



Ruth's House

December 2023

Empowering lives, offering hope through transitional housing and support.



Aura's Story

Aura, a young mother with two children Diego age 4, and Jacy age 6, reflects the raw reality of life's challenges and the remarkable transformation that can occur with the right support.

Previously, she shared a living space with roommates whose lifestyles clashed with her own. The turning point came when her 4-year-old son wandered out of an unlocked door one morning, leading to a frantic search involving the police and a nurse. It was a stark wake-up call to the precariousness of her living situation.

Aura, Diego, and Jacy's life after that was marked by constant upheaval. She moved from place to place, with sporadic help from county services. Each new environment offered a different set of challenges, making it nearly impossible to establish a stable life for the family.

Survival mode became her daily reality, until one day, Aura received a call from the Program Director at Ruth's House. The family was at the top of the waitlist. Ruth's House brought a semblance of stability Aura and her family needed.

"Moving in was a breath of fresh air. I felt safe and had peace of mind."

Ruth's House staff was pivotal in making Aura and her children feel welcome and secure. One of Aura's biggest fears, losing her children due to their turbulent lifestyle, began to dissipate as with the help of her Case Manager she was able to enroll Jacy in school, providing a much-needed routine. This allowed her to dedicate time to Diego, who was referred to McKinnley Early Childhood Center for an evaluation. The subsequent diagnosis of Autism, opened doors to essential education and financial support for Aura and Diego. Aura's Case Manager was there with her at every meeting and step of the way.

Months later Aura and her children were looking forward to moving into their own home in Northfield. Her Case Manager referred her to Families First who helped her make sure her house was secure for Diego. Just days before moving into their home Aura was given devastating news of a family member's passing. Aura took a step back and stayed a few extra days at the shelter but her determination to give her kids stability, peace, and a safe and reliable place to live was undeterred. With both kids in school, Aura is looking to start a college program.

Aura's family's journey was far from a fairytale, but it did underscore the immense impact of timely support and a safe environment. Her story serves as a reminder that real-life struggles can lead to real-life transformations when individuals are met with compassionate assistance such as Ruth's House.

"Ruth's House is like living with your whole family. We all have different backgrounds, parenting styles, and lives. But we are all working towards the same goal!"

Written By: Carrie Hackney
Ruth's House- Operations Manager

Contact us



Ruth's House
PO Box 593
Faribault, MN 55021
ruthshousemn.org

Outreach Office: 507-334-5043
Shelter Phone: 507-332-2236
Donation Line: 507-323-8151
Email: hello@ruthshousemn.org

Christmas Wish List



When you're out doing your holiday shopping think about 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
to arrange drop-offs.

We accept giftcards from
Ace Hardware • Aldi • Amazon
Cub Foods • Fareway • Hy-Vee
Kwik Trip • Menards • Target • Walmart
American Express • Visa

Save the Date!

Ruth's House Rocks
Helping Heart Event

FEBRUARY 10, 2024

Details inside



Nurturing Connections

Hello Friends,

Women come to Ruth's House seeking shelter for themselves and their children from traumatic losses. Many have endured domestic violence for years. During that time, they may have lost connections with family, friends, and support from their church, work life, and community due to isolation from the abuse. Whether isolation happens from the abuser or self-implemented as a way to cope with circumstances, this is a miserable way of life.

As humans, we share a common thread - we are wired for connection. Without it, we are more likely to turn to unhealthy habits which could lead to addiction, despair, and feelings of hopelessness.

Ruth's House offers two programs for women. Ruth's House provides shelter and support for women and children and Sarah's House provides transitional sober housing for women who have graduated inpatient treatment for substance use disorder. Both programs provide hope through safe shelter, connection, and support.

Although each family comes to us with unique backgrounds, strengths, and challenges, all seek better lives for themselves and their children. The answer to how to get back on their feet is not one size fits all. Especially in the beginning, all that can be managed is in baby steps, as in first things first - how do I afford new winter boots for my growing 5-year-old son?

Fortunately, because of your support, we will make sure our resident's basic physical needs such as a place to wash their kid's clothes (including laundry soap), food, and a warm bed - all that is covered within our walls and if we don't have a pair of kids boots for size in our basement, we connect moms to resources in Rice County to make sure he is taken care of. When a person's basic needs are met and they feel safe, healing can begin.

We rely on the relationships built with our community partners such as the Salvation Army, CAC, and the HOPE Center to provide residents with resources to help them rebuild and start anew. We also count on your support to help continue our mission. At Ruth's House, we don't charge our residents a dime so they can focus on getting their footing before returning to the community with stable housing, connections, and hope.

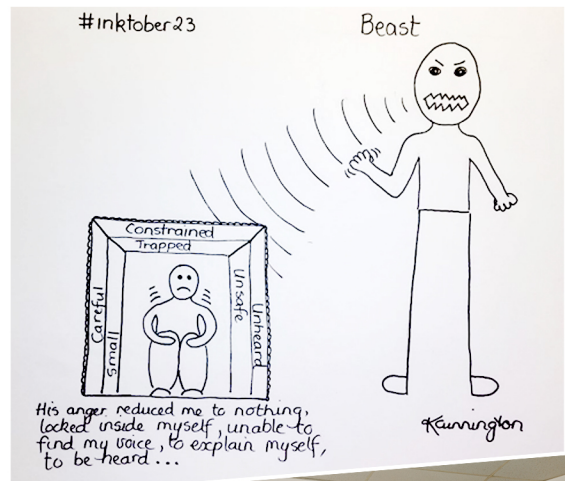
This Christmas season, would you please prayerfully consider sending a check made out to Ruth's House or visiting ruthshousemn.org to make a donation online that will help empower and offer hope to those who need us most and make our community a healthier place to live?

Merry Christmas,

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.



