



### **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.*

Hello everyone!

We are about to enter 2021 and I am still processing March of 2020, as many of you are! When I accepted the leadership role for HAVEN, I expected the duties to be challenging at times but who would have thought a pandemic would be in the mix. With that said, I am so grateful for the guidance and support offered by community partners in creating safety precautions for those we support, and for the HAVEN team.

I also wanted to give a HUGE thank you to the HAVEN Advocates. This has been a year of changes and growth but the advocates prove time after time that they are up for the challenges and overall dedicated in supporting people. Their commitment and enthusiasm toward the agency and for social change is refreshing and rekindles the notion for HOPE. I am inspired by each and every one of you and appreciate all of your talents.

Regardless of the 2020 adversities, we are a strong, compassionate community of people who help each other. Thank you to all who have donated your time, items, services, and funds. We also appreciate those who like and share our social media posts. And we are very grateful to those who refer others to receive support from HAVEN. Any and all efforts to share the HAVEN information has positive effects.

On behalf of HAVEN, we thank you for being on our team to ensure all survivors are given the opportunity to heal in a safe environment!

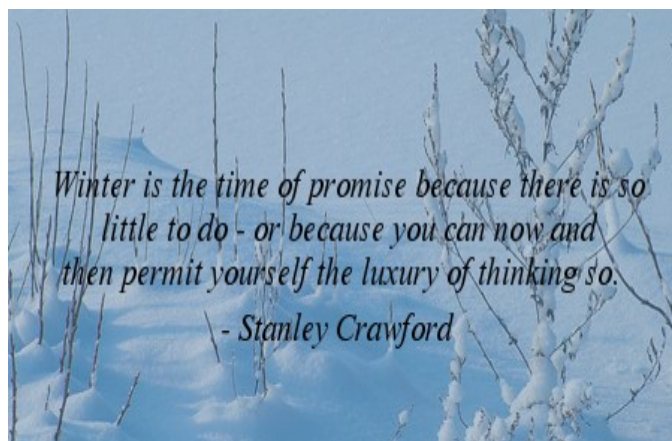
Happy Holidays to you all,

*Kim*

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## IS MY RELATIONSHIP HEALTHY?

The person I am in relationship with:

Is very supportive of things that I do.	Yes	No
Encourages me to try new things.	Yes	No
Likes to listen when I have something on my mind.	Yes	No
Understands that I have my own life, too.	Yes	No
Is not very well liked by my friends.	Yes	No
Says I'm too involved in different activities.	Yes	No
Texts me or calls me all the time.	Yes	No
Says I spend too much time trying to look nice.	Yes	No
Is jealous or possessive.	Yes	No
Routinely accuses me of flirting or cheating.	Yes	No
Often checks up on me, or wants me to check in.	Yes	No
Tells me what I should wear or how I should look.	Yes	No
Tries to control what I do and who I see.	Yes	No
Tries to keep me from seeing or talking with my family and friends.	Yes	No
Has repeated mood swings: gets angry and yells at me one minute, and the next minute is nice and apologetic.	Yes	No
Has me feeling nervous, like "I'm walking on eggshells."	Yes	No
Puts me down, calls me names, and/or criticizes me.	Yes	No
Tells me I can't do things right and/or blames me for problems.	Yes	No
Tells me no one else would want me.	Yes	No
Threatens to hurt me, my friends, family, or pets.	Yes	No
Threatens to hurt themselves because of me.	Yes	No
Does not accept/respect my values, boundaries, or choices.	Yes	No
Grabs, pushes, shoves, chokes, punches, slaps, holds me down, blocks my path, or hurts me in some way.	Yes	No
Damages or destroys my things or threatens to do so.	Yes	No
Yells, screams, ridicules, or humiliates me in front of others.	Yes	No



## SCORING

Numbers 1-4: Score 1 point for every "No" answer.  
 Numbers 5-8: Score 1 point for every "Yes" answer.  
 Numbers 9-25: Score 5 points for every "Yes" answer.

SCORE = 0: Your relationship is healthy at this time. It's always good to be aware of the warning signs of abuse in case you notice changes in the relationship, or so you can share them with someone else who may need to know.

