

Ruth's House

December 2019

Empowering lives, offering hope through transitional housing and support.



Many of the women who come to Ruth's House find themselves alone with no one to turn to for help. With tearful desperation, they look to find hope in what looks like a hopeless situation. The reasons they left may vary, maybe they left because of an unhealthy, abusive relationship. Or maybe they moved here from out of state in hopes of providing for their family only to lose their job and have no way of getting back "home." Maybe they suffered an illness that caused their homelessness. Some of the women who come to Ruth's House may feel isolated, alone, and in need of a community to pick them back up.

Hannah came to Ruth's House after leaving an unhealthy relationship and struggled with her mental health. She was looking to get back on her feet with two tiny children, one of whom is chronically ill. Ruth's House provided Hannah and her children with safe shelter, basic needs, and with the resources Hannah so desperately needed by partnering with our community to give Hannah and her daughter, *Chloe*, additional support.

In the 15 years we've been open, Ruth's House has built a foundation of partners and resources for the women who walk through our doors. One of those partners, McKinley Preschool, meets with mothers to develop a personalized plan with them. Together, Ruth's House and McKinley provide consistent support to mothers, and in Hannah's case, coping skills to overcome the struggles of her daughters' illness.

Through Ruth's House, Hannah secured a referral to Children's Hospital for little Chloe.

Hannah's hope

Children's was able to diagnose and treat Chloe's chronic ear infections with the hope of providing long term support and help. Since her treatment, little Chloe has begun speaking.

With the help of our Program Manager, Meghan, Hannah finally secured permanent housing for herself and her two children through the Community Action Center. Hannah and her family are getting the help and support they need through the CAC.

Hannah came to Ruth's House looking for support to get back on her feet. With our communities help and support from donors like you, we are able to provide Hannah and those like her, with safe housing and resources. Hannah reached her ultimate goal of securing safe, permanent housing for her and her children.

It truly takes a village to raise a family & we are grateful for the village that supports all the women and children at Ruth's House. No one does it alone! And we couldn't be more thankful to the generosity of our beautiful community.

Hannah says, "Thank you Ruth's House for everything! Thank you to all the staff, I appreciate all your help and kindness." As Hannah looks around her new home, surrounded by two healthy children, she can officially call this place her own and know that an entire community is cheering her on.

*Name has been changed

Christmas Wish List

Thank you for your support and donations!

Gift cards offer Ruth's House the ability to purchase needed items for our shelter home such as paper products, laundry soap, personal hygiene, and cleaning supplies; clothing for families in need; paint and other supplies for repairs and maintenance; food for families in need and/or for preparing meals for the house to enjoy together to build relationships and a sense of community; and gas cards for women who need help getting to and from work, school, or appointments.

Walmart Gift Cards • Menards Gift Cards
Fareway Foods Gift Cards • Aldi Gift Cards
Kwik Trip Gift Cards • Target Gift Cards

A year supply of the following (for 27 people):
Paper towels • Toilet Paper • Hand Soap
Laundry Soap • Dish Soap

Like-new, kid-friendly, sofa set for main room living space.

Please email giveruth@gmail.com
to arrange donation drop-offs

Contact us



Ruth's House
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ruthshousemn.org

Main Phone: 507-332-2236
Outreach Office: 507-334-5043
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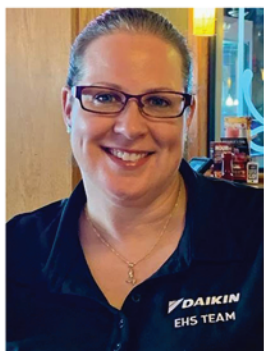
Save the Date!

Hearts Gala Benefiting Ruth's House

FEBRUARY 8, 2020

Details inside

Meet Volunteer Rebekah



Meet our newest volunteer, Rebekah Freed. Rebekah works with Daikin as an Environmental Health & Safety Manager. She donates her expertise, knowledge, and time to Ruth's House by helping to make our shelter a safer, more secure home for our families, staff, and volunteers.