Helping Hearts Event

Have you noticed the days are getting shorter and shorter? Before you know it, it will be Saturday February 10th and we will be having our 2024 Helping Hearts Event. This event (formerly called a Gala) is the major annual fundraiser for Ruth's House held every February. This year we will be gathering at the 3 Ten Event Venue in downtown Faribault. The theme for this year is "Ruth's House Rocks!" which promises to be a rockin' good time - all for a good cause.

We will be rockin out with music, silent auction, live auction and the ever popular dessert auction and of course a wonderful dinner with so many friends of Ruth's House all in one place. We will all be wearing our rock and roll duds and are looking forward to seeing you there!

Tickets are \$99, on sale now and can be purchased by going to our Ruth's House website and buying tickets online (ruthshousemn.org/helpinghearts/). If tickets are purchased before the end of the year, there is an early bird \$20 discount for the tickets.



**Scan to purchase
your tickets!**

Plan on attending the
Helping Hearts Event
Saturday, February 10, 2024.

Get your tickets now with the early
bird discount and support the
women and children in crisis who are
served by Ruth's House each and
every day.



Help us to Reach Out



Your help is needed to get the word out about Ruth's House! More importantly, women in our community who are in crisis or in need of shelter need to know about Ruth's House so they can reach out to us for help.

We achieve this through community outreach. Getting the word out seems simple but it involves much more than flyers and a Facebook presence.

By talking with various community members face-to-face, the mission of Ruth's House and how to seek services and shelter will become more widely known, as well as sharing how to best support Ruth's House

Helping us to achieve this face-to-face connection with members our community is a very important way you can support Ruth's House.

Are you a member of an organization that is seeking ways to help others in need? Has your organization heard of Ruth's House but doesn't fully understand all that is support through the services offers? Ruth's House would love to meet with your organization to provide more information. Your help is connecting us to the broader community is not only appreciated but is imperative to help us achieve our mission in empowering lives and offering hope through transitional housing and support. Contact us at sues@ruthshousemn.org or 507-334-5043.

Susan Stout
Ruth's House Outreach Coordinator



You too can become a Champion of Hope!

This is the holiday season and it is a time of year when our thoughts turn to those who are in need. We think of our life's blessings and wish others could be as blessed as we are this holiday season. The women and children who reside at Ruth's House are receiving services and a safe home because of the gifts and support we receive from our community of supporters. One important part of our support community is the people whom we affectionately call Champions of Hope. These are people who provide financial support for Ruth's House every month through automatic withdrawal. This ongoing support helps us to stabilize our finances and allows us to do more planning.

We would very much like to grow our "Champions of Hope" supporter list this holiday season. You can become a Champion of Hope by going to our Ruth's House website to the Champions of Hope page ruthshousemn.org/how-you-can-help/champions/ and signing up for automatic monthly donations to help Ruth's House. The amount you choose to donate is up to you, the important thing is for it to be automatic and recurring monthly. All you need to do is to choose an amount that is comfortable to you and fill out the credit card or checking account information and you are now a Champion of Hope for Ruth's House.

Thank You!

Thank you to our Board of Directors, Grantors and Fundraising Partners

Edina Realty Foundation
Hannah Lips
Insty-Prints
Kwik Trip
Mardag Foundation
Medica
Multivac Cares
Northfield Hospital
Otto Bremer Foundation

Our Savior's Lutheran Church
Rice County Area United Way
Rice County Family Services Collaborative
Walgreens
Walmart Foundation
Wells Fargo

Thank you Writing with Kate for help with this newsletter and Ashley Olson for designing this newsletter.



Rice County Area United Way



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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



Compassion in Action

A Day in the Life as a Case Manager

Welcome - I'm Meghan. I'm the Program Director at Ruth's House and today I am providing Case Management support.

I start my day off at the shelter by checking the staff log to see what happened the day before. I will hand out medications for the residents who request them. I'm in charge of answering the door and phones while also attending to the other resident's needs. Each Case Manager has a schedule they post for the week so residents can choose a meeting time. Case Managers and residents must meet at least once a week - some may need to meet more depending on the resident's needs. This usually brings us to mid-morning when our front desk volunteer typically arrives.

Volunteers are vital for the everyday functions at Ruth's House. Many volunteers assist by answering the door and the phone, and helping the residents so the Case Managers can have some time to complete their responsibilities; resident meetings, making phone calls, talking with Child Protective Services and with other community partners, and much more. Volunteers are so appreciated; we could not get all of our work done if we did not have them!

We never have the same day twice at Ruth's House. One minute Case Managers are helping a resident navigate a crisis and at the same time, they are addressing a clogged toilet. Multitasking and prioritizing is a large part of the case manager's job at Ruth's House and Case Managers must be willing and able to change focus constantly. One attribute that every Case Manager must have in order to be successful at Ruth's House is being flexible and adaptable in their schedules.

One component of the Case Manager's job is to write individual service plans with residents around goals. These goals can include personal well-being, employment, and housing stability. As a team, these goals are developed with the resident, and Case Managers can gauge a resident's progress as these goals progress. Case Managers also work with the resident's children - especially when it comes to making referrals for children with cognitive delays, hearing concerns, linguistic delays, and a variety of educational concerns. The Case Managers will meet with all the providers at the request of the resident.

Case Managers at Ruth's House are to be flexible and knowledgeable about education, housing, community resources, Social Security, and other information needed to assist the residents in moving forward in their life's journey. Our goal is to empower every woman to make healthy choices for themselves and their families. Next time learn more about Family Advocates at Ruth's House!

Meghan
Ruth's House - Program Director

2023 Ruth's House Statistics

Ruth's House

Total People Served: 55
women 22
children 33

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

Sarah's House

Total Women Served: 8

Total People Served: 63