SCORE = 1-2 points: You may be noticing a couple of unhealthy signs in your relationship. Be aware of them, even more so if they are becoming a pattern. The best thing to do is communicate with your partner sooner rather than later. Tell them your thoughts and feelings, and listen to theirs in return. Hopefully, the two of you will come to a better understanding. If you feel hesitant to talk about something, that tells you there is already fear in the relationship. If your partner is unwilling to listen to your concerns or becomes blaming or shaming, that is another unhealthy sign. If you cannot be true to yourself, ask yourself if this relationship is good for you.

SCORE = 3-4 points: You may have warning signs of an abusive relationship. Please don't ignore them, as signs that start small tend to get worse over time. Although healthy relationships are not perfect, they do not have the signs of abuse. Now is the time to get more information and talk with someone about what is happening.

SCORE = 5 points or more: You are definitely seeing warning signs and are likely to be in an abusive relationship. Perhaps friends or family have already expressed concerns. In an abusive relationship, the other person often filters everything through their distorted perspective. Because of this, you may not realize they are gradually taking more and more control in the relationship, and how this is affecting you. **It is important to talk with an adult you can trust for help.**

**HAVEN is here to support you.**

**715-536-1300- CALL 24/7**

**715-409-3231 – TEXT**

**childrensadv@haveninc.org**

## Relationship Spectrum

### Healthy

A healthy relationship means both you and your partner are:

- Communicating
- Respectful
- Trusting
- Honest
- Equal
- Enjoying personal time away from each other
- Making mutual choices
- Economic/financial partners

### Unhealthy

You may be in an unhealthy relationship if your partner is:

- Not communicating
- Disrespectful
- Not trusting
- Dishonest
- Trying to take control
- Only spending time together
- Pressured into activities
- Unequal economically

### Abusive

Abuse is occurring in a relationship when one partner is:

- Communicating in a hurtful or threatening way
- Mistreating
- Accusing the other of cheating when it's untrue
- Denying their actions are abusive
- Controlling
- Isolating their partner from others



## **Warning Signs of Human Trafficking**

Since human trafficking is often a crime that is hidden in plain sight, it is important to be aware of its warning signs. Some indications that a person may be a victim of human trafficking include (especially in the case of women and children):

- Appearing malnourished
- Showing signs of physical injuries and abuse
- Avoiding eye contact, social interaction, and authority figures/law enforcement
- Seeming to adhere to scripted or rehearsed responses in social interaction
- Lacking official identification documents
- Appearing destitute/lacking personal possessions
- Working excessively long hours
- Living at place of employment
- Checking into hotels/motels with older males, and referring to those males as boyfriend or “daddy,” which is often street slang for pimp
- Poor physical or dental health
- Tattoos/branding on the neck and/or lower back
- Untreated sexually transmitted diseases
- Small children serving in a family restaurant
- Security measures that appear to keep people inside an establishment - barbed wire inside of a fence, bars covering the insides of windows
- Not allowing people to go into public alone, or speak for themselves

These warning signs are adapted from information provided by the Polaris Project and its National Human Trafficking Resource Center and Innocents at Risk.

### ***#WearBlueDay***

*Thursday, January 11 is #WearBlueDay. Post a pictures of yourself, your friends, your colleagues, or your family wearing blue online using the hashtags #WearBlueDay and #WeWearBlueBecause with a statement about why you are participating.*

*It might be hard to accept that human trafficking exists in our communities, but we have to share the knowledge that this is a reality for far too many victims.*

**SAVE THE DATE**

**#WearBlueDay**  
**January 11**

**HAVEN is here to support you.**

**715-536-1300- CALL 24/7**

**bilingualadv@haveninc.org**

**bilingualoutreach@haveninc.org**

**HABLAMOS ESPAÑOL**

**TU VIDA NO ES  
UNA MERCANCÍA**

**NO TE DEJES ENGAÑAR**

**DENUNCIA  
LA TRATA**

Te prometieron el  
mejor empleo  
fuera de tu localidad...

Te garantizaron  
que serás  
una súper modelo...

Te aseguraron llevarte  
a otro país  
sin ningún trámite...





