



# Inspire Hope

*Our Mission:*

*To provide safety and support to victims of domestic violence and sexual assault through education, advocacy, and shelter.*

*Committee Against Domestic Abuse*

## October is Domestic Violence Awareness Month

Fall 2011

Domestic Violence is a complex crime that has a devastating impact on the women, children and men who are victims of battering. Domestic Violence can be fatal. Last year, there were 28 people who were killed in Minnesota due to Domestic Violence. Of those 28, 6 were from the Region 9 area and include: 25 year old Ashley Sullivan and her 59 year old step father Chet Gronewold from Antrim Township, 32 year old Svetlana Vladimirovna Munt from Mankato, 20 year old Jessica Buboltz from Kasota, 3 month old Dawson Farris from North Mankato and 26 year old James Nibbe from Lake Crystal. On July 8, 2011, 19 yr. old, Josselyn Bishop lost her life at the hands of her ex-boyfriend in Mankato.

Domestic and Sexual Violence affects millions of individuals across our nation regardless of age, economic status, race, religion, sexual orientation and education.

- Nearly 1 in 4 women will experience domestic violence in her lifetime.
- Young women between the ages of 16-24 experience the highest rate of domestic violence.
- Everyday in the United States, an average of 3 women are killed by a current or former intimate partner.
- Approximately 15.5 million children are exposed to domestic violence every year.

Domestic Violence is a pattern of coercive and controlling behaviors and tactics used by one person over another to gain power and control. This may include verbal abuse such as name calling and put downs, financial abuse, isolation, threats, stalking, intimidation, emotional, sexual and physical abuse.

**October is National Domestic Violence Awareness Month.**  
**During this month, we all join together to raise awareness of domestic violence and its effects on families and communities.**  
**If you or someone you know needs help, please call 1-800-477-0466.**

### CADA Programs

Battered Women's Shelter  
P.O. Box 466  
Mankato, MN 56002-0466  
507-625-8688 Business  
800-477-0466 Crisis

Keep Me Safe  
Parenting Time Center  
P.O. Box 466  
Mankato, MN 56002-0466  
507-625-8688 Business

CADA of Blue Earth County  
100 Stadium Court  
Mankato, MN 56001  
507-625-8688 Business

CADA of Faribault County  
P.O. Box 203  
Blue Earth, MN 56013  
507-526-5275 Business

CADA of Le Sueur/Sibley Counties  
P.O. Box 922  
Gaylord, MN 55334  
507-237-5977 Business

CADA of Nicollet County  
100 Stadium Court  
Mankato, MN 56001  
507-625-8688 Business

CADA of Waseca County  
105 South State Street  
Waseca, MN 56093  
507-835-7828 Business

CADA of Watonwan County  
55 8th Street South  
St. James, MN 56081  
507-375-3040 Business

CADA of Brown County  
New Ulm, MN  
507-233-6666 Sexual Assault  
507-233-6663 Domestic Violence



*You are invited to attend the*

# **CADA Open House**

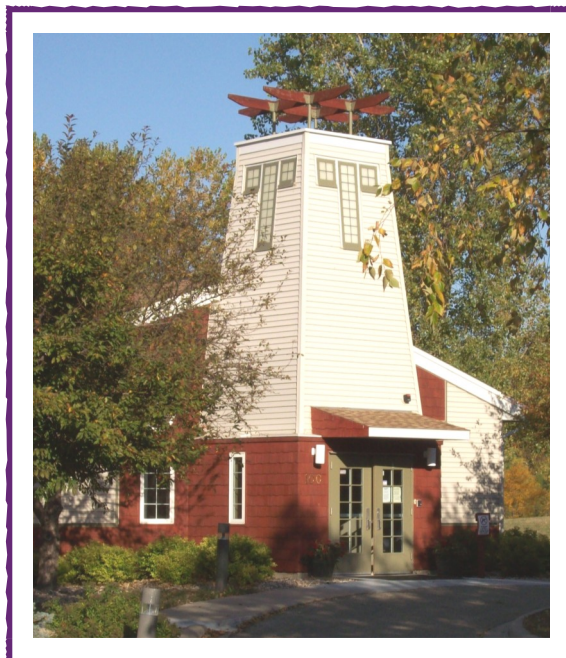
Wednesday, October 12, 2011  
from 4pm-6pm

In honor of Domestic Violence Awareness Month, we open our doors to the community to raise our collective awareness about Domestic and Sexual Violence.

