

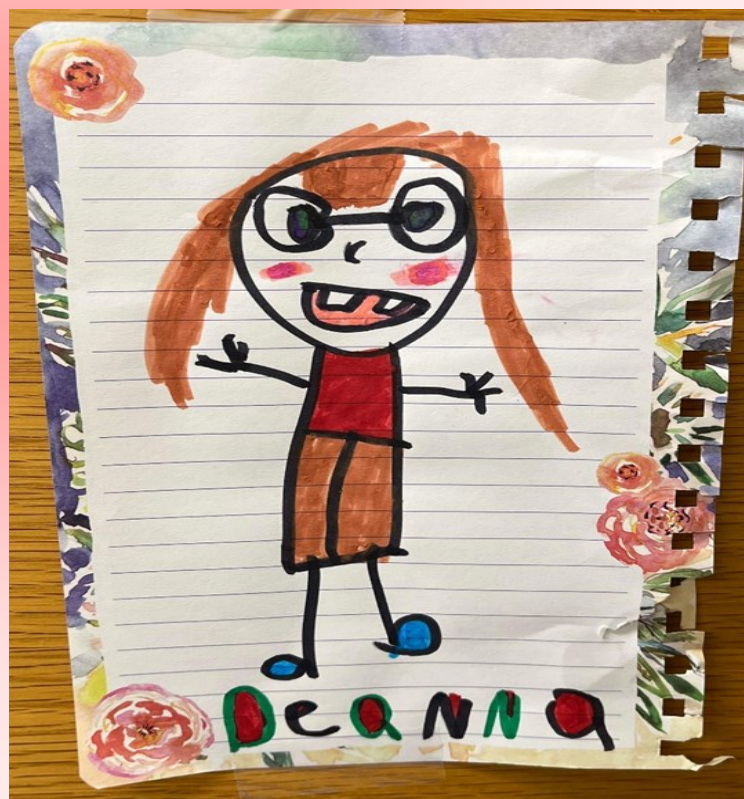


# HAVEN, INC.

HOUSEHOLD ABUSE VICTIMS EMERGENCY NETWORK

HAVEN mourns the loss of an advocate who had been with the agency since 2005. Deanna worked behind the scenes to ensure the business side ran smoothly while the others could focus on direct services. She was very dedicated and detail oriented in all that she did. Deanna had many practical skills – she was good at fixing things and making a little go a long way. Deanna was the Notary Public for the agency. When survivors were completing legal paperwork, Deanna was there to assist with verifying signatures so papers could be taken to the Clerk of Courts. In the shelter, Deanna assisted advocates in various maintenance needs and did her best in providing a safe and comfortable space for people while they stayed in shelter. Deanna was also excellent at supporting children when their adults needed a little respite. She always had snacks and coloring supplies in her room and gave them little projects to complete. We will all greatly miss Deanna and are very grateful for her time with us.

Rest in Peace, Deanna.



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*Edited by: McKenzie Heimerl*

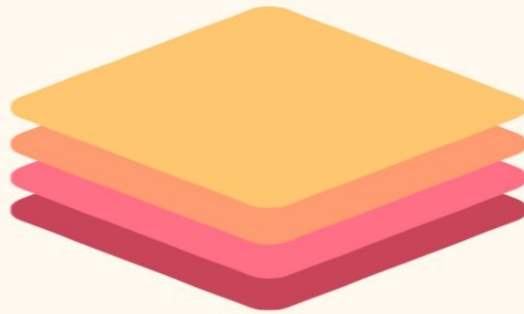
## **Mission Statement**

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.

# INTERGENERATIONAL TRAUMA

CAN NEGATIVELY IMPACT FAMILIES AS A RESULT OF...

- ◆ Unprocessed emotions and thoughts about a traumatic event
- ◆ Dysfunctional parent-child relationships & emotional attachment
- ◆ Untreated or poorly treated mental illness or substance abuse
- ◆ Harmful cyclical patterns of behavior and beliefs about parenting
- ◆ Compounded and unacknowledged race-based traumatic stress
- ◆ Normalized unhealthy behaviors between family members



Sana Powell, M.A., LPC  curlytherapist

Chances are you or someone you know have experienced [Intergenerational Trauma](#). Have you ever recognized that some things are passed from generation to generation? Dysfunctional patterns and behaviors that filter down from previous generations= [Intergenerational Trauma](#).

