps / Do-rags
- AA & AAA Batteries
- Vaseline
- Hair Styling Products
- Bed Pillows
- Ground Coffee
- Toothache Meds
- Laundry Soap (no pods)
- Dryer Sheets
- All Purpose Cleaner
- Windex / Glass Cleaner
- Sanitizing Spray
- Bleach
- Food Storage Containers
- Walmart Gift Cards
- Gas Cards