And..... to *CELEBRATE* the addition of CADA's new Sexual Assault Advocacy programs and services in Blue Earth, Nicollet and Sibley Counties, and, CADA's new office in Brown County providing Domestic and Sexual Assault Advocacy!

Please join us for a slideshow of our newly renovated shelter and light refreshments!

For more information, please call 507-625-8688



**The Ladies of Alpha Chi Omega  
Invite you to  
Candlelight Vigil**



**Wednesday, October 12<sup>th</sup>**

**6 to 9pm  
At the CSU Fountain**

**To show support, raise awareness, help prevent and speak  
out against domestic violence.**

**Please join us for moments of silence, the lighting of the  
luminaries, guest speakers and open mic testimonies.**

**Find us on Facebook!**

## Ten Years of True Advocacy

*Stacy Thompson* represents CADA's interest in serving individuals and families impacted by sexual assault and domestic violence in Waseca County. As the Waseca County Program Coordinator, Stacy engages with community and system partners to promote awareness and broadcast critical prevention messages throughout the community, in addition to providing direct crisis intervention, advocacy and support services.



Stacy started out with CADA in February of 2001 as an intern with the Waseca County Crisis Center, now known as CADA of Waseca County. At the time, she was majoring in Corrections at Minnesota State University, Mankato. As a native of Waseca, and having completed her undergraduate internship, Stacy decided to continue with CADA as an On-Call advocate. By the end of 2001, CADA hired Stacy for a full-time position as the Waseca County Domestic Violence Program Coordinator.

Stacy has given 10 years to victims/survivors of domestic violence and contributed to the advocacy programming in many ways; working shelter shifts, gathering and facilitating survivor support groups, being on-call, building community awareness around the issues of domestic violence and sexual assault, and networking and partnering in the best interest of all victims/survivors.

Thank you Stacy, your contributions and passionate commitment are greatly valued!

## Inspire Hope For The Holidays

Independent of who you are, community businesses and a chill in the air remind us that the holiday season is on its way! For some, the season and its familiar preparations, bring great joy; time with loved ones, family rituals to prepare the house, shopping for the gift that is "just right", eating favorite foods, gathering for special music and song. For others, however, the symbolism of the approaching holidays may evoke stress, and/or an overwhelming sense of loss, sprinkled with continuous reminders of *what they cannot afford* to provide, *what has been left behind*, or *how they had hoped* things would be. The latter is the case for many who will spend this special time of year in shelter. As the holidays approach, we ask that you consider alleviating some of the stress by supporting families sheltered at CADA.

Please consider gifting essential items like:

- Rugs
- Wall Hangings
- Cleaning Supplies
- Lamps
- Cooking essentials
- Laundry Baskets
- Dishes
- Pots, Pans, Coffee Pots
- Clocks

Special gift ideas for children include:

- Toys that involve hand-eye coordination for birth-18 years
- Educational toys or DVDs:
- Equipment that encourages physical activity: tricycles/bikes/balls
- Board games: Shoots and Ladders, Candy Land, Hi Ho Cheerio, Checkers, Dominos, flash cards, playing cards, Etch-A-Sketch
- Toy models, puzzles, dolls that are diverse in nature, crafting kits, stocking stuffers, etc.