### **Signs and symptoms of Intergenerational Trauma may include:**

- A lack of self-worth
- Anxiety
- Depersonalization, or feeling detached from yourself and your surroundings
- Depression
- Emotional numbness
- Impaired life skills (critical thinking, decision-making, or managing your time)
- PTSD symptoms (feeling socially isolated, having negative thoughts, or losing interest in hobbies)
- Substance Abuse

### **Recognizing the signs is only the beginning.**

- Accepting the trauma, its effects, and how you may address it
- Pinpointing signs and symptoms that may relate to the trauma
- Resisting environments or even people that worsen the effects of the trauma
- Seeking guidance from a mental health provider, as well as services to assist with housing or education, nutritional support, community resources or spiritual connections

## THERE IS NO AGE LIMIT ON ABUSE

Having trusting relationships with other people, and the ability to make our own choices, are basic to enjoying meaningful and fulfilling lives. When interpersonal abuse occurs, both of these can become compromised. Unfortunately, abuse does not have an age limit, and older individuals can be harmed by persons they love or trust, such as a partner, family member, or caregiver. This is referred to as “elder abuse” or “abuse in later life”, which may include physical, sexual, or psychological abuse, neglect, financial exploitation, or stalking, of an adult age 50 years or older. In most cases, the abused person is in an ongoing relationship (such as spouse, partner, family member or caregiver) where society expects there to be a trusting, caring connection. Being healthy and active does not prevent an older person from being abused, however some older people are frail and live with various health conditions, physical disabilities, and/or cognitive limitations which can make them more vulnerable.

A significant portion of elder abuse is spouse or partner abuse. Sometimes ongoing domestic violence escalates after the children are on their own or when a couple reaches retirement age, as the partners are together more of the time. Research indicates that the power and control dynamics found in other interpersonal abuse are also present with older adults. Is the abusive partner being physically violent? Is financial control in the relationship limiting the abused partner’s ability to meet needs? Are verbal aggression, emotional humiliation, and psychological manipulation occurring? Are intimidation and coercion being perpetrated by the abusive partner against the other? Is the abused person being socially isolated? If any of these things are happening, there is abuse, and consequently, a need to help the person being targeted.

Crimes against older adults, such as various forms of financial exploitation, sexual assault, or stalking may be committed by strangers or caregivers, but sometimes by family members or friends. In some cases, older adults are targeted because of perceived or actual disabilities or vulnerabilities. Greed is also a motivator in financial exploitation cases. In a small number of cases, well intended caregivers are unable to provide care and an older adult is harmed unintentionally. Also, a small number of abusers have medical or mental health conditions that manifest in aggressive, inappropriate, or violent behavior.

Most often abuse occurs in the abused person’s living space, which can include a private home or apartment, or a facility setting, where the abuser can hide what they are doing. Some older adults who are abused experience physical injuries and illnesses as a result, and many experience depression. Several studies have found that persons who are abused are much more likely to die prematurely.



If you are concerned that an older adult you know may be experiencing abuse, visit with the person one on one. Engage them in talking about their day to day lives, and also observe their surroundings. Listen carefully for what is said and what may be unsaid. Do they have social time with friends and family? Are they able to be as active as they are capable of being? Are they eating well? Do they have access to medical care? Is their living space clean and maintained? Do they seem happy, or anxious? Comfortable, or in pain or discomfort? Are they able to make choices and decisions for themselves, or is someone else controlling their life? Do they mention any financial concerns, or do you notice any red flags that they are being exploited? Do you perceive any ways they are being manipulated or someone is taking advantage of them? Is anyone scaring them, or hurting them physically or emotionally? Do they seem comfortable to speak candidly, or are they hesitant?

If you have questions or concerns, or decide to seek assistance, these are some local resources which may be helpful.

Call 911 immediately if you feel someone is in immediate, serious or life-threatening danger. To report suspected abuse, call Adult Protective Services for the county where the older adult lives. For questions and information on helping older adults access needed services and care, call the local Aging and Disability Resource Center (ADRC), and if there are concerns about domestic or sexual abuse, call HAVEN. Here are the numbers for this area.

**Aging & Disability Resource Center (ADRC), Merrill 715-536-0311- Serves Lincoln County**

**ADRC of Oneida County, Rhinelander, 715-369-6170**

**Adult Protective Services: Lincoln & Langlade Counties - toll free 1-855-487-3338**

**Oneida County - toll free 1-888-662-5695**

**HAVEN (Household Abuse Victims Emergency Network) 715-536-1300 (24 hours)**

For elsewhere in Wisconsin, a list of county elder abuse help lines is available at <https://www.dhs.wisconsin.gov/aps/ear-agencies.htm> To report abuse of an elder adult at risk (age 60 plus) you may also call the Elder Abuse Hotline at 833-586-0107. Eldercare Locator is a national organization that can provide information on services that may be available in any given area. Contact them by calling (800) 677-1116 or visit them on the web at <https://eldercare.acl.gov>

*Some of the above information was sourced and adapted from the National Clearinghouse on Abuse in Later Life, a project of End Domestic Abuse Wisconsin, 1245 E. Washington Ave., Suite 150, Madison, WI 53703*

*www.ncall.us • 608-255-0539*

*<http://www.ncall.us/FileStream.aspx?FileID=167>*

## ELDER ABUSE AWARENESS PRESENTATION

Please Join Us at the Merrill Enrichment Center

JUNE 14, 2023 at 1:00 PM

In observation of Elder Abuse Awareness Month in June, everyone is invited to a presentation by staff from HAVEN at the Merrill Enrichment Center on Wednesday, June 14, 2023 at 1:00 PM. Information will be shared about the potential signs that a person may be experiencing abuse, and also what help is available when abuse is suspected. Questions and discussion will be welcomed, and light refreshments will be available. See you there!!

