



**MISSIONS INC.**  
PROGRAMS

# HOME FREE

August 2010  
Volume 31, number 2

3405 East Medicine Lake Blvd.  
Plymouth, MN 55441  
Business - (763) 559-9008  
Crisis - (763) 559-4945 TDD

Community Program Office:  
3409 Kilmer Lane  
Plymouth, MN 55441  
(763) 545-7080

[www.homefreeprograms.org](http://www.homefreeprograms.org)

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## 30 Years—A Look Back Part 2

During the last half of our 30 years we have been working on strengthening our programs and community partnerships.

### Immigrant and Refugee Program

In 2002 we added an advocate to work with immigrant and refugee women. She provides advocacy and support to women, helping them through the violence they have been experiencing as well as immigration issues. Our Immigrant and Refugee Advocate has also worked with many groups to bring about awareness of human trafficking and other issues immigrant and refugee women face.



### New Kitchen!

In 2004 we began our relationship with Lennar Builders. Since then, they have done so much for us: a new kitchen, a new deck overlooking the lake, bathrooms remodeled, and much more! They have also provided parties and activities for the women and children. We appreciate all they have done for us.

We have worked with many business and community groups throughout our history. We would not be here without that vital community support. When you support Home Free with any donation, in-kind, financial, or volunteer time, you are directly helping the women and children we serve.

Looking at what we have done over the last 30 years we are very proud of our accomplishments. We still have a lot of work to do; there are so many women and children that need us.

## Thirty Dollars For Thirty Years



No gala event to attend, or 10k to run, simply put \$30 or more into the enclosed envelope and support Home Free from the comfort of *your* home. We are asking everyone on our mailing list to help us celebrate thirty years of service to battered women and their children by donating \$30! What can \$30 do? It can purchase diapers, help a woman with an application fee to an apartment, purchase school supplies for community families, help a working mother fill her car with gas, and so much more!

If you *enjoy* running a 5k or attending an event, see inside for other fundraising activities happening this fall.

♦ **SHELTER**  
 24 hour crisis line with information and referral. Short term emergency shelter for battered women and their children. Please call (763) 559-4945.

♦ **COMMUNITY PROGRAM**  
 Legal advocacy and support services in 16 Northwest Hennepin Communities. (763)545-7080 business hours Monday –Friday.

## Eat, Walk or Run to help Home Free!

### Bruegger's Fundraising Day for Home Free



**Sunday August 22nd.**  
 Please use the enclosed flyer when you make a purchase at selected Bruegger's on Sunday, August 22<sup>nd</sup> (please see the flyer for participating Bruegger's locations). Home

Free will receive 15% of the profits from your purchase. If you do not have a flyer with you, simply ask for one at the store.

### 5k Race September 19th

Skirt Chaser 5k—  
**Sunday, September 19, 2010.** Minnesota State Fairgrounds, International Bazaar Area. A portion of the proceeds from this fun race will benefit Home Free.



### Walk for Children

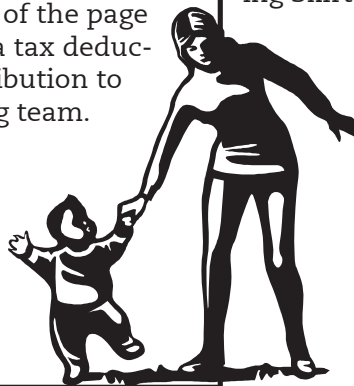
Home Free, along with Prevent Child Abuse MN helps to provide families with support to break the cycle of abuse and education to becoming a better parent. Please join us for the annual Prevent Child Abuse Minnesota's Walk for Children and Family Fun Day on **Saturday September 18, 2010** at St. Paul's Midway Stadium at 8:30am. Half of all team donations come directly back to Home Free in support of our Circle of Parent groups and children's support groups.

If you would like to join our team for the walk, please contact Carlein at

763-559-9008 or register online at [www.pcamn.org](http://www.pcamn.org) and choose team Home Free.

If you are unable to attend and want to make a contribution, please go to [www.firstgiving.com/homefree](http://www.firstgiving.com/homefree), click on the sponsor me now button in the middle of the page and make a tax deductible contribution to our walking team.

Thank you!



