Growth and Change

With the recent growth in our long-term Supportive Housing Program to ten off-campus units, Ruth’s House is currently providing shelter and support to 60 individuals in Rice County. These women, children and families are our employees, students, customers, co-workers and neighbors.

Early this year, Ruth’s House became a trauma-informed organization, which helps us recognize and establish appropriate responses to the role trauma has played in the lives of the families we serve. We have also added new programming, including 12-steps for Everyone and a Women’s Empowerment group. These changes are all designed to help women regain control over their lives and start taking healthy steps toward their futures.

This growth and change is possible because of the support of our community. You make it possible for Ruth’s House to continue improving services so we can better help people build the healthy, stable families that build healthy, stable communities.

Rebirth and Renewal

Like everyone else in Minnesota and much of the rest of the country, the children at Ruth’s House — kids who have spent the winter in close quarters with their own family in a house full of families — were ready for Spring. The first few days the temperature rose above freezing, bikes and balls and skates and strollers came out, and the children played.

This is also a time of optimism for their moms. Spring is the reminder that no matter how dark, cold and bleak things appear, life always renew itself. This becomes the season of activity, the time to take steps toward a better life for themselves and their families. Longer, warmer days make it easier and safer for those without cars to get to appointments, classes and jobs. New employment opportunities are appearing. For those returning to school in the Fall, now is the time to fill out applications and take placement tests. The atmosphere at Ruth’s House these days is full of energy and the readiness to move forward.

It’s your support that allows Ruth’s House to walk with our resident families as they take every positive step. Thank you!!!

How wonderful it is that nobody need wait a single moment before starting to improve the world.

-Anne Frank
Your Support is a Shower of Blessings!
...and makes all the difference in the lives of the people we serve.

In 2013, because of your generosity Ruth’s House Transitional Shelter was able to provide safe shelter and support to:
- 33 women
- 46 children

We were also able to provide stable housing and case management through our off-campus Supportive Housing Program to an additional:
- 10 women
- 5 men
- 19 children

Two women in their 70s—both the victims of elderly abuse—found safe shelter at Ruth’s House while waiting for more permanent and age-appropriate housing.

A woman had a safe place for her and her son to stay at Ruth’s House while she found a job and an apartment after leaving a violent relationship.

A mother was able to provide stability for her children after coming to Ruth’s House from an addiction treatment center.

A woman was able to feel safe enough to sleep soundly for the first time since being the victim of a violent assault — because she was at Ruth’s House.

A mother was able to keep her five children with her at Ruth’s House after being evicted and now has a place of her own in our off-campus program.

Three mothers found a safe comfortable place to nurture their newborn babies at Ruth’s House.

A mother was able to protect her child when they fled to Ruth’s House after she discovered her husband was abusing their daughter.

23 children were able to go to school fed, well-rested and with the knowledge that they had safe shelter at Ruth’s House to return home to at the end of the day.

Four women were able to reunify with their children after they began making positive healthy choices while at Ruth’s House.

In 2013, because of your generosity Ruth’s House Transitional Shelter was able to provide safe shelter and support to:
- 33 women
- 46 children

We were also able to provide stable housing and case management through our off-campus Supportive Housing Program to an additional:
- 10 women
- 5 men
- 19 children

A mother of three was able to provide stability for her children after coming to Ruth’s House from an addiction treatment center.

Four women were able to reunify with their children after they began making positive healthy choices while at Ruth’s House.

A woman was able to feel safe enough to sleep soundly for the first time since being the victim of a violent assault — because she was at Ruth’s House.

Two women in their 70s—both the victims of elderly abuse—found safe shelter at Ruth’s House while waiting for more permanent and age-appropriate housing.

A woman had a safe place for her and her son to stay at Ruth’s House while she found a job and an apartment after leaving a violent relationship.

A mother was able to provide stability for her children after coming to Ruth’s House from an addiction treatment center.

A woman was able to feel safe enough to sleep soundly for the first time since being the victim of a violent assault — because she was at Ruth’s House.