## Sexual Violence in Later Life

**Sexual violence can affect individuals across the lifespan, including people in later life. Many older victims have survived multiple victimizations over the course of their lives. Recognition of sexual violence against people in later life is hindered by misconceptions that older adults are not sexual beings or sexually desirable and that rape is a crime of passion**

A higher percentage of victims experience significant health problems and disabilities that increase vulnerability and reduce health seeking. Advanced age does not protect one from sexual assault, but rather increases risks in many ways.

The National Center on Elder Abuse (2007) defines sexual abuse as “non-consenting sexual contact of any kind” including unwanted touching; sexual assault or battery, such as rape, sodomy, and coerced nudity; sexually explicit photographing; and sexual contact with any person incapable of giving consent. Jurisdictions and agencies define “elder” differently but typically as commencing at age 60 or 65.

### Injuries

Due to age-related physiological changes, older victims tend to sustain more serious physical and psychosocial injuries during an assault than younger victims. Some of the signs and symptoms of sexual violence against people in later life include:

- Genital injuries, human bite marks, imprint injuries, and bruising on thighs, buttocks, breast, face, neck, and other area  
Fear, anxiety, mistrust, and dramatic changes in victims' behavior
- Eyewitness reports and disclosures by victims
- Observed suspicious behavior of perpetrators by others

### Victims

- Most identified older victims are female; however male victims have been reported in almost every study.
- In addition, genital injuries occur with more frequency and severity in post-menopausal women than younger rape victims. Older victims are also more likely to be admitted to a hospital following assault.
- Victims, ranging from age 60 to 100, experienced psychosocial trauma whether or not they could discuss the sexual assault. There was no significant difference between those with and without dementia in post-abuse distress symptoms.

### Perpetrators

- Perpetrators of sexual violence against people in later life span a wide range in age and can be juveniles as well as older adults.
- Most perpetrators of sexual abuse against people in later life have special access to victims as family members, intimate partners, fellow residents, or care providers.
- Most identified offenders are male; however, female offenders have also been identified.
- Persons who sexually target older adults within their families exhibit characteristics of mental illness, substance abuse, domineering or sadistic personalities, sexual deviancy, and sexist views of wives as property.

This fact sheet was developed by Holly Ramsey-Klawnsnik, Ph.D., and is part of the Sexual Violence in Later Life Information Packet.

### Barriers to response and prevention

It is likely that sexual violence against people in later life is highly underreported. Many barriers impede the effective response and prevention of sexual abuse against older victims including:

- Social stigma and barriers preventing individuals from sexual activities or sexual violence openly  
Disabling conditions that interfere with making reports
- Victim's fear of further harm
- Victim's reluctance to report, especially if perpetrator is a family member
- Misinterpretation of disclosure as part of dementia and or physical evidence as “normal” markings on an older body
- Delayed medical and police assistance and

# *Fathers Matter:*

## THE IMPORTANCE OF A FATHER IN A CHILD'S LIFE.

Fathers play a key role in helping their children develop cognitively and emotionally. It goes much further than just having a father in the house. Research shows that kids whose fathers are actively involved in their lives and have a strong father-child bond experience more overall life satisfaction, less depression, more positive peer interactions, better relationships with their siblings, and lower risk for engaging in dangerous behavior.

As a father, creating a strong bond with your child is easier than you might think. It's the everyday interactions and small moments added up over time that contribute to your child's emotional and cognitive well-being.

Dads can start bonding with their children before they're even born, Babies in the womb can hear voices, so fathers can start to develop a bond by talking, singing, and reading stories to them. As your children grow, you don't have to plan special outings or trips in order to bond with them.

### **Here are 15 easy ways for fathers to bond with their kids:**

1. Share chores with your kids
2. Play board games
3. Help your kids with their school-work
4. Play outside with your kids
5. Give your kids hugs
6. Talk with your kids
7. Tell your kids jokes
8. Play a sport with your kids
9. Volunteer with your kids
10. Read your kids bedtime stories
11. Cook with your kids
12. Work with your kids on a project
13. Listen to music with your kids
14. Eat meals with your kids
15. Watch movies with your kids

### **Little things mean a lot**

An involved father promotes inner growth and strength in children. Studies indicate that when fathers are affectionate and supportive, it greatly impacts a child's cognitive and social development. Some benefits of an active father include:

- ♥ Emotional security
- ♥ Confidence in exploring surroundings
- ♥ Better social connections with peers as children grow
- ♥ Less likely to get in trouble at home and school
- ♥ Less likely to use drugs and alcohol

Happy  
Father's  
Day!

