



# Ruth's House

December 2022

Empowering lives, offering hope through transitional housing and support.



## Kimberly's Story

Sarah's House was opened in Northfield in October of 2020, since opening Sarah's House has served 22 women including Kimberly who shares her story below.

Kimberly moved into Sarah's House on a cold December afternoon after completing inpatient treatment. Kimberly described herself as a severe alcoholic who previously hadn't had the desire to get sober. Kimberly's two grown daughters had heard a million times that their mother was going to become sober, her family had given up hope. That's where Sarah's House and the staff stepped in. Sarah's House appealed to her because it held her accountable. Sarah's House requires that residents attend AA or NA meeting weekly, have a local sponsor, follow inpatient aftercare, be active in the community and submit a drug and/or alcohol test upon request. This time Kimberly also had the drive and desire.

**"It's hard to keep motivation when homeless. It perpetuates you. If I didn't have a safe place like Sarah's House I wouldn't have been able to start this journey. I had burned all my other bridges".**

That accountability along with connected community resources like the CAC that Kimberly utilized helped her to stay sober. After Kimberly's daughters saw her maintaining her sobriety they renewed their relationship with her. Kimberly found a job that she enjoyed, and grew greatly in it. Kimberly is currently getting credits to become a Peer Recovery Specialist with her employer.

Kimberly recently celebrated 14 months sober and moved out of Sarah's House after finding with the help of her case manager a two-bedroom apartment in the community. She now has a bedroom for her daughters to visit while they continue to rebuild their relationship.

**"No matter your age you can rebuild. However much work you put in is how much you will get in return."**

Written by: Carrie Hackney, Operations Manager

## Christmas Wish List



When you're out doing your holiday shopping, consider picking up a giftcard to donate to Ruth's House. Your support gives us the ability to purchase needed supplies for our shelter and to offer help and hope to our residents.

You can mail your giftcards to PO Box 593 Faribault, MN 55021 or e-mail [hello@ruthshousemn.org](mailto:hello@ruthshousemn.org) to arrange drop-offs.

We appreciate giftcards from  
Ace Hardware • Aldi • Amazon  
Cub Foods • Fareway • Hy-Vee  
Kwik Trip • Menards • Target • Walmart

### Contact us



Ruth's House  
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Faribault, MN 55021  
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Main Phone: 507-332-2236  
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## Save the Date!

20th Annual Event, Helping Hearts  
Benefiting Ruth's House

**FEBRUARY 11, 2023**

Details inside





# Coping with Emotional Pain

Women and children come to Ruth's House for many different reasons; however, they have one thing in common: emotional pain. Emotional pain can be described as heartache that results from a painful experience, such as the loss of a loved one. It can stem from depression, anxiety, disappointment, fear, or guilt, and tends to worsen when you replay and relive painful, traumatic events that occurred in the past. Emotional pain can become crippling when it affects your mood, relationships, and personal and professional life, and it occupies your mind constantly.

Many people experience emotional trauma during their childhood due to a variety of factors such as neglect, abuse, abandonment, or loss of a parent. Emotional pain during adulthood may occur due to the end of a relationship, divorce, loss of a loved one, being a victim of crime, substance abuse, retrenchment, or loss of employment.

When women express emotional pain the Ruth's House staff listen to what they are saying. The staff is not judging or trying to give solutions, just listening. As the resident becomes more comfortable with staff that is when we might suggest finding a therapist or counselor that can dive into her past and work with her to gain insight and how to move towards inner healing. Building relationships with residents to be able to have these types of conversations takes time and trust.

## Ruth's House staff may suggest the following:

- Get some rest
- Release physical stress through gentle exercise such as stretching
- Practice relaxation techniques such as deep breathing, meditation, or yoga
- Keep a journal where you can record your feelings and emotions – this will also help you to become more in tune with yourself and locate the source of your pain
- Speak to someone that you are comfortable with and trust
- Express your pain creatively by painting, writing poetry or songs, or scrapbooking
- Join a support group and share your experience with others who may have been through the same thing
- Remember that you are special and unique – and deserve to lead a happy fulfilling life! (self-affirmations)

Ruth's House prides itself on building healthy, safe, relationships with all residents and knows that no two residents are alike and all women will handle emotional pain differently. It is very important that all staff have a variety of skills and techniques that they can suggest to residents. This truly is when some of the healing takes place for the residents, then they continue to move forward in their personal journeys.