A mother was able to protect her child when they fled to Ruth’s House after she discovered her husband was abusing their daughter.

23 children were able to go to school fed, well-rested and with the knowledge that they had safe shelter at Ruth’s House to return home to at the end of the day.

In 2013, because of your generosity Ruth’s House Transitional Shelter was able to provide safe shelter and support to:
- 33 women
- 46 children

We were also able to provide stable housing and case management through our off-campus Supportive Housing Program to an additional:
- 10 women
- 5 men
- 19 children

A mother of three was able to provide stability for her children after coming to Ruth’s House from an addiction treatment center.

Four women were able to reunify with their children after they began making positive healthy choices while at Ruth’s House.

A woman was able to feel safe enough to sleep soundly for the first time since being the victim of a violent assault — because she was at Ruth’s House.

Two women in their 70s—both the victims of elderly abuse—found safe shelter at Ruth’s House while waiting for more permanent and age-appropriate housing.

A woman had a safe place for her and her son to stay at Ruth’s House while she found a job and an apartment after leaving a violent relationship.

A mother was able to provide stability for her children after coming to Ruth’s House from an addiction treatment center.

A woman was able to feel safe enough to sleep soundly for the first time since being the victim of a violent assault — because she was at Ruth’s House.

A mother was able to protect her child when they fled to Ruth’s House after she discovered her husband was abusing their daughter.

23 children were able to go to school fed, well-rested and with the knowledge that they had safe shelter at Ruth’s House to return home to at the end of the day.

In 2013, because of your generosity Ruth’s House Transitional Shelter was able to provide safe shelter and support to:
- 33 women
- 46 children

We were also able to provide stable housing and case management through our off-campus Supportive Housing Program to an additional:
- 10 women
- 5 men
- 19 children

A mother of three was able to provide stability for her children after coming to Ruth’s House from an addiction treatment center.

Four women were able to reunify with their children after they began making positive healthy choices while at Ruth’s House.

A woman was able to feel safe enough to sleep soundly for the first time since being the victim of a violent assault — because she was at Ruth’s House.

Two women in their 70s—both the victims of elderly abuse—found safe shelter at Ruth’s House while waiting for more permanent and age-appropriate housing.

A woman had a safe place for her and her son to stay at Ruth’s House while she found a job and an apartment after leaving a violent relationship.

A mother was able to provide stability for her children after coming to Ruth’s House from an addiction treatment center.

A woman was able to feel safe enough to sleep soundly for the first time since being the victim of a violent assault — because she was at Ruth’s House.

A mother was able to protect her child when they fled to Ruth’s House after she discovered her husband was abusing their daughter.

23 children were able to go to school fed, well-rested and with the knowledge that they had safe shelter at Ruth’s House to return home to at the end of the day.

In 2013, because of your generosity Ruth’s House Transitional Shelter was able to provide safe shelter and support to:
- 33 women
- 46 children

We were also able to provide stable housing and case management through our off-campus Supportive Housing Program to an additional:
- 10 women
- 5 men
- 19 children

A mother of three was able to provide stability for her children after coming to Ruth’s House from an addiction treatment center.

Four women were able to reunify with their children after they began making positive healthy choices while at Ruth’s House.

A woman was able to feel safe enough to sleep soundly for the first time since being the victim of a violent assault — because she was at Ruth’s House.

Two women in their 70s—both the victims of elderly abuse—found safe shelter at Ruth’s House while waiting for more permanent and age-appropriate housing.

A woman had a safe place for her and her son to stay at Ruth’s House while she found a job and an apartment after leaving a violent relationship.

A mother was able to provide stability for her children after coming to Ruth’s House from an addiction treatment center.

A woman was able to feel safe enough to sleep soundly for the first time since being the victim of a violent assault — because she was at Ruth’s House.

A mother was able to protect her child when they fled to Ruth’s House after she discovered her husband was abusing their daughter.

23 children were able to go to school fed, well-rested and with the knowledge that they had safe shelter at Ruth’s House to return home to at the end of the day.

