



HAVEN, INC.

HOUSEHOLD ABUSE VICTIMS EMERGENCY NETWORK

SPOTTING THE SIGNS OF ELDER ABUSE

Abuse can happen to any older person, by a loved one, a hired caregiver, or a stranger. Abuse can happen at home, at a relative's home, or in an eldercare facility.



Watch for these signs of abuse:



▶ Seems **depressed, confused, or withdrawn**



▶ **Isolated** from friends and family



▶ Has **unexplained bruises, burns, or scars**



▶ Appears **dirty, underfed, dehydrated, over- or undermedicated**, or not receiving needed care for medical problems



▶ Has **bed sores** or other preventable conditions



▶ Recent **changes in banking or spending** patterns

Talk with the older adult and then contact the local Adult Protective Services, Long-Term Care Ombudsman, or the police.

SPOTTING THE SIGNS OF ELDER ABUSE

Abuse can happen to anyone — no matter the person's age, sex, race, religion, or ethnic or cultural background. Each year, hundreds of thousands of adults over the age of 60 are abused, neglected, or financially exploited. This is called elder abuse.

Physical abuse happens when someone causes bodily harm by hitting, pushing, or slapping. This may also include restraining an older adult against his/her will, such as locking them in a room or tying them to furniture.

Emotional abuse, sometimes called psychological abuse, can include a caregiver saying hurtful words, yelling, threatening, or repeatedly ignoring the older adult. Keeping that person from seeing close friends and relatives is another form of emotional abuse.

Neglect occurs when the caregiver does not try to respond to the older adult's needs. This may include physical, emotional, and social needs, or withholding food, medications, or access to health care.

Abandonment is leaving an older adult who needs help alone without planning for his or her care.

Sexual abuse involves a caregiver forcing an older adult to watch or be part of sexual acts.

Financial abuse happens when money or belongings are stolen from an older adult. It can include forging checks, taking someone else's retirement or Social Security benefits, or using a person's credit cards and bank accounts without their permission. It also includes changing names on a will, bank account, life insurance policy, or title to a house without permission. Financial abuse is becoming a widespread and hard-to-detect issue. Even someone you've never met can steal your financial information using the telephone, internet, or email. Be careful about sharing any financial information over the phone or online — you don't know who will use it.

In addition to the theft of an older person's money or belongings, financial abuse also includes:

Financial neglect occurs when an older adult's financial responsibilities such as paying rent or mortgage, medical expenses or insurance, utility bills, or property taxes, are ignored, and the person's bills are not paid.

Financial exploitation is the misuse, mismanagement, or exploitation of property, belongings, or assets. This includes using an older adult's assets without consent, under false pretense, or through intimidation and/or manipulation.

How can you help? If you see something, say something. Connect with HAVEN at 715-536-1300 and speak with an advocate about ways to protect our elders. If you are a caretaker and experiencing burnout, know that you are not alone! There are also resources for you at [National Institute on Aging \(nih.gov\)](https://www.nia.nih.gov/aging)



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Edited by Esther Schulz

Mission Statement

HAVEN is a champion to people who have experienced abuse. We provide safety, shelter and assistance to victims and survivors in a free and confidential manner. Through education and advocacy, we support their journey of empowerment to achieve economic and emotional independence.

LIFE, LIBERTY & THE PURSUIT OF HAPPINESS

Eleanor Roosevelt said, *“Where, after all, do universal human rights begin? In small places, close to home—so close and so small that they cannot be seen on any maps of the world... Unless these rights have meaning there, they have little meaning anywhere.”*

On July 4th it will again be Independence Day, when we celebrate the freedoms that we so value and protect in this country. Every person-- without discrimination---has the right to human equality and the individual freedoms that so many people have sacrificed so much to ensure throughout the history of our country. If these freedoms are compromised in our homes and within our closest relationships, how can they continue to be upheld in our society as a whole? When we say the words *“liberty and justice for all”*, do we consider that some people have “up close and personal” experiences of tyranny here in the land of the free?