If you are interested in donating, please contact Melissa, at 507-625-8688, ext. #6

**Special thanks to all who reach out to families in this way!  
Your efforts, gifts and support are greatly appreciated. Blessings and Peace!**

# CADA Renovations

Over the past year, CADA's Mankato shelter and office site has been under significant renovation. The worn floors, scuffed-up walls, tattered bed frames, and stained carpet were showing fifteen, "good years" of wear! In hopes of creating a refreshed and more welcoming shelter and office, we requested local corporate and foundation support, as well as good old volunteer sweat equity toward our mission. The response was absolutely awesome and we're honored to take this opportunity to express our gratitude for all of the energy and support that made the renovation possible!

Special Thanks to Corporate and Foundation Renovation Team Members:

- Verizon Wireless, Mankato Donation: \$10,000 for Shelter plank-flooring and In-kind donation of bucket lift to complete exterior painting
- Open Your Hearts to the Hungry and Homeless Foundation, Bloomington: \$10,000 for Shelter plank-flooring
- Floor to Ceiling, Mankato: Large in-kind Tear out and Haul-away donation
- Powder Werks, Lake Crystal: Generous, special pricing on sandblasting and powder coating 22 shelter beds
- Hickory Tech Foundation: \$5,000 toward new playground equipment

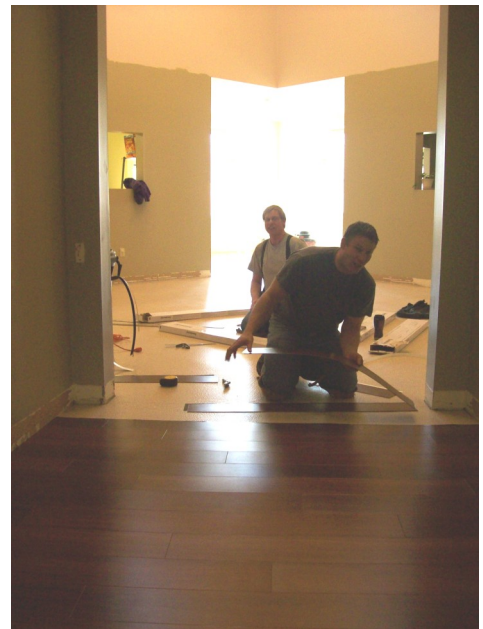
Special Thanks to Individual Volunteers :

- Dale Roiger; painting, heavy hauling, project coordination, etc.
- Dennis and Jonathan

Special Thanks to Allen and Chris Olson:

Allen began contracting with CADA in 2008 as facility and grounds maintenance. His building and repair savvy are tapped daily at CADA, Inc. His diligence to detail, whether structural and/or aesthetic, has resulted in bountiful improvements at CADA. Allen's "get to it" attitude is always appreciated and even a bit infectious to would-be volunteers! Chris joined Allen over the summer months to accomplish all of the trim painting throughout CADA's office and shelter areas. Thanks so much, such a great job!

CADA, Inc. is grateful to all for your time and support, Congratulations and Thanks!



(Floor to Ceiling installing new floors)



(Left: Dennis and Jonathon bringing bed frames in. Middle: Chris Olson. Right: Allen Olson with a Verizon Wireless Volunteer working on some exterior maintenance.)



(Powder Werks wrapping up newly painted bed frames to be moved back to the CADA shelter.)



(CADA Shelter dining room area after new floors were installed.)

Committee Against Domestic Abuse, Inc.

P.O. Box 466  
Mankato, MN 56002-0466  
Phone: 507-625-8688  
Fax: 507-625-9431  
www.inspire-hope.org

**Julie Ellefson, Executive Director**

**CADA Board of Directors**

Silas Danielson  
Maria Bevacqua  
Pat Earle  
Al Kluever  
Victoria Hanson  
Mary Bliesmer  
Deanna Henderson  
Anna Gronewold  
Lori Hodapp-Betterton

## The Great Minnesota *Give Together*

Together, we have the power to raise millions of dollars for thousands of nonprofits! On Wednesday November 16, every donation you make gives your favorite organization the chance to win even more money. Hundreds of nonprofits will offer the opportunity to double your dollars throughout the 24 hours.

During Give to the Max Day, your gift makes a BIG difference.