### **How to stay involved in a co-parenting situation**

Mothers and fathers both contribute to the cognitive and emotional development of their children in different ways, so if it's possible for both parents to be involved in a positive way, that is the ideal situation for kids.

## *The Emotional Needs Audit.*

### How well are your innate emotional needs being met?

Nature has programmed all of us with physical and emotional needs. These are the 'human givens' that cannot be avoided. How stressed we are depends on how well our needs are met, and how well we deal with the situation when they are not. Rate, in your judgement, how well the following emotional needs are being met in your life now, on a scale of one to seven (where 1 means not met at all, and 7 means being very well met), by ticking the appropriate boxes.

1. Do you feel secure in all major areas of your life

(such as your home, work, environment)?

NO      SOMETIMES      YES

1	2	3	4	5	6	7
---	---	---	---	---	---	---

2. Do you feel you receive enough attention?

1	2	3	4	5	6	7
---	---	---	---	---	---	---

3. Do you think you give other people enough attention?

1	2	3	4	5	6	7
---	---	---	---	---	---	---

4. Do you feel in control of your life most of the time?

1	2	3	4	5	6	7
---	---	---	---	---	---	---

5. Do you feel connected to some part of a wider community?

1	2	3	4	5	6	7
---	---	---	---	---	---	---

6. Can you obtain privacy when you need to ?

1	2	3	4	5	6	7
---	---	---	---	---	---	---

7. Do you feel an emotional connection with others?

1	2	3	4	5	6	7
---	---	---	---	---	---	---

For instance, do you have an intimate relationship in your life, one where you are totally physically and emotionally accepted for who you are by at least one person ( this could be a close friend)?

8. Do you feel you have a status that is acknowledged?

1	2	3	4	5	6	7
---	---	---	---	---	---	---

9. Are you achieving things and feeling competent in at least one major area of your life?

1	2	3	4	5	6	7
---	---	---	---	---	---	---

10. Are you being mentally and/or physically stretched in ways which give you a sense that life is meaningful?

1	2	3	4	5	6	7
---	---	---	---	---	---	---

-If your scores are mostly low, you are more likely to be suffering stress symptoms.

-If any need is scored 3 or less this is likely to be a major stressor for you.

- Even if only one need is marked very low it can be enough of a problem to seriously effect your mental and emotional stability.

Stress, anxiety, anger, depression and addiction are the result of our innate needs not being met, either due to environmental factors, harmful conditioning or a misuse of imagination (worrying). People do not have mental health problems when their innate needs are being met in balanced, healthy ways. By highlighting areas in our life where your essential needs aren't being met as well as they could be, you can use this questionnaire to help you think constructively about how your life could be improved.

Source: Human Givens Institute: [\\*The Emotional Needs Audit \(hgi.org.uk\)](http://hgi.org.uk)



## HAVEN'S WISH LIST

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!

- ♥ Batteries (AA,AAA)
- ♥ Cascade liquid dishwasher detergent
- ♥ Hair conditioner for coarse hair
- ♥ Anti-slip shower mats, bath mats
- ♥ Sensitive skin laundry soap
- ♥ Bottled water, plastic forks, paper plates, soup bowls, soda, and juice for support groups.
- ♥ Contact paper for shelter drawers  
(bedrooms and kitchen)
- ♥ Toilet paper and toilet bowl cleaner
- ♥ Merrill- Go -Round bus tokens and Merrill chamber gift certificates ( \$25 increments for gas/  
emergency needs

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igshid=YmMyMTA2M2Y=](https://instagram.com/haveninc.advocate?igshid=YmMyMTA2M2Y=)

**HAVEN can email you the newsletter.**

**If you are interested, please call**

**715-536-1300 or**

**[childrensadv@haveninc.org](mailto:childrensadv@haveninc.org)**

**GO PAPERLESS.  
SAVE SOME  
GREEN.**



**You can also find a PDF version of our  
newsletter at [http://](http://www.haveninc.org/)**

**[www.haveninc.org/](http://www.haveninc.org/)**

**Click on NEWSLETTER**



# Thank you for your Donation

Our sincere thanks to the donors listed below, who made contributions and in-kind donations to HAVEN, Inc. from 2-24-23 through 4-24-23. 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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Phone: 715-536-1300

Fax: 715-536-3816

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[executivedirector@haveninc.org](mailto:executivedirector@haveninc.org)

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