In 2013, because of your generosity Ruth’s House Transitional Shelter was able to provide safe shelter and support to:
- 33 women
- 46 children

We were also able to provide stable housing and case management through our off-campus Supportive Housing Program to an additional:
- 10 women
- 5 men
- 19 children

A mother of three was able to provide stability for her children after coming to Ruth’s House from an addiction treatment center.

Four women were able to reunify with their children after they began making positive healthy choices while at Ruth’s House.

A woman was able to feel safe enough to sleep soundly for the first time since being the victim of a violent assault — because she was at Ruth’s House.

Two women in their 70s—both the victims of elderly abuse—found safe shelter at Ruth’s House while waiting for more permanent and age-appropriate housing.

A woman had a safe place for her and her son to stay at Ruth’s House while she found a job and an apartment after leaving a violent relationship.

A mother was able to provide stability for her children after coming to Ruth’s House from an addiction treatment center.

A woman was able to feel safe enough to sleep soundly for the first time since being the victim of a violent assault — because she was at Ruth’s House.

A mother was able to protect her child when they fled to Ruth’s House after she discovered her husband was abusing their daughter.

23 children were able to go to school fed, well-rested and with the knowledge that they had safe shelter at Ruth’s House to return home to at the end of the day.

In 2013, because of your generosity Ruth’s House Transitional Shelter was able to provide safe shelter and support to:
- 33 women
- 46 children

We were also able to provide stable housing and case management through our off-campus Supportive Housing Program to an additional:
- 10 women
- 5 men
- 19 children

A mother of three was able to provide stability for her children after coming to Ruth’s House from an addiction treatment center.

Four women were able to reunify with their children after they began making positive healthy choices while at Ruth’s House.

A woman was able to feel safe enough to sleep soundly for the first time since being the victim of a violent assault — because she was at Ruth’s House.

Two women in their 70s—both the victims of elderly abuse—found safe shelter at Ruth’s House while waiting for more permanent and age-appropriate housing.

A woman had a safe place for her and her son to stay at Ruth’s House while she found a job and an apartment after leaving a violent relationship.

A mother was able to provide stability for her children after coming to Ruth’s House from an addiction treatment center.

A woman was able to feel safe enough to sleep soundly for the first time since being the victim of a violent assault — because she was at Ruth’s House.

A mother was able to protect her child when they fled to Ruth’s House after she discovered her husband was abusing their daughter.

23 children were able to go to school fed, well-rested and with the knowledge that they had safe shelter at Ruth’s House to return home to at the end of the day.

In 2013, because of your generosity Ruth’s House Transitional Shelter was able to provide safe shelter and support to:
- 33 women
- 46 children

We were also able to provide stable housing and case management through our off-campus Supportive Housing Program to an additional:
- 10 women
- 5 men
- 19 children

A mother of three was able to provide stability for her children after coming to Ruth’s House from an addiction treatment center.

Four women were able to reunify with their children after they began making positive healthy choices while at Ruth’s House.

A woman was able to feel safe enough to sleep soundly for the first time since being the victim of a violent assault — because she was at Ruth’s House.

Two women in their 70s—both the victims of elderly abuse—found safe shelter at Ruth’s House while waiting for more permanent and age-appropriate housing.

A woman had a safe place for her and her son to stay at Ruth’s House while she found a job and an apartment after leaving a violent relationship.

A mother was able to provide stability for her children after coming to Ruth’s House from an addiction treatment center.

A woman was able to feel safe enough to sleep soundly for the first time since being the victim of a violent assault — because she was at Ruth’s House.

A mother was able to protect her child when they fled to Ruth’s House after she discovered her husband was abusing their daughter.