Let’s reflect on some excerpts from the Declaration of Independence and consider those among us in present times who are experiencing “*usurpation*”, meaning **to seize and hold the rights of another without right or by force.**

“We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain inalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.” **Over time, our laws have established that not only “men”, but all human beings--regardless of gender, race, national origin, or religion—have these inherent rights. Yet, serious breaches of equality, then and now, continue in our society. These include the denials of rights experienced through interpersonal domination. In their closest relationships, people can be targeted with physical attacks, emotional and psychological intimidation and manipulation, verbal battering and debasements, sexual assaults, stalking, economic and financial exploitations, isolation, and patterns of coercive control.**

“...accordingly all experience hath shewn that mankind are more disposed to suffer, while evils are sufferable, than to right themselves by abolishing the form to which they are accustomed. But when a long train of abuses and usurpations...evinces a design to reduce them under absolute Despotism, it is their right, it is their duty, to throw off such...” **For a time, people tend to suffer through treatment that is unjust and abusive, until they reach a tipping point. Those who are living under interpersonal domination realize the accumulated harms and losses they are experiencing, and decide to take actions to regain their rights.**

“The history of the present...is a history of repeated injuries and usurpations, all having in direct object the establishment of an absolute Tyranny...” **People realize that entitlement to power and privilege is the primary motivation for the many tyrannical tactics used to perpetuate inequality, abuse and violence.**

“In every stage of these Oppressions, we have Petitioned for Redress in the most humble terms: Our repeated Petitions have been answered only by repeated injury.” **Repeated attempts to reason with those who perpetrate interpersonal abuse and violence, or seek ethical solutions, only result in retaliation.**



"We have appealed to their native justice and magnanimity, and we have conjured them by the ties of our common kindred to disavow these usurpations, which, would inevitably interrupt our connections and correspondence." **When appeals to the values of justice and shared humanity are ignored, it serves to show the lack of conscience and disregard for the relational damage caused by abuses of human rights.**

Interpersonal abuse and violence are a microcosm of the human rights concerns in the world, in our own country, and in our communities. Entitlement to power and lack of empathy fuel abuse and violence on many levels. And just as Eleanor Roosevelt observed, universal human rights authentically begin with how people are treated even in places where no one can see, such as behind the closed doors of our homes and in our closest relationships.

HAVEN would like to thank those who help us to advocate for people whose personal freedoms are impacted by domestic abuse and sexual assault. Those who volunteer their time and efforts for HAVEN, those who donate material goods for the needs of the shelter and the clients, and those who give financial support, are all confirming every individual's human dignity and right to life, liberty and the pursuit of happiness.

For 24-hour help or questions, or if you wish to volunteer or make a donation, please call 715-536-1300.

HAPPY INDEPENDENCE DAY!!!



Spending time together is one of the greatest gifts families can give to one another. Not only does quality time strengthen and build family bonds, but it also provides a sense of belonging and security for everyone in the family. In fact, research has shown that when families enjoy activities together, children not only learn important social skills but also have higher self-esteem. Strong family bonds also encourage better behavior in children, improve academic performance, strengthen parent-child communication, and teach your child how to be a good friend.

Casey, Youth and Family Advocate.

July 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Eat watermelon	2 Read a book about freedom	3 Watch fireworks
4 Display a flag outside	5 Take a walk in the park	6 Help a neighbor	7 Wear your favorite outfit	8 Try a new recipe	9 Stretch	10 Play mini-golf
11 Help make dinner	12 Pretend to play an instrument	13 Look for bugs outside	14 Let someone know you care	15 Help fold laundry	16 Play cards together	17 Collect change for charity
18 Make a drum out of a box	19 Share your favorite book	20 Help water the plants	21 Draw with sidewalk chalk	22 What's your favorite joke?	23 Call a relative and say, "Hi"	24 Invite friends for ice cream sundaes
25 Learn hello in a different language	26 Be kind to your family	27 Look for square things	28 Play "duck, duck, goose"	29 Create a family time capsule	30 Pick flowers for a bouquet	31 Say hello to a neighbor

You can download this free calendar at www.preventchildabusewi.org.



Hispanic Heritage Month September 15—October 15

The idea for Hispanic Heritage Month, celebrated throughout the latter half of September and the first half of October, began as a way to promote the history, culture, and contributions of Hispanic-Americans — specifically, those whose ancestors came from Spain, Mexico, the Caribbean, and Central and South America. The history and accomplishments of these groups in the shaping of the country are celebrated.

The month is celebrated in a plethora of ways. Several other celebratory holidays fall during this month — such as the independence days of several Latin American countries — concerts, parades, food fairs, and more are organized throughout. Educational events like art exhibitions take place as well, highlighting important Latino heroes in history.

