

**CADA Programs**

**A Message from Our Executive Director**

Warm Greetings,

I hope this newsletter finds you well this fall. I write to you as I reflect upon this year's Candle Light Vigil for Domestic Violence Awareness Month. We held our Vigil in St. James this year on October 9th to remember the seven people whose lives were taken over the past 22 years, as well as for the 11 people across the state whose lives were taken from January to October in 2018. It was a moving experience to hear the names read aloud and to see many of the victim's families in attendance. As we sat in that park shelter on a cold, rainy October night in Minnesota, I was overwhelmed by the sheer weight I felt knowing the prevalence of domestic violence in our communities and across our country. But, I was also inspired to see families supporting each other and standing up for change in their communities. I was deeply struck by our shared conviction that this senseless violence must stop; that we must create a better world for our children.



It has been a unique year as we watch the issues of domestic violence and sexual assault repeatedly being raised to the forefront of the national stage. To those of us at CADA, it speaks volumes to the work that remains. Our mission to *provide safety and support to victims of domestic and sexual violence through education, advocacy, and shelter* is as important now as it has ever been. The truth is, we can't do this work without YOU. In fact, you may have noticed a theme in what I've written for our last couple of newsletters; domestic and sexual violence are community issues requiring community solutions. We need a community response and we need each and every one of you reading this to be a part of that. Today, we invite you to move forward with us in our mission.

As we approach the time of year where we will be spending time with our loved ones, nurturing our bonds, expressing our gratitude, and giving gifts, I ask that you remember the work we do here at CADA. I ask that you consider your capacity to both Give Thanks & Give Back.

This year's fall newsletter is filled with a focus on Giving Thanks and Giving Back. We have many opportunities for you to get involved and even a special recognition of one of our newer volunteers. I invite you to look further for information on our:

- ◆ Holiday Appeal Kick-Off
- ◆ Adopt-a-Family Program
- ◆ Kiwanis and Gift Wrapping Volunteer Opportunities
- ◆ Toy Drive at the NaKato Bar & Grill
- ◆ Volunteer Highlight

As you gear up for the time of year where we are invited to focus on what matters, I invite you to join CADA in our work. It matters. Victims and Survivors Matter. Our community matters. Your Support Makes a Difference.

In Peace and Solidarity,  
Jason

**Emergency Safety 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 Le Sueur County**

CADA of Nicollet County  
322 S. Minnesota Ave  
St. Peter, MN 56082  
507-934-5583

**CADA of Faribault County**

P.O. Box 203  
Blue Earth, MN 56013  
507-526-5275 Business

**CADA of Waseca County**

P.O. Box 348  
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**

P.O. Box 671  
New Ulm, MN  
507-233-6663 Business

**CADA of Sibley County**

P.O. Box 671  
New Ulm, MN  
507-233-6663 Business

# GIVE THANKS, GIVE BACK



## This Season you can Give Thanks and Give Back

Each year, holiday decorations start appearing in stores and shopping malls before we have even finished eating all of our Halloween candy. Soon enough, we will be seeing TV ads telling us to *shop, buy, and spend!* Getting caught up in the shopping and spending of the season is easy and can even be fun. However, each year at CADA, we are amazed at the generous number of donated goods and financial gifts come through our doors from people like you!

2019 will mark CADA's 40<sup>th</sup> year serving victims and survivors in our community. To honor the thousands of individuals and families we have served in the past 40 years, we are raising \$40,000 to *fund the future!* Your gift can help ensure that CADA's services will be available to victims and survivors for many years to come.

Our upcoming fundraising campaign will kick off on Thursday, November 15<sup>th</sup> – Give to the Max Day. We have until January 1, 2019 to meet our goal. Please like us on Facebook or share our posts to help us spread the message!

This holiday season you have the opportunity to not only give gifts to your friends and family, but to give back to your community!



The courageous founders of the Committee Against Domestic Abuse, Inc- CADA.

# HOLIDAY GIVING



## Adopt a Family this Holiday Season

Debi Burg, Child and Family Advocate

“Family is arriving with only the clothes on their back.” I paused, and read it again hoping that I was mistaken. Sadly, it read the same and I was speechless yet overcome with questions. What about family pictures and baby blankets? Favorite dollies and puppy drawings? What about their Halloween costumes?!

I tried to imagine having to flee on a moment's notice. Having only enough time to gather my children and safety plan for our escape. If violence and fear hadn't disrupted their lives, this family would be preparing for the holidays in their own home with their own traditions. Now for *these* kiddos on *this* Christmas, CADA shelter will be their home and we, as advocates and fellow survivors, will become their extended family.

We would love to reassure these kiddos that Santa will find them this year, even in shelter. Please consider being a sponsor for our “Adopt a Family” program this holiday season. Donating is so much more than just providing gifts - it's showing women and children that they are valued and loved during a very difficult time in their lives.

It may seem like such a small thing for us to do, but it conveys a vital message. **Self-worth. Respect. Dignity. Love**, and above all is **Hope!** Simply choose what size family you'd like to adopt and then shop for their specific holiday wish list!

To participate or for more details, contact Debi, Child and Family Advocate, at 507-625-8688 ext. 105 or [debrab@cadamn.org](mailto:debrab@cadamn.org) and we will follow up with all the information you need.



## Gift-Wrappers Wanted

Looking for a last-minute service project for your youth or church group before the holidays? We can use some help wrapping adopt-a-family gifts for our shelter residents!