23 children were able to go to school fed, well-rested and with the knowledge that they had safe shelter at Ruth’s House to return home to at the end of the day.
The 10th Anniversary Hearts Gala was our most successful ever. On the evening of February 8th, almost 200 supporters came out in sub-zero temperatures to celebrate the work Ruth’s House has done over the past ten years and help fund our efforts in the upcoming year. Through ticket sales, the wine wall and live, silent and dessert auctions, we exceeded our goal of $25,000 for the first time. We would like to thank our Gala Committee and all other volunteers and donors who made this event happen, and we would like to thank everyone who attended, participated in the auctions and contributed to our mission. It was your support that made this event an overwhelming success.

Through designated pledge cards collected at the Gala, Ruth’s House was able to purchase two new washing machines. Your generosity allows us to continue offering laundry facilities to the women we serve. This simple amenity can make all difference to families that lack money and transportation.

First Impressions from New Staff

Volunteer Coordinator

My name is Katie Cooper and I’d like to introduce myself as the new Volunteer Coordinator at Ruth’s House.

Although I’ve only been here a few weeks, I have already been witnessing the enthusiastic community support that surrounds and enfolds Ruth’s House... and my heart has been amazed and gladdened! Please accept my thanks — and those from all our staff — for what you do. The kindness present in your volunteer help is ever-felt at Ruth’s House and makes possible what we do. I am very pleased to be a part of such a motivated and goodhearted team of staff, donors and volunteers.

Please feel free to contact me anytime with suggestions or if you’d like to assist in any of our new volunteer projects. I look forward to getting to know all of you.

God Bless. —Katie Cooper  507-334-5043  katiec.ruthshouse@gmail.com

Program Manager

As some of you already know, I am the new program manager for Ruth’s House. I started this position on December 1st and was not prepared for what I was about to experience. On a daily basis I have been amazed by the level of generosity shown to Ruth’s House by the community. Every day we have community members and volunteers come to the house to give of their time by: repairing, painting, helping with the front desk, maintaining equipment, making food and a multitude of other tasks. We also have people coming to drop off donations of items ranging from fresh produce to clothing to cash donations. Every gift has contributed not only to the success of the program but to the overall culture of generosity and care that is the heart of Ruth’s House.

Generosity is also a trait among the residents in Ruth’s House. The women who live here work together to ensure that everyone’s needs are met whether that is assisting with the care of another’s children or a ride to a doctor’s appointment. There is a genuine care for the mission of the organization and the residents have a desire to see the house and services continue beyond their own stay. I frequently hear residents, both women and children, ask if there is anything they can do to help. When staff are busy or there is a project that needs to be done, residents quickly offer to assist in making sure that we get it done together. As it has been in the past, I anticipate that this newsletter you are reading will be partially made possible through the efforts of the residents!

Wish List!

It’s time for a SPRING CLEAN-UP and Ruth’s House is in desperate need of the following paper products:
- Copy Paper
- Paper Towels
- Baby Wipes
- Toilet Paper
- Tissues
- Post-It Notes®

Additional needed items:
- Car Booster Seats
- Laundry Detergent
- New Bathroom Rugs
- Used Cell Phones and Toner Printer Cartridges
- Postage Stamps
- Volunteers for Occasional Transportation and Childcare
- Room-sized energy efficient air conditioners
- Fans
- Liquid floor cleaner
- Umbrellas
- Flashlights

Ruth’s House is truly a labor of love and is a shining example of how when people care for the well-being of each other beautiful things grow! —Rebecca Zacharias
Not Only Shelter, **Safety.**
Not only help, **Hope.**
Not only change, **Growth.**
Not only a house...**a Home.**

---

**...for Good**

For Ruth’s House, the community is a force *for good.* Volunteers give of their time and talents *for good.* Contributors give of their resources *for good.* Staff give their tireless work and their compassion as they embrace all the residents moving forward *for good.* I ask today for a prayer and a contribution to Ruth’s House *for good.* We are raising the bar and making our communities stronger for good. Thank you for your continued support.

With gratitude and faith,

Ruth Hickey, Executive Director

---

Do all the good you can,
By all the means you can,
In all the ways you can,
In all the places you can,
At all the times you can,
To all the people you can,
As long as ever you can.

—John Wesley

---

Divine Mercy Students—continuing the tradition of donating *for good*