



CRA INSIGHTS

Information to grow with



Newsletter

As we start our second year publishing this newsletter, we would like to ask for your input. On the back page of this edition, you will find a short survey. Please help us out by contributing your opinions. We will use your feedback to improve this space. We aim to educate & inform the communities we serve with the goal of eliminating violence within them. We will also continue to post our upcoming fundraising events, donation needs and support group schedules. If you haven't already, please go to our Facebook page (@crashelter) and "LIKE" our page. This is the most current information regarding what is happening at CRA. We also will continue to educate our communities process by posting more articles on current issues.

Thank you again for being a part of our CRA family. Remember to print & share these newsletter! Don't forget to fill out the survey!

UPCOMING EVENTS

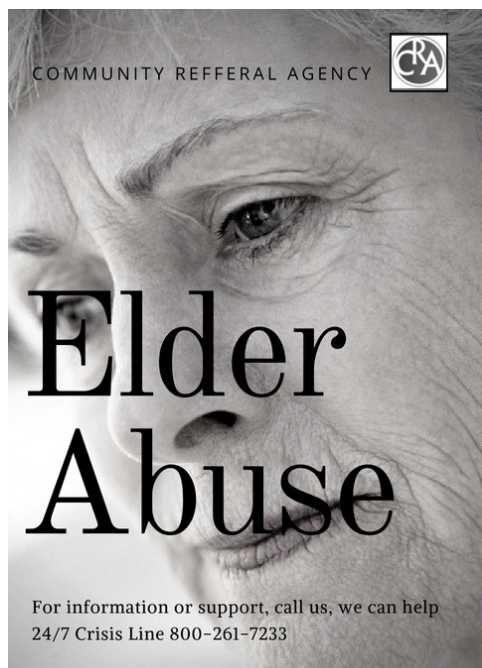
6th annual Cynthia
wahlen memorial golf
tourney
august 17th
to sign up a team,
become a hole
sponsor or donate
prizes, contact
joans@crashelter.org

SAVE THE DATE!

our next designer
purse bingo event will
be held on November
23rd at Brow Tine
(formerly Cricket's)
more info to be
posted on our
[Facebook page](#)

crashelter.org

Elder Abuse Prevention Month



Elder Abuse can affect people of all ethnic backgrounds and social status and can affect both men & women.

Elder abuse generally includes physical, sexual, emotional abuse, neglect, financial exploitation & stalking. Some state statutes include other behaviors such as abandonment & self-neglect. Tragically, some cases of elder abuse end as homicides, homicide/suicides or homicide/attempted suicides. The following definitions were offered by **The National Center on Elder Abuse**.

Physical Abuse:

Signs & symptoms of physical abuse include but are not limited to:

- Bruises, black eyes, welts, lacerations & rope burns
- Bone fractures, broken bones & skull fractures
- Open wounds, cuts, punctures, unrelated injuries in various stages of healing
- Sprains, dislocations & internal injuries
- Broken eyeglasses, physical signs of being subjected to punishment & signs of being restrained
- Lab findings of medication overdose or under utilization of prescribed drugs
- An elder's report of being hit, kicked or slapped or mistreated
- An elder's sudden change in behavior
- The caregiver's refusal to allow visitors to see elder alone

Sexual Abuse:

Sexual abuse is non consensual sexual contact of any kind with an elderly person. Sexual contact with any person incapable of giving consent is also considered sexual abuse.

- Bruises around private parts
- Unexplained venereal diseases or genital infections
- Unexplained bleeding
- Torn, stained or bloody underclothing
- An elder's report of being sexually assaulted or raped

Neglect:

Neglect is failure or refusal to fulfill any part of a person's obligations or duties to an elder. Neglect may also include failure of a person who has fiduciary responsibilities to provide care for an elder (pay for necessary home care services) or the failure on the part of an in-home service provider to provide necessary care.

- Dehydration, malnutrition, untreated bed sores & poor personal hygiene
- Unattended or untreated health problems
- Hazardous or unsafe living conditions (no running water, improper wiring, no heat)
- Unsanitary & unclean living conditions
- An elder's report of being mistreated

Emotional Abuse:

Emotional or psychological abuse is the infliction of anguish, pain or distress through verbal or non verbal acts. Emotional/Psychological abuse includes but is not limited to: verbal assaults, insults, threats, intimidation, humiliation & harassment. In addition, treating an older person like an infant; isolating an elderly person from his/her family, friends or regular activities; giving an older person the "silent treatment"; and enforcing social isolation.

