



Interval Home
LLOYDMINSTER

Spring 2021 Newsletter

Lloydminster Interval Home Society



Toolbox for a Hopeful Future

Each day, your **donations** are at work benefitting the women and children who access our programs and services. Because of you, we are able to **support** the healing journey of **hundreds of women** every year. Here is a glimpse at a recent program:

At the beginning of a **healing journey**, one may not consider all the benefits that can come from taking the leap of faith to a **safer future**. Women and children who move into our Transitional Housing Program, Dol-Mar Manor, experience a growth journey. Supportive staff, programs, and **uplifting connections** with others who have **similar experiences** allow women time to grow, learn, and heal.

This year, our **programming had to change** due to the lack of in-person contact opportunities. We looked to outside resources for online learning and **partnered** with **Project Gazelle** to offer a 2-part book club. The program included both the *Firestarter* and *Desire Mapping* books by Danielle LaPorte. The series allowed our clients the opportunity to see a new **possibility of entrepreneurship** and what this could offer them. As the weeks continued, each of them discovered the **possibilities** that were before them. They recently **completed** this project and have had some time to reflect on what they learned. This is what one participant had to **share** after completing the *Desire Mapping* book club:

"How do you want to feel? This is such a loaded statement when you have lived your life not knowing what feelings really mean to you, or you were told how to feel. With *Desire Mapping*, we were able to discuss what our feelings were by learning what core feelings really mean to us. Then, we broke them down into just five of our most desired feelings to guide what we want to do, have, or experience within ourselves. We learned to choose three or four intentions or goals that we could accomplish in a year by trusting in the core feelings we had chosen for ourselves."

Dol-Mar Manor is a **residential program** that offers women who have chosen to build a **future free of abuse** a toolbox filled with ideas, practical information and skill sets to move into their next chapter. The resources from *Project Gazelle* are another layer that has opened the door to **opportunities** and exposed these determined women to a **new possibility** of entrepreneurship, independence, and a hopeful future. We are so excited to see what they do with the knowledge they have gained! The journey of healing is a **long and winding** road that is nurtured and **celebrated**. We are grateful for the ability to **connect** with experts like the *Project Gazelle* facilitators to add value to the toolbox they each leave with.

In This Issue

Bridging The Gap

CEO Message

Stronger For Her

Community Builder

Thank You Volunteers

Thrifting Matters

Paws Your Stress

Public Education

Bridging The Gap

The project is **complete** and you have made this possible! Because of you, **more women and children** have been able to access the Emergency Shelter when they need it most. Currently, we are able to run at a capacity of 21 beds. This would have been **less than half** of that over the last year if we didn't have the expansion prepared. This has been huge! When COVID-19 restrictions lift, we will be able to open to **full capacity of 33 beds**. This is all because of you and **your support**, ensuring women and children are **safe** and have access to the **support** they need. Thank you!



You will see some of the **beautiful decals** that have been installed in the shelter. The donor wall is a mural with a seek and find with hidden items for **children** to use their keen eye to find. Located in the large playroom, it is **central for everyone** in shelter to see. It has been a huge hit!



Thank you for
making this
possible!



CEO Message

It is hard to believe that we have all been **weathering the storm** that is COVID-19 for over a year now. While this is not an anniversary any of us want to be commemorating, there are so many **milestones, successes, and adaptations worth celebrating!** The past year has challenged us in ways we never could have imagined, but because of you, we have been able to continue providing **safety, support, and hope** to those who need it most.

Thanks to your generosity, women have safety and options to build a life free from abuse and their children receive **family-centred support**. Youth have an inclusive place to be themselves and our community has the required resources to empower all individuals to build **healthy lifetimes** of well-being. We are so **grateful to you** - people who care, and who are doing everything you can to build up our community to be the best it can be! We hope you are proud of the **difference you make**, and please know how proud we are **to have you** in our corner!

We are looking forward to **sunny days** and wishing you and your family health and happiness this spring!

~Angela Rooks-Trotzok

Stronger For Her

We are excited to announce that **Stronger For Her** Powered by Bioclean Disaster Services, our virtual 5K Walk | Run | Bike is returning for its second year! Lace up your sneakers and **pick your route** anytime between June 9-13, 2021!

Register online and you will have a **fundraising page** ready to launch and share with friends and family who can easily support you! This year, we are encouraging participants to fundraise \$150 each. New this year, we have a **team sign-up option!** Although we still cannot all physically be together, we can build a sense of **community** while supporting women, children, and youth in Lloydminster! To register, donate or order apparel please visit: **intervalhome.org**



Special thanks to our generous event sponsors:



Community Builder

The **Rotary Club of Lloydminster** has been a friend of ours for many years! The generous donations from the Rotary Club have benefitted **many areas of LIHS** including our Emergency Shelter and Lloydminster Community Youth Centre.

When asked why the Rotary Club of Lloydminster chooses to support us, Club President, **Darryl Benson** said, "Our club chooses to support the Lloydminster Interval Home Society because the **work they do** at the Lloydminster Women's Shelter, the Lloydminster Community Youth Centre and with Community Outreach are all so very **important** in helping create the **kind of community** that we want to live in and can be proud of."



Thank you Rotary Club of Lloydminster for all that you do for us! **We are proud** to work alongside you in the community!

THANK YOU VOLUNTEERS!

Our volunteers are **patient, dedicated and committed!** Amidst the uncertainties brought forward with COVID-19, our compassionate team of volunteers helped ensure that clients and community members were able to have access to **clothing, household essentials and hygiene supplies**. Thank you for sharing your passion, skills and energy with us!

If you are interested in volunteering with us, please visit our website: **intervalhome.org/volunteer** for details on applying.

"Act as if what you do makes a difference. It does!"



Thrifting Matters



Did you know that when you shop at '**For The Interval**' Store, you are not only supporting the programs and services offered by the Lloydminster Interval Home Society but you are helping to **save our planet?** The United Nations estimates that 10,000 litres of water are needed to make a **single pair of jeans**. It has also been estimated that the average Canadian throws out 81 pounds of textiles per year. Thrifting extends the life of clothing items and **reduces** our environmental impact!

When you thrift with us, you are also supporting our **community**. Many of our programs are accessed by community members, so the revenue from the store is reinvested to help build a better community for all. New stock is put out daily so we encourage you to shop often!

Donations are **graciously accepted** 7 days a week at the back door of 'For The Interval' Store (5109-51 Street) between 10 AM - 4 PM. Please ensure your donations are clean and in good condition. This helps to ensure we can have these items **readily available** for clients or community members in need.



Paws Your Stress

We are **privileged** to support clients in new ways and on many different parts of their journeys! We recently welcomed an **Emotional Support Cat** into our Dol-Mar Manor Transitional Housing Facility. There are many **heartwarming** benefits and effects we have seen witnessing the **connection** between a client and their Emotional Support Animal:

- ~ Calming and relaxing
- ~ Lowering anxiety
- ~ Alleviating loneliness
- ~ Enhancing social engagement and interaction
- ~ Normalizing heart rate and blood pressure
- ~ Reducing pain, stress and depression
- ~ Increasing overall happiness



What greater gift
than the love of a cat.

- CHARLES DICKENS



Public Education

Our public education program offers **education, awareness and support** to schools, organizations, community groups and work places to help increase awareness about Family Violence and other related issues. We can tailor our presentations to **any age** group and are proud to offer virtual presentation opportunities! We are also hosting **monthly** Zoom presentations that all community members are welcome to attend! Please follow along on **social media or email** leslieb@lloydintervalhome.com for more information!

Safety. Support. & Education

Connect With Us!



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