**HAVEN can email you the newsletter. If you are interested, please call 715-536-1300 and an advocate can assist you!**

**Find the ten differences between the two pictures.**



Answer on page 9

**Is it time to reflect what words make up your home?**



Discipline is helping a child solve a problem. Punishment is making a child suffer for having a problem. To raise problem solvers, focus on solutions not retribution. - L. R. Knost







Stalking is frequently a component of interpersonal abuse and violence, and it is associated with increased risk to the safety of the targeted person. If you have questions or concerns about stalking, please call HAVEN AT 715-536-1300 to speak with an advocate.

A person stalks when they engage in a “course of conduct” that causes the targeted person to experience serious emotional distress or to fear bodily injury or death of her/himself, to a family member, or to a member of his/her household. In most instances, a course of conduct means two or more acts carried out over any period of time. If the stalker knew or should have known that at least one of the stalking acts would cause the targeted person to experience this distress or fear, the stalker may be charged. If a person was previously convicted of a domestic abuse offense or sexual assault offense against the same person, the person may be charged with stalking after only one stalking act against the victim. In addition to causing fear of bodily harm or death, if the stalker causes the person they target to suffer serious emotional distress, stalking may be charged. “Suffer serious emotional distress means to feel terrified, intimidated, threatened, harassed, or tormented.” (See **Wis. Stat. sec. 940.32** for this and other definitions.)

**Stalking acts include, but are not limited to:** (from Wis. Stat. 940.32)

- Maintaining a visual or physical proximity to the victim.
- Approaching or confronting the victim.
- Appearing at the victim’s workplace or contacting coworkers or employers of the victim.
- Appearing at the victim’s home or contacting the victim’s neighbors.
- Entering property owned, leased, or occupied by the victim.
- Contacting the victim by telephone repeatedly or continuously causing the victim’s (or another’s) telephone to ring, whether or not a conversation ensues.
- Photographing, videotaping, audio taping, or, by other electronic means, monitoring/recording the victim’s activities. (Regardless of where the monitoring takes place.)
- Sending material by any means to the victim or to the victim’s family, member of the victim’s household, employer, coworker, or friend in order to obtain information about, disseminate information about, or communicate with the victim.
- Placing an object on or delivering an object to property owned, leased, or occupied by the victim.
- Delivering objects to certain others with the intent of delivery to the victim, or placing objects on property owned, leased, or occupied by certain others with intent that it be delivered to the victim.
- Causing a person to engage in any of the acts described above.

**What are the penalties for stalking?**

Stalking is a Class I felony. However, in some circumstances, the penalties are greater. These include if the stalker used a dangerous weapon to stalk the victim; if the stalker was convicted for domestic abuse, sexual assault, stalking, certain criminal harassment crimes, or certain violent crimes in the seven-year period before the current stalking; if the stalker “gained access or caused another person to gain access to a record in electronic format that contains personally identifiable information regarding the victim”; or if the victim was under 18 years of age at the time of the violation.

Source: [https://www.wcasa.org/wp-content/uploads/2020/01/Stalking-and-Harassment\\_Infosheet2019.pdf](https://www.wcasa.org/wp-content/uploads/2020/01/Stalking-and-Harassment_Infosheet2019.pdf)

## WHAT'S NEW!!!

### Strengthening Families for Caregivers

Join our facilitators for tips, strategies, and tools to  
BUILD POSITIVE RELATIONSHIPS WITH  
CHILDREN WHO HAVE EXPERIENCED TRAUMA.



Learn how trauma affects children and how you can use this knowledge to make sense of children's feelings, attitudes, and behavior.

Thursdays  
January 14 - March 4  
6pm - 8pm via ZOOM

Register at  
[bit.ly/SFSReg](http://bit.ly/SFSReg)

Call **HAVEN** for more information  
**715-536-1300**



Connecting with others  
in new ways everyday.

### BE THE ONE WHO MAKES A DIFFERENCE!

As a non-profit agency, volunteers make it possible to widen HAVEN's impact beyond our budget constraints and make a difference in our community!