- Being emotionally upset or agitated
- Being extremely withdrawn and non communicative
- Unusual behavior usually attributed to dementia (sucking, biting, rocking)
- An elder's report of being verbally or emotionally mistreated

Financial:

Financial or material exploitation is the illegal or improper use of an elder's funds, property or assets. Examples include, but are not limited to: cashing an elderly person's checks without permission, forging an older person's signature, misusing or stealing an older person's money or possessions, coercing or deceiving an older person into signing any document.

- Sudden changes in bank account or banking practices, including unexplained withdrawal of large sums of money by a person accompanying the elder
- The inclusion of additional names on an elder's bank signature card
- Unauthorized withdrawal of the elder's funds using the elder's ATM card
- Abrupt changes in a will or other financial documents
- Unexplained disappearance of funds or valuable possessions
- Substandard care being provided or bills unpaid despite the availability of financial resources
- Discovery of an elder's signature being forged for financial transactions or for titles of his/her possessions
- Unexplained sudden transfer of assets to a family member or someone outside of the family
- An elder's report of financial exploitation

Betty's Story

This is a story about Betty, a 67-year-old woman who lives with her grandson. However, this story could be about anyone. Betty is someone's mother, grandmother, sister, aunt, and friend. Betty has spent the past 5 years of her life in fear. Fear that her grandson will harm her. He consistently told her that she was a "worthless old woman". Often, he would throw her possessions, breaking them against the wall when she didn't respond quick enough to his demands. Other times, she would see him taking her valuable antiques out of the house. She assumed that he was selling them at a pawn shop for drug money. The part that broke Betty's heart, was when he threatened to hit her if she didn't give him cash or a check. This isn't what family does, is it?

Older victims may be abused by intimate partners, adult children, grandchildren, or other family members, caregivers or persons in position of authority.

Abusers will often strive to exert their power and control over victims so that they can coerce or manipulate some benefit for themselves, such as money, a place to stay, access to prescription meds or sexual gratification. (Bancroft, 2002; Stark, 2007) These abusers are often greedy and feel entitled to do what ever is necessary to get what they want. They may financially exploit an older adult, feeling entitled to take a Social Security check or empty a bank account. In order to maintain power and control, these abusers typically use a variety of coercive tactics including physical and psychological abuse and isolation.

Abusers may intimidate their victims and prevent them from reporting the exploitation or abuse out of fear of retaliation. They may also lie and manipulate family members, friends and professionals in order to hide or justify their behavior (Bancroft, 2003; Stark, 2007).

Betty eventually filed a protective restraining order against her grandson with the help of her doctor who asked the right questions and referred Betty to an advocate that could help her with the process of starting a safer life without her grandson.

* **"Betty" is a fictional character**

"There are far too many silent sufferers. Not because they don't yearn to reach out, but because they've tried and found no one who cares."

Richelle E. Goodrich

What you can do

- **Talk to the older adult.** Tell them you are concerned for their safety and that you are there to help. Let them know that domestic violence, sexual abuse and elder abuse do not stop without some form of outside intervention.
 - **Offer to accompany them.** Provide support by accompanying the older adult to speak with an advocate of domestic violence, sexual assault program or a social worker at an elder abuse agency.
 - **Be part of their "safety plan".** A safety plan is created by the victim with the help of a professional. The intent is to plan for a victim's safety needs before another violent episode erupts.
 - **Remember it is their decision and you will need to honor it and their right to self-determination.**
 - **If you believe they are in immediate danger and want law enforcement to respond, call 911 immediately.**
- *Information in this article taken from NCALL. National Clearinghouse on Abuse Later in Life, a project of End Domestic Abuse in Wisconsin**

What to do if you are a victim

Help is available

If you are in immediate danger or suspect that an elder is in immediate danger, contact 911.

National Domestic Violence Hotline: 1-800-799-7233

Rape, Abuse & incest National Network: 1-800-656-4673

Community Referral Agency: 715-825-4414

Remember you are not alone. Unfortunately, too many women & men are hurt later in life by spouses, partners, family members, caregivers & others.

Create a safety plan. Whether you choose to remain in your current living situation or choose to leave, consider contacting an advocate to create a safety plan. Many Domestic Violence advocates specialize in specific safety planning. Advocates can provide information about what you are experiencing and offer information about services and support.

