

Jessica Couldn't See A Way Out; You Showed Her A Path To Hope

"He locked me up in a room," Jessica says of her daughter's father. "I wasn't allowed to leave. I wasn't allowed to have my phone. I wasn't allowed to have any friends."

For 18 long months, Jessica was one of countless victims trapped in domestic violence. And over time, the threats and violence grew worse. *"There were times when I was pregnant that he would hold a knife to my throat and tell me that I better be afraid of him,"* she recalls. The final straw was when he turned violent toward Jessica's child. That's when she packed everything up and escaped.

In the aftermath of the abuse, Jessica was diagnosed with PTSD. *"I was pretty terrified,"* she says. *"I couldn't take walks or go to the grocery store. I would have severe anxiety attacks, and my whole body would shake."*

Social workers recommended LSS CHOICES for Jessica and her children. And thanks to the support of caring friends like you, she has

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“ Thank you for helping me and my children. ”

Jessica
LSS CHOICES Client

A MESSAGE FROM RACHEL LUSTIG, PRESIDENT AND CEO

As a strong supporter of LSS, you help meet a wide range of needs for struggling neighbors. From nutritious food for struggling families through LSS Food Pantries to shelter and care for neighbors facing homelessness through LSS Faith Mission, you touch lives in lasting, life-changing ways. In this issue of FOCUS, we're underscoring another daunting issue you help tackle — *domestic violence*.

LSS CHOICES for Victims of Domestic Violence has been the sole resource for providing safe refuge and healing to victims and their children in Franklin County for more than four decades. And through the compassionate support of friends like you, we remain committed to providing services to anyone who has experienced intimate partner violence.

I urge you to read the cover story about Jessica to better understand the power of your impact and the depth of the gratitude felt by those you help. Then, in honor of Domestic Violence Awareness Month (October), I hope you will make a special gift today.

Thank you for caring and for all you do to bring hope and second chances to people in need!



R. Lustig
Rachel Lustig
President and CEO

Faithful Friends Needed

OPEN YOUR HEART THROUGHOUT THE YEAR TO LIFT UP YOUR NEIGHBORS FACING OVERWHELMING HARDSHIP

When you join our community of Faithful Friends — caring partners like you who've committed to giving monthly — you'll provide reliable funding to ensure hurting neighbors receive the help they need to overcome hunger, homelessness, trauma and other crises. Your steady support will reach them with:



YOUR STEADY SUPPORT PROVIDES:

- Hot Meals
- Groceries
- Shelter
- Health Care
- Case Management
- Job Readiness
- Veteran Services

Please consider becoming a Faithful Friend today. Your steady generosity will bring real help and hope to your neighbors in need every day — all year long.

Scan this QR code to become a Faithful Friend.



GIVE Thanks Blessings Back

Thanksgiving is a time to give thanks, give blessings and give back. No one should go hungry, especially when \$2.84 provides a meal and hope for a neighbor in need. Please open your heart and give today to help provide hot meals, safe shelter and new hope this holiday season. Thank you!

LSS CHOICES



Jessica Couldn't See a Way Out

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made tremendous progress in reclaiming her life. Through counseling and expert care, she's learning how to deal with past hurts and fears — and to hope again.

"The CHOICES staff is extremely supportive," Jessica says. "They'll help with pretty much anything and they always navigate me in the right direction. I've come a long way in the past year. I can take a walk now without freaking out. If it weren't for my caseworker and counselor, I don't think I would have gotten this far."

Jessica's goals now are to get a job, find reliable daycare for her kids, and gradually push herself to start trusting people again. She has already reached out to a few family members to begin restoring strained relationships. And she is deeply grateful for the fresh start you've given her.

"I want to thank all the LSS donors for this place," she says. "I thank God that He put these people in my life. Thank you for helping me and my children."

“Blessed are those who act justly, who always do what is right.”
— Psalm 106:3

OCTOBER IS
DOMESTIC VIOLENCE
AWARENESS MONTH

We support victims of domestic violence and their families.



Your support today helps ensure domestic violence survivors like Jessica can experience healing, restoration and hope at LSS CHOICES through:

- Emergency Shelter and Meals
- 24-Hour Crisis Hotline
- Case Management
- Peer Support Groups
- Counseling

Domestic violence is a horrific and increasingly pervasive problem in Central Ohio. Please partner with us to care for victims and their families. Send a generous gift today or give securely online at lssnetworkofhope.org/FallNews.

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

JOIN TEAM CHOICES

Want to help break the cycle? Become a Team CHOICES volunteer fundraiser and rally your friends and family to raise critical funds for victims of domestic violence. You can create your own CHOICES fundraising page, organize a car wash, hold a garage sale or host your own creative event to inspire donations. For more information or to sign up, visit lssnetworkofhope.org/teamchoices.

When Raul's Health Failed Him, You Lifted Him Up

Raul has worked hard all his life. Originally from Mexico, he never attended school but carved out a respectable career in the construction industry before spending 12 years making parts for an automobile manufacturer. Then his health took a turn, and everything changed.

Over the course of five years, Raul had multiple heart attacks and underwent numerous medical procedures, including open-heart surgery. Now, at 72, he can no longer work and relies on LSS Food Pantries and the generosity of friends like you to help keep his family fed.

"We have four grandkids who stay with us in our home," Raul says with a wide grin. "My wife said we don't have enough food for the grandkids. But I don't care about me. I only care for my grandkids. That's why I come here every week for food like bread, cereal, watermelon, mangoes and pineapples. The kids love the healthy fruit."

Due to the impact of inflation and the persistently high costs of food, more and more families like Raul's are seeking out our food pantry

services. Thankfully, through your kind support, the LSS Food Pantries offer nourishment and hope with the following key services:

Choice Food Pantry: We provide a choice food pantry model, empowering our clients to select their own food.

LSS Mobile Food Pantry and Produce Distributions: We bring shelf-stable groceries and/or fresh produce directly to residents in need in 11 Ohio counties.

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



Hunger Action Month

PROVIDE MEALS FOR YOUR NEIGHBORS FACING HUNGER

September is Hunger Action Month, and action is needed more than ever. With food prices persistently high, more and more individuals, seniors and families are struggling to keep food on the table. In fact, LSS Food Pantries have experienced another 7% increase in the visits from people facing hunger this year (on top of a 28% increase last year!). These

neighbors depend on these pantries to ensure their loved ones are fed.

Like so many families and businesses, we also feel the strain of exorbitant food costs. That's why your support for LSS Food Pantries is crucial.

Please take action today by making a generous donation at lssnetworkofhope.org/FallNews.

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