#### Volunteers are important to HAVEN CLIENTS by:

- ♥ Doing fundraising
- ♥ Doing lawn care
- ♥ Doing housekeeping in the shelter or office
- ♥ Doing carpentry
- ♥ Organizing donations
- ♥ Mentoring - cooking classes

- ♥ Creating public awareness
- ♥ Transporting clients
- ♥ Doing childcare
- ♥ Assisting in group activities
- ♥ Healthy socialization in the shelter
- ♥ Answering the crisis line

Volunteers are a huge asset to HAVEN! That is why HAVEN needs YOU!

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

**We look forward to hearing from you!**

**There is enormous power in giving to others with no expectation of receiving anything in return. Practiced givers understand this and give almost instinctually of time, talent, and treasure. When you witness someone who truly gives from the heart, it is truly something to experience.**

## **HAVEN'S WISH LIST**

**Contact HAVEN at 715-536-1300**

### **BATH & BODY**

- \* Kleenex
- \* Toilet Paper
- \* Hand Sanitizer
- \* Disinfecting Wipes

### **KITCHEN**

- \* Tin Foil
- \* Napkins
- \* Paper Cups
- \* Paper Towels

### **MISCELLANEOUS**

- \* Women's Sports Bras (New, all sizes)
- \* Undergarments (New, all sizes)
- \* Sweat Pants (New, all sizes)
- \* Sweat Shirts (New, all sizes)
- \* Merrill-Go-Round Bus Tokens
- \* Gas Gift Cards
- \* Grocery Gift Cards
- \* Walmart Gift Cards

### **OFFICE SUPPLIES**

- \* Stamps
- \* Thank You Notes

**Donations can be dropped off at  
HAVEN, 1106 E 8th St., Merrill, WI 54452,  
during business hours.**

**Thank you!**



**Winter**





# HUMAN TRAFFICKING WORD SEARCH

V	U	L	N	F	O	P	I	M	A	N	I	P	U	L	A	T	I	V	E
I	N	T	I	M	I	D	A	T	I	O	N	J	O	R	C	E	D	X	Z
L	U	G	R	D	K	K	I	N	G	V	Y	D	N	H	T	X	Y	A	B
A	X	Y	D	E	B	T	B	O	N	D	A	G	E	I	C	P	V	L	S
B	T	C	E	S	C	I	O	N	R	A	E	F	X	J	K	L	H	U	M
J	N	I	C	P	U	R	I	N	F	T	N	E	M	U	C	O	D	N	U
X	E	T	E	A	T	L	U	I	B	O	R	I	T	H	G	I	A	S	G
S	S	R	P	I	G	H	T	I	N	G	R	A	N	X	B	T	X	T	G
T	N	A	T	A	V	I	R	L	T	A	N	C	P	T	X	A	J	A	L
N	O	D	I	R	N	E	R	E	M	M	E	X	E	P	O	T	M	B	I
I	C	E	O	T	S	I	S	U	A	S	E	A	N	D	I	I	N	L	N
Q	I	N	N	I	C	I	A	N	U	T	I	N	A	I	N	O	T	E	G
E	M	O	C	O	I	R	A	B	L	E	S	N	T	I	V	N	G	X	Z
C	I	E	M	N	T	H	A	E	S	E	X	L	A	B	O	R	I	N	G
N	T	V	I	O	C	H	K	T	R	A	F	F	I	C	K	E	R	S	O
E	X	P	L	T	A	B	O	R	T	H	R	I	C	K	S	S	O	J	L
L	A	B	O	R	T	R	A	F	F	I	C	K	I	N	G	Q	R	Y	P
O	G	H	I	B	G	D	E	P	P	A	R	T	I	V	E	J	K	L	I
I	Q	C	E	G	A	T	S	O	H	M	I	N	O	I	C	R	E	O	C
V	U	L	N	E	R	A	B	L	E	R	E	E	S	L	A	V	E	R	Y

ABUSE

COERCION

CONSENT

DEBT BONDAGE

DECEPTION

DESPAIR

EXPLOITATION

FEAR

FORCED

HOSTAGE

INTIMIDATION

LABOR TRAFFICKING

MANIPULATIVE

RECRUITMENT

SEX LABOR

SLAVERY

SMUGGLING

TACTICS

TRADE

THREATS

TRAFFICKERS

TRAPPED

TRAUMA

UNDOCUMENTED

UNSTABLE

VIOLENCE

VULNERABLE



**Thank you for your generous donations to HAVEN. In-kind donations such as yours directly benefit our clients and help sustain our services which includes emergency shelter and advocacy for victims and survivors of interpersonal violence. Please know that your donations are greatly appreciated.**