Rebekah writes:

I've been a Safety Professional for over 15 years now. I began this work after a fatality occurred and have made it my mission to ensure employees and visitors are safe both on the job and at home. I love the work I do at Daikin because I know the impact an accident can have, and I want to work at a place that is committed to safety. If I can help someone gain knowledge to prevent an injury, then I've done my part.

I believe that when we have been blessed in life, there is an obligation to give back. My mother instilled a desire in us to try to have a servant's heart and use our skills and resources to help those around us. I have been blessed with a gift for safety and am thrilled for opportunities to share that with others. I know what I do makes a difference, and I want to help make our community safer.

I am so thankful that places like Ruth's House exist to help women who would otherwise stay in situations that are unsafe for both them and their children. The work you are doing makes such a big difference in empowering women by giving them options. In my mind, the staff at Ruth's House are true heroes for serving our community in this way.

Rebekah goes above and beyond for us. She recently completed a safety and security walk-thru of the shelter, providing tips and ways we can make our home safer. Rebekah has implemented and led our staff through our first annual Compliance Training. Also, she has connected us with Fastenal, who has graciously offered to donate industrial-strength cleaning supplies to ensure the products we're using in the house are safe and effective. We are grateful for all that Rebekah has done for us, and for the help she'll continue to offer to Ruth's House.

Thank you to Fastenal for their generosity!

Fastenal donates an industrial-strength multi-surface cleaner, as well as a floor cleaner to Ruth's House. We are so thankful for their donation to not only keep our house clean but also keep our residents safe from germs and unnecessary chemicals. We are grateful for their support!



Community Effort

Ruth's House 2019 Hearts Gala was a huge success because of the generosity of donors and the support of our community. It costs over \$500 per day to operate Ruth's House. Our need in 2019 was, "Fixer Upper, Ruth's House Edition" and with this in mind, we reached out to our community to help us with needed repairs for the shelter in which so many women have found hope, safety, and healing. The outpouring from our donors and the community was beyond our dreams and an answer to our prayers. We are excited to share that with your donations, we were able to replace the second-floor fire escape, which not only looks fantastic but is now up to code and safe for our residents to use if ever needed! Thank you to John Streiff and River Valley Church for all of your hard work & support in replacing the fire escape. Other home improvement projects included replacement of the laundry room floor, third-floor carpet, third-floor ceiling, boiler motor, and third-floor toilet. All of the repairs made to Ruth's House were made possible because your support, thank you!

Save the Date!

Please join us for our annual

Hearts Gala benefiting Ruth's House

FEBRUARY 8, 2020

American Legion in Faribault, MN

R.S.V.P. by January 24, 2020 at

info.ruthshouse@gmail.com or visit

ruthshousemn.org/gala

for up-to-date information.

It takes a village to raise a mother

Written by: Chelsea Johnson of Life with my Littles

They often say "it takes a village to raise a child."

Raising a child is a communal effort. It takes a lot of different people interacting, teaching, and supporting a child for them to grow into a good, productive, happy adult. Parents, grandparents, friends, and teachers all play a role in shaping and raising a child. It truly takes a village.

I'd also like to suggest that it takes a village to raise a mother.

We may add the job title of "mother" to our résumés when our first child joins our family, but all of the special skills and talents it takes to be a mother take years to develop.

Motherhood is a constant learning process, and in the same way, a village raises a child, we need the influences of other mothers around us to help us grow and become successful moms. We truly raise each other.

There's absolutely no way that we could become the moms our kids need on our own. Independently we all have different wisdom and strategies and ideas. We are all experts in different areas. Without sharing with each other, that knowledge doesn't get used to its fullest.

We need each other. We need to learn from each other. We need to share with each other. And we need to support each other.