This year HAVEN will be hosting a celebration of Hispanic Heritage Month which will be held on Saturday Sept. 18 at Normal Park in Merrill from 12:00pm - 4:30 p.m.

Traditional music will be performed in the Gazebo by the Lincoln High School Mariachi Band, (Wisconsin Rapids).

Delicious, authentic Hispanic food will be available for sale from a variety of vendors, and there will also be a piñata for the children.



National Hispanic Heritage Month
Many Backgrounds, Many Stories ... One American Spirit
September 15th to October 15th

Lomo Saltado (Peruvian Beef Stir-Fry)

Our Peruvian-American advocates are proud to share this simple, yet delicious recipe. You can literally throw it together within minutes and you don't need exotic ingredients. An absolute must-try from the world-renowned melting pot that is Peruvian food: lomo saltado. What is it? Marinated strips of sirloin steak stir-fry with soy sauce, chopped red onion, tomatoes, crispy French fries, served with rice on the side.

Ingredients

- 1 lb. sirloin steak cut in thin slices
- 2 garlic cloves, minced
- Salt to taste
- Black pepper freshly crushed to taste
- 1/2 tsp cumin ground
- 3 tablespoons vegetable oil
- 1 medium red onion cut in thick slices
- 2 plum tomatoes cut in thick slices
- 5 tablespoons soy sauce
- 1 tablespoons red wine vinegar
- 1/3 cup beef stock
- 1 tablespoon of fresh parsley, coarsely chopped
- 2 cups French fries



Fluffy white rice, as a side dish

MARINATE: Add 1 tablespoon of soy sauce and garlic and cumin to the thinly sliced beef and allow for the beef to marinate for 5-7 minutes. If you're using a particularly tough cut of meat, consider adding ¼ teaspoon of baking soda along with the soy sauce and let it marinate for 30 minutes.

STIR FRY: Add about a tablespoon of cooking oil to a hot cast iron pan or wok until it shimmers. Brown the beef for roughly 1-2 minutes flipping as needed to cook evenly. You might want to do this in batches if the pan you're working with is small. You want the beef to sear, not steam! Remove to a plate. Add another tablespoon of oil if the pan is dry. Add the onions, red wine vinegar, and the remaining soy sauce and cook them for 1 minute before adding the tomatoes. Continue to sauté for 1 minute, then add the beef back into the pan. You'd also add the French fries here if you wanted to cook them with the sauce. Drizzle with the prepared sauce and toss to combine. Sprinkle the coarsely chopped parsley and serve warm with rice.

**Preservation of one's own
culture does not require
contempt or disrespect for
other cultures.**

CÉSAR CHAVEZ

**The United States gave me
opportunities that my country of
origin could not: freedom of the
press and complete freedom of
expression.**

JORGE RAMOS

Volunteer Opportunities

☀ **Shelter Maintenance**

Job duties include any of the following: repairs, general cleaning, painting, etc.

☀ **Child Care/Child Activities**

Come to the shelter and read a book or do any activity with the kids. Full volunteer training will be provided.

☀ **Transportation**

Transport clients to various appointments when needed, and/or transport clients to the shelter (may include various locations in the area). Must have a valid driver's license, and liability insurance.

☀ **Auto Mechanic**

Evaluate automobile problems and/or service automobiles. May include oil changes, tune-ups, etc.

☀ **Fundraising**

Plan and organize events to raise money and/or items for HAVEN.

We welcome all individuals to apply as volunteers who are committed to our cause. Volunteer opportunities can range from short-term to long-term, and locally or remotely.

If you are interested in becoming a HAVEN volunteer, please contact HAVEN at **715-536-1300** or email kim@haveninc.org

We look forward to hearing from you!



HAVEN'S WISH LIST

- | | |
|-------------------------|-------------------------|
| ☀ Dishwasher detergent | ☀ Diapers sizes 4 and 5 |
| ☀ Tin foil | ☀ Pull-Ups 3T/4T |
| ☀ New pillows | ☀ Baby wipes |
| ☀ New pillow protectors | ☀ Toilet bowl cleaner |

Contact HAVEN at 715-536-1300
Donations can be dropped off at HAVEN,
1106 E 8th St, Merrill, WI 54452,
during business hours, Monday - Friday
8:00AM - 4:30 PM

Thank you!