**We have opportunities for volunteers on December 18 and 20 from noon to 5 p.m. each day.**

Contact Kristen, Development Support & Volunteer Coordinator, [kristenw@cadamn.org](mailto:kristenw@cadamn.org) or 507-625-8688 ext. 124.



# SEASONAL SUPPORT



## The Great Mankato Toy Drive

Mark your calendars for the 4th Annual Great Mankato Toy Drive, hosted by NaKato Bar & Grill at in North Mankato on December 15.

The event will feature a toy drive, with music provide by Left Lane Cruiser and Rythmaplex. A third band is in the works.

Last year's event raised more than \$1,700 for Committee Against Domestic Abuse, Inc- CADA, as well as toys and other gifts for our shelter clients.



A look at last year's donations from NaKato.

## Support CADA at Kiwanis Holiday Lights

As we approach the holiday season, our calendars start to fill up quickly! One thing that many Southern Minnesotans manage to squeeze into this busy season each year is a trip to Sibley Park in Mankato to see the Kiwanis Holiday Lights. The 7<sup>th</sup> Annual Kiwanis Holiday Lights event will run from November 23<sup>rd</sup> until December 31<sup>st</sup>. This holiday lights event brings together our community through business sponsors and supporters and giving proceeds back to local nonprofit organizations who serve the community.

Kiwanis Holiday Lights is 100% volunteer-driven. Each year, nonprofit groups who volunteer their time to help setup, volunteer during the event, and assist with taking down the displays receive a share of the donations given to the Kiwanis Holiday Lights.

**If you want to support CADA at the Kiwanis Holiday Lights, mark your calendars for the night of Thursday, December 13<sup>th</sup>! You can support CADA with a monetary donation or a gift of your time on CADA's night at the lights – Thursday, December 13.**

All donations from that night will be split between CADA and the other nonprofit groups volunteering that night.

To join CADA's Kiwanis volunteer group or to find out more information, contact our volunteer coordinator at: [kristenw@cadamn.org](mailto:kristenw@cadamn.org) or 507-625-8688 ext. 124.



Photo from [kiwanisholidaylights.com](http://kiwanisholidaylights.com)

We are excited to once again participate in this wonderful community event and we hope to see you all on December 13!

# VOLUNTEER SPOTLIGHT



## Helping Behind the Scenes

From childcare for support groups to help in our shelter kitchen, CADA is always on the look out for new volunteers.

One of CADA's newest volunteers, Chris Hoffman, has spent the past five months assisting CADA with maintenance of the building's office and shelter spaces.

"I work at maintaining the building exterior and the grounds, perform general interior building repair items that I see need attention or those listed by the staff, and if I am blessed enough, I am able help a client with a special request," said Hoffman, who volunteers eight hours each Wednesday.

The 67-year-old retired about two years ago from Minnesota State University, Mankato, where he was a project manager in the planning and construction department.

"Working at CADA provides me an opportunity to utilize some of my retirement time and talents in a way to give back, by helping to provide a more safe and comfortable place of shelter for those in need," Hoffman shared.

He also volunteers with Samaritan's Purse Disaster Relief organization and The Salvation Army.

"I was drawn to help at CADA, as my Christian faith blesses me with the desire and duty to help out where there are those who are going through hard times in their life."



## CADA Welcomes Volunteers of all Ages, Backgrounds

Below is a list of some of our routine volunteer needs at CADA:

- ◆ Cleaning & Organizing Volunteer
- ◆ Childcare Volunteer
- ◆ Maintenance Volunteer
- ◆ Administrative Support Volunteer
- ◆ Shelter Volunteer
- ◆ Crisis Call-out Volunteer
- ◆ Volunteer Hairstylist/Barber
- ◆ Shelter Kitchen Volunteer

To learn more about these opportunities, visit [cadamn.org](http://cadamn.org) or contact Kristen at 507-625-8688 ext. 124 or [kristenw@cadamn.org](mailto:kristenw@cadamn.org).



United Way volunteers painting our shelter hallways this past June.

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

**Executive Director**  
Jason Mack

**CADA Board of Directors**  
**Bob Sutter, Chair**

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# CADAwishlist

Committee Against Domestic Abuse

November 2018

With the Thanksgiving Holiday upon us, our shelter can use some festive items to make the day special for its families. If you have items to donate, please contact [donate@cadamn.org](mailto:donate@cadamn.org) or 507-625-8688 ext. 100.

- |                               |                    |                                  |                         |
|-------------------------------|--------------------|----------------------------------|-------------------------|
| Cool whip                     | Turkeys            | <u>Other items we can use</u>    | Hellman's Mayo          |
| Black olives                  | ½ ham              | Shelf Stable apple juice         | Instant Rice            |
| Non-alcoholic sparkling juice | Olive oil          | Jars of spaghetti & marinara     | Instant mashed potatoes |
| Frozen bacon or sausage       | Pies/fruit & cream | Olive oil                        | Sugar                   |
| Turkey cooking bags           | (frozen)           | Kids cereals (trix, fruit loops) | Coffee                  |
| Butter                        | French fries       | Ketchup                          | Muffin and cake mixes,  |
| Coffee cake mix               | Onions             | Ranch dressing                   | BBQ sauce               |
| Gift cards to grocery stores  | Cranberry sauce    | Bisquick mix                     | Dill pickles            |
| Cheese                        |                    |                                  |                         |