You deserve to be treated
with dignity & respect!

CRA is not affiliated with any of these sites and does not have an opinion or preference to any. The sites listed are for informational use and should be researched to determine if the information provided is valid in your situation.



June is LGBTQ & PRIDE Month

Some History

Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) Pride Month is currently celebrated each year in the month of June to honor the 1969 Stonewall riots in Manhattan. The Stonewall riots were a tipping point for the Gay Liberation Movement in the United States. In the United States the last Sunday in June was initially celebrated as "Gay Pride Day," but the actual day was flexible. In major cities across the nation the "day" soon grew to encompass a month-long series of events. Today, celebrations include pride parades, picnics, parties, workshops, symposia and concerts, and LGBTQ Pride Month events attract millions of participants around the world. Memorials are held during this month for those members of the community who have been lost to hate crimes or HIV/AIDS. The purpose of the commemorative month is to recognize the impact that lesbian, gay, bisexual and transgender individuals have had on history locally, nationally, and internationally.

In 1994, a coalition of education-based organizations in the United States designated October as LGBT History Month. In 1995, a resolution passed by the General Assembly of the National Education Association included LGBT History Month within a list of commemorative months. National Coming Out Day (October 11), as well as the first "March on Washington" in 1979, are commemorated in the LGBTQ community during LGBT History Month.

<http://www.loc.gov/lbgt-pride-month/about/>

The it gets better project

The it gets better project is a non profit that works toward a more uplifting future for LGBTQ+ youth. LGBTQ+ youth are at high-risk for suicide, so this began as a social media movement in which people shared their own personal trials & tribulations of being LGBTQ+ and what they faced, reminding people at the end of their message that "it gets better".

<http://www.itgetsbetter.org>

Events

WISCONSIN

June 6, 2019 Milwaukee, WI
Milwaukee Pride 2019

June 8, 2019 Eau Claire, WI
Chippewa Valley Pride 2019

June 22, 2019 Sturgeon Bay, WI
Open Door Pride 2019

MINNESOTA

June 9, 2019 Golden Valley, MN
Golden Valley Pride 2019

June 22, 2019 Minneapolis, MN
Twin Cities Pride 2019

to find events for other states go to:
<http://www.hrc.org/pride>

Resources

Briarpatch Youth Services

Madison, Wisconsin

A private, non-profit organization serving Dane County and providing services dedicated to strengthening and improving the lives of youth, their families and community.

Phone: (608) 251-1126

Fair Wisconsin (Madison)

Madison, Wisconsin

An organization protecting LGBT civil rights through lobbying, legislative advocacy, grassroots organizing, coalition building and electoral involvement.

Phone: (608) 441-0143

LGBT Center of SE Wisconsin

Racine, Wisconsin

A center combating the causes and consequences of LGBTQIA invisibility locally and globally.

Phone: (262) 664-4100

LGBT Community Center of the Chippewa Valley

Eau Claire, Wisconsin

A center providing services to promote well-being and unity among LGBT people in the Chippewa Valley area.

Phone: (715) 552-5428

LGBT Resource Center for the 7 Rivers Region

La Crosse, Wisconsin

A center providing services to foster understanding and build connections on issues related to sexual orientation and gender identity.

Phone: (608) 784-0452



Donations needed in shelter

CRAHELTER.ORG








Sometimes a survivor will only be able to leave their home safely with the clothes on their back. While in shelter they will need basic items to restore their quality of life for themselves and their children. You can view a larger *"WISH LIST"* of needed donations on our web page. The items listed here each month are things we are in immediate need of.

If you are able to help out and drop off a donation, you can do that right at the shelter. If you would rather make a monetary donation, you can mail the donation check to: CRA

PO Box 365

Milltown, WI 54858

June Donation requests

-  Ketchup, Mustard, Relish
-  Mayo, BBQ Sauce, pickles
-  Baked Beans, Hot dogs
-  Sliced cheese, Jelly
-  Soups
-  Fruit snacks/Healthy snacks
-  Mac n Cheese



Donations are greatly appreciated and help us to carry out our commitment to survivors and their children.

Call our 24/7 Crisis Line, 800-261-7233 for help.