HAVEN can email you the newsletter. If you are interested, please call 715-536-1300 or email esther@haveninc.org



You can also find a PDF version of our newsletters at <http://www.haveninc.org/>
Click on NEWSLETTER



HAVEN, INC.
HOUSEHOLD ABUSE VICTIMS EMERGENCY NETWORK

Presents
4-Person Golf Scramble
Edgewater Country Club

Saturday, July 17th
Registration 8:00 am
Shotgun Start 9:00 am
\$50 per person includes cart, golf and lunch

Great Raffle Prizes!
Please contact:
Michelle Arnott for registration at
715.966.9230

HAVEN is a champion to people who have experienced abuse. We provide safety, shelter, and assistance to victims and survivors in a free and confidential manner. Through education and advocacy, we support their journey of empowerment to achieve economic and emotional independence.



HAVEN's Vision:
Ending abuse and strengthening our communities



Join Us To
CELEBRATE

HISPANIC HERITAGE

> **SEPT 18TH, 12PM - 4:30PM** <

FOOD FEST

LIVE MUSIC BY LINCOLN HIGH SCHOOL MARIACHI BAND

50/50 RAFFLE, PIÑATAS

**NORMAL PARK GAZEBO
MERRILL, WI**

Events

- **The City Band and HAVEN at Normal Park**

Every Wednesday night at 7pm starting July 7 - August 11
HAVEN staff and board members will be selling food and drinks!

- **HAVEN's 4-Person Golf Scramble**

July 17, 2021 at Edgewater Country Club in Tomahawk

- **Annual community HAVEN Board Meeting at Normal Park**

Learn more about HAVEN services and how you can assist with strengthening families of Lincoln County by joining us for our annual community HAVEN Board Meeting on July 21, 2021 at 5:00 p.m.

- **Hispanic Heritage Month Celebration and Food Fest at Normal Park**

This year HAVEN will be hosting a celebration that will be held on Saturday, September 18 from 12:00 p.m. - 4:30 p.m. at Normal Park in Merrill.

Traditional music will be performed in the Gazebo by the Lincoln High School Mariachi Band.

Delicious, authentic Hispanic food will be available for sale from a variety of vendors, and there will also be a piñata for the children.



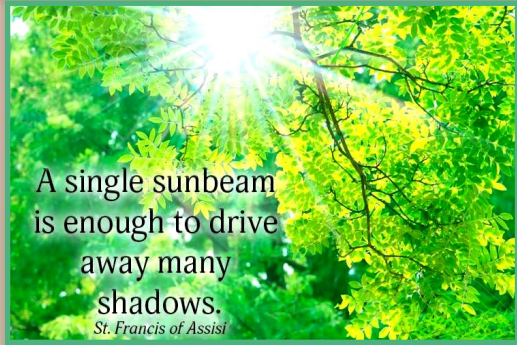
**Follow Us on
Social Media**
& Let's Get Connected

@HavenIncLincolnCountyWI

@haveninc.advocate

THANK YOU, DONORS

Our sincere thanks to the donors listed below, who made contributions and in-kind donations to HAVEN, Inc between 3/1/2021 to 6/17/2021. We have made every effort to acknowledge these gifts correctly. Please contact us and accept our apologies should any error or omission be discovered.



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Saint Stephen's Church
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Trinity Lutheran Church
United Way of Dane County
Walmart
Wisconsin PHI Master
Young's Pharmacy



HAVEN Inc.
1106 E 8th St,
Merrill, WI 54452
Phone: 715-536-1300
Fax: 715-536-3816
Email: executivedirector@haveninc.org

HAVEN Staff
Executive Director: Kim
Finance Officer: Deanna
Youth and Family Advocate: Casey
Sexual Assault Advocate: Emily
Community Educator: Nancy
Bilingual Advocate : Esther
Bilingual Advocate : Myriam
LGBTQ Advocate : Brianna

Shelter Advocates :
Amy B. ▪ Emily T.
▪ Amy K. ▪ Deb E. ▪ Karen B.

HAVEN Board of Directors
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I would like to make a contribution towards the work of HAVEN in assisting survivors to feel safe and confident for a stronger Lincoln County.

\$10 _____ \$25 _____ \$50 _____ \$100 _____ \$250 _____ Other _____

Please send me the newsletter by e-mail. E-mail address is:

Address Change (Please fill in below)

Please remove my name from the HAVEN mailing list

NAME: _____

ADDRESS: _____