**We are thrilled to have your support.**

Leah & Eve Akey  
 Jim & Jan Alft  
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 George Amelse  
 Dieter Bartz  
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 Calista Berger  
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 Lori Blake  
 Cheyenne Block  
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 Spencer Mikalauski  
 Ashley Miller  
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 Sarah Monti  
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 Linda Semling Peterson  
 Faye Semling  
 Herbert and Mardell Simon  
 Julia Skaar  
 Marie Skic  
 Theresa Smukowski  
 Jennifer Staus-Kaminski  
 Chuck and Noelle Stine  
 Irma Stine  
 Clarann Stocker  
 Paul Strand  
 Ed Strasser  
 Larry Strong  
 Julie Thorson  
 Jewel Toule  
 Kim Travis  
 Eliza Trojanowski  
 Diana Uttech  
 Abrahm Van Wie  
 Van Wie Family  
 Joe Vonhirsch  
 Paula Wagner  
 Elizabeth Ward  
 Judy Weaver  
 Kari Weiland  
 Eugenia Wendland  
 Rose Wendorf  
 Cathy Wendt  
 Zane Westberg  
 Cindy Wigent  
 Bonnie Wilmot  
 Katrina Woller  
 Rachel Young  
 Tom and Lynn Zentner  
 Lori Zielazowski  
 Gloria Ziolkowski  
 Henry Zomchek



Agra Industries  
 Bible Presbyterian Church  
 Brose's Flower Center  
 Conexus Credit Union, Conexus Cares  
 Christ Methodist Church  
 Church Mutual Insurance Company  
 Church Mutual Christmas Is Committee  
 Girls Scout Troop 7004  
 Fraternal Order of Eagles, Ladies Auxiliary #584  
 Holiday Station  
 Incredible Bank  
 Lincoln County Health Department  
 LMLC  
 Social Topics  
 Merrill Area Public Schools  
 Market Place Industries  
 Laurate RHO PL2067 Beta Sigma Phy  
 HCE of Pine River  
 Merrill High School, Merrill Girls Basketball  
 Merrill Housing Authority  
 Merrill Ice Draggers  
 New Testament Church  
 Northwood Tractor  
 Our Savior's Lutheran Church  
 Packaging Corporation of America  
 Park City Credit Union  
 Peking Restaurant  
 Pine Crest Nursing Home, Physical Therapy Dept.

Pine River Peppers  
 Prairie River Eagles 4-H Club  
 Probation & Parole Division  
 Riverside Athletic Club  
 St. Francis Church  
 St. John's School  
 St. Stephen's Church  
 St. Paul's Church  
 Sharon Dimmer, Polka Dot Pies  
 T.B. Scott Free Library  
 Trinity Dorcas Society  
 United Methodist Women  
 Van Ert  
 VFW #1638  
 Walmart Supercenter  
 Z-Best Car Wash



## Adopt-a-Room (update)

Thanks to the generous donations and contributions from our room donors, HAVEN was able to update our look and create a more welcoming environment for our shelter guests.

**BEFORE**



**AFTER**

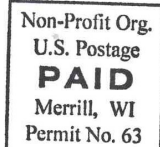


**HAVEN Inc.**  
1106 E 8th St,  
Merrill, WI 54452  
Phone: 715-536-1300  
Fax: 715-536-3816  
Email: [executivedirector@haveninc.org](mailto:executivedirector@haveninc.org)

**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

Shelter Advocates :  
Amy B. ▪ Brianna  
▪ Amy K. ▪ Dawn ▪ Deb ▪ Amanda

**HAVEN Board of Directors**  
Dawn Ives, President  
Linda Schmidt, Vice-President  
Paul Wagner, Treasurer  
Karen Karow, Secretary  
Michelle Arnott  
Pete Borchardt  
Art Lersch



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

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: \_\_\_\_\_

**MAKE A CONTRIBUTION TO HAVEN**