We need our friends, we need our family, we need our neighbors, we need strangers in the grocery store, we need healthcare professionals, and we need moms who have been there to give us wanted and unwanted advice, to love us, and even just to nod their heads and say "I've been there."

And just like we need other moms, we need to be there for other moms, too. Any time we watch another mom's kids so she can go somewhere by herself, any time we bring another mom a meal because she's just had a baby, any time we smile at another mom in Target because her toddler is throwing a tantrum on the floor, any time we reach out to help, uplift, comfort, advice, or befriend, we are teaching each other to be mothers.

We pass on the knowledge we learned when our children were babies to new moms and then we desperately seek tips from more seasoned moms when our children start elementary school, middle school, and high school. We share tips on what the best baby soap is and what high chair we liked the most. We ask for advice about what to do when your child calls you by your first name or says "I hate you" for the first time. We need every single point of view, even if we disagree, to be able to become the mothers we need to be for our children.

We may not ever achieve "perfect mother" status, but just by being our children's mothers, we are the perfect mothers for our children.

It takes a village to raise a mother.

Thank You!

**Thank you to our Board of Directors and
thank you to our Grantors and Fundraising Partners**

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Thank you to Ashley Olson for
designing this newsletter

OTTO
BREMER
TRUST



You too can become a Champion of Hope!

Want to be a part of our organization's future and help bring 7,000 nights of safe shelter to families in need each year? Become a Champion of Hope! Your recurring monthly gift allows us to stabilize our yearly budget, plan for the future, and ensure the sustainability of Ruth's House for years to come.

Get started with these 3 easy steps:

Sign up either using the enclosed pink envelope or visit www.ruthshousemn.org and click on How You Can Help
Enter credit card or bank account information
Choose how much you want to donate

As a Champion of Hope, know that your donation will be used to provide continual hope to those we serve.



219 Fourth Avenue NW
Faribault, MN 55021

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Faribault, MN 55021
Permit No. 27

Because of your support and contributions,
last year we were able to provide over

7,000 NIGHTS
of safe shelter to homeless women and children



2019
CHRISTMAS
NEWSLETTER

2019 Ruth's House Statistics

Emergency/Transitional Shelter

women 28

children 23

Average length of stay

30 days or less: 15

31-60 days: 29

61-90 days: 7

39% of women have experienced domestic violence

Total House Units: 9

Total People Served: 29

Permanent Supportive Housing Units

women 14

children 15

80% of women experienced domestic violence

81% have or have been diagnosed with mental health conditions

Total people served as a whole 80

"Walking with a friend in the dark is better than walking alone in the light."

- Helen Keller

I remember when my child was two years old, it was a time in my life where I felt utterly alone and abandoned. I remember thinking, how am I going to pay the mortgage or daycare? Will my child and I even have a place to live? No matter how many times I crunched the numbers, there was never enough money. I still remember the profound devastation I felt, feeling alone, afraid, and not sure what was to come. What encouraged me to move forward was the love, companionship, and wise coaching my friends and mentors gave me. I remember the feelings of sincere gratitude from those mentors who helped me through some of my hardest years. I feel blessed to have always had amazing mentors in my life through schools, church communities, and my employers. I firmly believe that no one can do life alone. There have been generations of mentors who have paved the way for all of us, who have shown us the way.

Today I am asking you to look back at your own life and reflect on those who shaped you to become who you are today. I believe that through God's grace and the generosity of those who gave their time, talents, and resources, I was able to find my path in life. And now, I have a responsibility to pass it on. To provide coaching to my neighbors who are in the midst of life's traumatic situations, to offer them meaningful companionship and a safe place to call home.

So I ask you today to join me in providing hope through the mission of Ruth's House. I ask you to prayerfully consider a monetary contribution. To keep the doors of our shelter open and operating we need to raise \$350,000 annually. You can make a difference in the lives of the women and children who find themselves without a home this Christmas.

Thank you for your past support.

With faith and gratitude,

Ruth Hickey
Executive Director