**United Way
St. Croix Valley**



Community

Education

CRA works to increase the communities awareness about domestic and sexual violence through community outreach. Part of CRA's mission is to help eliminate violence in our communities, and with that in mind, we offer presentations regarding our services and education on a variety of topics related to domestic and sexual violence awareness to schools, community organizations, church groups and other service providers. If you are interested in learning more about the cycle of violence and how to help stop domestic violence and sexual assault in your community, Call us at **715-825-4414** to find out more.

Support Groups

All groups are held every week unless noted.

Please call to sign up 715-825-4414

POLK COUNTY GROUPS:

MONDAY'S:

Amery S.T.A.R.S. Group: From 4-5 pm
(Surviving Trauma Advocacy Resource Support)

TUESDAY'S:

Osceola S.T.A.R.S. Group: From 6-7 pm
(Surviving Trauma Advocacy Resource Support)

WEDNESDAY'S:

Milltown Parenting Group: from 1-2 pm
Milltown S.T.A.R.S. Group: from 2-3 pm
(Surviving Trauma Advocacy Resource Support)
Domestic Violence Education Class: from 10-noon
every other Wednesday

THURSDAY'S:

Milltown Family Group: Dinner from 5-5:30pm
F.U.N. Family Group Milltown: from 5-6pm
Milltown S.T.A.R.S.: from 6-7 pm
(Surviving Trauma Advocacy Resource Support)

Burnett County – 715-349-7272

Burnett County Group: from 4-5 pm on Monday

Barron County – 714-651-4969

Barron County Group: from 5:30-6:30 on Thursday

May Donations

thank
you

Cash Donations

Vikki Amundson
Angie Porter Lundin Trust
Bone Lake Lutheran Church
Elim Lutheran
Fristad WELCA
Holy Trinity United Methodist Church
Tamra Jackson
Kid Care, Inc
Linda Millermon
Osceola Community Health Foundation
Picking up the Pieces
Polk-Burnet REA
Lindsey Pratt
David or Mary Smith
Jay & Brenda Stackhouse
Mary Wold
Yellow Lake Lutheran Church

April Fundraising Totals

Thank you to everyone that participated or donated to
our April fundraisers!

Purse Bingo \$3,757.00

Denim Day \$886.00

#giveBig \$2,738.00

*Thank you for your
support*

Due to your overwhelming generosity,
we are no longer accepting clothing
donations at this time.

We are always looking for the following
household items in good condition:

Dishes, glasses, flatware, pots & pans
Decor
Sofas, chairs, end tables
Dining table & chairs
Dressers and bed side tables

If you are unsure if a donation is
needed, please give us a call at
715-825-4414



June Shelter Donations

SCHOOL IS OUT & WE COULD USE
SOME HELP WITH SOME KID FRIENDLY
FOOD, SNACKS & PANTRY ITEMS !

KETCHUP & MUSTARD, MAYO,

PICKLES, BBQ SAUCE, RELISH

BAKED BEANS, JELLY

MAC N CHEESE, SOUPS,

FRUIT SNACKS OR GOOD SNACKS

HOT DOGS

SLICED CHEESE



Please help us better inform you!

Complete the following and mail to: CRA, PO Box 365, Milltown, WI 54858 or email to joans@crashelter.org

Newsletter Survey

I enjoy receiving the newsletter each month	Yes	No	Sometimes
I have learned about something new by reading this newsletter	Yes	No	Sometimes
What do you like the most about CRA's newsletter? _____			
I rely on the newsletter to inform me of fundraising events at CRA	Yes	No	Sometimes
I have attended one or more of CRA's fundraisers	Yes	No	
I am familiar with CRA's web page	Yes	No	
I have already "Liked" CRA's Facebook page	Yes	No	
Were you aware that CRA can give presentations to your organization?	Yes	No	
Has CRA given a presentation for your group/organization?	Yes	No	
I would like to find out more about CRA's volunteer program	Yes	No	

Contact information:

Name: _____

Email: _____

If you do not have an email, MAILING address: _____

Are there any services that CRA doesn't currently provide that would benefit your organization?

How did you find out about CRA and the programs that we provide?

I would like to see more information on the following topics in the newsletter

Domestic Violence	Sexual Assault	Stalking	Human Trafficking	Teen Dating Violence
Child Abuse	Suicide Prevention	Elder Abuse	Mental Health	Cyber Stalking
Social Media Danger	Safety Planning	Restraining orders		

Thank you!

We are always striving to improve our presence in the community & we appreciate the time you took to help us with this survey.

Please don't forget to send it back via email or snail mail!

If you have any questions, please contact us at 715-825-4414