Written by: Meghan Sawicki  
Program Director



## Helping Hearts Event

We are looking forward to returning in-person for our 20th annual event, Helping Hearts. Hosted at the American Legion in Faribault where you can look forward to a fun evening socializing, playing games, dining with friends at a beautifully decorated table. The silent and live auctions will give you the option to bid on a get-a-way, round of golf, designer purse and many other fun items. And don't forget to bid on your favorite dessert at the always popular dessert auction. Watch social media for a list of additional auction items.

The staff, volunteers and supporters of Ruth's House look forward to seeing you February 11th.

Please join us for our  
**20th Annual Event**  
**Helping Hearts**  
**benefiting Ruth's House**  
**FEBRUARY 11**  
American Legion in Faribault, MN

hello@ruthshousemn.org or visit  
ruthshousemn.org/helpinghearts/  
for up to date information





## Meet Sue!



Hi! I'm Sue Stout and I am the new staffer at Ruth's House. My official title is Outreach Coordinator and I guess I would say this job is like being a cheerleader for Ruth's House to the community. I retired from a nursing position about two years ago and moved to Faribault about a year and a half ago. I grew up in Faribault and it seemed like the right time to return. Upon my return, I was looking for a way to get involved in the community in a meaningful way and to put my community organizing skills to use for an important mission-driven organization. Ruth's House came along and it is just perfect.

One of my favorite writers is George Bernard Shaw and one of his quotes says it all for me and why I am thrilled to be a part of Ruth's House and this wonderful community.

***"I am of the opinion that my life belongs to the whole community and as long as I live, it is my privilege to do for it what I can. I want to be thoroughly used up when I die, for the harder I work, the more I live."***



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

Allina Health	Our Savior's Lutheran Church
Faribault Foundation	Rice County Area United Way
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Mardag Foundation	Women's Foundation of MN
Multivac Cares	
Northfield Hospital	Thank you to Ashley Olson for
Otto Bremer Foundation	designing this newsletter



## You too can become a Champion of Hope!

Do you want to be a part of our organization's future and help to bring over 7,000 nights of safe shelter to families in crisis 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 donation envelope or visit [ruthshousemn.org](http://ruthshousemn.org) and click on How You Can Help.
- Enter your credit card information or bank account information. Our system is secure so you don't need to worry.
- Choose how much you will donate on a monthly basis.

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



Rice County Area  
United Way







P.O. Box 593  
Faribault, MN 55021

Nonprofit Org.  
U.S. Postage Paid  
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



Hello Friends,

**Earlier this fall, two adorable babies were born at Ruth's House over one weekend; one baby boy and one baby girl.**

I often think about the mothers who came to our doorstep knowing their babies would be born while living in a shelter. What emotional and often times physical pain did they endure before arriving at Ruth's House? Their journeys led them to seek a fresh start.

We're so grateful they found us. Ruth's House immediately provided them with safe shelter, a case manager who helped connect them to local resources for maternal and baby care, and offered hope for their future. Ruth's House was their safe place to land and welcome their babies into the world. Family Advocates at Ruth's House were there to hold and cuddle on their baby while mom spent one on one time with her oldest child walking him to the bus stop. Our shelter home is staffed 24/7 and we will be there to lend a listening ear when times are tough.

The reason women seek safe shelter is varied, fleeing domestic violence, experiencing homelessness, poverty, job loss, or other traumatic circumstances. Ruth's House answers the call to provide safe shelter and support to those who need us most. I challenge each of us to examine the responsibility of our local community to ensure these babies and their siblings have the best start in life.

Please prayerfully consider a heartfelt donation today to Ruth's House. Your continued support allows us to be a safeguard for women and children whether they are living at Ruth's House or for women like Kimberly who live at our sober home, Sarah's House, some of whom are working toward reunification with their children. This holiday season, we need you to be able to continue to provide safe shelter and support to those who seek a fresh start.

Merry Christmas, we pray you and your family have a blessed Holiday season!

*Suzanne*

Suzanne Fox  
Executive Director  
suzannef@ruthshousemn.org



PS - Your support today is vital to Ruth's House budget as we are answering increased calls for safe shelter. Your gift will help to empower lives and offer hope to those who live in our community. Thank you.

**2022 Ruth's House Statistics**

**Ruth's House**

Total People Served: 57  
women 32  
children 25

80% of the women experienced domestic violence recently or in their past

**Sarah's House**

Total Women Served: 13

**Total People Served: 70**