

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

Taneisha Shares *Her Story*



Taneisha had never lived alone always having a significant other to lean on. She moved into Ruth's House just eleven days after her boyfriend experienced an overdose. Taneisha had been on the waitlist for a while and the timing couldn't have been better. She remembers moving in and feeling very emotional and overwhelmed, not only at the change, but also the thought of doing it while caring for her two teenage daughters. She found everyone was welcoming and polite; and that her case manager listened to her. Taneisha was looking for stability and a safe place for herself as well as her daughters.

Ruth's House helped her get into a routine and gain self confidence. Throughout her stay, Taneisha maintained full time employment while also being fully present in her daughters lives; and transporting them to and from their sporting events. Taneisha was also able to regain physical custody of both her daughters and they were able to stay with their mom at Ruth's House. During her stay Taneisha was able to meet with Kurt Halverson, our Community Education Coordinator at HomeTown Credit Union, who helped her with budgeting skills. These were just a few of the milestones she was able to accomplish at Ruth's House.

"Ruth's House gives women the self confidence to be independent."

After a five month stay Taneisha was able to find a three bedroom apartment in town, as well as have the confidence that she could successfully live alone with her two daughters. The girls were excited to have their own bedrooms. Taneisha's oldest daughter was able to join sports at the High School and quickly found her passion. Taneisha and her youngest daughter enjoy watching her eldest daughter perform.

When asked how she would encourage others facing homelessness she said,
"Push through everything else and focus on your goals"



Mother's Day MESSAGE

Spring Newsletter 2023

As parents, grandparents, and caregivers, we want a better future for our children and the next generation. At a minimum, we want to keep them safe, and protected from harm such as violence both out in the world and inside the home.

Family advocates at Ruth's House are there to greet our youngest residents when they get off the school bus. They are able to come home from school, do their homework at the dining room table, then play outside with friends on the swing set.

Ruth's House has the vision of a community where everyone has a safe place to call home. Until then, we provide a safe shelter and a supportive environment for children and their mothers. Each family has their own bedroom with beds for each mother and child.

At Ruth's House, we do more than just provide a roof over their heads. We are committed to empowering families and helping them transition to stable, independent living by connecting them to crucial resources. We understand that each family is unique. The first step is to listen and identify the strengths, needs, and challenges of each participant in order to help them overcome barriers to their success. We recognize that everyone has unique talents, skills, and abilities to help them achieve their goals. By identifying these strengths, we can build on them and empower our residents to become more self-sufficient.

Education and employment are key components of long-term stability. We work with our residents to identify their educational and employment goals and connect them with educational opportunities, job training programs, and employment resources in the community. Education and employment are powerful tools that can help break the cycle of homelessness and create a pathway to self-sufficiency.

Healthcare is a critical aspect of our residents' well-being. We assist our residents in obtaining health insurance in partnership with local organizations such as HealthFinders.

We provide resources for **physical health** concerns, including connecting residents with healthcare providers such as Allina Health, scheduling appointments, coordinating transportation, helping women advocate for their medical needs, and ensuring access to medications and treatments.

Mental health is as important as physical health. We provide support and resources for residents to access mental health services to address any emotional or psychological challenges they may be facing.

Some residents struggle with **substance use disorders**. We assist them by connecting them to appropriate treatment and recovery resources. Our sober home, **Sarah's House**, offers a structured step-down approach for women. The women at Sarah's House also receive case management support as they continue their recovery journey.

Access to benefits is a crucial part of stabilizing families. Our organization works closely with government agencies to help our residents access and secure benefits, examples are Minnesota Family Investment Program (MFIP), Supplemental Security Income (SSI), Supplemental Nutrition Assistance Program (SNAP), and other support services. We provide assistance with applications, advocacy, and navigation of the benefits system to ensure that our residents receive the assistance they are eligible for.

We know that **children** have unique needs so we work diligently to support them as well. We provide childcare resources and connect families to educational programs such as McKinley Preschool for their children. Ruth's House helps mothers with Faribault and Northfield school enrollment and other support like securing bus transportation. We also ensure that children receive appropriate physical health care and emotional/mental health support to help them thrive during their stay at the shelter.

Long-term housing is a critical goal for our residents. We work with Rice County HRA and other community partners to help families find safe, affordable, and stable housing options. We provide support with housing applications, financial literacy, and budgeting skills to help families prepare for the transition to permanent housing.

Empowering families is a collaborative effort. We are proud to help families like Taneisha's who came to Ruth's House wanting a brighter future for her children, overcome homelessness.

We couldn't do this work without you and we are grateful for your faithful support. Thank you! We need you. Ruth's House is funded primarily by foundation grants and donors such as you.

