

viga was alone and afraid

YOU HELPED HER OVERCOME THE TRAUMA.

Viga* felt hopeless. Her husband of five years, who had once been everything to her, had grown abusive and was becoming more volatile by the day. More and more, she was becoming a prisoner in her own home. He wouldn't even let her leave the apartment to work.

Feeling trapped and alone, Viga thought about leaving. But being from another country, she had no one to turn to – no family or friends. And the language barrier made it difficult for her to reach out for help. Then, one day, her husband kicked her to the streets.

"It was just me with two suitcases," Viga says. "No money, no ID, no car, no job, nothing. I was deeply depressed and suicidal. I called LSS CHOICES and explained the situation very briefly, like maybe in five sentences. They said they could help me, and they sent a car to pick me up."

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“ I owe my life to LSS CHOICES ... I feel like I'm healed. ”

Viga
LSS CHOICES Client

**Name and photo changed to protect identity*



A MESSAGE FROM RACHEL LUSTIG, PRESIDENT AND CEO

It seems like there is a “day for this” or “month for that” every day and month of the year, but there are two coming up that are actually very important.

First, Hunger Action Month in September. This nationwide phenomenon raises crucial awareness and funding for children, families and seniors facing hunger. Every day, LSS Food Pantries provide enough food for nearly 6,000 meals to neighbors in need – *and that number is rising!*

Second, Domestic Violence Awareness Month in October. This month also brings awareness and support for victims of domestic violence, whose struggles are often unseen behind closed doors. LSS CHOICES serves anyone, female or male, who has experienced intimate partner violence.

Because of generous LSS supporters like you, we’re always here to help neighbors who are struggling with housing, hunger, domestic violence or other crises. As you’ll read in this newsletter, you are making a life-changing difference for people like Viga and Yelana – not just during September and October, but all year long.

Thank you for doing your part to give hope and second chances to our neighbors in need.



R. Lustig
Rachel Lustig
President and
CEO

become a faithful friend today

GIVE MONTHLY TO LIFT UP NEIGHBORS FACING HUNGER, HOMELESSNESS, TRAUMA AND OTHER OVERWHELMING HARDSHIP.

Children, families and individuals who are struggling in our community need Faithful Friends to help them through the crisis. They need good people like you, who will give monthly to lift them up and restore their lives.



YOUR STEADY SUPPORT PROVIDES:

- Meals
- Groceries
- Shelter
- Counseling
- Job Readiness
- Health Services
- Veteran Services

Please consider joining our monthly giving program. As a Faithful Friend, you will make a life-changing difference for your neighbors in need – every day, and all year long.

Scan this QR code to become a Faithful Friend today.



GIVE Thanks Blessings Back

For many of our neighbors experiencing homelessness or hunger, the Thanksgiving season is just one more difficult period of loneliness and hardship. But you can help change that! Your generous support today will help provide hot meals, safe shelter and new hope this holiday season. *Thank you!*

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From the moment Viga walked through the door she felt safe – something she hadn't felt in a very long time. She also sensed hope that things could get better, that maybe her future could be bright.

"The people at LSS CHOICES are great," Viga says. "They gave me food...clothes...hope...a home. I never felt alone."

Over the next two years, Viga also received expert counseling to help her work through her depression. And in time, the staff helped her find employment and an apartment of her own. *"They connected me with resources for a bed, furniture and other basics to make the apartment feel like home,"* she says.

"I owe my life to LSS CHOICES and the kind people who support this work. I never thought I could recover from the trauma. But now I feel like I'm healed. I don't think about the past, I'm just focused on the future. And it's bright!"

Your continued support today will go a long way to help more people like Viga find hope and restoration.

“ We ought always to thank God for you, brothers and sisters, and rightly so, because your faith is growing more and more, and the love all of you have for one another is increasing. **”** – 2 Thessalonians 1:3

breaking the cycle of domestic violence together

Your support ensures women and men like Viga, who have survived domestic violence, can receive resources necessary to heal and to rebuild their lives at LSS CHOICES, including:

- Emergency Shelter and Meals
- 24-Hour Crisis Hotline
- Legal Advocacy Services
- Peer Support Groups
- Counseling

Domestic violence is a serious crisis in Ohio. In honor of Domestic Violence Awareness Month in October, please support the effort to care for victims of domestic violence and their families. Send your gift today or go to lssnetworkofhope.org/donate to give online.

If you or someone you know is a victim of domestic violence, please call our Crisis Hotline at 614-224-4663 or visit lssnetworkofhope.org/choices.



TEAM
CHOICES
BREAKING THE CYCLE OF
DOMESTIC VIOLENCE TOGETHER

Inspire your friends and family to work together to raise critical funds for domestic violence victims! Join Team CHOICES, our peer-to-peer fundraising network, by collecting donations, hosting an event or garage sale, or using your creativity to raise needed funds. Your involvement is a great way to make a meaningful difference in our community. Thank you for choosing hope! For more information or to sign up, visit lssnetworkofhope.org/teamchoices.

in her time
of crisis,
you were
a blessing
to yelana



Yelana* is a loving wife, a proud mother of four and a strong woman. She began working at the age of 15 and forged a solid career as a supervisor in environmental services. But when she faced a sudden medical crisis, her world was turned upside down.

"I had a massive stroke," Yelana says. "I was never able to go back to work, and my husband became our sole provider."

Yelana knew feeding her large family on a single income was going to be a challenge. Thankfully, an acquaintance told her about LSS Food Pantries. She paid us a visit and, thanks to partners like you, we were able to provide her with an array of fresh, nutritious foods.

*"I never thought I would have to turn to a food pantry," she says. "But the people at the LSS Food Pantries were so kind. **They made it very easy and never made me feel ashamed for getting help.** The food really took a lot of the burden so we could stretch our money and make sure the other bills got paid – gas, electric and water. It was a great blessing for me."*

Yelana is forever grateful for the help she continues to receive and for the impact LSS Food Pantries has on our community. *"People know this is a place where they can get fresh fruits, nutrition and even soap or deodorant – we can take things for granted until we don't have them. That is a big blessing, and the people who support it are a blessing also."*

Thank you for your compassionate generosity and for opening your heart to help families like Yelana's in their time of need!

**Photo changed to protect identity*

HUNGER
ACTION
MONTH™

PROVIDE MEALS FOR YOUR
NEIGHBORS IN NEED

September is Hunger Action Month and food prices remain at record highs. LSS Food Pantries spent 18% more on food this year than last, and that's *with donations* from many retail partners. No wonder, then, that an increasing number of individuals, seniors and families are really struggling to keep food on the table. They're depending on LSS Food Pantries to ensure their loved ones are fed.

In fact, the number of visits from neighbors facing hunger has risen 28%!

As a result, this could be a very challenging holiday season for them. And that's why we've got to make the most of *Hunger Action Month*, when the eyes of so many are opened to this issue.

Your support for LSS Food Pantries is critical. Please help people threatened with hunger in these challenging times.

Your gift offers healing and hope to people in need across the LSS Network of Hope. That includes:



Meals and shelter to homeless and hungry neighbors at LSS Faith Mission in both Franklin and Fairfield counties.



Nutritious food for families struggling with hunger at the LSS Food Pantries.



Safe refuge and healing for victims of domestic violence and their children at LSS CHOICES.

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THANK YOU TO OUR FUNDERS



STAY CONNECTED

