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Faribault, MN 55021

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*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

## Mother's Day MESSAGE

2022



Ruth's House is a big house with room to provide safe, comfortable shelter for up to nine families in need. We have been the local shelter for women and children in Rice County for over 17 years. Our caring and professional staff provide case management services and support day and night.

The women at Ruth's House come to us from challenging circumstances such as job loss, poverty, physical and mental health challenges, and to escape domestic violence. They look for us to provide safe shelter for them and their precious children when they have no place else to go.

There is a sore lack of affordable housing in our area. The rising cost of rent places a burden on families to be able to afford to keep a roof over their heads and food on the table. Between March 2020 and March 2021, over 180 families in Rice County were homeless or at risk of becoming homeless.\*

Ruth's House is there to light each resident's path toward stability by providing connections to community resources that help with housing, mental health services, education, life skills, and more depending on each family's need. Ruth's House is a place of "hope and empowerment" as you will read in Lu's story. With your support, along with our staff, volunteers, and board members, we bring hope to over 100 women and children each year.

To be able to provide our services and serve our mission, it takes a big house, staff and volunteers with big hearts, and you - our supporter.

**This Mother's Day, will you prayerfully consider a donation of \$25 or more which will help provide utility services for women and children at Ruth's House for one day?** You can help us light the path for those we serve!

We are grateful for your faithful support to help those in need.

Happy Mother's Day!

*Suzanne*

Suzanne Fox  
Executive Director

*PS Since opening in the fall of 2020, Sarah's House, a pillar of Ruth's House, provided safe sober living and support for 16 women who are in recovery from substance use disorder, many of whom are young mothers working on their goal of reuniting with their children. Sarah's house helps women transition into the community by building healthy community connections. Visit [ruthshousemn.org/sarahs-house](http://ruthshousemn.org/sarahs-house) to learn more.*

\*2021 NEEDS DATA SUMMARY RIVER VALLEYS CONTINUUM OF CARE



## Lu\* Shares *Her Story*

**"When people ask for help,  
offer your hand and help them."**

Lu came to Ruth's House after suffering from a seizure because of alcohol withdrawal syndrome. Lu had a strained relationship with her adult children. She found herself unable to return to her daughter's home and had nowhere else to go. Thankfully the hospital helped her find Ruth's House. When Lu arrived at Ruth's House she said she felt scared and embarrassed that she was homeless at her age.

Lu needed a safe place, support, guidance, hope, and no judgment. She instantly felt welcomed walking thru the door. She was provided the basic necessities and encouraged to find a job. Staff were always kind, available, and offered guidance. Lu found that safe place, all the support needed, helpful guidance, hope, and most of all she didn't feel judged at Ruth's House. When asked how Lu would describe Ruth's House:

**"A women's place of hope and empowerment."**

Lu says she will never take life for granted again because things can change quickly. Ruth's House helped her in all aspects of her life, which has helped Lu repair the relationship with her children. She loves spending time with her children and grandchildren.

**"Sometimes you take life and what you have for granted and that can change quickly.  
You don't always know what kind of help is just in your backyard."**

Lu has been sober for almost 4 years, living on her own and working full time since leaving Ruth's House. Her goal for the future is to continue to take care of all aspects of her life; mental, physical, spiritual, and emotional.



### Needs List

Lysol Spray  
Paper Towels  
Riding Lawn Mower  
Trash Bags (13 gallon)

### Volunteer Needs

Donations Helper  
Front Desk Receptionist  
Office Helper  
Season Outdoor Maintenance

### Job Openings

Summer Family Advocate • Outreach Coordinator  
Family Advocate • Case Manager

**Please visit our website [ruthshousemn.org](http://ruthshousemn.org)  
for more information**

## *Thank you*

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Women's Foundation of Minnesota

Thank you to Ashley Olson for designing this newsletter

**Empowering lives, offering hope through  
transitional housing and support.**

## *Contact us*

**For More Information or  
Volunteer Opportunities**



**Ruth's House**  
PO Box 593  
Faribault, MN 55021  
[ruthshousemn.org](http://ruthshousemn.org)

Main Phone: 507-332-2236  
Outreach Office: 507-334-5043  
Email: [info.ruthshouse@gmail.com](mailto:info.ruthshouse@gmail.com)