The women's race starts at 2pm, and the men's at 2:03pm. All women racers receive a running skirt and all men racers receive a t-shirt. There is also a block party with a fashion show after the race. For registration information and schedule please see [www.skirtchaser5k.com](http://www.skirtchaser5k.com)

Volunteers are also needed to help with the race. Contact Kari at Home Free if you are interested in helping (763)559-9008. A special thanks to Gear West for connecting Skirt Sports with us for this event.

◆ **SUPPORT GROUPS**

Free weekly support groups for battered women. Held in Northwest Hennepin area. Free childcare is available. Call (763)545-7080.

**HOW  
CAN YOU  
HELP?**

- ◆ **DONATIONS** USED CELL PHONES ALWAYS ACCEPTED
- ◆ **VOLUNTEERS**
- ◆ **SPEAKERS**

Please call Kari for our current needs list, volunteer opportunities or to schedule a speaker. (763)559-9008, or khitchcock@missionsinc.org. For financial donations please call Katy Daniels, Missions Inc. (763) 559-1883.

# Home Free Volunteers

Volunteers have always been an important part of the work we do. Home Free started because of volunteers, and continues to rely on strong volunteer support. With over 2,700 hours contributed last year, what our volunteers give is invaluable.

Listed below are the individual volunteers from the past year. They have volunteered in our women’s program, children’s program and community program.

We also want to thank the many groups that do special projects for us, redecorating rooms, activities for the kids, parties for holidays, and much more.

Cathy Anderson  
 Ashley Bonsen  
 Linda Boyadjis  
 Berlin Carlor  
 Deb Deleeuw  
 Gretchen Evans  
 Rachel Evans  
 Elyssa Fink  
 Melanie Gray  
 Gail Heyda  
 Shannon Hintz  
 Michelle Huntley Dill  
 Brandee Iannelli  
 Lacey Johnson  
 Leah Kelly  
 Elena Kim  
 Angela Knollenberg  
 Taisa Kushner  
 Brenda Landwehr  
 Peggy Larkin  
 Chris McCullum

Alisha Marcotte  
 Aniko Meszaros  
 George Muellner  
 Gail Parker  
 Wonser Peabody  
 Corrine Pruitt  
 Brenda Reeves  
 Lauren Richardson  
 Becky Ringen  
 Shelley Rorvick  
 Pam Schwartz  
 Sharon Stein  
 Jennifer Strang  
 Beth Supinski  
 Ann Svensson  
 Lori Thompson  
 Amy Toberman  
 Shawn Tubbs  
 Cynthia Wright

## Candlelight Vigil

The Domestic Violence Prevention Network’s annual candlelight vigil will be held on October 4th, 2010 at 6:45pm. It will be held at North Hennepin Community College in Brooklyn Park. Each year we honor women and children that have died as a result of domestic violence in the northwest Hennepin area. The Northwest Hennepin Clothesline will be on display which is a memorial to those that have died.

For more information see [www.dvpreventionnetwork.org](http://www.dvpreventionnetwork.org).

October is Domestic Violence awareness month, please join us.





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3405 East Medicine Lake Blvd.  
Plymouth, MN 55441

**Return Service Requested**

Non Profit  
Organization  
U.S. Postage  
PAID  
Minneapolis, MN  
Permit No. 2246

## *Current Needs*

- ◆ Full size deodorant
- ◆ Jeans/pants for women—sizes 6-14
- ◆ Hair products for women of color
- ◆ Gift cards to gas stations

Please call Kari at (763) 559-9008 for our most current needs. Or check our website for an updated needs list [www.homefreeprograms.org](http://www.homefreeprograms.org).

••••• If you would like to be removed from our mailing list, have corrections, or are moving, please call Kari at (763)559-9008.

••••• You may also e-mail the information to [khitchcock@missionsinc.org](mailto:khitchcock@missionsinc.org).



Or mail to:  
Home Free Attn: Kari  
3405 E. Medicine Lake Blvd  
Plymouth, MN 55441

**If you have questions about Home Free, the services we provide, or information in this newsletter, please contact Kari Hitchcock, (763)559-9008 or [khitchcock@missionsinc.org](mailto:khitchcock@missionsinc.org).**