Please prayerfully consider a donation today so that we can continue to provide safe shelter and support to those who need it most.

Maybe you didn't know all the ways Ruth's House helps women and families in our community. I invite you to share this newsletter with a friend or reach out to ask us to speak at your church or business group. Together we make a difference now and for our future generations.

Suzanne

Suzanne Fox
Executive Director

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Scan to donate

Virtues

"One of the important elements of The Virtues Project is its universality. Virtues are valued and admired by people of all cultures and beliefs and throughout all of human history. Virtues are the common thread that unite and inspire humanity," said Kymn Anderson, Virtues Project - Faribault Facilitator

The Virtues Project- Faribault was started in 2016. The mission of the Virtues Project- Faribault is to promote and encourage the recognition and practice of virtues to enrich the lives of people in our community and to further the cause of unity.

Ruth's House staff have long incorporated virtues into staff meetings. We were gifted with a set of Virtues cards from an anonymous donor of The Virtues Project of Faribault. Kara Hagen, a Ruth's House Family Advocate started sharing a weekly virtue with residents. And in the fall of 2022 staff participated in a Virtues training led by Kymn Anderson.

"The main reason we started this was to boost the mood of the women that live here but also to offer ideas and guidance on how to manage relationships, conflict, and daily life stressors. When we introduced this project to the women, they were excited to change how they think to be more positive and incorporate healthy weekly habits.

The women have reported that it helps more than just one's mood or outlook toward life, it also helps with mental health, parenting, and addiction. "My main goal with this project is to allow each of the women to gain something even if each of the women used it differently," said Kara.

Each week Kara picks a virtue from the card deck. Kara then creates a thought guide for the women living at the shelter, each guide is structured differently depending on the virtue. Some of the more recent virtues we worked on were Mindfulness, Detachment, Flexibility, and Determination.

To learn more about Faribault Virtues Project go <https://www.thevirtuesprojectfaribault.com/>

Carrie Hackney, Operations Manager - carrieh@ruthshousemn.org



Why changing your giving to monthly is so beneficial

Ruth's House budgeting, just like your home budget, is easier to manage if we know ahead of time what our income will be. Donations made at the end of the year are very much appreciated, however we also hope to have regular monthly income to cover recurring and fixed expenses such as utilities, staff salaries, food and supplies. Because of this, it is highly beneficial to have a portion of our donations come into Ruth's House on a regular monthly basis.

This is exactly why I chose to make my contribution to Ruth's House a monthly donation through the Champions of Hope program. I know Ruth's House will be able to plan for the income from my donation every month and they can better manage income and expenses by receiving a committed recurring donation. By setting up a monthly contribution to Ruth's House, I too benefit from predictable monthly expenses. This makes the most sense for me and for Ruth's House.

All I needed to do to add this element of predictability and planfulness for me and for Ruth's House was to sign up to be a Champion of Hope. I decided how much to donate each month and completed the Champion of Hope form. It is important to know that the monthly amount can be changed or ceased at any time. If you currently give annually, you can calculate the amount you would normally give at the end of the year and divide it up into twelve monthly payments.

If you are interested in adding this level of predictability to your giving and for Ruth's House budget planning, go online at ruthshousemn.org/how-you-can-help/donate-funds/ and sign up as a Champion of Hope or scan the QR code below with your phone to fill out this easy form. We would very much appreciate your planfulness.

Everyone at Ruth's House is grateful for your thoughtful consideration for monthly giving and supporting planful monthly budgeting.

Sue Stout
Outreach Coordinator
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Thank you

to our Grantors and Helping Hearts Event Sponsors

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Thank you to Ashley Olson for designing this newsletter



Everyone at Ruth's House was inspired by the great fun and success of our Helping Hearts Event this year. This last February our event raised over \$140,000 which is the most we have ever raised at our annual **Helping Hearts Event.**

We have already begun the early stages of planning for 2024. Hold the date of February 10th, for a fun and fabulous night in support of Ruth's House and we promise there will be some awesome surprises in store for you.

SAVE THE DATE! Mark Saturday, **February 10, 2024** on your calendar and stay tuned as we announce more details.

We Are Hiring!

Join Our Team!

Family Advocate

Requirements:

- Age 18 and above
- Do you need a flexible summer schedule?
- Do you enjoy working with children?
- Are you compassionate and self motivated?



- Needs List**
- Bathroom Cleaners
 - Fabuloso Floor Cleaner
 - Glass Cleaner
 - Lysol Spray
 - Toilet Bowl Cleaner

- Volunteer Needs**
- Front Desk Receptionist
 - Childcare Volunteers
 - Handy Person
 - Helping Hearts Committee Member



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